

Connection

Keeping South Country Members Informed



Transportation Services

Do you need a ride to your health care appointments? South Country Health Alliance members may be eligible for transportation services.

Getting to your medical and dental appointments safely and on time is important, but some people don't always have a way to get there. As a member of South Country Health Alliance, you may be eligible for transportation services to get to and from your covered health care appointments.

Non-Emergency Medical Transportation (NEMT)

Non-emergency medical transportation is transportation for people who are not facing medical emergencies and do not need an ambulance. There are two types of non-emergency medical transportation:

- **Access Transportation Services (ATS):** ATS is also known as common carrier transportation. Common carrier transportation includes buses, taxi cabs, or volunteer driver programs.
- **Special Transportation Services (STS):** STS is for people who, because of physical or mental impairment, cannot safely use common carrier transportation. Those eligible for STS need help getting into and out of a vehicle and assistance getting to their appointment.

South Country will pay for transportation to and from medical appointments for eligible members. Continue reading on page 2 to learn more.

What's Inside

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It's important to see your dentist regularly to keep your gums healthy and your teeth bright. Schedule an appointment today.

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During Colorectal Cancer Awareness Month, learn about your risk of colon cancer and when you should get tested.

Warning Signs of Stroke, Page 8
Learn the F.A.S.T. way to spot a stroke, and call 911 immediately if you recognize the signs.

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South Country is the only health plan that gives members access to Community Care Connectors. Find your Connector, and discover how they "connect" you to the care you need.

South Country Health Alliance is a county-owned health plan that provides health care coverage for individuals eligible for government-funded programs in select Minnesota counties.

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Transportation Services

Introducing RideConnect

Beginning April 1, 2016, South Country is changing how Special Transportation Services (STS) are arranged. You will call South Country's Member Services to complete an assessment to determine if you are eligible for STS. Before April 1, South Country will be contacting members who have used STS in the last six months to determine if they still need STS.

You must be authorized to use STS before South Country will cover the cost. Once authorized, you can schedule your own rides directly with the STS provider. Member Services can also help you arrange a ride.

If you need help scheduling a ride, call Member Services at **1-866-567-7242** (TTY users call **1-800-627-3529** or **711**). A South Country representative will make sure you're authorized and help you schedule a ride with an available transportation provider.

You will need to call the provider or Member Services at least 72 hours (3 days) before your appointment. If your appointment changes or you no longer need a ride, call 24 hours (1 day) or as soon as possible before your scheduled pick-up to change or cancel your ride.

Common Carrier Transportation

Depending on what county you live in, you will either call the transportation provider or your county human services office to arrange common carrier transportation. They will help determine if you are eligible for common carrier transportation and schedule your ride. If you do not know who to call, call Member Services, and we will tell you who you should call to schedule a ride for your appointment.

5 Sleep Myths Busted

It's never too late to help your children get the healthy sleep they need to thrive. Here are 5 common sleep myths and the facts you should know to get healthy sleep for your family.

Myth 1: Keeping my newborn up during the day will help her sleep better at night.

Sleep patterns develop as babies grow and their brains mature. Keeping a newborn up for long stretches of time will only cause the baby to become overtired, which can ultimately make it more difficult for babies to fall asleep and stay asleep. Keep your newborn well rested during the day to encourage a restful night of sleep.

Myth 2: Keeping my child up later at night will help him stop waking so early in the morning.

When children are constantly overtired, they have a difficult time sleeping through the night and are more likely to wake early in the morning. Instead of pushing bedtime back, first consider moving bedtime earlier. Experiment by moving bedtime earlier in 15-minute increments. Hold each change for five days, and observe what happens with the morning wake time.

Myth 3: I should never wake a sleeping baby.

It may seem unnatural to wake a child who is sleeping soundly, but sometimes waking your child is necessary to encourage a better overall sleep pattern. If your baby is having difficulty falling asleep at night or waking up frequently, try limiting nap times during the day.

