



Essentia Health

ANE-NPRF Newsletter

The purpose of this newsletter is to keep stakeholders updated on the progress and accomplishments of the Advanced Nursing Education-Nurse Practitioner Residency Fellowship (ANE-NPRF) grant.

The four-year, \$2.3 million federal grant from the U.S. Health Resources and Services Administration is an expansion of Essentia Health's current Transition to Practice program and provides new graduate nurse practitioners (NPs) clinical and academic enhancement for a 12-month fellowship program in rural and/or underserved populations.

Mission Statement

To expand Essentia Health's Transition to Practice program further enhancing the competencies of NP and PA fellows, increasing access to primary care and improving the health of rural and underserved populations.

The collaboration between North Dakota State University (NDSU) School of Nursing and Essentia Health, a large regional health system covering North Dakota, Minnesota, and Wisconsin is better preparing new NP graduates for rural care practice through enhanced didactic content, simulation, and immersive clinical experiences. Although the grant stipulates funding for NPs, physician assistants (PAs) are also participating in the fellowship.

The second year of the fellowship started in October. This newsletter highlights the current projects and achievements thus far.

[Click here to read about the accomplishments of the 2019-2023 Advance Nursing Education](#)

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FELLOWS: YEAR 2



Liz Belgarde,
APRN, CNP
Jamestown, ND



April Buescher,
APRN, CNP
Grand Rapids, MN



Jessica Cobban,
PA-C
Int'l Falls, MN



Tristin Dutton,
APRN, CNP
Wahpeton, ND



Paige Feist,
APRN, CNP
Detroit Lakes, MN



Stacia Heisler,
APRN, CNP
Park Rapids, MN



Heather Holm,
APRN, CNP
Spooner, WI



Udara Rajagura,
PA-C
Spooner, WI

Fellow Quarterly Update

✓ Completed 39 specialty rotations

✓ Attended 10 Transition to Practice professional development sessions

✓ Facilitated 3 journal clubs (uterine bleeding; masked hypertension; and intracranial aneurysms)

✓ Completed CLAS in maternal health care and cultural competency for behavioral health courses

✓ Attended mental health conference

✓ Attended triaging urgent and emergent conditions in ambulatory care

Mykell Barnacle DNP, FNP-BC facilitated the triage workshop. Mykell is the ANE-NPRF project director and practices at Essentia Health walk-in clinics in Fargo.



✓ Participated in 2 reflective conversations; 2 resiliency check-ins; and completed 30 resiliency modules

Fellows participate in reflective conversations focused on APP role transitions. The conversations give time for fellows to reflect on personal, professional, and clinical growth as they navigate their transition from expert nurse to novice NP. In addition, fellows complete resiliency modules and participate in resiliency check-ins with Carrie Nelson DNP, APRN, FNP-C. Carrie is a certified resilience trainer and resiliency coordinator for the ANE-NPRF grant. She practices family medicine at Amend Healthcare in Fargo.

ANE-NPRF Program Priorities:

1. Behavioral Health
2. Rural Clinical Readiness
3. Maternal Health Care
4. Provider Wellness and Resiliency

Advisory Board

Elisha Anderson APRN, CNP (Essentia)

JoAnn Bresnahan, APRN, CNP (Essentia)

Katherine Dean, MBA (Essentia) Executive Director Institute of Rural Health

Christie Erickson, APRN, CNP (Essentia)

Brad Gibbens, MPA (ND Center for Rural Health)

Nitika Moibi (MN Dept of Health/Office of Rural Health and Primary Care)

Linda Parker, MS, HA (Essentia) Operations Manager II

Grant Team

Mykell Barnacle, DNP, FNP-BC (NDSU, Project Director)



Debra Steen, APRN, CNP (Essentia Health, Clinical Liaison)

Heidi Saarinen, DNP, RN, FNP-C (NDSU, Project Coordinator)

Dean Gross, PhD, FNP-C (NDSU, Evaluation Coordinator)

Allison Peltier, DNP, APRN, FNP-C (NDSU, Maternal Health Coordinator)



Kerri Benning, DNP, APRN, FNP-C (NDSU, Health Education Coordinator)

Carrie Nelson, DNP, APRN, FNP-C (NDSU, Resiliency Coordinator)

Dani Bohnsack, MA (NDSU, Project Manager)

Mental Health Conference

On February 7th, North Dakota State University School of Nursing with support from the **Essentia Health Foundation** and HRSA Advanced Nursing Education-Nurse Practitioner Residency Fellowship grant hosted a full day annual virtual mental health conference. This year included **record breaking registrations (366)**, highlighting the need for this conference and content with primary care providers. Around **250 registrants attended live** including our rural fellows, NDSU Doctor of Nursing Practice (DNP) students, and hundreds of other advance practice providers from the region. The conference was free to attend and included contact hours. Sessions covered a variety of topics facilitated by regional experts, including our project coordinator, Heidi Saarinen, DNP, RN, FNP-C, who specializes in Sleep Medicine at Catalyst in Fargo.

