

May 24, 2024

# THE PATIENT PRESCRIPTION

Your Health Begins Here



## Quality Spotlight - Behavioral Health

HopeHealth's quality focus for the month of May is behavioral health. This clinical focus includes measures like depression screenings and follow-up, ADHD follow-up, and alcohol/substance use screenings.

[Click here to read](#) an article from Nicholas Lee, LPC, discussing how to differentiate depression from "the blues."

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## May is Mental Health Month

### Farrah Hughes

*PhD, ABPP*

Mental Health Month originated in 1949 with Mental Health America, a nonprofit organization that promotes awareness and support for mental and behavioral health concerns. This year's Mental Health Month theme is **"Mental Health in a Changing World."**

At HopeHealth, we offer a range of behavioral health services to accommodate a variety of needs. Licensed behavioral health consultants (BHCs) operate within our primary care and other medical settings to reduce barriers to behavioral health services. The BHCs address concerns related not only to mental health needs but also to situational stressors and chronic health conditions. They may also work with patients to improve their overall well-being and resilience.

Additionally, we offer specialty mental and behavioral health services that include substance use disorder (SUD) treatment, psychiatric care, and specialty mental health counseling. Our psychiatric team also provides medication evaluation, management, and consultation to ensure patients are receiving the best possible pharmacotherapy to treat their concerns.

As always, we encourage anyone who may be struggling with mental or behavioral health concerns to seek assistance from their medical provider or a behavioral health clinician. Let's encourage mental health awareness all year round!

[Click here](#) to learn more about HopeHealth's mental and behavioral health offerings.



## Leatherman Center Beam Signing



On May 15, HopeHealth staff, partners, and members of the behavioral health department were invited to sign the traveling beam which will go in the Jean and Hugh K. Leatherman Behavioral Care Pavilion. The center, expected to open next fall, will offer services including mental health services, addiction services, and therapy. In addition to HopeHealth, collaborative partners include MUSC, SC DHEC, SC Department of Mental Health, McLeod Health, and the City of Florence.



# Congratulations to our Palmetto Gold Winners!



The Palmetto Gold award recognizes registered nurses in our state who exemplify excellence in nursing practice and commitment to the nursing profession.



**Ashley Arrington, RN**



**Christine L. Gordon,  
FNP-BC**



**Dana Jones, FNP-C**

## HopeHealth Volunteers Recognized



HopeHealth ♥ Volunteers



**Pictured: Cindy Averitt with Rose Buskey, Enya Ramos-Rodriguez (top left and right), Sylvia Jackson, and Henry Humphries (bottom left and right).**

HopeHealth hosted a volunteer appreciation luncheon during National Volunteer Week in April, to recognize their commitment to service.

Several awards were presented by Cindy Averitt, manager of volunteer programs.

Rose Buskey and Enya-Ramos Rodriguez were given pins for one year of volunteer service. Sylvia Jackson was given a pin for two years of volunteer service.

Henry Humphries was presented with the Hope Legacy Award, recognizing his over 8 years of volunteer service to HopeHealth! He primarily works with Veterans, but also does devotions each morning at the HopeHealth Medical Plaza.

Enya Ramos-Rodriguez received the Hope Award, which recognizes the volunteer who best emulates the mission of HopeHealth. She's a straight-A college student who aspires to be a doctor, has a job, and still gave over 160 hours of her time helping guests at HopeHealth Pediatrics on 2nd Loop and the HopeHealth Medical Plaza.

On the volunteer program, Averitt shared, "I am so proud of all of the volunteers here at HopeHealth that have given their time to assist staff and our guests."

For more information about volunteering with HopeHealth or to schedule a volunteer interview, visit the website at [hope-health.org/community/volunteer](https://hope-health.org/community/volunteer) or contact Cindy Averitt at [caveritt@hope-health.org](mailto:caveritt@hope-health.org) or (843) 432-2942.

**Patricia Barrineau Earned DNP**



Congratulations to Patricia Barrineau, DNP, for completing her Doctor of Nursing Practice at Chamberlain University!

## Access Hope: After-Hours Care



Access Hope is our convenient after-hours program for patients to receive care when life doesn't go as planned.

### **Why HopeHealth patients use Access Hope:**

- Your primary care provider isn't available when you're not feeling well
- You are sick after-hours or on Saturday
- You are a new patient whose busy schedule doesn't allow you to be seen during normal provider hours

Our staff of health care providers at Access Hope is available in Florence and



Manning, **Monday-Saturday from 8am-8pm.**

Examples of after-hours care services provided by Access Hope are minor aches and pains, cold and flu sick visits, treatment of high blood pressure, management of diabetes and other chronic conditions, immunizations/flu shots/PPD testing, urinalysis, annual and pre-employment physicals, and STD treatment.

For more information about Access Hope, [visit our website.](#)

## Vote for Best of the Pee Dee!



Voting is open until **May 29** for the Best of the Pee Dee 2024, and HopeHealth is nominated in seven categories! [Click here to cast your ballot.](#)

Best Behavioral and Mental Health Care Provider  
Best Diabetic and Nutritional Care  
Best Endocrinology  
Best Pain Management Clinic  
Best Pediatrician  
Best Primary Care Provider  
Best Women's Health Care Provider

## Recipe Spotlight

Is eating healthy, delicious foods part of your plan for the new year? If so, check out our recurring spotlight for fun and nutritious recipes!

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### Sheet Pan Salmon with Asparagus and Potatoes



With the longer spring days, who wants to spend hours in the kitchen? Sheet pan meals are quick and simple, and this healthy recipe only requires 15 minutes of prep and involves easy clean-up.

### **Serves 4**

#### **Ingredients:**

4 salmon fillets  
1 pound of asparagus, ends trimmed  
2 pounds baby red or gold potatoes, quartered  
Salt and pepper to taste

#### **For the potatoes:**

Olive oil spray  
2 teaspoons Italian seasoning blend  
1 teaspoon garlic powder

#### **For the salmon:**

2 tablespoons olive oil  
1 tablespoon honey  
1 teaspoon Dijon mustard  
½ teaspoon Italian seasoning blend

#### **For the asparagus:**

Olive oil spray  
½ lemon, thinly sliced

#### **Directions:**

1. Preheat oven to 400 degrees Fahrenheit.
2. Arrange potatoes on a medium sheet pan, spray lightly with olive oil spray, and sprinkle on Italian seasoning, garlic powder, salt, and pepper. Mix the potatoes together well with your fingers (or a utensil) and bake for 15 minutes. Take the potatoes out of the oven and move them to one side of the sheet pan.
3. Add additional olive oil spray to the sheet pan if needed to avoid sticking, and arrange the salmon filets in the middle, and asparagus on the other end of the sheet pan.
4. For the salmon, whisk together olive oil, honey, Dijon mustard, and Italian seasoning and brush on top of the salmon filets.
5. Layer lemon slices between the asparagus spears and spray the spears lightly with olive oil spray, topping with salt and pepper to taste.
6. Bake for 15-20 minutes until asparagus and potatoes are fork-tender and salmon is cooked through. Serve immediately.

#### **Tips:**

- An Italian seasoning blend is easy to find at the grocery store in the spice aisle and is typically sodium-free.
- Broccoli or fresh green beans can be easily substituted for asparagus.

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