Myth 4: My child just doesn't need a lot of sleep.

Some children function better than others on less sleep. However, there are some basic targets for when it comes to sleep needs. On average, babies 3-12 months need about 14-15 hours per day, 12 months-preschool need 12-14 hours per day, and children ages 4-9 years need 10-11.5 hours per day. If your child is rarely sick, manages her emotions well, and doesn't struggle with learning or social situations, her sleep needs are likely being met.

Myth 5: I'm a bad sleeper, so my kids will be bad sleepers.

Problems sleeping doesn't run in the family. Just because you have poor sleep skills doesn't mean the same must be true for your children. Sleep is something that we all need to learn, and some people will catch on more quickly than others. In the same way you teach your children to eat, walk, or ride a bike, you should also teach them to sleep.

Source: Super Healthy Kids, 2016



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SeniorCare Complete and AbilityCare are health plans that contract with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in either plan depends on contract renewal.

Fraud, Waste, and Abuse

South Country believes it is the responsibility of everyone to report suspected fraud, waste, and abuse. You can report anonymously through our Report it hotline by calling **1-877-778-5463**. You can also make a report at www.reportit.net. Username: SCHA, Password: Owatonna

General health information in The Connection is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

South Country Health Alliance makes authorization decisions using evidence-based standards of care, medical necessity criteria, and the member's benefit coverage. South Country does not reward providers or other individuals for denying services to members, nor does South Country reward decisions that result in under-utilization of services.

Floss Every Day

Flossing is just as important to your oral health as brushing your teeth. If you find it difficult to floss regularly, try these tips:

- Use about 18 inches of floss.
- Wrap most of it around the middle finger of one hand and the rest around your other middle finger.
- Hold the floss tightly between your thumbs and pointer fingers.
- Guide the floss between your teeth using a gentle rubbing motion. Don't force the floss into your gums.
- Make sure that you go under the gum line. Curve the floss into a C shape against one tooth and gently slide it between the gum and tooth.
- Gently rub the floss up and down the side of the tooth.
- Use fresh sections of floss as you go.
- Once finished, throw the floss away.

How Often to See Your Dentist

It's important to go to the dentist regularly to help keep your teeth and gums healthy. Learn about the benefits of regular dental care.

Maintaining good oral health leads to better health overall. By taking care of your teeth and gums, you are reducing your risk of tooth decay, gum disease, and even more serious health problems, such as cardiovascular disease.

There are easy steps you can take to protect your oral health. Brush your teeth at least twice a day, floss daily, and replace your toothbrush every three to four months. Above all, you should schedule regular dental checkups.

Going to the dentist is the best way to ensure your teeth, mouth, and gums stay healthy. At a dental visit, your dentist will check for cavities and remove plaque and tartar buildup. Brushing and flossing help clean plaque from your teeth, but you can't remove tartar at home. The dentist uses tools to remove tartar and then polishes your teeth with a special paste.

Dental checkups are a covered benefit for South Country members. Adult members can receive two oral exams, cleanings, and fluoride treatments per year. Children, teens, pregnant women, and members of SeniorCare Complete and AbilityCare are eligible for *at least* two oral exams, cleanings, and fluoride treatments per year. To see what dental services are covered for you, see your *Evidence of Coverage* (or *Member Handbook* for SeniorCare Complete members).

It is recommended that you have a regular dental visit at least every six months. Make sure you also take care of your oral health between visits by brushing, flossing, and rinsing every day.

If you need help finding a dentist in your area, South Country's Member Services can help. Read the article below to learn more.

