

IMPACT

Summer/Fall
2021



Outer 
Cape

HEALTH SERVICES

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Welcome to IMPACT



Pat Nadle, Chief Executive Officer

Our last IMPACT newsletter was issued one year ago in the midst of the Covid-19 pandemic sweeping the nation and the world over. Access to reliable and timely testing was the big issue at the time, with a vaccine far off in sight. The road ahead was daunting; the efforts of our staff were no less than heroic. There was no “playbook” to guide us.

Now a year later, we have turned the corner in beating the virus with many important lessons learned as your community health center. In the first half of 2021, we collaborated with our local towns in vaccinating nearly 1,000 homebound, congregate living, and senior affordable housing residents and an additional 6,000 residents in all phases of the vaccine rollout.

We went from concern that OCHS would not have enough PPE and testing and vaccine supplies, to

achieving some of the highest vaccination rates in Massachusetts. It has been a remarkable turnaround only made possible with teamwork and sheer determination. The “forklift” photo below best illustrates our staff’s ingenuity.

Along this powerful journey, OCHS staff has established and fortified strong partnerships with Massachusetts Department of Public Health, the Cape Cod Regional Vaccine Consortium, local towns/EMS workers, councils on aging, chambers of commerce, businesses, minority communities, schools, and patients and supporters like you.

In this IMPACT, we share announcements on eight recently hired clinicians on the opposite page, and a look back at accomplishments by OCHS heroes in action on pages 4-5. Page 6 highlights expanded Recovery Services offerings and our vital Pharmacy Services, which benefit both you and OCHS. The cover story chronicles the harrowing experience of grateful OCHS patient and early Covid survivor Susan Goldberg of Provincetown. I trust that her story inspires you as much as it inspired me.

With hope, gratitude and best wishes,

A handwritten signature in blue ink that reads "Pat".

Pat Nadle
Chief Executive Officer



OCHS Nurse Heather Lundgren vaccinates a Mid-Cape Home Centers forklift operator at a jointly sponsored vaccination clinic in the company’s South Dennis lumberyard. This clinic was one of many offered to the communities served by OCHS.

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Mission

Our mission is to provide a full range of healthcare and supportive social services that promote the health and well-being of all who live in or visit the ten outermost towns of Cape Cod.

Pictured on cover

Grateful patient and Covid survivor, Susan Goldberg.
Photo credit: Ron Amato

ANNOUNCING NEW CLINICIANS AT OCHS:



Meara Baldwin, LICSW, Director of Behavioral Health

Ms. Baldwin is a Licensed Independent Clinical Social Worker (LICSW). In addition to providing oversight of the organization's behavioral health program and staff, she sees patients in Wellfleet and Harwich Port. Previously Ms. Baldwin

worked as a clinician with Cape Cod Healthcare, and as the Behavioral Health Director for the Kodiak Area Native Association of Alaska.



Jodi Schwartz Belson, Certified Nurse-Midwife/Women's Health

Ms. Belson offers prenatal and post-partum care to women with low health risks as well as family planning and gynecological care. She sees patients at OCHS' three health center locations in Harwich Port, Wellfleet and Provincetown.

Ms. Belson is Board Certified with the American College of Nurse Midwives, and comes to OCHS with 25 years of experience, most recently with Cape Cod Hospital.

PROVINCETOWN:



Paul F. Fader, MD, Family Medicine Physician

Dr. Paul Fader joins the Provincetown health center staff with more than 30 years of practice experience, including 10 years serving the Native American population in Arizona. Most recently, he worked at a federally

qualified community health center in Flagstaff. Dr. Fader spent childhood summers on the Outer Cape and learned to sail on Pleasant Bay. He is Board Certified by the American Board of Family Medicine.



Scott R. Weissman, DNP, FNP-BC Lead Clinician, Urgent Care

Scott Weissman is board certified in Family Practice and Acute Care, with clinical interests in adolescent health, sports medicine, and medical education. Scott previously worked at our Wellfleet health center in primary care before

transferring to lead our Provincetown Urgent Care service earlier this year.

WELLFLEET:



Rachel Bramson, MD

Dr. Bramson began seeing patients of all ages in Wellfleet last fall. For 26 years prior, she served as Senior Staff physician at Baylor Scott & White Health in College Station, TX. During that time, she served Primary Care, Urgent Care, Emergency Medicine and Geriatric patients. She is a Fellow

of the American Academy of Family Physicians and the Harvard Macy Institute for Leaders in Health Care Education.

