

Community Newsletter



WELCOME!

At NorthPoint Health & Wellness Center, we believe that Health Happens in Healthy Communities. For more than 45 years, we have provided the North Minneapolis community with access to health and social services. We are advocates for health equity. Our caring employees are dedicated to partnering with individuals and families to improve their health and wellness for today and tomorrow.

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Dr. Kevin Gilliam is Our "Rising Star"! Mpls/St. Paul Magazine Recognition

We're pleased to share with you that our very own Dr. Kevin Gilliam has been named one of the Twin Cities' "Rising Stars" of physicians as recognized by *Mpls/St. Paul Magazine* (April 2016). To be selected for inclusion on the list, the doctors must have been practicing for 10 years or less. Each physician named to the list was chosen by their peers in the field.



Dr. Kevin Gilliam

Celebrating National Nutrition Month

In part, Dr. Gilliam's profile reads: *NorthPoint Health & Wellness Center congratulates Dr. Gilliam for his outstanding service to the North Minneapolis community. Dr. Gilliam joined NorthPoint in*



National Nutrition Month is a great time to learn more about the services NorthPoint's two registered dietitians, Karen Blanchard and Kristy Singlestad, bring to the community. The two provide campus-wide support in caring for the nutrition and health of staff, patients, and other clients who come to NorthPoint either through the clinic or human services.

Karen and Kristy meet with patients to offer education and support for weight management, pre-diabetes or diabetes, prenatal nutrition, high blood pressures, high cholesterol, GI issues, food allergies and more. They counsel individuals who want to learn how to eat healthier. They also work with NorthPoint staff to offer healthier food items at staff meetings and in the campus' vending machines.

Registered dietitians are an important element in strengthening the health of a community. As critical members of health care teams they provide nutrition counseling in clinical as well as community settings, and promote healthy living. Registered dietitians invest themselves in the health and wellness of the individuals and community they serve.

[Read more . . .](#)

2009 and is a family medicine physician with interest in the management of chronic diseases and how these are impacted by the social determinants of health.

Dr. Gilliam was nominated by NorthPoint's Medical Director, Dr. Paul Erickson. "Dr. Gilliam is an outstanding young family physician," Dr. Erickson says. "He has wonderful leadership qualities and a great commitment to our patients and the community we serve. He brings clinical excellence, compassion, a kind demeanor, as well as a commitment to doing the right thing for our patients in order to optimize their health. He believes in our mission of partnering with individuals and their families to create a healthier community." [Read more . . .](#)

Renaissance Program: Addressing Substance Abuse through Behavior Modification

The Renaissance Program at NorthPoint is a licensed outpatient chemical dependency treatment program that provides primary, relapse prevention, and co-occurring disorders treatment services to meet the diverse needs of adults (18+) with substance use disorders.

Maisha Giles, is the Renaissance program director at NorthPoint. "We receive most of our referrals through Hennepin County probation and parole and child protection," she says. "Most referrals are here on mandate." Many of the people served by the program also have unmanaged mental illness and are experiencing problems such as homelessness, poverty, violence, legal issues, and unemployment. "We are a low to medium outpatient treatment provider. We can also provide clients with wrap-around services under one site including medical, dental, mental health, employment, and the food shelf."

The program offers two options, one during the day as well as one in the evening for those clients who are working or attending school during the day. [Read more . . .](#)

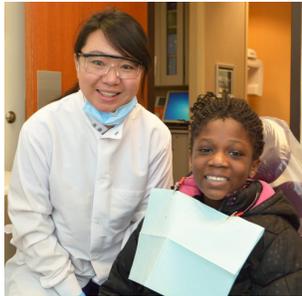


Giving Kids A Smile!

Our recent "Give Kids a Smile!" event served up 127 smiles on young faces in our community. Dental professionals provided dental check-ups and cleanings, sealants (to prevent decay), X-rays, fluoride applications, and fillings (and a couple extractions) to kids between the ages of 0-17 at no cost to parents. TC Bear was there to help our young patients feel more comfortable and fun activity centers were set up to help ease some of the fears often associated with going to the dentist.