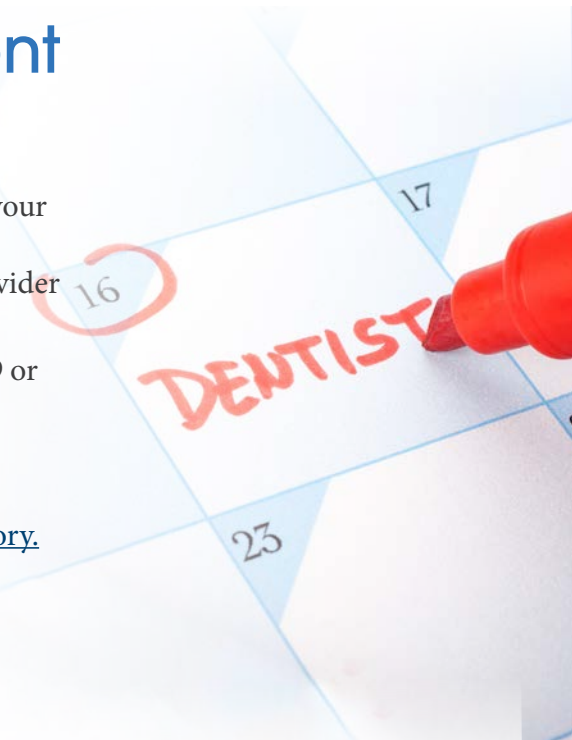
Schedule a Dental Appointment

South Country's Member Services can help you find a dentist or schedule a dental appointment.

South Country's Member Services will help you find a dental provider in your area, including general dentists, oral surgeons, or orthodontists. Member Services can also help you schedule your appointment with the dental provider and arrange transportation for eligible members.

Call Member Services at **1-866-567-7242** (TTY users call **1-800-627-3529** or **711**) for dental appointment scheduling assistance.

You can also check the *2016 Dental Provider Directory* to look for dental providers available to South Country members. An electronic copy of the directory is on our website at www.mnscha.org/Programs/ProviderDirectory.aspx. If you would like a printed copy, Member Services will send you a directory in the mail at your request.





Colon Cancer Prevention

March is Colorectal Cancer Awareness Month. Learn how you can take action toward prevention.

Colorectal cancer is the fourth most common cancer in the U.S. and the second leading cause of death from cancer. It affects men and women of all racial groups and is most often found in people age 50 and older.

Regular colorectal cancer screening is one of the most effective tools in preventing the disease. Even if you don't have symptoms, it's important to get tested. (See "When to Get a Colonoscopy" to learn more.) Regular screening can prevent many cases of colorectal cancer by finding and removing certain types of polyps before they have the chance to turn into cancer. Screening can also help find colorectal cancer early when it hasn't spread and is easier to treat.

You might also be able to lower your risk of colorectal cancer by managing some of the risk factors that you can control, like diet and physical activity. By increasing your level of activity, eating more fruits and vegetables (and less red meat), and decreasing your alcohol and tobacco intake, you can take steps towards reducing your risk of colorectal cancer.

At your next visit, ask your doctor if you should start screening for colon cancer.

When to Get a Colonoscopy

If you are at an increased or high risk of colorectal cancer, you might need to be screened for colorectal cancer more often.

Risk	When to Test	Test
Average Risk		
No known family history or previous polyp detection	Starting at age 50 (age 45 for African Americans)	Colonoscopy every 10 years
Increased Risk		
Immediate family member has colon cancer or polyps at age 60 or younger	Starting at age 40 (or 10 years younger than earliest family detection)	Colonoscopy every 5 years
Immediate family member has colon cancer or polyps at age 60 or older	Starting at age 40	Colonoscopy every 10 years
Two immediate family members have colon cancer at any age	Starting at age 40 (or 10 years younger than earliest family detection)	Colonoscopy every 5 years
Positive test indicating blood in stool	Immediately after detection	Colonoscopy
High Risk — Inherited Conditions		
Familial adenomatous (a condition where numerous polyps form in the large intestine)	Starting at age 10-12	Annual sigmoidoscopy (large intestine examination)
	Starting in late teens	Colonoscopy every 1-2 years
Lynch syndrome (a condition that increases your risk of colon cancer)	Starting before age 25 (or 10 years younger than earliest family detection)	Colonoscopy every 1-2 years

Source: American Cancer Society, 2016

Chiropractic Care & Benefits

Taking care of your spine is an important part of your overall health and wellbeing. Your spine is made up of 24 vertebrae, which allows your body to move, twist, and bend. Your spine also helps protect the delicate central nervous system that coordinates every muscle, tissue, and organ of the body.

