



# a healthy future

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## Education is key for a healthy future.

Through community classes, school partnerships and scholarship opportunities, Legacy Health is helping people learn how to take care of themselves and each other.

## Scholarship honors beloved nurse

"Just be a nurse already." That is the straightforward advice Meg Gadler Tripp was known for offering her colleagues in the Emergency Department of Legacy Mount Hood Medical Center.



Whether offering mentorship to certified nursing assistants and technicians, or encouraging her fellow nurses to pursue higher education, Meg was dedicated to helping everyone expand their knowledge and provide excellent patient care.

Meg was the person who lit up a room with her outgoing, intelligent and cheerful personality. At work, she earned a reputation as a leader and an integral part of the team who could be relied on to manage the ever-changing priorities of patients and care providers in the Emergency Department.

Shock rippled through the hospital when Meg suddenly passed away last year. Many colleagues wanted to find a way to honor her and her work. After connecting with Meg's family, it was decided the best way to honor her was to create the Meg Gadler Tripp Nursing Scholarship.

Donations from family, friends and colleagues established the scholarship fund. "We were overwhelmed with the outpouring of love," said Meg's mom, Kathy Graham Gadler.

Two scholarships are currently awarded each year for Legacy Mount Hood staff. Priority is given to experienced nurses pursuing a master's degree or higher, or certified nursing assistants (CNA) or technicians starting a nursing program.

Kathy is part of the committee that reviews scholarship applications, which she describes as a humbling and rewarding experience. "Each applicant is so deserving and brings their own story and passion to their work. Being able to help them rise up feels meaningful and what Meg would want us to be doing."

The scholarships embody Meg's commitment to education, a value her parents instilled in their family. Meg was pursuing her own Doctor of Nursing Practice degree from Loyola University and believed that an increasing field of nurse practitioners would help expand access to healthcare.

One of the first recipients of the scholarship is the CNA to whom Meg gave the advice, "just be a nurse already." Now, thanks in part to Meg's encouragement and the scholarship support, she is well on her way.



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# Educator training helps teacher empower students

Kayci Murray-Balto remembers feeling a bit astonished by her first encounter with CARES Northwest. At the time, she was a health educator at Harriet Tubman Middle School participating in a violence prevention training presented by CARES Northwest. "I realized this is a huge topic that was missing from the previous curriculum I taught," she said. "It opened my eyes to how important consent and sexual abuse prevention are to a comprehensive health education."

She left the training well-equipped with the information and resources she needed to engage her students in these topics. "They provided good information on the background and reasoning for the curriculum, how to make it accessible for students, and how we can help students learn to communicate in an adult world."

There was a little hesitancy when Kayci first introduced the lessons to her students, but they soon started participating in discussions. It ended up being an empowering experience to learn about them being in control of their body.

Encouraged by what they learned in class, two of her students have disclosed their experience of abuse to trusted adults at the school. Because of the knowledge and resources provided by CARES Northwest during their training, the adults were able to appropriately support the students through the reporting and evaluation process.

Each quarter Kayci provided feedback on the curriculum to the CARES Northwest violence prevention educators. They discussed what resonated most with the diverse population at Tubman, ensuring lessons were accessible and culturally responsive for all students.

Kayci still applies what she learned from CARES Northwest every day in her classroom and at home with her own sons. "My awareness is so different now," she explains. "It is so important for those of us who advocate for children to pay attention to the signals they give off and make sure they are empowered to speak up for themselves."



## Partnership provides nurses for Silverton area schools

The students in Silver Falls School District, like kids everywhere, have a variety of health needs. There are children and teenagers with diabetes, cerebral palsy and other complex conditions. These students require a bit of extra attention and care.

Silver Falls also includes areas that, while beautiful and scenic, are remote. That's one reason why it's been difficult to retain school nurses. It's another example of how basic healthcare can be tough to access in some rural areas.

For roughly 15 years, Legacy nurses from the Silverton area, including Legacy Silverton Medical Center, have been working as school nurses in the Silver Falls School District. They have been caring for the students at the district's 13 schools, addressing colds, broken bones, diabetes management and more.

"The school district approached Legacy and asked: Can your nurses care for us?" says David Bright, director of patient care services at Legacy Silverton. "We said, 'Yes: Why not, right?' Today, up to six nurses work for the schools.

"We live and work here," says Suellen Nida, one of the school nurses. "The people of this area know us. We're the nurses for their kids. We're a big part of the community."

Nida says the nurses took a leading role during the COVID-19 pandemic. They communicated to the community about safety issues and conducted contact tracing during surges.

"The people here felt someone was there for them," Nida says.



## Collaborative problem solving at Unity Center for Behavioral Health

Traditionally, helping adolescents experiencing troubling behavior has meant motivating them with rewards and then hoping for the best.

But at Unity Center for Behavioral Health, staff take a thoughtful and comprehensive approach to aiding teens in crisis: collaborative problem solving (CPS).

Instead of focusing on challenging behavior, CPS determines the triggers or demands causing the behavior. After therapists and clinic workers complete an assessment, they teach patients, parents and caregivers to identify root issues and focus on cognitive skill building to overcome them.

"The philosophy is that kids do well if they can," says Mike Fear, a clinical therapy specialist. "That is a huge departure from the prior standard approach: Kids do well if they want to. We know now that we do not need to figure out motivation for them to do well."

If a particular situation makes someone angry, for example, CPS focuses on why the situation has provoked the response — not the anger itself — and how to work through it.

**"There has always been a lot of emphasis on medication and coping skills," Mike says. "But when this came along, it enhanced understanding of why patients may be having issues. It provided a structure to solve issues."**

Throughout the day, clinical experts, social workers, nurses and others observe how each patient socializes and participates in activities. A clearer picture of the teenager's thinking skills and problem-solving strategies emerge. From there, recommendations are made to help patients and families solve problems together.

## Meet Sean Kim

*How one employee was supported to fulfill his inspiration to become a nurse*

Each Legacy Health location includes many inspiring stories of physicians, nurses and staff in training, each one on the way to realizing a professional dream.

One of those is Sean Kim, a certified nursing assistant at Legacy Good Samaritan Medical Center and a two-year recipient of the Legacy Good Samaritan Nursing Scholarship.

Sean is studying full-time at the Oregon Health & Science University School of Nursing. With tuition, books and living expenses, school will cost north of six figures before he is finished. Working at Legacy Good Samaritan part-time has helped, as have two scholarships awarded by Good Samaritan Foundation totaling \$7,500. The scholarships are given to employees annually who have demonstrated strong academic progression, work history, leadership and community involvement.

Above all, the awards shine a light on the importance of encouraging staff to pursue dreams.

When Sean moved to Oregon with his aunt and uncle — his single mother lives in South Korea — his professional direction was uncertain. In 2015, he got a job at Legacy Good Samaritan where he worked in housekeeping. Sean says it was the perfect on-the-ground training. He witnessed the staff's camaraderie, teamwork and dedication to patients.

He was moved by nurses who made a difference and connected with others for a common purpose. "I wanted a job that dealt specifically with people and to make a difference in their daily lives," he says.

Sean had hesitations about next steps, though. He was in his late twenties. He'd have to go back to school to complete prerequisites before applying to a nursing program. But he received encouragement from the nurses he met while working at the hospital.

"I have immense gratitude for everyone associated with the scholarship," he says. "It's made a significant difference to me and my family."

He says the experience helping people has inspired him for the years ahead. "Portland's a lovely city, but I know there are ways I can help. That's why I wanted to be a nurse. I wanted to serve this community and I feel like I belong at Legacy Good Samaritan."