



Nebraska

Dental Hygienists' Association

NDHA NEWSLETTER - January 2022

NDHA believes in helping dental hygienists achieve their full potential as they seek to improve the public's oral health. We support your goals by helping to ensure access to quality oral health care; promoting dental hygiene education, licensure, practice and research; and representing your legislative interests at the local, state and federal levels.



A Message from Your President

Jason Brisbin, RDH
2021-22 President

It is a slower part of the year for the association. During the holidays, we are just like everyone else.

We take some time off to spend time with family and as such I don't have much in the way of association business to report. In Nebraska, individuals can receive care directly from a dental hygienist in certain public health settings without an exam by a dentist. Hygienists must have their own professional liability insurance, apply for a public health authorization, and report services performed yearly to DHHS. A dental hygienist can perform their full scope of practice except for; administering nitrous, administering local anesthesia, and performing scaling and root planing. Patients must be informed that these services are preventative and does not constitute complete dental diagnosis and care.

Equity is a focus on outcomes. People are different. We are born with different talents, of course, but it is also important to understand that we are born with different resources. From the second we take our first breath, the advantages or disadvantages conferred to us by the circumstances of our birth begin to shape our ability to succeed. Whereas equality focuses on treating everybody the same, equity is a more nuanced approach. It recognizes the inherent advantages, or lack thereof, and seeks to create comparable outcomes. The public health hygienist was created with this understanding of equity.

Our past leaders understood that, as far as dental health access goes, Nebraska is a very unequal state. Fifty-three of the ninety-three Nebraska counties are state designated dental shortage areas. ([You can see a map of dental shortage areas here](#))

If you consider specialties such as Oral Surgery or Pediatrics, almost the entire state outside of Omaha, Lincoln, and the counties that surround them are state designated shortage areas. ([You can find the specialty map here](#)) Equality would have me say that every county needs more hygienists, and that is true. Equity though, helps us understand that some places need dental care providers more than others and the public health hygienist is a way of contributing to equal outcomes.

Not only can public health dental services serve as an equitable force for patients, it can be an equitable force for providers. Recently, I have learned more about equity, I have begun to study more about the concept of anti-racism. Anti-racism is an inherently equitable way of thinking. If an act, philosophy, or policy has unequal outcomes when it comes to race, it is racist whatever the original intent was. Anti-racism would say that an unequal outcome must be actively confronted, addressed, and resolved. Simply being not-racist is too passive. Just saying that was not our intent, and moving on,

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The American Association of Public Health Dentistry (AAPHD) released a white paper this past year with a specific focus on Anti-Racism in Public Health Dentistry. It is an excellent read and can be found [here](#). While reading, I ran across this:

“A more diverse workforce would expand access to care, advance cultural sensitivity, and help ensure equitable policymaking and management. As it stands, the oral health workforce would need at least four times more underrepresented minority dentists than are currently practicing to reach parity with the general Population. At the current rate of provider turnover, it would take 172 more years to close this parity gap.”

I found this to be very profound. When I read this, I realized that one such way to close the gap in provider diversity is through the use of alternative practice settings, and multi-tiered provider systems. The use of hygienists, public health hygienists, expanded function hygienists, dental therapists, and dentists gives those from disadvantaged backgrounds of all types many avenues to form provider-patients relationships and improve culturally sensitive care. Having many paths makes becoming a provider a more equitable process in addition to providing more equitable outcomes for our patients. While our state was not considering the concepts of anti-racism when forming our public health hygienist, we were still considering equity, and thus still accomplished something anti-racist.

This is our job at ADHA and NDHA. We are tasked with leading our profession by placing ourselves in context of the big picture. What we do, no matter how small it seems, can have positive consequences, both intended and not. Just like direct access can play a part in improving provider and patient equity, so too can your contribution play a part in improving our organization. Whether you are a board member, aspiring leader, or just simply a member, your part that seems small helps us achieve big things. Thank you for your support and happy new year!