Routine chiropractic care not only helps relieve back and neck pain. Seeing a chiropractor can also improve joint motion, improve posture, and relieve pain all over your body, among several other benefits.

South Country members' covered chiropractic benefits include the following:

- One exam per year
- Adjustments of the spine to correct alignment (up to 24 visits per calendar year)
- Acupuncture for chronic pain management
- X-rays to support a diagnosis of subluxation of the spine

To find a list of chiropractors in South Country's provider network, see our *Chiropractic Provider Directory*. Call Member Services to request a copy of the directory or find it online at www.mnscha.org/Programs/ProviderDirectory.aspx.

Member Services can also help you find a chiropractor and schedule an appointment. Call 1-866-567-7242 (TTY 1-800-627-3529 or 711).

Member Services Q&A

South Country can answer your questions about health care benefits, services, and other concerns. Here are some of the things our members have been calling us about lately.

Question: How do I get my 1095-B tax form?

Answer: Form 1095-B is a health insurance tax form which reports the type of coverage you have. This form is used to verify on your tax return that you and your dependents have at least the minimum qualifying health insurance coverage.

You receive the 1095-B Health Coverage form because you or someone in your household was enrolled in Medical Assistance or MinnesotaCare during the 2015 plan year.

If you have not received your 1095-B form and think you should have, here's what you should do:

Medical Assistance members should call your county or tribal human services office. MinnesotaCare members should call MinnesotaCare toll-free at 1-800-657-3672 (TTY 1-800-627-3529 or 711).

Question: How do I change my primary care provider?

Answer: You can change your primary care provider at any time. Just call Member Services, and a specialist will help you find a new primary care provider in South Country's provider network. Member Services will make the change and send you a new ID card. You can visit your new primary care provider even before you get your new card.

Question: My claim has been denied. Now what?

Answer: You will receive a letter in the mail letting you know if a claim has been denied. If you have questions or don't know what to do next, call Member Services. Member Services will look at the claim and determine if additional information is needed. For example, sometimes a provider simply needs more information from the member to finish processing the claim. However, some services are denied because they are not a covered benefit.

If a claim is denied, you have the right to submit an appeal if you do not agree with the decision. (This process also applies to decisions to terminate or reduce a service.) Member Services can help you with questions about the appeal process. You can also learn more about filing an appeal in your *Evidence of Coverage* (or *Member Handbook* for SeniorCare Complete members) or on South Country's website at www.mnscha.org/Members/Grievances.aspx.

South Country Health Alliance Member Services
1-866-567-7242 • TTY 1-800-627-3529 or 711
Calls to these numbers are free.
8:00 a.m.-8:00 p.m., Monday-Friday

Peripheral Artery Disease (PAD)

Peripheral arterial disease affects about 8.5 million Americans. Learn more about the disease, and see if you are at risk.

What is Peripheral Artery Disease (PAD)?

PAD is a narrowing of the peripheral arteries, most commonly in the arteries of the pelvis and legs. A buildup of fatty deposits (plaque) narrows or blocks your arteries. This can reduce blood flow to your legs, stomach, and arms.

Is PAD dangerous or life threatening?

Yes, PAD is dangerous because blockages in your arteries can restrict circulation to the limbs, heart, brain, and other vital organs. Left untreated, the tissue can die or become infected. People with PAD also have a higher risk of heart attack or stroke.

What are the signs and symptoms of PAD?

