

# UMPQUA HEALTH CONNECTION

April 2025

## IN THIS ISSUE

---

**Practice Tactics**

---

**THW Connections  
Corner**

---

**CME for Thee**

---

**Clinical Corner**

---

**Community  
Announcements**

---

**Network News**

---

**Dental Digest**

---

**On The Lookout**



 (541) 229-4842

 [umpquahealth.com](http://umpquahealth.com)

 3031 NE Stephens St.,  
Roseburg, OR 97470



**UMPQUA  
HEALTH**

# PRACTICE TACTICS

UMPQUA HEALTH ALLIANCE

## Specialty Care Coordination: New Day Program



Umpqua Health Alliance offers specialty care coordination programs to support members with complex needs. One such program is New Day, designed for UHA members who are pregnant and have experienced substance use disorders and/or mental health challenges.

### New Day services include:

- Support for substance use disorders
- Medications for opioid use disorder (MOUD)
- Access to or referrals for behavioral health services
- Referrals for oral health services
- Prenatal and specialty health care
- Financial assistance and referrals
- Help with legal system involvement
- Support for members involved with the Oregon Department of Human Services
- Referrals to clean and sober maternity housing

### How to refer:

**Members:** Self-refer by calling Umpqua Health Alliance Member Services at 541-229-4842.

**Providers:** Submit a referral by calling Member Services or by emailing a referral form to; [casemanagement@umpquahealth.com](mailto:casemanagement@umpquahealth.com)  
Referral forms are available [umpquahealth.com](http://umpquahealth.com)

**UHA Care Coordination:** Identifies members through health risk assessments (HRA).

---

### Resources:

- ▶ [Maternity Care Services New Day](#)
- ▶ [Case Management Referral-Form](#)

# PRACTICE TACTICS

UMPQUA HEALTH ALLIANCE

## HRSN Housing: Managing Expectations

Not all Umpqua Health Alliance (UHA) members are eligible for Housing-Related Services and Supports (HRSN).

Qualifying members must:

- Have CCOA or CCOB coverage.
- Meet population risk factors, social risk factors and clinical risk factors (3-key criteria).

### 1 Population Risk Factors

Members must meet at least one of the following:

- An adult or youth discharged within the past year from a mental health or substance use disorder Institution for Mental Disease.
- An adult or youth released within the past year from incarceration.
- Involvement in the child welfare system at any point in their life.
- Transitioning from Medicaid-only to dual coverage (Medicaid and Medicare) within the next three months or in the past nine months.
- At risk of homelessness.
- A young adult (ages 19–26) with special health care needs.

### 2 Social Risk Factors

Members must meet at least one of the following:

- Currently housed with a written agreement or lease signed by both the member and landlord.
- At risk of homelessness and needing support to maintain current housing.

### 3 Clinical Risk Factors

Members must have a qualifying health condition that would improve as a result of receiving HRSN services.

### X Common Reasons for Denial

The most frequent reason HRSN benefits are denied:

1. Missing documentation
  - All required documents should be submitted with the request form.
  - A checklist of required documents is included on the form.
2. Member does not meet eligibility criteria.

### ? Resources

- ▶ [HRSN Resources](#)
- ▶ [HUD Income Eligibility Table](#)

## TRADITIONAL HEALTH WORKERS

### Advisory Group Launches in Douglas County

The Traditional Health Worker (THW) Advisory Group of Douglas County met for the first time in March.

We had a strong turnout for this first-of-its-kind gathering, with THWs from Evergreen Family Medicine, Aviva Health, Elkton Community Education Center and Adapt Integrated Health Care, along with several community partners.

The group discussed its goals, challenges related to data collection, and the reporting of THW integration and utilization to the Oregon Health Authority.

We also identified opportunities for improvement moving forward. In addition, the meeting provided valuable time for networking and brainstorming future objectives for the advisory group.

Our health system learning collaborative welcomes suggestions for training and continuing education opportunities! Email Andrea Brown if you have a suggestion or program to offer.

