

# FAMILY HEALTHCARE FALL 2025



*A Year of Growth and an Exciting Future - Page 4*

**Providing high quality healthcare for every person.**





## Reflecting on a Year of Impact at Family HealthCare

### Dear Friends and Supporters,

This past year has been a journey defined by progress, purpose, and the power of community. I'm filled with pride and deep gratitude for the incredible impact we've made together at Family HealthCare. Our mission—to provide high quality healthcare for all—remains at the heart of everything we do. Thanks to your support, that mission continues to reach further and touch more lives.

We've expanded access to care through new services and strategic partnerships, strengthened our behavioral health and dental programs, and embraced technology that enhances the patient experience and streamlines care coordination. Every improvement, large or small, reflects our commitment to meeting people where they are and ensuring they receive the compassionate care they deserve.

But beyond the milestones are the stories—the families who found hope through our care teams, the individuals who regained their health and confidence, and the patients who tell us they finally feel seen and heard. These stories are powerful reminders of why we do this work and why your partnership is so important.

Together, we are not only addressing the healthcare needs of today—we are building a stronger, healthier future for generations to come.

Thank you for your continued trust, generosity, and belief in our mission. You are an integral part of our story, and I am grateful for all you make possible.

Warm regards,

**Margaret Asheim**

*Chief Executive Officer*



## Blue Cross Blue Shield of North Dakota Caring Foundation Honors Family HealthCare with **Impact Award**

Family HealthCare is proud to be the recipient of an Impact Award from the Blue Cross Blue Shield of North Dakota Caring Foundation. This generous funding will strengthen our behavioral health and maternal health programs—two critical areas that support individuals and families who often face significant barriers to accessing care. The programs play a vital role in ensuring that every person in our community can receive the care and support they need to live healthier lives.

We are deeply grateful to the Blue Cross Blue Shield of North Dakota Caring Foundation for their partnership and continued commitment to improving the health and well-being of our community.



## Family HealthCare Downtown and South Fargo receive **Patient-Centered Medical Home Recognition**

Family HealthCare is proud to announce that our Downtown and South Fargo clinics have received Patient-Centered Medical Home (PCMH) Recognition from the National Committee for Quality Assurance (NCQA)—a mark of excellence in patient-centered, coordinated care.

The NCQA Patient-Centered Medical Home program was developed with input from leading primary care organizations, including the **American College of Physicians (ACP)**, **American Academy of Family Physicians (AAFP)**, **American Academy of Pediatrics (AAP)**, and **American Osteopathic Association (AOA)**.

This recognition demonstrates that our clinics meet rigorous national standards for providing care that is **systematic, team-based, and focused on long-term relationships with patients**. The PCMH model emphasizes **accessibility, communication, and patient engagement**, ensuring that each patient receives coordinated, high-quality care tailored to their individual needs.





# A Year of Growth and an Exciting Future: The Moorhead School-Based Health Center

The Moorhead School-Based Health Center (SBHC), a partnership between Family HealthCare and Moorhead Area Public Schools, recently celebrated its first full year of operation. This innovative initiative was launched to make healthcare more accessible by bringing services directly to where students spend most of their time: at school. During the 2024–2025 school year, our dedicated care team—Hafsa Musa, Physician Assistant, and Tina Knudson-Docken, RN—served more than 200 patients. Of those, 60% were students under age 18, while the remaining 40% were older students and school staff, highlighting the clinic's broad impact across the Moorhead school community.



The SBHC team works closely with Moorhead Public Schools staff (including social workers, school nurses, and homeless health liaisons) to identify students in need, coordinate care, and ensure each child receives the support they deserve. One student, Izla, was referred to the clinic by the district's homeless liaison, Amy Riccio. At first, Izla said she felt awkward about going to the clinic—but Hafsa and Tina made her feel comfortable and never judged her. "Hafsa and Tina are

very welcoming and supportive," Izla shared. "They listen to me and don't judge me. The school-based health center is a safe place for me." Having the clinic right at school made it easy for her to get the care she needed, when she needed it.

In its inaugural year, the clinic proudly embraced Moorhead's Spud school spirit, becoming affectionately known as the Spud Care Clinic—a name that was soon officially adopted.

