



THE OUTER BANKS HOSPITAL

# Health Coach

Allow The Outer Banks Hospital to be your personal health coach.

## Delivering Access to Behavioral Health Support



**When appropriate, Outer Banks Women's Care offers patients behavioral health support through virtual appointments with ECU specialists.**

Our community's 2022 Health Needs Assessment highlighted access to behavioral health services as a top need in Dare County. While the overall solution will need to be multi-pronged, we're pleased to announce a new telemedicine service offered in Outer Banks Women's Care (OBWC). Thanks to an investment from United Health Foundation, the Maternal Outreach Through Telehealth for Rural Sites (MOTHeRS) Project was established in 2020 at East Carolina University (ECU). The program provides support via virtual sessions for those facing high-risk pregnancies, food insecurities, and behavioral health challenges.

While virtual behavioral health support isn't a new concept, it's a new offering here on the Outer Banks. "We've

always had limited resources for behavioral health services given our unique geographic situation and then with the pandemic, there were even fewer options," said Jonelle Haigh, DO, an OBGYN provider at Outer Banks Women's Care. "So when ECU offered the program to us, we absolutely wanted to be a part of it."

Outer Banks Women's Care seeks to offer support resources for patients dealing with anxiety and depression in order to bridge the gap between what providers are able to do and what requires specialized attention.

Patients of any age who are established with the women's practice are eligible for this service. Haigh emphasizes that an evaluation with the patient

is conducted in the practice before scheduling a telehealth session. "We prefer to understand the patient's need so we can determine whether or not the virtual approach is appropriate for their condition."

The telehealth session is conducted in a quiet, private room at the back of the practice. Patients are cared for by both an ECU counselor or psychiatrist and the OBWC provider through a combination of telehealth and face-to-face visits.

The goal is to provide the support that the patient needs so there can be a successful outcome. "We go over the recommendations that were discussed between the patient and clinical social worker (or psychiatrist) so we're able to help them implement a plan," said Haigh.

**"We've always had limited resources for behavioral health services given our unique geographic situation...so when ECU offered the program to us, we absolutely wanted to be a part of it."**

- Jonelle Haigh, DO  
Outer Banks Women's Care

"We're excited about this option because it allows us to provide more comprehensive care and do so in an environment where the patient can be more comfortable. It just makes sense."

If you would like additional information about this service, call Outer Banks Women's Care at 252-261-4885. ■

### 12-Week Class

## Healthy Living Jump Start

The Outer Banks Hospital's Center for Healthy Living offers a 12-week group class designed to jump start the journey to a healthier life. The next session begins in January 2023.

Call The Center for Healthy Living to discuss eligibility for this unique opportunity.

**252-449-7390**

## Straight Talk from The Doc



**Jonelle Haigh, DO**  
Outer Banks Women's Care

We all deal with ups and downs and the stresses of daily life. But in order to take care of others, we have to take care of ourselves first. This is particularly true of moms.

If you are struggling to do what you need to do to get through daily living and feel that you're not there at your fullest

capacity for yourself or your family and friends, it would be beneficial for you to reach out to our practice. Our virtual behavioral health service is not only for those who would benefit from time spent with a psychiatrist

but for those who would benefit from counseling and learning about area resources and programs.

Our team strives to address not just your physical health but your mental health as well. Positive mental health allows you to work more productively, cope better with everyday stress, maintain a positive outlook, and engage in healthy eating, sleeping, and exercise habits, all of which can improve your physical health.

Behavioral health support is not for just a limited group of people. Grappling with daily life is something that all of us experience. I recommend having an open mind and considering this type of help instead of trying to bear the burden all by yourself.



November 2022

# Health Coach



## Education, Support, and Community Events

### ■ Lung-O-Gram Screening Event

Thursday, November 17 | 4:00pm-8:00pm

TOBH Radiation Therapy Center | 4927 S. Croatan Hwy., Nags Head  
*Appointments are required; call 252-449-4529*

In recognition of the American Cancer Society's Great American Smokeout on Thursday, November 17, The Outer Banks Hospital is offering Lung-O-Grams for qualified patients. This annual low-dose CT scan is recommended for people at high risk of developing lung cancer. To qualify, individuals must meet all of the following criteria:

1. Age 50-77 years
2. Asymptomatic (no signs or symptoms of lung cancer)
3. Tobacco smoking history of at least 20 pack-years (one pack-year means smoking one pack – 20 cigarettes – per day for one year)
4. Current smoker or one who has quit smoking within the past 15 years

If the worry of cancer is in the back of your mind, a Lung-O-Gram can put you at ease. The scan only takes a few minutes, is not painful, and can detect cancer when it's small and most treatable. To learn if you qualify, complete the online form at [www.theobh.com/loveyourlungs](http://www.theobh.com/loveyourlungs) or call 252-449-7338.

### ■ Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming, and the journey through treatment and beyond is challenging for everyone. That's why The Outer Banks Hospital offers several free programs and support groups for people affected by cancer.

#### Support Groups

**Coping with Cancer Support Group** – meets on the 2nd Wednesday of each month 11:00am-Noon

**Breast Cancer Support Group** – meets on the 3rd Wednesday of each month 11:00am-Noon

**Caring for the Caregiver** – meets on the 4th Wednesday of each month 11:00am-Noon

For more information or to reserve your spot, please contact Janet Creef, LCSW, at 252-449-2314 or by email at [Janet.Creef@theobh.com](mailto:Janet.Creef@theobh.com).