**Led by Andrea Brown**

*Traditional Health Worker Liaison  
Umpqua Health Alliance*

**Tuesday, May 13 | 3:30 - 5:30 p.m.**

Roseburg Public Library  
*Deer Creek Room*

1409 NE Diamond Lake Blvd.,  
Roseburg, OR. 97470

Attendance is **free** and open to all Traditional Health Workers in Douglas County, employed or not, as well as community partners who currently work with or are interested in working with THWs.

*\* Meeting is held on the second Tuesday of each month. We hope to see you there!*



**Register Online!**

[THW Advisory Group Meetings](#)

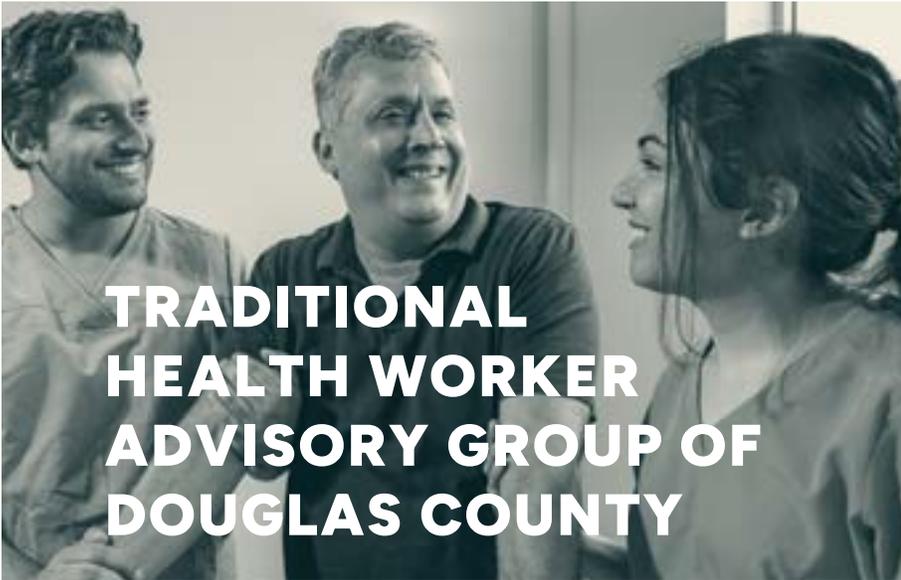
For questions, registration, or accommodations:

**Andrea Brown**

*Umpqua Health Alliance*

541-464-6255

[abrown@umpquahealth.com](mailto:abrown@umpquahealth.com)



**Roseburg Public Library,  
Deer Creek Meeting  
Room**

1409 NE Diamond Lake  
Blvd., Roseburg, OR 97470

**FREE** – No cost to attend

**Tuesdays, 3:30-5 p.m**

*Guiding the integration and utilization of Traditional Health Workers in Douglas County*

## Who Should Attend?

- Certified Traditional Health Workers:
  - Doulas
  - Community Health Workers (CHW)
  - Personal Health Navigators (PHNs)
  - Peer Support Specialists (PSS)
  - Peer Wellness Specialists (PWS)
- Those working in THW roles without certification
- Representatives of organizations partnering with THWs
- Community stakeholders interested in learning more about THWs

## Parking Information

- Attendees must park in the Court Street lot and walk to the library.
- Handicap parking is available at the library.
- Parking passes for the Court Street lot are available at the meeting or in advance via email.



## RSVP Information

RSVP is not required, but we encourage attendees to let us know in advance if possible.

