

Spring 2023



Tele-counseling sessions take place at the clinic location of your choice in private rooms. Just the patient and the therapist, via tele-session, are present. As with all care at MRH&C, confidentiality protocols are strictly followed.

Introducing Tele-Counseling! Now Available at All MRH&C Locations

Mental health needs have long been underserved in our community. We're thrilled to announce that tele-counseling services are now available at all four Mobridge Regional Hospital & Clinics locations.



To Schedule a Tele-Counseling Appointment

Call the clinic of your choice to make an appointment. The therapists see people of all ages, including children as young as 5. Couples and family sessions are also available. You do not need a provider referral. Most insurances are accepted, and self-pay is also an option. All billing is handled through MRH&C.

Through a partnership with Integrative Health Centers, two Licensed Clinical Social Workers (LCSWs) and a Psychiatric Nurse Practitioner see patients for assessments, therapy sessions and, when needed, medication management. Initial appointments take place at the clinic of your choice—Mobridge Medical Clinic, West River Health Clinic in McLaughlin, West Dakota Health Center in Timber Lake, and Selby Medical Clinic in Selby—in a private room via Zoom or a similar service, on a computer with a large monitor. Subsequent tele-sessions may take place at the clinic or in the comfort of the patient's own home.

continued on page 3



John Ayoub, CEO

Letter from John

The team at MRH&C is always looking to provide the highest quality healthcare services in a compassionate and professional manner for people throughout the region. While it is impossible to be all things to all people, we consistently keep our eyes out for opportunities, and we have been fortunate to create two great opportunities in the past few months.

First, I would like to offer a very special welcome back to Dr. Regg Hagge. We are excited to have him back on the team!

Second, we have a new offering to positively impact the health and lives of those who need it—mental/behavioral healthcare, including addictions treatment and counseling, provided through our clinics. This is a full-spectrum service with continuity throughout, from diagnosis to medication management to counseling and follow-up, for patients aged 5 and older. Counseling is available for a wide variety of reasons, from couples counseling to addiction assistance and everything in between. No referral is needed to take advantage of these services. We will ensure confidentiality, and no one will be able to tell why you are coming to the clinic. To learn more or set up an appointment, please do not hesitate to call us at 605-845-3692.

The MRH&C team will continue to work to manufacture opportunities to provide needed services in the highest quality manner. Thank you for putting your trust in us to deliver on our mission for the benefit of our patients and the community we serve!

John J. Ayoub, FACHE, Chief Executive Officer
Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital
1401 10th Avenue West
Mobridge, SD
605-845-3692

Mobridge Medical Clinic
1309 10th Avenue West
Mobridge, SD
605-845-3692

Prairie Sunset Village – Assisted
Living and Senior Housing
1320 West Grand Crossing
Mobridge, SD
605-845-8193

Walworth Co. Community Health
& Visiting Nurse Service
111 2nd St. East
Mobridge, SD
605-845-8127

Selby Medical Clinic
4401 Main St
Selby, SD
605-649-9999

West Dakota Health Center
906 Main Street
Timber Lake, SD
605-865-3258 (MT)

West River Health Clinic
103 1st Avenue East
McLaughlin, SD
605-823-4253 (MT)

Meet Our New Family Practice Doctor WELCOME BACK, DR. REGG HAGGE!



Please join us in welcoming Regg Hagge, MD, back to Mobridge Regional Hospital and Clinics! Dr. Hagge is a family practice physician with 25 years' experience caring for people of all ages, from prenatal care and birth through older age.

If you recognize Dr. Hagge's name, it's probably because from 2015 to 2017 he practiced in Mobridge before returning to his home state of Nebraska to be near family. Most recently, he and his wife, Danielle, and their four daughters, ages 7 to 18, have been living in Kemmerer, Wyoming, where Dr. Hagge practiced at South Lincoln Medical Center.

Dr. Hagge returned to Mobridge because the obstetrics unit at the Kemmerer hospital closed, and what he enjoys most is providing full-spectrum family medicine. "I really like working with young families," he said. He looks forward to providing prenatal care and delivering babies at MRH&C.

Dr. Hagge is also a strong advocate of continuity of care for the entire family. "Whether you are delivering someone's baby, performing a well-woman exam, suturing up a cut, removing a suspicious mole or injecting a knee for arthritis, half the battle of caring for someone is knowing their history," he said. "When you see a patient over time and get to know their family too, you can deliver more personalized, higher-quality care."