- ◊ Heidi Saarinen, DNP, FNP-C "Improving Sleep Health for Individuals with Mental Health and Substance Use Challenges"
- ◊ Jacqualine Gervais, DNP, PMHNP, CARN-AP "PTSD: Pathophysiology, Diagnosing, and Treatment"
- ◊ Cindy Sondag, MD "Eating Disorders in Primary Care"
- ◊ Melissa Henke, MD "Differentiating Depression, Delirium, and Neurocognitive Disorder"
- ◊ Lisa Schock, MD "Ketamine Treatment for Depression"
- ◊ Joanna Johnson, DNP, PMHNP-BC "Adolescent Anxiety"

- * 97.22% of learners agreed or strongly agreed they have increased knowledge of best-practice medication management for patients with mental health disorders
- * 97.69% of learners agreed or strongly agreed they have increased knowledge of best-practice standards for patients with mental health disorders
- * 97.22% of learners agreed or strongly agreed they have increased knowledge for assessing patients with mental health disorders
- * 96.29% of learners agreed or strongly agreed they have increased knowledge on the appropriate referral of patients with mental health disorders

Specialty Rotation Spotlight

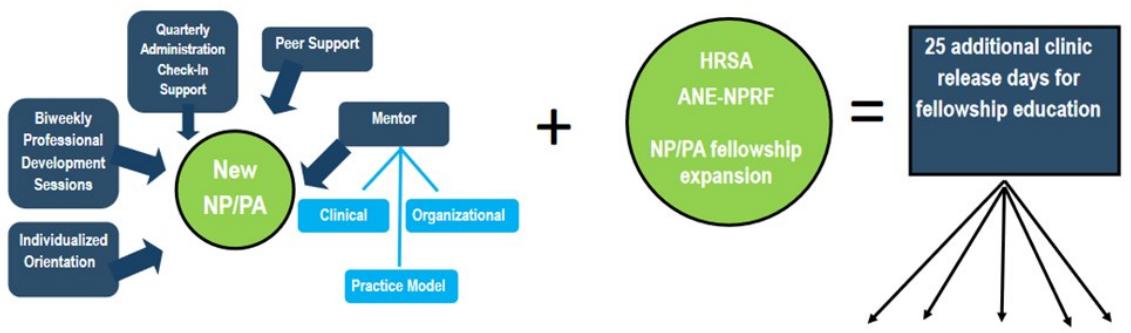
Stephen Linn, MD is an OBGYN at Essentia Health. He practices at the Fargo, Jamestown, and Lisbon clinics. Maternal Health is a program priority and Dr. Linn has supported fellow specialty rotations. Fellows who completed rotations with him rate the experience as exceptional and note, "He is sensitive to the female population that he works with, is very knowledgeable, and provides good descriptions to patients regarding their health."



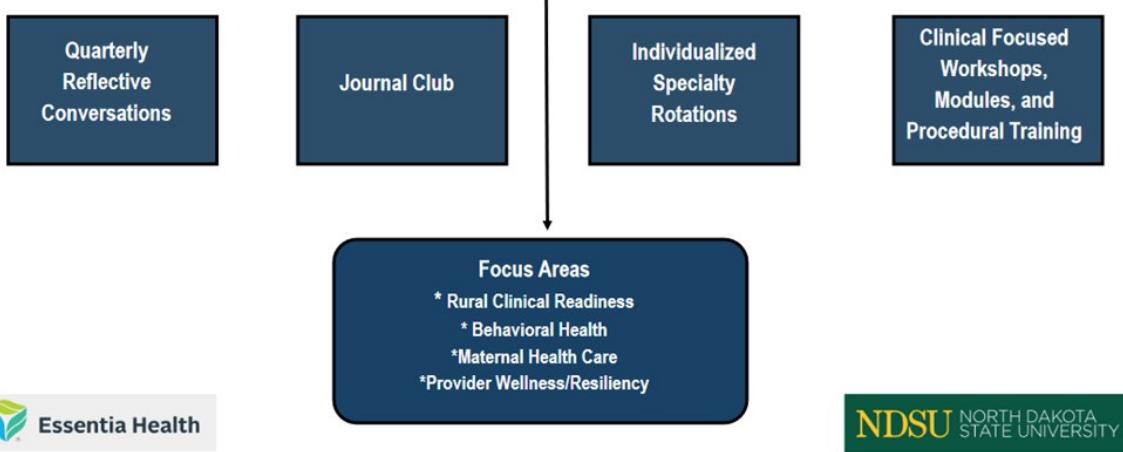
Our fellowship program was highlighted for "best practice" at a [webinar](#) for advanced practice provider fellowship accreditation.



Essentia Transition to Practice Model



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Dani Bohnsack, MA
(Project Manager)
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Qualifications

- Candidates: Graduates of ANY* Nurse Practitioner Program who have obtained a certification and license to practice no longer than 18 months before the start of the fellowship program, with a commitment to practice in a rural area. *Graduates do not have to be NDSU graduates.
- Newly graduated NPs hired by Essentia in rural, underserved areas will be eligible for the fellowship program each year.
- Unlike most fellowship programs that have an application process, fellows are selected by primary care leaders and the Transition to Practice team to participate yearly based on clinic need.

Structure

- 12 month, salaried position.
- Specialty clinical rotations based on fellow needs and interests.
- In person and virtual educational opportunities related to focus areas and other complex clinical challenges for rural NPs.



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Clinical Liaison)

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