Click [here](#) to register



3031 NE Stephens St., Roseburg, OR 97470

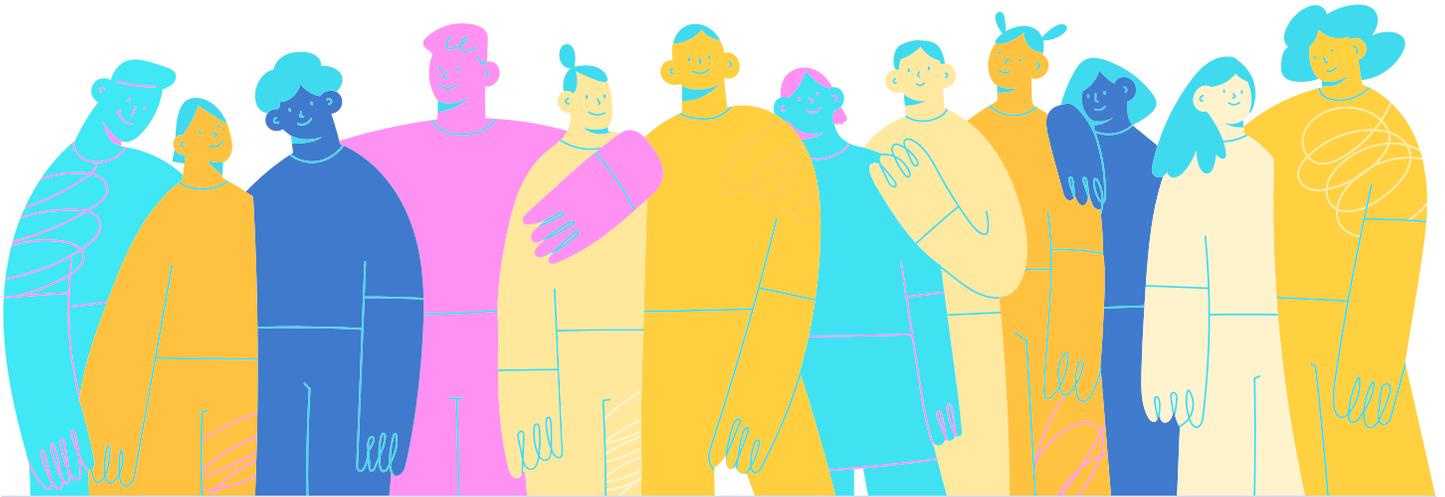
Get in Touch

541-464-6255

[THWProgram@umpquahealth.com](mailto:THWProgram@umpquahealth.com)

[www.umpquahealth.com](http://www.umpquahealth.com)

# CME FOR THEE



## Black, Indigenous, and People of Color (BIPOC)

**FREE!!!**

### BIPOC Community Health Worker (CHW) State Certification Training!

CHW training for residents in communities of color living in  
Coos, Curry, or/and Douglas Counties

**APPLY NOW**



<https://forms.gle/VK2aiAFvzo84t4tV7>

Location: **Roseburg**

**Public Library**

Start Date: **April 28th**

Meeting Days:

Tuesdays, Thursdays,

Fridays

- FREE 90-hr CHW State Certification
- BIPOC only Trainers & Facilitators
- Culturally Safe Learning Environment
- Employment Connections/Support
- Scholarship and Internship Opportunities
- In person and Virtual Training Sessions



Questions about the sessions?  
Contact: [info@gnwhealthcollective.org](mailto:info@gnwhealthcollective.org)  
<https://gnwhealthcollective.org>



**You're Invited!**

# EMPOWERING TRADITIONAL HEALTH WORKERS CANCER EDUCATION: PREVENTION & SCREENING

**APRIL 16TH**

**3:30-5 PM**

**AVIVA  
CONFERENCE  
ROOM**



**FREE  
CEUS!**



**Join us for an  
afternoon of learning  
with an OHSU Cancer  
Control Specialist!**

## **You will learn:**

- What is cancer and how does it develop.
- Protective and risk factors for cancer
- Screening guidelines
- Prevention strategies and tools
- Local and regional resources
- Communication skills for working with cancer patients
- Understanding resources available to CHWs in cancer care settings



530-515-1297



SWANSOSA@OHSU.EDU



ABROWN@UMPQUAHEALTH.ORG

UMPQUA HEALTH ALLIANCE

## Pharmacy & Therapeutics Update

### Formulary Update:

### + Added

#### Vitamin B tablets

Added to the formulary. Used to support alcohol dependence treatment.

#### Liquid allergy medications

Added to the formulary. Updated age range restriction changed from 2–6 years to 2–9 years to support older children who cannot swallow pills.

#### Zaleplon (Sonata) tablets

Added to the formulary, used to treat insomnia.

#### Lantus Solostar & Rezvoglar KwikPen

Added to the formulary. Both used to treat diabetes. These provide alternatives when the insulin glargine-yfgn 100 unit/mL pen is unavailable.