To enquire about leadership opportunities, email me at brisbindentalcare@gmail.com



Legislative Committee Update

2021-22 Co-Chairs:

Deb Schardt, RDH, PHRDH
Joey Enright, RDH

In November, a U.S. appellate court ordered OSHA to temporarily halt its emergency temporary standard update (ETS) that would require businesses with 100 or more employees to require COVID-19 vaccination or testing. Centers for Medicare and Medicaid Services (CMS) had also announced that it would be requiring applicable healthcare facilities to have a policy in place ensuring that eligible staff receive their first dose of a COVID-19 vaccine series by Dec. 5 and to have completed their series by Jan. 4, 2022. On November 30th, a Louisiana federal court granted 14 states' bid for a preliminary injunction that not only halts the CMS rule requiring COVID-19 vaccination for healthcare workers in their own states but across the entire nation. On December 15th, the US Court of Appeals for the Fifth Circuit stayed the injunction for the 14 states who were parties to the litigation, and 10 other states litigating in the District of Missouri. The states are: Louisiana, Montana, Arizona, Alabama, Georgia, Idaho, Indiana, Mississippi, Oklahoma, South Carolina, Utah, West Virginia, Kentucky, and Ohio. Alaska, Arkansas, Iowa, Kansas, Missouri, Nebraska, New Hampshire, North Dakota, South Dakota, and Wyoming.

MARK YOUR CALENDARS FOR UPCOMING EVENTS With so many important issues facing our profession today, NDHA encourages each of you to use your influence and participate in the legislative process however you can! Each year we host a legislative reception to give you the opportunity to network with Nebraska Senators to create relationships that build value for the dental hygiene community.

You are all invited for refreshments with your Senator at Billy's Restaurant at 1301 H Street in Lincoln Nebraska on Tuesday, February 8th from 4:30-6:30. You can locate your legislative district and representative [here](#).

We recommend sending your Senator a personal email inviting them to a meet and greet at the reception: "Dear Senator _____, My name is _____ and I reside in your District. I am a practicing dental hygienist and would like to invite you to attend a reception sponsored by our association, the Nebraska Dental Hygienists' Association on Tuesday, February 8th, from 4:30 to 6:30 pm at Billy's Restaurant in Lincoln, NE. Please also RSVP your attendance to the event by February 1st on the [NDHA website](#)

Nebraska HYPAC is hosting an exciting webinar opportunity for dental professionals across the country on Friday, Feb. 11 from 9:00 am to 12:00 noon CT. Join us as Sonya Dunbar, national speaker and co-founder of the National Mobile and Teledentistry Conference and Co-Founder of the American Mobile and Teledentistry Alliance guides us through innovative ways to utilize mobile and Teledentistry in our daily practices and make it productive. This is a must see Webinar Event especially at the incredible price of \$65.00! Sonya is a highly sought after speaker and we are fortunate to have her speak for this event. Sonya will speak from 9-11 CT and then we will cap off the event with our very own Nebraska Public Health Dental Hygienists' Panel. Learn to take your profession to the next level! Don't miss a fantastic giveaway opportunity that you can participate in just for registering. We will be raffling off a TelScope Telehealth System that retails for \$199! [Register today](#)



2022 NDHA Corporate Sponsor

We are excited to announce that Summit Dental Health is our first corporate sponsor!!

At Summit Dental Health, 2021 was a year of embracing change. We mastered our improved safety guidelines, managing aerosols with our Purevac Systems, upgraded our water line maintenance with Toppen Water Filters, enhanced clinical organization through implementation of the Zirc Color Method, and embraced technology with the addition of the Primescan digital impression system. We hosted virtual town halls with Dr. SarahBeth Hartlage, MD, an expert on COVID-19 Vaccines, so our team members could get their vaccine questions answered by a reliable primary source to make the best personal decision about vaccination.

We conducted market analyses around compensation and benefits and significantly elevated both for employees in every role within our employee owned organization. Summit Dental Health enjoyed all the opportunities given in 2021 to sponsor organizations throughout our community. We continued our support of the Open Door Mission and Siouxland Soup Kitchen through our annual Lemonade Stand Days and donations from our community garden beds. Our team members are proud to give back to the communities we serve through our Smiles for Life initiative that runs from March to June each year.

In 2021, Summit Dental Health had a record year with Smiles for Life, raising \$9,064 for local charities in the Omaha and Siouxland communities. We provided scholarships for Iowa Western Dental Hygiene Students, sponsored the UNO Mavericks as their official dental partner as well as Grover Street Little League. We had a blast at Nebraska Dental Hygiene Association's Annual and Fall Sessions as the Corporate Sponsor and we look forward to continued growth, innovation, and support in 2022.

Happy New Year!