#### Look Good, Feel Better

The Outer Banks Hospital Cancer Services has partnered with the Look Good, Feel Better Foundation; the Professional Beauty Association; and community cosmetologists and estheticians to provide the Look Good, Feel Better Program for local cancer patients. Trained beauty professionals demonstrate the use of makeup techniques, wigs, and scarves to help women with cancer cope and adjust to the side effects of treatment (hair loss and changes to skin complexion and nails).

The program is provided free of charge to all female cancer patients. During this time, we will also be offering these sessions virtually. Please contact Marie Neilson at 252-449-5935 or [Marie.Neilson@theobh.com](mailto:Marie.Neilson@theobh.com) to enroll in a session.

### ■ TOBH Stroke Support Network

Tuesdays, November 1, December 6  
11:00am-Noon via Zoom

A stroke can be an overwhelming diagnosis. The Outer Banks Hospital offers free virtual stroke support on the first Tuesday of every month for stroke survivors and their caregivers. For more details and information on registration, contact Robin South, RN, at 252-449-4554 or [Robin.South@theobh.com](mailto:Robin.South@theobh.com).

### ■ The Blood Connection Blood Drive

Wednesday, November 2 | 8:00am-1:00pm

The Outer Banks Hospital | 4800 S. Croatan Hwy., Nags Head



The Blood Connection will be hosting a community blood drive on the Outer Banks. All donors will receive a \$20 e-gift card. All donors are asked to make an appointment. Walk-ins are welcome; however, appointments are highly recommended and take priority. To make an appointment, use the QR code, or for more information, call 252-449-4529.

### ■ Skin Checks

Tuesday, November 15 | 2:00pm-4:30pm

Family Medicine – Nags Head East | 4917 S. Croatan Hwy., Nags Head

The Outer Banks Hospital is offering FREE skin checks by appointment. Protecting your skin from the sun and having regular skin checks are essential to staying one step ahead of skin cancer. To reserve an appointment, call 252-449-4529.

### ■ Advance Care Planning

Thursday, November 3 | 11:00am-Noon

Baum Center | 300 Mustian Street, Kill Devil Hills

Do you know who would get to make medical decisions for you if you have not completed a healthcare power of attorney and advance directive? Join us for a free session and learn the who, what, when, where, how and, most importantly, why of advance care planning. Please note: if you require only witness/notary assistance, please arrive 10 minutes before the close of the session. For more information, call 252-475-0905.

### ■ FREE Flu Vaccine Clinics\*

Fight the flu and stay well this winter! Protect yourself and those around you by getting the flu vaccine at one of the following events. Most events will allow participants to stay in their vehicle.

Wednesday, November 2 | 12:30pm-2:00pm

Manteo Library | 700 US-64, Manteo

*Appointments are highly recommended and take priority; call 252-449-4529. Walk-ins are welcome but flu vaccines will be available on a first-come, first-served basis.*

Tuesday, November 8 | 9:30am-12:30pm

Children & Youth Partnership of Dare County | 534 Ananias Dare Street, Manteo

*Appointments are highly recommended and take priority; call 252-449-4529. Walk-ins are welcome but flu vaccines will be available on a first-come, first-served basis.*

Wednesday, November 9 | 5:00pm-7:30pm

OBH Main Entrance | 4800 S. Croatan Hwy., Nags Head

*Appointments are highly recommended and take priority; call 252-449-4529. Walk-ins are welcome but flu vaccines will be available on a first-come, first-served basis.*

Saturday, November 12 | 10:00am-3:00pm

Youth Center at Family Recreation Park | 602 Mustian Street, Kill Devil Hills

*Appointments are highly recommended and take priority; call 252-449-4529. Walk-ins are welcome but flu vaccines will be available on a first-come, first-served basis.*

Tuesday, November 15 | 10:30am-1:00pm

Outer Banks Family YMCA | 3000 S. Croatan Hwy., Nags Head

*Appointments are highly recommended and take priority; call 252-449-4529. Walk-ins are welcome but flu vaccines will be available on a first-come, first-served basis.*

Tuesday, November 29 | 9:00am-Noon

Corolla Light Sports Center | 1026 Ocean Trail, Corolla

*Appointments are highly recommended and take priority; call 252-449-4529. Walk-ins are welcome but flu vaccines will be available on a first-come, first-served basis.*

Wednesday, November 30 | 1:30pm-3:00pm

Community Care Clinic of Dare | 425 Health Center Drive, Nags Head

*Appointments are highly recommended and take priority; call 252-449-4529. Walk-ins are welcome but flu vaccines will be available on a first-come, first-served basis.*



More free and easy opportunities to help fight the flu are coming in December. Scan the QR code for the latest event information.

\*Participants must be 18-64 years old to receive a flu vaccine. We STRONGLY recommend that individuals ages 65+ receive the High-Dose Quadrivalent Flu Vaccine this year. Please note that this clinic does NOT administer the High-Dose Quadrivalent Flu Vaccine. Individuals ages 65+ may not be fully protected by the Standard-Dose Quadrivalent Vaccine.

**Have you had your ANNUAL LUNG-O-GRAM?**

[TheOBH.com/LoveYourLungs](http://TheOBH.com/LoveYourLungs)

Thursday, November 17 is the Great American SMOKEOUT

GREAT AMERICAN SMOKEOUT THIRD THURSDAY IN NOVEMBER [CANCER.ORG/SMOKEOUT](http://CANCER.ORG/SMOKEOUT)