#### Selarsdi, Stegeyma, Yesintek & Otilfi

Added as preferred biosimilars to Stelara. These medications are indicated for:

1. Moderately to severely active Crohn's disease
2. Moderately to severely active ulcerative colitis
3. Moderate to severe plaque psoriasis
4. Active psoriatic arthritis

#### Vadadustat (Vafseo) tablets

Added as non-formulary, this medication treats anemia in adults with chronic kidney disease on dialysis for at least three months. Prior authorization is required for safe use.

#### Vyalev (foscarbidopa & foslevodopa)

Subcutaneous infusion is now non-formulary and requires prior authorization. It treats motor fluctuations in adults with advanced Parkinson's disease.

#### Journavx (suzetrigine) tablets

Added as non-formulary with prior authorization required. This is a new, non-opioid pain medication for moderate to severe acute pain in adults.

**Pharmacy & Therapeutics Update - Part 2.**

**Criteria Update:**

**+ Added**

**Testosterone**

Prior Authorization criteria now include testosterone gel on the formulary. The updated criteria also address clinical considerations for both starting and renewing therapy. These include breast cancer, suspected or confirmed prostate cancer, elevated hematocrit levels over 50 percent, untreated severe obstructive sleep apnea, severe lower urinary tract symptoms, and uncontrolled or poorly controlled heart failure.

**Tryvio (aproцитentan)**

Added to the formulary with prior authorization required for the treatment of hypertension.

**Monoclonal**

Antibodies for Alzheimer's disease include Donanemab (Kisunla) and lecanemab (Legembi), both of which are now non-formulary and require prior authorization.

**Sacubitril-valsartan**

Prior authorization criteria have been updated. The referral requirement for a cardiac specialist has been removed, and there is now an emphasis on the trial and failure of an ACE inhibitor or ARB for appropriate use.





BRITISH MEDICAL JOURNAL

## BMJ Recommends Against Common Spine Pain Procedures

A panel convened for BMJ's Rapid Recommendations series has issued new guidance recommending against several interventional procedures for non-cancer-related cervical or lumbosacral spine pain lasting more than three months.

The panel based its conclusions on a systematic review and network meta-analysis of 81 randomized trials. It found moderate-certainty evidence showing little or no pain relief from the following procedures:

- Epidural injections of local anesthetics or steroids
- Facet joint, sacroiliac, or paravertebral muscle injections
- Radiofrequency ablation targeting facet joints or sacroiliac joints
- Radiofrequency stimulation of dorsal root ganglia

The guideline also noted:

- No identifiable subgroups showed consistent benefit.
- Harms included post-procedure pain lasting over 48 hours (9%), dural puncture (~1%), and localized infection (~1%).
- Catastrophic harms (e.g., spinal cord injury, meningitis) were rare but could not be quantified.

The authors commented on the high cost of these procedures in the U.S., noting that *“substantial reimbursement ... may act as a perverse incentive for their delivery.”*

Source:

Allan S. Brett, MD, reviewing Busse JW et al. *BMJ* 2025 Feb 19; 388:e079970.

Read the full guideline: <https://www.bmj.com/content/388/bmj-2024-079970>

## UMPQUA HEALTH ALLIANCE Health Care Interpreter Registry

Schedule interpreter services directly with an Oregon qualified or certified interpreter listed in the registry.



**Learn More:**

View the Health Care Interpreter Registry through Oregon Health Authority (OHA).

**Interpreter Registry**

[www.hciregistry.dhsoha.state.or.us](http://www.hciregistry.dhsoha.state.or.us)



# NETWORK NEWS

UMPQUA HEALTH ALLIANCE

## Community Capacity Building Funds

Umpqua Health Alliance has released information about the 2025 Community Capacity Building Funds (CCBF). These funds support current or potential HRSN providers working to meet social needs in our community.

Learn more about eligibility, funding priorities, and how to apply, visit our website: [umpquahealth.com/communityimpact/](https://umpquahealth.com/communityimpact/)



[umpquahealth.com/  
communityimpact/](https://umpquahealth.com/communityimpact/)

### Learn More:

The Oregon Health Authority (OHA) is focused on improving health and equity in the state by addressing social determinants of health. In collaboration with Oregon's coordinated care organizations (CCOs), OHA runs three programs that invest in community needs and partner with community-based organizations.