NDHA Immediate Past President

Heather Hessheimer

For my final newsletter article, I would like to keep with my theme of "getting to know your leadership" and this time I would like you to get to know one of your national leaders instead. My hope is that you read this and realize your leadership team are dental hygienists just like you!

Anyone can serve the association and we hope you will answer the call to step up and get involved. These past few years have been very special for Nebraska as we had two NDHA Past-Presidents in national positions: Erin Haley-Hitz as District VIII Trustee and Lisa Moravec as ADHA President. Both serve us on the

ADHA Board of Trustees and I would like to thank them for their tremendous service to our profession. As she nears the end of her four-year presidential commitment, I would like to highlight the leadership journey of Lisa Moravec, ADHA Immediate Past President. Thank you to Lisa for taking the time to complete this interview for our association members!

Lisa, tell us a little about your leadership journey and positions you have served in:

“As a dental hygienist and trusted healthcare provider, I found I also had the opportunity to be a leader. When I first graduated, I was given an opportunity to serve as a leader and I passed up the chance because I was afraid. Once I made the decision to face my fear and step into a leadership role, doors started to open. Involving myself in ADHA has given me numerous opportunities to grow personally and professionally with an amazing support system every step of the way. When I saw the opportunity to begin a new component in my state, I rose to the challenge. I began my leadership journey with NDHA by creating a new component and serving as the first component President.

Initially I wasn't sure that I was truly interested or had enough experience in taking on a leadership role until I took the leap with the support and encouragement of others. I think every leader experiences “imposter syndrome” where we feel underqualified for the role. Fortunately, every step of my journey I have met amazing mentors and lifelong friends that have been great resources and advocates as I developed my own leadership skills. As Mister Rogers says “Look for the helpers. You will always find people who are helping.” I have learned that real strength and leadership is serving others and sharing your passion for elevating the profession. I have tried to do this in each leadership role I have been entrusted with serving in. When our state association needed me to step forward and lead at the state level, I took the next step and became an officer at the state level. I served as Vice President, President Elect, President, as well as Alternate Delegate and Delegate for NDHA. Then the opportunity opened to serve my profession at the national level, first as a District Trustee, then as a Board Coach, and Officer. I pushed myself outside my comfort zone to yet again rise up. As I completed this past year serving as your ADHA President and now as Immediate Past President, I ask that each one of you to think about where you aspire to rise in your own lives and how ADHA can be a part of this journey for you! The opportunities are truly endless and we need your fresh ideas and energy to continue to propel the profession forward.”

What advice do you have for a member wanting to get involved?

“My advice for any member that is even considering getting involved is to connect with their local component to see where they can help serve or reach out to become involved in a committee. Learn what your interests are and how you can best utilize the unique skill sets that you possess as a leader. I also encourage everyone to complete the Gallop Strength Finders training as it will help you learn more about how you can best utilize the leadership skill sets that you naturally possess. Then you can work to develop skills in other areas to best help you serve the association as a leader. See how the wheels turn in an organization and see where your strengths might fit in to help elevate the profession. Additionally, ADHA has great resources to help hygienists develop as leaders. The Leadership Development Committee is committed to recruiting members to run for ADHA leadership positions, providing leadership resources, mentoring members on their leadership paths, and supporting leadership development programs for constituent leaders. I am proud that we offered the first virtual Leadership Summit this past year and we are offering a virtual summit March 4-5 and in-person session June 22-23 this year. To learn more visit: ADHA Leadership Summit. I have learned that giving of your time and talents will come back to you tenfold. You never know where this will lead but be open to the possibilities and enjoy the journey.” [Lisa and her 2021 ADHA Board of Trustees at ADHA Annual Session in Phoenix, Arizona.]

What will happen if we don't get members who are willing to serve in leadership positions?

“It's simple- not only will our association slowly dwindle in size and membership, but our profession will do the same. If we are looking at continuing to move forward and upward, we need continued leadership to step up now more than ever. You don't have to know everything; you just need to be willing to serve and learn. That is why involvement on the component and committee level is so important as it is a great way to learn more about the work of the association and to develop a business mindset.”

“We have amazing opportunities ahead of us as a profession and association, but we need to have a solid leadership succession plan so that leadership skill sets are being cultivated and developed. Leaders are always faced with making wise consequential decisions on behalf of the profession, so it is important to have a thorough understanding of our strategic plan, budget, and ongoing initiatives in advocacy, membership engagement, and professional development. You learn about all these aspects by being engaged and involved.”

