

# HEALTHCARE CONNECTION



SMC & CCCHC News | April 2025

## *Welcome Chassidy Sharp, FNP*

Sakakawea Medical Center is pleased to welcome Chassidy Sharp, FNP to our team of providers. Chassidy joined us in January and provides care in the emergency room.

Chassidy is originally from Chesapeake, Ohio. She earned her undergraduate degree from Ohio University and went on to complete her Master of Science in Nursing – Family Nurse Practitioner at Walden University in Minneapolis, Minnesota.

Bringing over ten years of experience in emergency and primary care, Chassidy is a valuable addition to our team! She is board certified as both a Family Nurse Practitioner and an Emergency Nurse Practitioner through the American Association of Nurse Practitioners. She is also an active member of AANP.

In her free time, Chassidy enjoys spending time with her husband and daughters.



**April is Stress Awareness Month** – a time to recognize the impact stress can have on our health and well-being. Managing stress is important for both mental and physical health, and you don't have to do it alone. At **Coal Country Community Health Center**, we offer behavioral health services to help you navigate life's challenges. Whether you're dealing with work stress, anxiety, or other concerns, our team is here to support you.

**With both in-person and virtual care options**, getting the help you need has never been easier. Our virtual visits allow you to connect with a provider from the comfort of your home, making care convenient and accessible. **Prioritize your well-being** — call or visit one of our locations to learn more about our in-person and virtual options today!

## Helmsley Charitable Trust grants \$88,179 to help Sakakawea Medical Center purchase state-of-the-art ultrasound equipment

The Leona M. and Harry B. Helmsley Charitable Trust has granted \$88,179 to Sakakawea Medical Center to purchase a new Verathon Bladder Scanner and MindRay TE X Plus POCUS (Point of Care Ultrasound) Machine as part of a \$27.4 million ultrasound initiative in North Dakota.

The initiative includes more than \$21.8 million to help 69 North Dakota hospitals and health centers purchase ultrasound imaging devices and nearly \$5.7 million to boost sonography and point of care ultrasound (POCUS) training opportunities across the state.



"Having this new equipment at Sakakawea Medical Center has vastly improved the care we can provide for our patients," said Natalie Yeager, RN, ER Care Coordinator / Infection Preventionist. "With this new equipment, we have been able to increase our standardization and efficiency of clinical workflows, thus improving patient outcomes."

Ultrasound uses high-frequency sound waves to produce images of structures inside the body. This safe, cost-effective tool supports other clinical information to help providers make timely diagnoses and provide appropriate treatment.

The Helmsley Charitable Trust has committed a total of \$72 million to fund ultrasound equipment and training initiatives for rural communities and underserved populations in Nevada, North Dakota, Minnesota, and Wyoming.

## *Supporting Every Step of Your Child's Journey*



## **CCCHC's Early Childhood Development Program**

Utilizing a comprehensive "whole child approach", Coal Country Community Health Center's ECD Program connects parents with their child's medical team and developmental specialists, as well as specialists across the state, and other valuable community partners and resources. This collaborative effort aims to cater to the unique needs of every family, ensuring great support and care for each child.

No appointment is required to receive ECD services at any CCCHC location. We're here for you whenever you need us, making it convenient for you! Questions? Contact Nichole, ECD Specialist, or Madison, RN, by calling 701-873-4445.

# SURGICAL SERVICES

Advanced surgical care with cutting-edge technology and timely scheduling.

SMC's experienced team uses state-of-the-art surgical suites with the latest technology to treat a wide range of conditions in both inpatient and outpatient settings. One key advantage of choosing our local surgical team is faster scheduling—often much sooner than larger facilities.

**Our surgical procedures include (but are not limited to) the following:**

- Ablations
- Appendectomy (removal of the appendix)
- Biopsies
- Carpel Tunnel Release
- Cholecystectomy (removal of gall bladder)
- Colonoscopy
- Colon (bowel resection)
- Cyst Removals
- EGD (Esophagogastroduodenoscopy)
- Hernia Repair (Umbilical, Inguinal, Hiatal, etc.)
- Hysterectomies
- Ovary and Tube Removals
- Pilonidal Cyst
- Polypectomies
- Thyroidectomy
- Thoracentesis and Paracentesis
- Wound Care



**Want to learn more? Call us today!**

**Sakakawea Medical Center:** (701) 748-2225

**Balance Medical:** (701) 498-4111



## Meet the Team



**Dr. Michael Schmit, MD, FACS**  
SMC General Surgeon



**Carl Miller, CRNA**  
SMC Certified Registered Nurse  
Anesthetist



**Dr. Rhonda Schafer-McLean, MD/PHD, OBGYN**  
Visiting Specialist - Balance  
Medical



**Destiny Chapman, RN**  
SMC Surgical Services  
Coordinator, Wound Care  
Specialist





# Spring Into Detection



## Spring Mammogram Event

Schedule your annual mammogram during our spring mammogram event and get a free gift! Also enjoy snacks, drinks, and door prizes!

