



FOR IMMEDIATE RELEASE

## **CHI St. Joseph's Health Weight Management Center's Lifestyle Navigator Supports Lake Country Associates ARMHS LEARN Program**

PARK RAPIDS, MN (September 29, 2016) – CHI St. Joseph's Health Weight Management Center's Lifestyle Navigator, Brett Fredrickson supports the ARMHS LEARN program facilitated by Spike Wellman, Lake Country Associates ARMHS LEARN Coordinator and Mental Health Practitioner.

Adult Rehabilitative Mental Health Services, also known as ARMHS, is a community-based service that helps adults with mental illness manage their symptoms while living in the community. By reducing mental health-related hospitalizations, the program is able to reduce the cost of care and improve the quality of life for people in the program.

Fredrickson attends Lake Country Associates ARMHS LEARN program weekly, working alongside Wellman. His presence increases the availability of a link to area health services. They focus on healthy nutrition and exercise habits using lessons from an evidence based, behavior change workbook. Each session includes an activity to promote more physical activity for participants.

Some group members have had bariatric surgery for weight loss, and their focus is on maintaining their weight and continuing their healthy habits. All group members are trying to develop healthier living skills with nutrition and exercise. A CHI St. Joseph's Health Dietetic intern also joins the group on a regular basis, allowing more accurate nutrition information to be discussed amongst group members.

Fredrickson's support in this group is funded by a three-year grant from PrimeWest Health's Community Reinvestment Grant Program to support development and implementation of a Lifestyle Navigator Program and to enhance the current weight management resources in our community.

The Community Health Reinvestment Grant Program allows CHI St. Joseph's Health to collaborate locally to assist patients with medical transportation needs and to partner with area healthcare providers including behavior health professionals, organizations, and agencies.

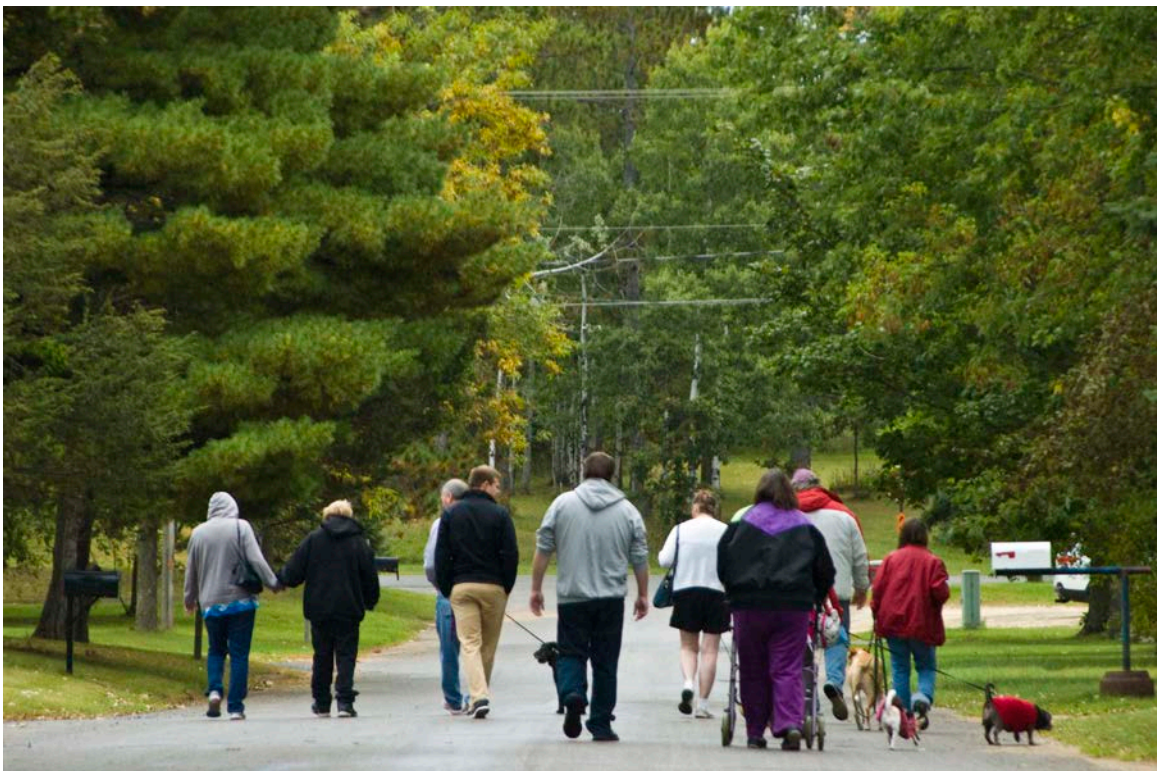
“Collaborating with other health care providers and organizations results in a multi-disciplinary team approach to helping all patients, including our underserved populations, achieve their weight management goals,” says Ben Koppelman, CHI St. Joseph’s Health President.

“As healthcare resources continue to shift from taking care of the sick to keeping people well, this grant allows us to create a healthier community and help adults and youth experience better health,” Koppelman adds.

Brett Fredrickson, Lifestyle Navigator, provides tailored health goals while encouraging increased engagement and accountability and directs participants to program offerings specific to their needs. His role at CHI St. Joseph’s Health Weight Management Center is among enhanced services made possible through the PrimeWest Health Community Reinvestment Grant Program.

CHI St. Joseph’s Health Lifestyle Navigator can assist you in creating a healthier lifestyle and finding a program or offering that is right for you. Text or call the Lifestyle Navigator at 218.255.7527 and ask your question.

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**Cutline:**

CHI St. Joseph’s Health Weight Management Center’s Lifestyle Navigator promoting physical activity with Lake Country Associates ARMHS LEARN participants on a walk.

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**About CHI St. Joseph's Health**

*CHI St. Joseph's Health is a 25-bed critical access hospital serving communities in Hubbard, Becker, Cass and Wadena Counties since 1946. In recent years, CHI St. Joseph's Health's award-winning teams received several national honors including: The Joint Commission Top Performer on Key Quality Measures in surgery; Top 100 Critical Access Hospital, HealthStrong; WomenCertified's America's Best Hospitals Women's Choice Award in obstetrics; and the Studer Group Fire Starter Healthcare Organization of the Month among other national, regional and state recognitions.*

**About CHI**

*Catholic Health Initiatives, a nonprofit, faith-based health system formed in 1996 through the consolidation of four Catholic health systems, expresses its mission each day by creating and nurturing healthy communities in the hundreds of sites across the nation where we provide care. The nation's third-largest nonprofit health system, Englewood, Colorado-based CHI operates in 18 states and comprises 103 hospitals, including four academic health centers and major teaching hospitals as well as 30 critical-access facilities; community health-services organizations; accredited nursing colleges; home-health agencies; living communities; and other facilities and services that span the inpatient and outpatient continuum of care. In fiscal year 2015, CHI provided almost \$970 million in charity care and community benefit - an 8% increase over the previous year -- for programs and services for the poor, free clinics, education and research. Charity care and community benefit totaled more than \$1.6 billion with the inclusion of the unpaid costs of Medicare. The health system, which generated operating revenues of \$15.2 billion in fiscal year 2015, has total assets of approximately \$23 billion. Learn more at [www.catholichealthinitiatives.org](http://www.catholichealthinitiatives.org).*

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