HARWICH PORT:



Kelly Kirkbride, LMHC, Behavioral Health Consultant

Ms. Kirkbride is a licensed mental health counselor who provides individual and group therapy. She is skilled in working with individuals coping with substance use disorders, helping patients to address and improve behavior issues. Ms.

Kirkbride has worked in residential and outpatient settings and has an associate degree in nursing.



Karen Gauvin, FNP-BC

Karen Gauvin is a Family Nurse Practitioner and former Registered Nurse with an extensive background in post-surgical care of rehabilitation patients. A Cape Cod resident, Ms. Gauvin most recently worked at Island Health Care in Edgartown, MA as a Family Nurse Practitioner

where she provided comprehensive outpatient care for the federally qualified community health center.



Lisa Bacon, LMHC

Lisa Bacon is a licensed mental health counselor who provides individual and group therapy. Prior to OCHS, she was employed at Vinfen-Behavioral Health Community Partner Program as a Clinical Care Coordinator. Ms. Bacon has also worked as a school-based

clinician at Monomoy Middle School, and as a Child, Adolescent and Family Therapist at Family Continuity in Hyannis.



Together, the staff of OCHS and our communities have weathered the most significant public health crisis of the last century. The Covid-19 pandemic challenged us all to be our best selves in the face of extreme adversity.

Looking back with a hopeful eye to the future, we celebrate our staff accomplishments and their extreme dedication and sacrifice since March, 2020.

From the start of pandemic through June, 2021, OCHS staff have:

- Tested more than 11,000 residents and visitors for Covid-19
- Supplied and coordinated vaccinations for nearly 1,000 vulnerable, homebound Cape Codders
- Vaccinated more than 6,000 patients, healthcare workers, congregate living and shelter residents, children, and seasonal workers and residents
- Provided telehealth visits for primary care and behavioral health patients
- Expanded our substance use disorder services, including a new Structured Outpatient Addiction Program (SOAP)
- Launched a chronic care management program for some of our sickest patients
- Fielded more than 150,000 calls in our Patient Access Center
- Offered curbside pharmacy pick-up at our three health centers and home delivery, when possible
- Gave many local, state and national press interviews chronicling our leadership role in Covid-19 testing and vaccinations for the region
- Held many, many staff ZOOM meetings...too many to count!





Announcing Expansion of Recovery Services with SOAP

A new Structured Outpatient Addiction Program (SOAP) has been launched for individuals requiring short-term, clinically intensive, structured day services. SOAP patients receive individual and group support to help them understand, develop and enhance recovery skills by establishing and reaching self-identified goals, including achieving and maintaining sobriety; setting educational and employment goals; securing stable housing; and improving health and wellness via multiple pathways of personalized support.

Patients can be referred to SOAP by a primary care provider, behavioral health clinician or other community providers, or may self-refer. The program is fully integrated with OCHS' behavioral health services, offering a complete continuum of recovery services through outpatient group, individual, and family counseling from qualified OCHS Recovery Services staff and clinicians.

OCHS' SOAP is the only treatment modality of its kind on the Lower and Outer Cape meeting three times weekly for four to eight week periods. Enrolled patients receive group counseling focusing on a wide range of recovery and relapse prevention topics. Patients also receive weekly individual sessions, case management, and discharge planning.

In addition to SOAP, OCHS offers an Office-Based Addiction Treatment (OBAT) program and 1:1 Recovery Coaching.

For more information on OCHS Recovery Services programs, call 508-905-2892 or email recovery@outercape.org



OCHS Pharmacies Serve You with Extra Care



By filling your prescriptions at OCHS pharmacies, you are helping to support and sustain all services provided at our health centers. Our knowledgeable and friendly staff are also happy to order special over-the-counter items at our Wellfleet and Harwich Port locations.

Ask us about:

- Competitive price matching, co-pay assistance and discount/340B drug pricing
- Easy and quick transferring and filling of your prescriptions
- FREE prescription delivery services (some restrictions apply)
- On-site pharmacy consultation services
- Immunization services
- Prescription refill reminders and medication therapy management
- Assistance with Prior Authorizations; most insurance plans accepted!

OCHS pharmacies are located at:

Provincetown: 49 Harry Kemp Way (774) 538-3333
Wellfleet: 2700 State Highway, Route 6 (508) 214-0224

Harwich Port:
710 Route 28
(774) 237-9000

WAYS TO GIVE

Outer Cape Health Services is a 501(c)(3) non-profit organization. We rely on the generosity of individuals, businesses and foundations to bridge the gap between the actual cost of providing care and reimbursements received. Your giving matters and truly makes a difference. OCHS offers you a variety of ways to make a gift:

- Cash Donors
- Stocks & Securities
- IRA Charitable Rollover: If you are 70½ years or older, you can transfer funds from your tax-deferred Individual Retirement Account (IRA) as a gift to OCHS and pay zero tax on the IRA withdrawal.
- Planned Gifts: You can make a difference in the lives of family, friends and neighbors for generations to come by planning a legacy gift to Outer Cape Health Services. (A donation of other appreciable assets, such as real estate, art or other personal property are accepted on an individual basis.)

When you inform us of your planned gift intentions, you become a member of the **OCHS Legacy Circle**, which allows us to recognize you for your generosity and foresight, while inspiring others to do the same.

Learn more at outercape.org/donate.

For questions on any of the above giving options to Outer Cape Health Services, please contact Kathleen Weiner, CFRE, OCHS Chief Development Officer at 508-905-2851 or kweiner@outercape.org



The Outer Cape Health Services Charity Golf Classic Returns!

Save the Date: Monday, October 11
Ocean Edge Resort & Golf Club, Brewster, MA



**Business and Individual Sponsor
Opportunities now available!**

For more information, including player registration, contact OCHS Development at 508-905-2850, development@outercape.org or visit outercape.org

LOOK OUT FOR:

A new diaper bank for families in need at our Provincetown Health Center.

Generous seed funding provided by The Cape Cod Foundation and The Lenore H. Ross Women's Health Fund



Also, check out our newly redesigned and enhanced website: outercape.org

Music is her Joy: Surviving Covid-19 with Personalized Health Care Close to Home

When symptoms of the coronavirus overtook Susan Goldberg in March 2020, the Provincetown resident and musician was alone, scared and unable to breathe. In spite of testing negative for Covid-19, she was rushed by ambulance to the emergency department one hour from home. After three weeks in the hospital where she did test positive and nearly succumbed to the virus, Susan returned to the support of her close-knit community remembering little of her harrowing experience.

"I was very weak and had lost significant muscle mass," remembers Susan. "I had to use a walker, and I couldn't read, concentrate, write or think straight for the first few days back home."

As a longtime patient of Outer Cape Health Services, Susan turned to her trusted primary care physician Dr. Barbara Prazak. Regular telehealth visits/check-ins ensued with Dr. Prazak and Susan as the pandemic raged on. Outer Cape Health became a new constant in Susan's battle to recover from the ravages of Covid-19.

As she slowly recovered, Susan was faced with picking up the pieces of her life and making sense of the traumatic experience. Behavioral health telehealth visits with a trusted OCHS therapist helped Susan to process her near-death experience. Dr. Prazak also provided many important referrals for her patient's profound fatigue, all while attending to challenges

Susan continued to face with a pre-existing Multiple Sclerosis diagnosis.

"I was also doing pulmonary physical therapy, and that made a huge difference," remembers Susan. "As my condition improved, so did my emotional state."



Susan Goldberg in her beloved Provincetown.

Before her harrowing hospitalization, Susan's last pleasant memories were of studying the music of Hamilton and seeing it on Broadway. As she recovers, she has returned to playing her beloved bass guitar and the score of Hamilton, and accepting safe gigs outdoors or in virtual concert sessions with her longtime musician pal Billy Hough. Returning to music has been her joy. "I definitely feel changed by the experience. It's helped me to prioritize things in life."

Once terrified that she would never get her life back, today Susan is fully vaccinated for Covid-19.

Because of her underlying conditions, she remains cautious in public settings, wary of virus variants, and the potential threat to her health. "My friend Kate Clinton says I have FOV . . . fear of variants!"

I am so grateful for Outer Cape Health. I feel so confident in them because they make an effort to get to know me and listen to me as a whole person. I also love that people from the community work in their sites. They are always there for me."



HARWICH PORT
710 Route 28

WELLFLEET
3130 State Hwy Route 6

PROVINCETOWN
49 Harry Kemp Way

Mailing address: P.O. Box 598, Harwich Port, MA 02646

www.outercape.org | Scheduling & Appointments: 508-905-2888

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Women, Infants & Children (WIC) • Insurance Enrollment Assistance • Community Resource Navigation