The most common symptom of PAD is a painful muscle cramping in the hips, thighs, or calves when walking, climbing stairs, or exercising. This is because your muscles aren't receiving enough blood. Other severe symptoms include foot wounds that heal very slowly, decreased temperature of your lower leg or foot, or gangrene. However, many people with PAD have no symptoms or mistake their symptoms for something else.

Am I at risk of PAD?

People who smoke or have diabetes are at higher risk of developing PAD due to reduced blood flow. Other risk factors include obesity, high blood pressure, high cholesterol, and a family history of PAD, heart disease, or stroke. If you have leg pain, numbness, or other symptoms, talk to your doctor about PAD.

Source: American Heart Association, 2016



If you have diabetes, heart failure, or asthma, South Country's Step Up! For Better Health program can help you manage your condition.

Step Up! For Better Health focuses on you. Our registered nurses care about your well-being and have the tools to help you succeed. Through friendly telephone calls and educational materials, we help you manage your condition and start living your life fully. South Country nurses also help schedule appointments and find the right care from a doctor you can trust.

There is no cost to participate, and the program is completely voluntary and confidential.

Join the Step Up! For Better Health program today by calling toll-free at **1-866-722-7770 (TTY 1-800-627-3529 or 711)**.

Take Control of Peripheral Artery Disease

PAD is a potentially life-threatening condition that can be managed or even reversed with proper care. You can take control by leading a heart-healthy lifestyle through physical activity, diet, and medical treatment.

Regular physical activity helps manage your PAD symptoms. Walking and other leg exercises can condition your muscles to use oxygen more efficiently and reduce pain. Your doctor may also help you develop an appropriate exercise plan.

A **healthy diet** low in saturated and trans fat can help lower your blood pressure and cholesterol levels. Also, if you smoke, **quitting** is the most important thing you can do to reduce your risk of complications.

If lifestyle changes are not enough, you will need additional **medical treatment** as recommended by your doctor. You may get medication to prevent blood clots, lower blood pressure and cholesterol, and control pain and other symptoms.

Beat the Blues

- **Bring sunshine into your home.** Open your blinds and curtains, and sit closer to bright windows during the day.
- **Go outside.** Even on cold or cloudy days, outdoor light can help. Walk your dog, jog around the block, or simply sit on a bench and soak up the sun.
- **Get exercise.** Physical activity helps relieve stress and anxiety and lift your mood. Find something you enjoy and stick to it.
- **Give back.** Volunteering in your community can help you feel positive. You can also put a care package together for a friend or family member.
- **Start a new hobby.** There's no time like the present. Try something you've always wanted to do or take a community education class to learn a new skill.

Seasonal Affective Disorder

If you're in a funk this winter, it may not be a simple case of the "winter blues." Take steps to keep your mood steady all year.

What is seasonal affective disorder?

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. It typically happens at the same time each year, beginning late fall and ending sometime in the spring or early summer.

Causes

There are many factors that may cause this seasonal depression. Shorter days and less sunlight during the winter can disrupt your body's internal clock and lead to feelings of depression. Reduced sunlight can cause a drop in serotonin, a brain chemical that affects mood. The holiday season may also create financial or social pressures or increased feelings of loneliness or grief.

Symptoms

Symptoms of winter-onset SAD may include the following:

- Low energy, tiredness
- Lack of motivation
- Difficulty concentrating
- Increased appetite, especially a craving for carbohydrates
- Irritability

Overcoming SAD

It's normal to feel down some days. But if you feel down for days at a time and can't get motivated to do activities you normally enjoy, see your doctor. Your doctor might create a treatment plan for you to help improve your mood. There are also a lot of things you can do to prevent SAD symptoms on your own and get yourself feeling back to normal. Read "Beat the Blues" for ideas on how to overcome the winter slump.

Source: Mayo Clinic Health System, 2014

Stroke Warning Signs: Spot a Stroke F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of stroke. Call 911 right away if you see the signs.