## Network Changes

The following providers have been added or removed from the Umpqua Health Alliance network:



### Additions

- Phoebe Rae Caldwell, CADC-II,  
– Serenity Lane Portland | March 3, 2025
- Kristen Wright, MSN, FNP, – Boulder Care  
Provider Group PA | March 3, 2025
- John Edward DeRoin, QMHP,  
– Serenity Lane Coburg | March 3, 2025
- Heidi Doud, SLP, – Explore Engage Enjoy |  
March 3, 2025
- Tyler Dearing, PharmD, – Dahisse Inc.,  
dba Myrtle Drugs | March 3, 2025



### Termed

- Crystal M. Hayes,  
– Aviva Health | Jan. 31, 2025
- Gabrielle Ann Bosworth, MD, – Adapt  
Integrated Health Care | April 29, 2025
- Jillian Noel Valdez, QMHA-R, – Adapt  
Integrated Health Care | March 5, 2025
- Andrew Eric Anderson, CADC I, – Adapt  
Integrated Health Care | March 5, 2025
- Indica Lee Lozada, PSS-AMH – Adapt  
Integrated Health Care | March 5, 2025
- Walter Ular Jr., CRM, – Adapt Integrated  
Health Care | March 5, 2025
- Pushapdeep K. Brar, MD,  
– PeaceHealth | March 10, 2025
- Nathan R. Broadbent, CRNA,  
– PeaceHealth | March 10, 2025
- Ryan J. Garrett, MD, – PeaceHealth |  
March 5, 2025

# 2025 DOUGLAS COUNTY PROVIDER SUMMIT

*Stronger Communities Through Shared Resources*

## 2025 Douglas County Provider Summit Series

The 2025 Provider Summit series kicks off with an exclusive community resource event for healthcare providers. Local agencies will participate as vendors, offering valuable insights into available services and how they can enhance patient care.

### Why Attend?

The Douglas County Provider Summit is an exclusive networking and educational event for healthcare providers, offering a unique opportunity to:

- ✓ Connect with colleagues in a collaborative environment
- ✓ Discover local resources to enhance patient care
- ✓ Engage in thought-provoking discussions on healthcare challenges and innovations
- ✓ Strengthen the continuum of care within the community

By bringing together healthcare professionals from across Douglas County, the summit serves as a catalyst for innovation, collaboration, and improved health outcomes in the community.

### EVENING AGENDA

4:30 pm Caterer & Vendor Set Up  
5:30 pm Doors Open  
Appetizers & Beverages provided.

APR  
**17**  
2025  
Community  
Cancer Center  
5:30 - 8:00 pm

### RESERVATIONS OPEN



Scan me

For further information or questions please contact:

CCC Outreach Program Management  
Angelia Freeman | Phone: 541-672-0072  
or Email: [AFreeman@CCCRoseburg.org](mailto:AFreeman@CCCRoseburg.org)

CHI Mercy - Community Provider Outreach  
Elizabeth Banducci | Phone: 541-677-4314  
or Email: [Elizabeth.Banducci@CommonSpirit.org](mailto:Elizabeth.Banducci@CommonSpirit.org)

### Thank You Community Partners



## ON THE LOOKOUT

### DOUGLAS PUBLIC HEALTH NETWORK Immunization Affinity Group

The Immunization Affinity Group (IAG) is a collaborative initiative launched by the Douglas Public Health Network (DPHN) and Umpqua Health Alliance (UHA) to improve immunization practices in Douglas County. Meetings are held quarterly and offered in a hybrid format to accommodate remote areas and busy schedules. It provides a platform for healthcare professionals to share resources, monitor local immunization rates, and address challenges in vaccine distribution and uptake.

#### What Topics are Covered?

IAG meetings address critical immunization-related topics such as vaccine distribution, patient education strategies, immunization rate trends, barriers to vaccine access, and best practices for increasing uptake. DPHN also distributes patient-facing materials, including CDC's "Wild to Mild" flu vaccine campaign resources, HPV vaccine posters, and Boost Oregon booklets, to support community education.

#### Accomplishments

IAG members collaborated during the first week of December 2024 to observe National Flu Vaccine Awareness Week by deploying a mobile vaccine unit to six rural locations, many of which lack a local pharmacy. This effort helped increase access to flu vaccines in underserved areas.