"Knowing how critical oral health is in general, it's important to give the population we serve access to good dental care," says Dr. Michael A. Brooks, Jr., acting director of NorthPoint's dental clinic.

"Some of the folks we serve don't have dental insurance or the financial means to pay for dental care. Give Kids a Smile allows parents to bring their kids in to get the treatment they need and not worry about a financial barrier."



This year, Give Kids a Smile was held Friday, Feb 5 and Saturday, Feb 6. "Making appointments available on a Saturday means parents don't need to leave work to bring their children in for dental care," Dr. Brooks says. He and the dental clinic team send a big thanks to all the patients who came out to the event this year and made it so successful.

Give Kids a Smile is made possible at no cost to families through a partnership between the MN Dental Association, Hennepin County, the United Way of Minnesota, and NorthPoint Health & Wellness.



Renaissance staff (from left) Jessica Joriman, LADC, Pat Martini, Supervisor, Maisha Giles, Treatment Director

Co-Parent Court Helps Unmarried Parents Navigate Joint Decision Making

Co-Parent Court is a new model in Hennepin County that works with unmarried parents who are establishing paternity and joint custody for their child. Co-Parent Court is a non-traditional court that addresses barriers to effective parenting and helps each parent understand the important roles both mothers and fathers play in the life of a child. Parents are generally referred to Co-Parent Court through the family court system. The focus is on the relationship between the mother and the father as it relates to the safety, health, and development of the child or children involved.

The program's objective is to create the right parenting plan for each family. The Co-Parent Court enables unmarried parents to each have a say when it comes to parenting time, custody issues, and child support. Program "navigators" work with parents to create a



parenting plan that is individualized for their family with more support and less conflict than the traditional court process. Parents participate in a 4-week series of co-parenting workshops. Co-Parent navigators offer separate classes for men and women that support them in developing a successful co-parenting plan. Parents discuss how to work together and use a parenting plan template that guides them through joint decision-making about how they want to raise their child together.

Co-Parent Court can also help connect families with resources for education, housing, health issues, and employment. For families

Call for Artists

NorthPoint's art collection is comprised of over 75 pieces and is believed to be the largest public collection in Minnesota. NorthPoint Health & Wellness Center is currently taking applications for artists to exhibit at the main clinic campus.



Artist Ta-Coumba Aiken creates art "to heal the hearts and souls of people and their communities by evoking a positive spirit."

The NorthPoint Gallery provides space for two-dimensional visual artists representing the diversity, culture, or history of North Mpls. Most exhibits are in place for 10 weeks.

For more information or to receive an application, please contact Helene.Woods@hennepin.us or 612-543-2549.

impacted by domestic abuse, Co-Parent Court can connect them with service providers to get the help they need.

[Read more . . .](#)

Health Care Homes Provide Coordinated Care

In clinics around Minnesota, the Health Care Homes program is an effort to transform primary care. The health care home program is a cornerstone of Minnesota's 2008 bipartisan health reform efforts. Within a health care home, primary care providers, families, and patients work as a team to improve health outcomes and quality of life for patients, including those with chronic conditions or disabilities. NorthPoint is the first federally qualified health center that was certified as a health care home in Minnesota. Certified health care homes, like NorthPoint, strive to place patients and families at the center of their care and provide the right care at the right time and right place. Health care homes use a team approach that gives patients and caregivers access to health care services and support.

Currently, there are 361 certified clinics (54 percent of all primary care clinics) in Minnesota. About 3.6 million Minnesotans receive care in clinics certified as health care homes. A new U of M evaluation of health care homes found that over a five-year evaluation period the model saved Medicaid and Medicare approximately \$1 billion. At the same time, clinics participating in a health care home model outperformed other clinics on quality measures. Health care homes were found to be less expensive in four categories of healthcare spending: inpatient hospital admissions, hospital outpatient visits, skilled nursing facilities, and pharmacy. Health care homes are also outperforming non-health care home clinics on a broad range of clinical quality measures. [Read more . . .](#)



NorthPoint Health & Wellness Center

1313 Penn Avenue North, Minneapolis, MN 55411

northpointhealth.org

(612) 543-2500