F

Face Drooping

Does one side of the face droop or feel numb? Ask the person to smile. Is the person's smile uneven?

A

Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S

Speech Difficulty

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

T

Time to Call 911

If someone shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Source: American Stroke Association, 2016



New & Improved Website

South Country is getting ready to unveil its new website this spring, featuring an updated look and more user-friendly tools.

The South Country Health Alliance website (www.mnscha.org) is a one-stop-shop for all the information that our members need to know. Whether it's a description of your health plan benefits, vouchers for wellness reward programs, provider and pharmacy locator tools, or updates about plan changes, our website has it all.

Because there is so much useful information, we have been working to make several improvements to our website to make it easier for members to find what you're looking for. The new website will be live this spring.

New Features

For the first time, South Country's website will have a search tool, allowing you to simply type in what you're looking for on the site. A search page will pull up a list of matching content so you no longer have to click through our pages to find what you need.

We have also pulled the most useful tools and information for members to find right on our homepage. Our provider, drug, and pharmacy search tools will be easier to find, as well as direct links to our health plans, wellness programs, and other benefits for our members.

The new South Country website will also be more mobile-friendly. It will work well whether you access the site on your mobile phone, tablet, laptop, or desktop computer. The site will always go where you go.

Finally, South Country will keep members, providers, and county partners better informed with a new blog. We will be adding the latest updates, news, and other information frequently to the blog.

We're excited to introduce our new website to you and look forward to continuing to make improvements to your user experience.

Be Fit™/Be Active™

South Country rewards members for staying active. When you exercise at a fitness center, you can get up to \$20 off your monthly fees.

Regular exercise has many benefits. It can help you control your weight, combat health conditions, and improve your mood. That's why South Country wants to help you Be Fit™.

South Country members age 18 and older can join a local health club and receive up to \$20 off their monthly health club membership fees. There are participating health clubs throughout Minnesota. Find one in your community by visiting www.nihca.org.

When you sign up at a participating gym or fitness center, bring your South Country member ID card. Once you've worked out the required number of days per month, you'll receive up to a \$20 credit toward your fees. You'll see your credit 30 to 60 days after you've met the required number of days in a month. You'll continue to get the discount every month you're eligible and meet the workout requirement.

Members enrolled in PMAP, MinnesotaCare, MSC+, +SingleCare, and SharedCare are required to exercise at least eight days per month to receive the \$20 credit. AbilityCare and SeniorCare Complete members simply have to join a participating gym or fitness center to get their monthly discount.

Meet Your Connectors

Brown County

Lisa Moldan
507-233-6816

Dodge County

Deb Harlow
507-635-6150

Freeborn County

Member Services
1-866-567-7242

Goodhue County

Dana Syverson
651-385-6118

Kanabec County

Krista Eye
320-679-6419

Morrison County

Rachel Barta
320-632-0270

Shelby Erdrich
320-632-0200

Sibley County

Bertha Woehler
507-237-4041

Steele County

Debra Wilker
507-431-5766

Todd County

Mia Aho
320-732-4448

Jennifer Lowe
320-732-4519

Wabasha County

Therese Schaffner
651-565-5200

Wadena County

Julie Brink
218-631-7629

Waseca County

Teresa Schumacher
507-837-5305

For Hearing Impaired

TTY 1-800-627-3529 or 711



Community Care Connectors

Unlike any other health plan, South Country Health Alliance has a Community Care Connector in each county who works with members right in their own community.

South Country is proud of the collaborative relationships between our health plan and members, providers, and county staff. There is no better example of this unique relationship than the Community Care Connector.

The Community Care Connector is funded by South Country but works within the county setting. Connectors serve as the ultimate expert in both South Country benefits and community resources. Because Connectors work in the same counties as the South Country members they serve, Connectors know what resources are available to provide the best care for our members.

Community Care Connectors work closely not only with the member, but also with local providers, county public health and human services, and South Country. These relationships help connect members to the appropriate services and resources that will best meet their needs.