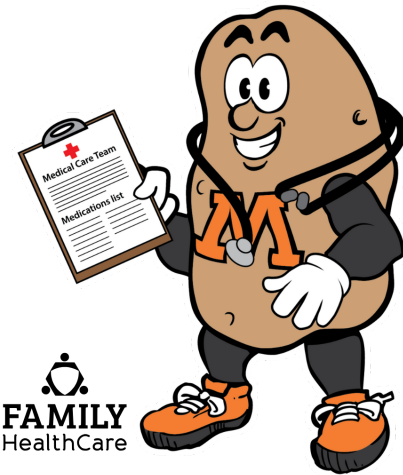
The SBHC provides a full range of services, including acute walk-in care, well-child checkups, immunizations, sports physicals, chronic disease management (for conditions like asthma and diabetes), health screenings, education, case management, and dental care through our mobile dental unit. Beyond medical care, Family HealthCare's enrollment specialist is available on-site the first Tuesday of each month to help students and families apply for health insurance and other coverage options. This outreach ensures families can continue accessing care, both inside and outside the school setting.

The first year has been one of growth, learning, and community engagement. Family HealthCare is thrilled to share that we have been awarded a three-year grant from the Minnesota Department of Health to continue, enhance, and expand the Moorhead School-Based Health Center.

This important investment affirms the value of the work already taking place within the SBHC and will help ensure its long-term success. The grant will directly support efforts to increase access to care, improve clinic efficiency, and strengthen sustainability. By expanding our operational capacity, Family HealthCare will continue providing timely, high-quality, and accessible primary care—helping reduce barriers such as transportation challenges, financial hardship, and lack of insurance coverage. The future is bright for the Spud Care Clinic, and we are proud to continue growing this vital resource for the Moorhead community.



# SPUD CARE CLINIC





# Behavioral Health Services

At Family HealthCare, we believe mental and emotional well-being are essential to overall health - just as important as physical care. That's why we integrate behavioral health directly into our primary care services, so patients can access support in one familiar setting without the barriers of navigating multiple systems.

Our collaborative approach helps individuals manage stress, adjust to life changes, and address conditions such as depression, anxiety, trauma, and substance use. By working alongside primary care providers, our behavioral health team supports the whole person - leading to better outcomes, improved quality of life, and a stronger sense of well-being.

Family HealthCare offers a full range of services, including diagnostic assessments, medication management, individual counseling, psychotherapy, and provider consultations. We also provide Medication-Assisted Treatment (MAT) using evidence-based medications such as Suboxone, Sublocade, and Naltrexone, paired with counseling and behavioral therapies to support patients living with opioid use disorder.

Our licensed team serves patients in both North Dakota and Minnesota through in-person and telehealth visits. Whether it's short-term support or ongoing care, our compassionate team walks with patients on their journey toward balance, resilience, and overall wellness.

## Family HealthCare Expands Mobile Dental Care at Dilworth-Glyndon-Felton Schools

Family HealthCare's Mobile Dental Clinic is proud to begin its third year serving the students of Dilworth-Glyndon-Felton (DGF) Schools. Already this school year, our mobile dental team has provided more than 108 dental visits for 64 students, ensuring students receive essential oral health care.

Thanks to the convenience and accessibility of on-site care, 60% of students were able to receive all the services needed, including fillings and minor extractions, directly on the mobile unit. The remaining students were seamlessly connected to one of our clinics or referred to specialty dental providers to complete their treatment plans.

This partnership is also making a meaningful impact on families. So far, the Mobile Dental Unit has helped 15 families, representing 38 siblings access vital dental care, many for the first time in years. With 90% of visits covered by Minnesota Medicaid, the program is clearly reaching students with the greatest need and reducing barriers that often prevent families from seeking care.

"Our partnership with Family HealthCare has truly been a game changer for DGF students and families. The convenience of having dental services brought directly to our school removes so many barriers—transportation, scheduling challenges, or the need for parents to take time off work.

We see firsthand how much this support matters. Students who may not have otherwise received routine dental care are now getting the preventative services they need, helping them stay healthy, comfortable, and ready to learn. Thank you for being such an important partner in helping us meet the whole-child needs of our kids!" **–Brittnei Johnk, DGF Elementary Principal.**

Family HealthCare is honored to continue this partnership and remain a trusted resource for families in the DGF community. Together, we are building brighter, healthier futures, one smile at a time.