Additionally, all IAG members contributed to the creation of a targeted information flyer for parents of under-vaccinated children. This flyer provided specific guidance on accessing vaccines, helping ensure that students would not be excluded from school due to missing immunizations.

#### How Do I Get Involved?

Find out more about IAG by emailing:  
Kendra Murray  
Public Health Detailer  
[Kendra@douglaspublichealthnetwork.org](mailto:Kendra@douglaspublichealthnetwork.org)

Register for the next meeting!  
[https://zoom.us/meeting/register/iGf5o0AOTKyq-ScD\\_BCFAA](https://zoom.us/meeting/register/iGf5o0AOTKyq-ScD_BCFAA)

[Sign-up](#) for the Vaccinator Motivational Interviewing Training

For more details;  
[Motivational Interviewing Training Flyer](#)



Are you looking for ways to have:

# BETTER VACCINE CONVERSATIONS?

Join DPHN and Boost Oregon for:

## MOTIVATIONAL INTERVIEWING FOR VACCINATORS

### Why Participate?

- 1 Foster Behavior Change:** Motivational Interviewing is an evidence based way to improve vaccine uptake.
- 2 Connect & Collaborate:** Practice with others doing the same important work you do.
- 3 Build & Refresh Skills:** Learn to apply the core skills and principles of MI to encourage positive behavior change.



**Trainer: Carrie Bader**  
**MPH, MOT, CHES**

Training Director for Boost Oregon  
MINT-Certified Trainer



**Friday, 9am - 4pm**

**April 18th**

*OR*

**May 2nd**



Aviva Health Willamette Room  
150 Kenneth Ford Dr, Roseburg

Register Here



For more information, contact us at



**541-229-8994**



[kendra@douglaspublichealthnetwork.org](mailto:kendra@douglaspublichealthnetwork.org)

### ADVANTAGE DENTAL

## What is Fluoride?

Fluoride treatment has been an important part of oral health care for decades. Fluoride is an easy and pain-free way for both children and adults to help prevent cavities, and in some cases, help reverse early decay.

Our teeth are in a constant process of demineralization (loss of minerals) or remineralization (gaining minerals), and when these processes do not balance each other out, the demineralization can result in an increased risk of cavities (tooth decay).

Fluoride treatments help speed up the remineralization process for optimal enamel health and lower the risk of cavities.

### About Fluoride Treatment

The fluoride used in a dentist's office is much stronger than the fluoride in toothpaste or mouthwash you buy from the store or pharmacy. Typically, the fluoride treatment from your dentist is applied with a cotton swab or brush, or it is used as a rinse and held in the mouth for several minutes.

Depending on your oral health status and dental plan developed by you and your dentist, fluoride treatment may be recommended every three, six or twelve months. This treatment lowers your risk of cavities, and for decay that is caught early enough, fluoride treatment may be all you need.

After treatment, do not eat or drink for at least 30 minutes to allow the fluoride to be absorbed by the teeth.



### Fluoride Helps With More Than Just Cavities

Fluoride treatment is also used to treat tooth sensitivity to strengthen the tooth enamel and decrease sensitivity to hot and cold drinks, sweet foods, or brushing and flossing.

Tooth sensitivity is very common. If this is something that affects you, ask your dentist or hygienist about toothpaste made specifically for sensitive teeth in addition to fluoride treatment.

Fluoride treatment can be applied at any dental appointment. Ask your dentist which fluoride plan is right for you!

#### Read the full article:

<https://www.acpjournals.org/doi/10.7326/ANNALS-24-01052>

**Advantage Dental+**



#### For More Information:

[advantagedental.com](http://advantagedental.com)

(866) 268-9631



# THANK YOU

Thank you for reading our Monthly Provider Newsletter. Utilize this as a resource — your success is vital to the health and well-being of our members.



Questions and suggestions regarding a specific topic:  
Contact, **Dr. Douglas Carr** at [dcarr@umpquahealth.com](mailto:dcarr@umpquahealth.com)

More information about the newsletter:  
Contact, **Alexis Cole** at [acole@umpquahealth.com](mailto:acole@umpquahealth.com)