Connectors are responsible for coordinating community health, social services, medical care, mental health services, and other supports for the member. They also promote preventative services and follow up with members who have recently visited the hospital or emergency room.

Connectors work with members enrolled in PMAP and MinnesotaCare. (All other members have access to a care coordinator who does similar work.) We encourage you to talk to the Connector in your county when you need help with your South Country benefits or finding services in your community. South Country's Community Care Connectors are listed in the column to the left. Find the Connector who works in your county.



Community Reinvestment Grants Spotlight

In November 2014, South Country Health Alliance awarded \$3 million to 17 organizations through our Community Reinvestment Grant program. We're taking a closer look at two of our grant recipients.



SIBLEY COUNTY
Developmental Achievement Center (DAC)
\$24,000, 1 Year

The DAC in Arlington created a multi-sensory environment (MSE) to help improve the health and social wellbeing of people with intellectual disabilities.

Through lights, sounds, texture, and smell, MSEs create a stimulating, yet calming environment for people of any age with disabilities.

The DAC used funds from the grant to design and equip the MSE with bubble tubes, vibrating seating, light projectors, stereos, and other equipment. They also hired a leading expert to train DAC staff on the use of the MSE room.

As this was a grant for one year, the project is now complete. The DAC is incorporating the use of the MSE room in their programming.

Angela Knapper, program manager at the DAC, said people who have spent time in the new MSE room have shown improvement in both emotional and social behavior. For example, some reported having less daily anxiety, and others have been more socially engaged.

DAC Director Mark Pauly said they are encouraged by the outcomes they've seen so far. He hopes to look for opportunities to offer MSE services to others in the community.



STEELE COUNTY
Fernbrook Family Center
\$167,471, 1 Year

Fernbrook Family Center developed an Early Childhood Therapeutic Program in Owatonna for kids with mental health disorders and their families.

The grant helped Fernbrook successfully launch the program by giving them the funds to access the resources they needed. They were able to establish a new location called Little Fern, where they offer clinical group services for children ages 3 to 5. Children use the space to play, learn, and develop key social and emotional behaviors.

Teya Dahle, Fernbrook's Birth to Five director, said there is high need in the community for helping kids learn how to manage their emotions and behaviors. She added that they've already seen improvement in children's behavior both at home and at school.

The Early Childhood Therapeutic Program also works with parents and families during group sessions. Families learn how to interact with their children and teach them appropriate behavior when they're at home.

Fernbrook used grant funding to purchase a van that provides transportation for families who need to get to and from their group sessions at Little Fern. The grant also helped Fernbrook train new staff.

2300 Park Drive, Suite 100
Owatonna, MN 55060

Health, Wellness, or
Prevention Information



South Country Needs YOU!

Next MAC Meeting: Friday, March 11, 10 a.m.-noon

We invite you to join the Member Advisory Committee (MAC)! Your feedback will help us be a better health plan.

The MAC offers South Country members and family of members an opportunity to share their health care experiences and offer ideas to help us improve our services for all members. The MAC meets four times a year. South Country reimburses childcare and mileage expenses to those who attend MAC meetings.

If you would like to become a MAC member or get more information, call Member Services toll-free at **1-866-567-7242** (TTY users call **1-800-627-3529** or **711**) or email us at members@mnscha.org.

South Country Health Alliance Member Services
1-866-567-7242 • 1-800-627-3529 or 711 (TTY for the hearing impaired)
8 a.m. - 8 p.m., M-F • All calls are toll-free

Attention. If you need free help interpreting this document, call the above number.

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

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Pažnja. Ako vam treba besplatna pomoć za tumačenje ovog dokumenta, nazovite gore naveden broj.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ໂປຣດຊາບ. ຖ້າທາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພໍລີ, ຈົ່ງໂທໄປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun bilisa akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bibili.

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