### Behavioral Health Providers



**Erika Yoney**

*Psychiatric Mental Health  
Nurse Practitioner*



**Kirsten Fredrick**

*Licensed Professional  
Clinical Counselor*



**Stacey Arntson**

*Licensed Professional  
Clinical Counselor*



**Wendy Fick**

*RN Case Manager*

## Restoring Relief and Dignity: Emergency Dental Care for People Experiencing Homelessness

In August 2023, Family HealthCare's Mobile Unit dental team and Homeless Health Services launched the Emergency Dental Care Initiative to address urgent oral health needs among people experiencing homelessness. The Downtown Engagement Center (DEC) serves as the referral hub, connecting some of our community's most vulnerable individuals to immediate, accessible care.

The initiative focuses on emergency dental procedures—primarily tooth extractions—for patients who otherwise have no access to oral health services. Untreated infections, broken teeth, and severe pain can quickly escalate, making it difficult to eat, sleep, or work. Without intervention, many turn to emergency rooms, where care is costly and temporary. By providing direct emergency dental services, the initiative improves health outcomes while reducing unnecessary ER visits and community costs.

The first outreach event on August 20, 2023, treated 13 patients and resulted in 10 extractions. Since then, seven events have provided 68 visits—each one relieving pain and restoring dignity. All services are offered at no cost, and for many patients, this care means reclaiming the ability to eat, sleep, and smile without pain.

The impact is best seen in the people we serve. One patient arrived with a painful infection and a damaged tooth but could not afford an extraction. Our team provided x-rays, performed the procedure, and ended her pain immediately preventing a potential medical crisis and lifting the burden of an unaffordable bill.

After receiving care at one of our dental events, another patient, Andrew, looked at our team with tears in his eyes and simply expressed his gratitude saying: "Thank you for caring about us."

This initiative is made possible by our dedicated dental team and the generosity of our community. Together, we are ensuring that individuals experiencing homelessness receive essential dental care that alleviates suffering, restores health, and preserves hope.





FM Area Foundation Grant Expands Access to Denture Care

Family HealthCare is honored to receive a Community Grant Award from the FM Area Foundation to support our Access to Denture Care Program. This funding helps us restore healthy smiles, confidence, and quality of life for patients who otherwise would not have access to dentures. We are grateful for this partnership in expanding care for our community.



Family HealthCare Awarded Optometric Foundation of North Dakota Grant

Family HealthCare is honored to receive a grant from the Optometric Foundation of North Dakota to support expanded early vision screening services. The grant will fund the purchase of a portable handheld screening device, allowing providers to identify potential vision issues earlier in both children and adults. With this new technology, Family HealthCare can promote equitable access to preventive eye care and help reduce barriers to timely ophthalmology referrals. By expanding early screening opportunities, we aim to improve vision health and reduce disparities across our community.



Family HealthCare Awarded Opioid Settlement Grant to Expand Treatment Access

North Dakota Health and Human Services (HHS) recently announced recipients of the latest round of Opioid Settlement Fund grants, which support statewide efforts to prevent opioid misuse, expand access to treatment and recovery services, and strengthen the behavioral health workforce.

Family HealthCare was awarded \$1,667,500 to develop and implement a sustainable model for screening and initiating Sublocade treatment—an extended-release formulation of buprenorphine—for individuals with Opioid Use Disorder (OUD) during incarceration and following release at the Cass County Jail in Fargo.

In partnership with the Cass County Jail, this initiative will establish a long-term model for identifying, initiating, and maintaining Sublocade treatment both during incarceration and after release. Family HealthCare's medical team will oversee clinical screening and medication administration, with medication supplied by Family HealthCare's South Pharmacy, which operates in partnership with North Dakota State University, ensuring a structured, evidence-based approach to care.

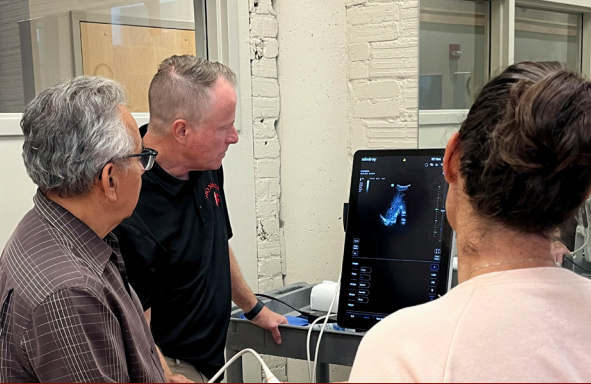
"By offering Sublocade in jail settings, we can proactively address addiction, reduce recidivism, and save lives—creating healthier and more resilient communities across North Dakota," said Kelly Polcher, Nurse Practitioner.