“We’re so grateful we’re able to offer this service to our patients,” said Jodi Madison, a Registered Nurse and MRH&C Clinic Operations Director. “We can get people in to talk to a therapist within a week or so. Our providers and nursing staff have been aware of this need for some time and are so glad we’re now able to help.”

Common Concerns

Tele-counseling helps patients with a wide range of mental health concerns, including anxiety, depression, anger, grief and ADHD. Some people know only that they’re having trouble coping with life circumstances. Others may have mood issues such as bipolar disorder. Still others may be struggling with substance use or the effects of traumatic experiences.

How It Works

During the first session, which takes an hour, the patient and therapist talk about the patient’s concerns and create a care plan. After that, sessions typically last half an hour. Once every other week is a common schedule for ongoing care, but each patient’s plan is uniquely created to fit their needs.

All care is patient-directed. “Patients tell me what their goals are and what’s working for them,” said Angela Braaten, one of the LCSWs dedicated to supporting Mobridge patients. “They’re the leader of the team.”

Patients whose treatment plan includes medication such as antidepressants will also have occasional telehealth appointments with an IHC Psychiatric Nurse Practitioner.

Benefits of Tele-Counseling

“Tele-therapy allows us to care for patients in rural areas,” said Akishna Glasper-Williams, the other LCSW supporting Mobridge patients. “There’s a great need, and therapy works if you’re ready to work it.”

“Telehealth often feels safe to patients from small communities,” Braaten said. “They’re meeting with someone they won’t run into at the grocery store. They’re also able to explore challenges that feel private and potentially not common where they live.”

A Step Toward Better Health

“We’ve had such positive feedback from the patients who’ve already used the service,” Madison said. “They’ve been very happy with the counselors, and they’ve been glad to get care quickly and locally.”

“People often express great relief during their first session,” Glasper-Williams said. “That they made the appointment. That they’re getting care. That they’re taking an important step toward better health.”

MRH Auxiliary Bakeless Bake Sale

To donate money to the Auxiliary, drop off donations at our front desk or mail to: MRH Auxiliary, 1401 10th Ave. West, Mobridge, SD 57601

Introducing the Mobridge Therapists



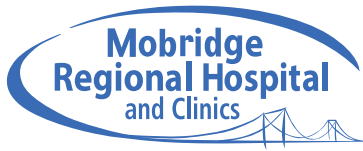
Akishna Glasper-Williams
Licensed Clinical Social Worker

In her 12 years as a social worker, Akishna has been a therapist to children and families and has worked as a Military and Family Life Counselor, individual and couples therapist, and clinical supervisor. In her free time, she enjoys traveling and spending time at her favorite place—the beach—with her twins.



Angela Braaten
Licensed Clinical Social Worker

Angela has more than 15 years’ experience working with adults, teens and families on mental health issues of all kinds. She has been an addictions and trauma therapist. She is a proud mother of two adult children and two Great Danes. She loves hiking, camping and cooking in her spare time.



PRSR STD
US Postage
PAID
Mobridge, SD
Permit No. 47

*****ECRWSEDDM****

Residential Customer

UPCOMING EVENTS & CLASSES



Healthcare Provider CPR Class

May 1, June 5, July 10
1 - 3 p.m.
MRH&C Education Center

Heartsavers CPR & AED Class

May 8, June 12, July 17
1 - 4 p.m.
MRH&C Education Center

Blood Drive

July 11 • 12:30 – 6 p.m.
Family Worship Center



Senior Yoga

Mondays and Thursdays
10:30 - 11:00 a.m.

Senior Strength & Balance for Life

Tuesdays and Fridays
10:30 - 11:15 a.m.

Classes are held at Mobridge Senior Citizen Center. Class times and schedule are subject to change.

Mission

The mission of Mobridge Regional Hospital & Clinics is to provide high-quality healthcare services in a compassionate and professional manner for people throughout the region.

Vision

Become one of America's finest rural healthcare providers.

Values

Integrity

Compassion

Collaboration

Excellence

www.mobridgehospital.org

www.facebook.com/MobridgeRegionalHospital

Mobridge Regional Hospital & Clinics does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, religion, color, national origin, gender, sexual orientation, age, military status, disability, genetic information, ability to pay, or on any other basis that would be in violation of any applicable federal, state, or local law. For a full non-discrimination statement, visit: mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy.