



## On Belay! News from the HLD Alumni Association

To connect, serve, learn and advise

October 2012

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HLD Alumni Association  
Board of Directors  
2012 - 2013

#### HLD I

Shawn Anderson  
Emily Rines  
David Robie  
Anita Ruff  
Peter Sirois

#### HLD II

Kolawole Bankole  
Steve Keegan  
Evelyn Kielytky  
Julie Osgood  
Kate Perkins

#### HLD III

Valli Geiger  
Judian Smith  
Angela Westhoff  
Bob Williams

#### HLD IV

Mary Ann Amrich  
Arabella Perez  
Dennis Roy  
Suzanne Spruce

## HLD Fifth Anniversary Celebration: A Time to Reflect & Re-Connect

You are invited to join us on Wednesday, November 7th from 1:00 - 7:00pm at the Hilton Garden Inn in Freeport to celebrate the HLD Fifth Anniversary! There is an afternoon and evening full of networking, learning, and celebrating in store for HLD alumni and program supporters.

### 1:00 - 5:00pm - Leadership in Action

**Jon Chillingierian, PhD**, will lead us through *Building Effective Teams To Transform Health & Healthcare in Maine*. Dr. Chillingierian, an internationally known health leadership expert from Brandeis University, is an authority on the new science of "collective intelligence." He leads the faculty team for the Hanley Center's new Physician Executive Leadership Institute and will facilitate small group sessions that will teach new teambuilding skills.



Also leading this session is **Laura Moorehead**, who will connect the classes and help extend the HLD network.

We'll also hear from HLD alum **Victoria Grover**, who will share the fascinating story of how she survived four nights-alone and badly



## HLD V

Catherine Chicester  
Brenda Czado  
Chris Muffett  
Lorrie Potvin  
Jana Purrell

injured-in the remote Utah wilderness earlier this year.

### **5:00 - 7:00pm - Networking Reception**

We will honor the HLD faculty and others who have made the program possible. Join HLD friends as we reconnect with leaders from across Maine and beyond who have shared their experience and passion with the first five HLD classes. You'll also meet members of HLD VI following their Outward Bound adventure in Newry!

### **7:00pm - Class Dinners**

Each class will have dinner together at locations around Freeport.

HLD I - Mediterranean Grill

HLD II - Gritty's

HLD III - TBD

HLD IV - Broad Arrow Tavern at the Harraseeket

HLD V - Buck's Naked BBQ

## **Upcoming Regional Alumni Meetings**

The Alumni Association has organized regional alumni meetings as part of our mission to keep people connected and to expand on what we learned in the HLD. All alumni are invited to attend any of the regional meetings. If you are interested in leading a discussion on a leadership challenge or would like to host a regional meeting, please [email us](#). We are especially interested in starting a Bangor and Aroostook meeting, so let us know if you are interested.

### **Central Maine Regional Meeting**

Wednesday, November 14th at 8:00am

Fran's Place

1485 Lisbon St., Lewiston

RSVP to [Lorrie Potvin](#)

### **Greater Portland Regional Meeting**

Wednesday, December 5th at 12:00 - 1:00pm

MaineHealth

110 Free Street, Portland

RSVP to [Anita Ruff](#)

This group meets quarterly on the first Wednesday in March, June, September, and December, alternating between breakfast and lunch.

Save the 2013 dates: March 6th, June 5th, September 4th, and December 4th.

## Health Disparities Ambassadors Updates

With this newsletter, we'll take a look at Ralph Johnson's (**HLD II**) Health Disparities Ambassadors Project. Ralph just presented on this project to the Harvard Pilgrim Health Care Foundation Board of Directors on September 20, 2012. The Ambassadors Project is supported by funding and technical support from the Harvard Pilgrim Health Care Foundation's Culture InSight Program, along with support from the Maine Community Foundation and the Maine Center for Disease Control Office of Health Equity.

In the Emergency Room at Franklin Memorial Hospital, Ralph Johnson, the Chief Information Officer, saw a problem. In conversation with ER providers, he heard their frustrations about a real problem with the number of patients coming to the ER seeking narcotic pain medications and staff concern about illegal drug diversion. Everyone, it seemed, was looking for drugs. In truth, there was a problem with drug-seeking behavior by some patients in the ER, but there were also people with chronic pain that were using medications appropriately to manage their pain. However ER providers were treating everyone using narcotic pain medications as drug seekers.

Ralph's Health Disparities Ambassadors Project is focusing on elimination of stigma and assisting ED providers in distinguishing between these two groups so that each patient is managed appropriately—the chronic pain patient receives medically appropriate pain management and the person abusing pain medication is connected with resources for addiction treatment. Over the past year, Ralph has joined forces with Dr. Robert O'Reilly, Internal Medicine physician at Franklin, and together they have developed new decision-support templates now incorporated into the Electronic Medical Record of patients using pain medications. The templates use evidence-based strategies to promote the development of pain contracts with patients with chronic pain and to identify red flags that signal a potential issue with medication abuse.

Implementation of the new templates along with staff education is now in process. The team is working to overcome a challenge with the additional time working through a new EMR template takes busy Emergency Room physicians. Nonetheless, already the ER providers are recognizing that not everyone coming in the door asking for pain medications is the same.

## Alumni News

### ***HLD II***

Congratulations to **Dr. Jamie Zeitlin** on his election as President of the 1,300- member Maine Medical Center Medical Staff! Jamie will officially begin his two year term on November 1. In this capacity, he'll also join the MMC Board of Directors.



### ***HLD III***

**Dr. Wendy Pollock** will be teaching a series of health-related courses at Portland Adult Education. Topics include brain health and nutrition, gluten free eating, and an introduction to nutrition. Click [here](#) to learn more.



## HLD Alumni Association Board Updates

In late September, the Alumni Association Board welcomed its new members with a Board orientation webinar. The Board also elected its 2012-2013 officers:

Anita Ruff (HLD I), Chair  
Chris Muffett (HLD V), Co-Chair  
Judiann Smith (HLD III), Secretary  
Peter Sirois (HLD IV), Treasurer

The Member Relations Committee and the Program Committee will be re-convening, and both need members! If you are interested in joining or learning more, [email us](#).

Questions and comments are always welcome [Email us!](#)

## HLD Alumni Making a Difference in Sudan

South Sudan, which joined the family of nations in 2011, has the highest infant and maternal mortality in the world. Portland's 600 South Sudanese refugees have formed a non-profit, Aserela (Association for Self Reliance) to help those who remain behind. As a member of the board of directors of Aserela, **Dr. Charles Radis** (HLD IV) traveled with Dan Crothers to a cluster of villages along the Kit River in May of 2012 to coordinate the region's first traditional birth attendant training program.

The program, developed by the MGH Division of Global Health, is directed towards birth attendants who are unable to read or write. During the 5 day class, participants practiced their lessons through dance and song. A re-usable backpack of critical birth supplies was given to each graduate. During his time in South Sudan, Dr. Radis was able to develop contacts in the South Sudan public health community, government officials, and other physicians in the region. Future training programs, including basic first aid, AIDS prevention, and



increasing the availability of immunizations and malaria nets will bring him back to the region in 2013.