The project launched on July 1, 2025, under a 24-month contract period. Funding selections were based on alignment with evidence-based practices, committee recommendations, and anticipated community impact.



Family HealthCare Awarded Helmsley Charitable Trust Grant

Family HealthCare is grateful to be a recipient of a grant from the The Leona M. and Harry B. Helmsley Charitable Trust, which has provided new point-of-care ultrasound machines for our downtown and south Fargo clinic locations.



This gift means patients in our community will benefit from quicker answers, earlier detection of health concerns, and more timely treatment. By bringing this advanced technology directly into our clinics, patients can receive the care they need without unnecessary delays.

"The new equipment will allow us to identify concerns sooner and prioritize patient care needs. Our providers now have the tools they need to deliver even better care," said Kelly Polcher, Family HealthCare Nurse Practitioner.

About The Leona M. and Harry B. Helmsley Charitable Trust

The Leona M. and Harry B. Helmsley Charitable Trust aspires to improve lives by supporting exceptional efforts in the U.S. and around the world in health and select place-based initiatives. Since beginning active grantmaking in 2008, Helmsley has granted more than \$4.5 billion for a wide range of charitable purposes. Helmsley's Rural Healthcare Program funds innovative projects that use information technologies to connect rural patients to emergency medical care, bring the latest medical therapies to patients in remote areas, and provide state-of-the-art training for rural hospitals and EMS personnel. To date, this program has awarded more than \$850 million to organizations and initiatives in the states of Hawaii, Iowa, Minnesota, Montana, Nebraska, Nevada, North Dakota, South Dakota, Wyoming, and two U.S. Pacific territories, American Samoa and the Commonwealth of the Northern Mariana Islands. For more information, visit [www.helmsleytrust.org](http://www.helmsleytrust.org).

Swanson Cares Awards Grant to Family HealthCare's Emergency Dental Outreach Initiative

Family HealthCare is honored to receive support from Swanson Cares for our Emergency Dental Outreach Initiative. This program provides essential dental care – including primary tooth extractions—to individuals experiencing homelessness, as well as to low-income and uninsured members of our community. With this support, we can continue to relieve pain, restore health, and bring smiles to those who need it most.



Cass County Electric Awards Grant to Support Family HealthCare's Dental Program

Family HealthCare is proud to announce that we have received a grant from the Cass County Electric Cooperative Foundation's Operations Round Up Program to support our dental program. This generous award will fund the purchase of a Dexis Sensor, an advanced digital X-ray system. This critical piece of equipment will strengthen Family HealthCare's ability to detect tooth decay and other oral health issues early—helping prevent serious complications, reduce the need to extensive treatments, and improve long-term oral health outcomes for patients.





# Your Donation Makes A Difference

We Need Your Help to Offer High Quality Healthcare to Every Person

### DONATION

Family HealthCare depends on donations from people like you to provide a wide variety of services, from general medical exams and x-rays to vision and dental care. We need your help to make sure our efforts go even further and continue our mission of providing affordable quality healthcare for every person.

To donate securely online, visit our website.

### HOW TO GIVE

#### Online

[www.famhealthcare.org/donate](http://www.famhealthcare.org/donate)

#### Contact Us

Email: [jsorby@famhealthcare.org](mailto:jsorby@famhealthcare.org)  
Phone: 701-551-2450

#### Mail

Family HealthCare  
Attn: Julie Sorby  
301 NP Avenue  
Fargo, ND 58102

**\$30**

donation will provide  
**ONE COMPREHENSIVE HEALTH  
CARE PATIENT VISIT.**

**\$50**

donation could give a  
**CHILD HIS OR HER FIRST  
DENTAL EXAM.**

**\$100**

donation could cover all  
**CHRONIC CARE  
APPOINTMENTS FOR  
A PATIENT.**

*A donation of any amount is appreciated.*

## Family HealthCare Board of Directors

### Big Decisions Are Best Made From Multiple Points of View

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Aaron Becher – Vice President  
John Morrison – Treasurer  
Cheryl Biller – Secretary  
Tonya Sirleaf  
Melvin Whitney  
Dia Sanders  
Chelsea Traverse, MD  
Cecilia Knapp, JD  
Greta Mendoza  
Kate Syverson, MSW, LCSW, CPHQ