**Wednesday, May 7**  
7:00 a.m. to 6:00 p.m.  
Sakakawea Medical Center  
**Call (701) 748-7278 to schedule.**



## Accelerated Resolution Therapy

*Keep the knowledge, lose the pain.*

### What is Accelerated Resolution Therapy (ART)?

Accelerated Resolution Therapy is a new technique offered by Coal Country Community Health Center therapists that helps to restore mental health by changing the way distressing memories and images are stored in the brain. When we recall sad, scary, or confusing memories or situations, we experience uncomfortable emotions and feelings in our bodies. If we can change the images, we eliminate the symptoms.

### What can I expect during an ART Session?

During an ART session, your therapist will guide your eyes back and forth using bilateral stimulation to help your brain access and process a memory. You can share as much or as little as you want. Through voluntary image replacement, your brain can 'update' distressing images, making the memory feel less overwhelming. This process, called memory reconsolidation, helps your brain naturally refile the memory in a more comfortable way.

## - Schedule Today -

Relief is closer than you think. Call CCCHC today at (701) 873-4445 to schedule an appointment with one of our three trained ART therapists.

### **Talitha Schnaidt, MA, LPCC-S**

Director of Behavioral Health  
Services, Licensed Professional  
Clinical Counselor

### **Isabel Garman, LPCC**

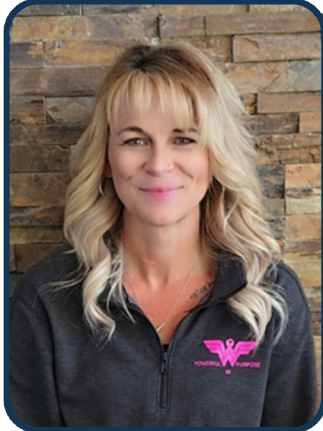
Licensed Professional Clinical  
Counselor

### **Kali Weinand, LMSW**

Licensed Master Social Worker



# EMPLOYEE SPOTLIGHTS



*Cori, Radiology & Respiratory Therapy Manager*

SMC - 24 Years

"I love the variety of my job day to day and directly interacting with patients and providing quality imaging to meet their needs and make their experience a positive one. I also work with a great group of people who are amazing at their jobs and who over the years have become family."

*Kelsey Striefel, Certified Doctor of Nursing Practice*

CCCHC - 7 Years

"I love getting to know patients. I enjoy being able to care for members of our community and my coworkers."



*Lacey Johnsrud, MSN, RN, Patient Care Coordinator  
& Bismarck State College Nursing Instructor*

SMC - 16 Years

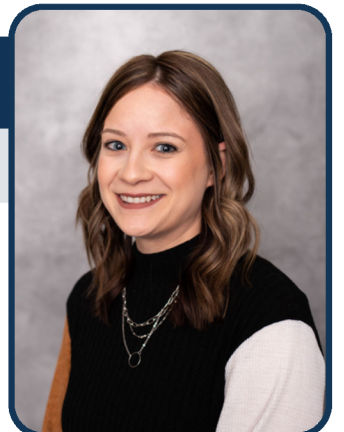
"I love the variety of tasks I get to do and different people I get to work with each day. I love seeing my previous students thriving in their nursing careers and experiencing the excitement of new graduates entering the nursing profession."



*Kayla Ternes, Certified Physician Assistant*

CCCHC - 7 Years

"I love that I can be the person that patients entrust in not only the happiest moments of their lives, but also the person they trust during some of the hardest times of their lives. Being that person is very humbling and truly is the definition of helping people. Also, I love my coworkers who have become my second family."



**SAKAKAWEA MEDICAL CENTER FOUNDATION**

**2025 GOLF  
TOURNAMENT**  
**20TH ANNUAL CHARITY CLASSIC**



**SAVE THE DATE**  
**FRIDAY, JUNE 13, 2025**

**HAZEN GOLF COURSE**  
**4-Person Scramble**  
**9:00 a.m. Shotgun Start**

## DID YOU KNOW?



### **TOBACCO CESSATION PROGRAM**

Ready to quit? We can help! CCCHC and SMC have Tobacco Treatment Specialists (TTS) available to help customize your quit plan and support you along the way.



### **VIRTUAL CARE SERVICES**

CCCHC provides virtual care services to patients Monday - Friday, 8:00 a.m. - 5:00 p.m. As your hometown healthcare provider, we want to be where you are! To schedule a virtual visit, call 701-873-4445 or request an appointment through MyChart.



### **THE DAISY AWARD: NOMINATE A NURSE**

SMC proudly honors our nurses with the DAISY Award. Help us celebrate the compassion and skill of our extraordinary nurses by thanking a nurse today! Visit our website to nominate a nurse: [www.smcnd.org/daisy-award](http://www.smcnd.org/daisy-award)



### **URGENT CARE**

SMC offers Urgent Care on Saturdays from 9:00 a.m. to 1:00 p.m. to treat urgent medical needs that cannot wait for a clinic appointment. When you report to the ER, a nurse will triage you for the appropriate service to determine if you need to be seen in Urgent Care or the Emergency Room.

**Follow us on social media!**