What has been the most rewarding aspect of your service to the dental hygiene association?

“The most rewarding aspect of my journey has been all the amazing colleagues I've met, networking with inspiring and passionate dental hygienists across the

country and the knowledge that I have gained simply from being a part of and being engaged in my professional association. It truly has been an honor to serve." [A group of people posing for a photo Description automatically generated]

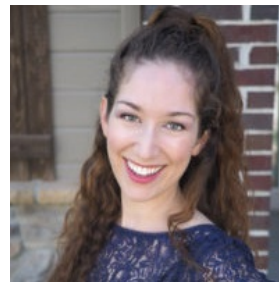
"To the many current and past ADHA leaders, presidents, board and committee members, delegates, and members with whom I've served our profession over the years, know that you hold a special place in my heart. I am forever grateful for the valuable experiences and encouragement you have given me. Whether it has been at the component, state, or national level- YOU are all woven tightly into the fabric of my story and all have served a key part. I can't even begin to name everyone who has been an influence and stitched together each chapter of my story. THANK YOU to all of you who share my passion for the dental hygiene profession and who have encouraged and empowered me on my journey. I look forward to continuing to encourage and mentor future leaders for the profession and to pay it forward!"

What's next for your leadership journey?

"I am currently serving on the ADHA Board as Immediate Past President and as the Chair for the Institute for Oral Health. I also am on the ADHA Nominating Committee. I look forward to serving as an ADHA Ambassador and mentor to future leaders. In looking ahead at what's next, I am excited to have recently been selected as a speaker for the International Symposium on Dental Hygiene in Dublin, Ireland in August of 2022! This will be my first international dental hygiene meeting and I look forward to expanding my network by continuing my lifelong learning journey with dental hygienists from across the globe."

Thanks again to Lisa for your service and for sharing your experience with us. If anyone has questions about getting involved, reach out to any of your NDHA leaders and we will be happy to assist you! A great first step is to register for our upcoming Legislative Reception event on Tuesday, February 8, 2022 4:30-6:30 pm at Billy's Restaurant in Lincoln, Nebraska.

Whitney Crist NDHA Membership Chair



Greetings fellow members! As we wind down from the holiday season and gear up for the New Year, I wanted to share some updates.

On a personal note, September 3rd we welcomed a new addition to our family - Adelynn Rosalee. Her middle name is in honor of my late father-in-law, Ross Lee Crist. He was an Orthodontist and very passionate about the dental field. Needless to say, he passed that onto me and very much influenced my decision to go into dental hygiene. I will be forever grateful for our long talks about dentistry and his mentorship. His guidance is one of the key reasons I am passionate about mentoring and connecting hygienists.

Having continued conversations, healthy debate, and sharing knowledge is what keeps us going. It helps prevent burnout and furthers our professions' progress. Regarding my goals for Membership, I would love to expand/add more members to the committee, continue the Mentor program, and work on reaching out to new and existing members. As I go forward with these objectives, I hope to embody Ross's enthusiasm by bringing a strengthened sense of comradery to NDHA; connecting us all for the common goal of improving the health of our patients and supporting the hygiene profession. Thank you for your membership, I truly appreciate it - we are stronger together!

If you are interested in serving on the Membership Committee, or any NDHA Committee, feel free to contact our president, Jason Brisbin at brisbindentalcare@gmail.com



NDHA Treasurer Kathleen Narlock RDH BSDH PHRDH

It's hard to believe the holidays are behind us as we ended another unpredictable year. As your NDHA Treasurer, I wanted to reach out to let you know how much we appreciate you being a part of our ADHA/NDHA community in 2021. Together we made an impact and remained stronger as a united community

This year holds incredible promise, and the collective power of our membership is critical for our profession to be represented as leaders in health care. As you know, your ADHA membership includes connection to your profession at the national, state and local levels. Our representation keeps us stronger here at home AND ensures our voice is heard with policymakers in D.C. Show your Nebraska RDH pride and renew now. If you haven't renewed your membership yet please take a minute and get it out of the way, and you're good through 2022!

[Click Here](#) for Membership Information

We have a lot of work to do for oral health. We also have a ton of fun, networking, laughs and connections ahead at more IN PERSON events in 2022! There are good things ahead and together, we are making a real difference for our patients and our profession.
Happy New Year!

NDHA

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