### Become a Board Member

Learn more about how to apply  
Call: 701-551-2450 Email: [jsorby@famhealthcare.org](mailto:jsorby@famhealthcare.org)

## The Family HealthCare Qualified Endowment

### Make an Even Bigger, More Lasting Difference

Did you know there is a way you can make an even bigger, more lasting difference? With significant tax savings, you can give more and give forever. Through the North Dakota Charitable Income Tax Credit, you can claim a credit of 40% on a minimum donation of \$5,000 to a qualified endowment; Family HealthCare has such an endowment set up at the FM Area Foundation. This credit is on top of the savings you can receive on your federal return by itemizing your qualifying charitable donations.

If you'd like to learn more about the 40% tax credit and how you can turn this year's giving into a forever gift, please contact Julie Sorby at 701-551-2450 or [jsorby@famhealthcare.org](mailto:jsorby@famhealthcare.org).

## Meet our **Team of Providers**



**Napoleon Espejo**  
MD



**Tim Mahoney**  
MD



**Kelly Polcher**  
FNP-C



**Sarah Frauenberg**  
FNP-C



**Kara Kniert**  
FNP-C



**Elizabeth Mehus-Waller**  
FNP-C



**Hafsa Musa**  
PA-C



**Rachel Ostlund**  
FNP-C



**Chad Schiltz**  
FNP-C



**Amy Shultz**  
FNP-C



**Mary Sprague**  
FNP-C



**Melissa Fofana**  
FNP-C



**Tanya Baity**  
Certified Nurse Midwife



**Meghan Dockter**  
Certified Nurse Midwife



**Kirsten Fredrick**  
MS, LPCC



**Stacey Arntson**  
LPCC



**Erika Yoney**  
PMHNP-BC, PMH-C



**Anna Miller**  
Doctor of Optometry



**Brody Maack**  
RPh, Pharm D CTTS  
Clinical Pharmacist



**Pamela Leino-Mills**  
Lifestyle Medicine Provider



301 NP Avenue, Fargo, ND 58102  
701-271-3344

[www.famhealthcare.org](http://www.famhealthcare.org)

## CONTACT & LOCATIONS

### Main Clinic & Pharmacy

301 NP Avenue  
Fargo, ND 58102

#### MONDAY – FRIDAY

**Clinic:** 701-271-3344  
7:00 am – 5:00 pm

**Dental:** 7:00 am – 5:00 pm

**Pharmacy:** 701-271-1495  
9:00 am – 5:00 pm

### Homeless Health Services

Engagement Center  
222 4th St N.  
Fargo, ND 58102

701-271-3344

#### MONDAY – FRIDAY

8:00 am – 12:00pm

### South Fargo Clinic

4025 9th Ave. S.  
Fargo, ND 58103

#### MONDAY – FRIDAY

**Clinic:** 701-271-3344  
7:30 am – 5:00 pm

**Pharmacy:** 701-271-1495  
9:00 am – 12:00 pm  
1:00 pm – 5:00 pm

### Valley City

City-County Health District  
415 2nd Ave. NE., Valley City

701-271-3344 (main office)

Telehealth appointments available

### LaMoure

100 1st Ave NW  
LaMoure, ND 58458

701-271-3344

#### MON, TUES, THURS, FRI

8:30 am – 5pm

### Moorhead Dental

715 North 11th Street, Suite 106B  
Moorhead, MN 56560

701-271-3344

#### MONDAY – FRIDAY

7:00 am – 5:00 pm

### Moorhead School-Based Health Clinic

Moorhead Career Academy  
2800 27th Ave S  
Moorhead, MN 56560

#### MONDAY – FRIDAY

8:30am - 4pm

*The clinic follows the school schedule for days open and closed*



## Get Involved

Become a Family HealthCare patient or volunteer. Visit us and tour our facility, or use it for service club or organization meetings.

[www.famhealthcare.org](http://www.famhealthcare.org)

