



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 third 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](#)

July 2026



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Fellows Year 3: Women's and Maternal Health Conference



In April, fellows attended a women's and maternal health conference in Fargo at NDSU. Sessions included preconception and contraception planning; maternal physical therapy; pediatric and infant assessments; breastfeeding; common and high-risk pregnancy concerns; prescribing considerations; and infant and maternal sleep.

Fellow Update

- ✓ Completed 64 Specialty Rotations
- ✓ Attended 13 Transition to Practice Professional Development Sessions
- ✓ Watched Essentia Fall Conference (Women's and Maternal Health)
- ✓ Completed Dialectical Behavior Therapy (DBT) Training
- ✓ Attended Mental Health Conference  **391** Record Breaking Registrations
- ✓ Attended "Triaging Office Urgent and Emergent Conditions in Ambulatory Care" Workshop
- ✓ Attended "Sleep Hygiene" Workshop
- ✓ Attended Resiliency Session on "Blind Compassion in Healthcare"
- ✓ Facilitated 4 Journal Clubs (Cervical Cancer Screening; Concussions; Impact of Diet on Colorectal Cancer; Recurrent UTIs)
- ✓ Completed 3 Reflective Conversations Focused on Role Transition
- ✓ Completed 4 Project ECHO Sessions on Treating SUD/ODU



Fellows have served **10,733** patients in rural and medically underserved clinics throughout MN and WI.

Advisory Board

Elisha Anderson APRN, CNP
(Essentia)

JoAnn Bresnahan, APRN,
CNP (Essentia)

Katherine Dean, MBA
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Institute of Rural Health)

Christie Erickson, APRN,
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Nitika Moibi, M.P.P (MN
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Julie Sindlinger, FACHE,
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Operations Manager)

Jacob C. Warren, PhD, MBA
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Grant Team

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FNP-C (NDSU, Maternal
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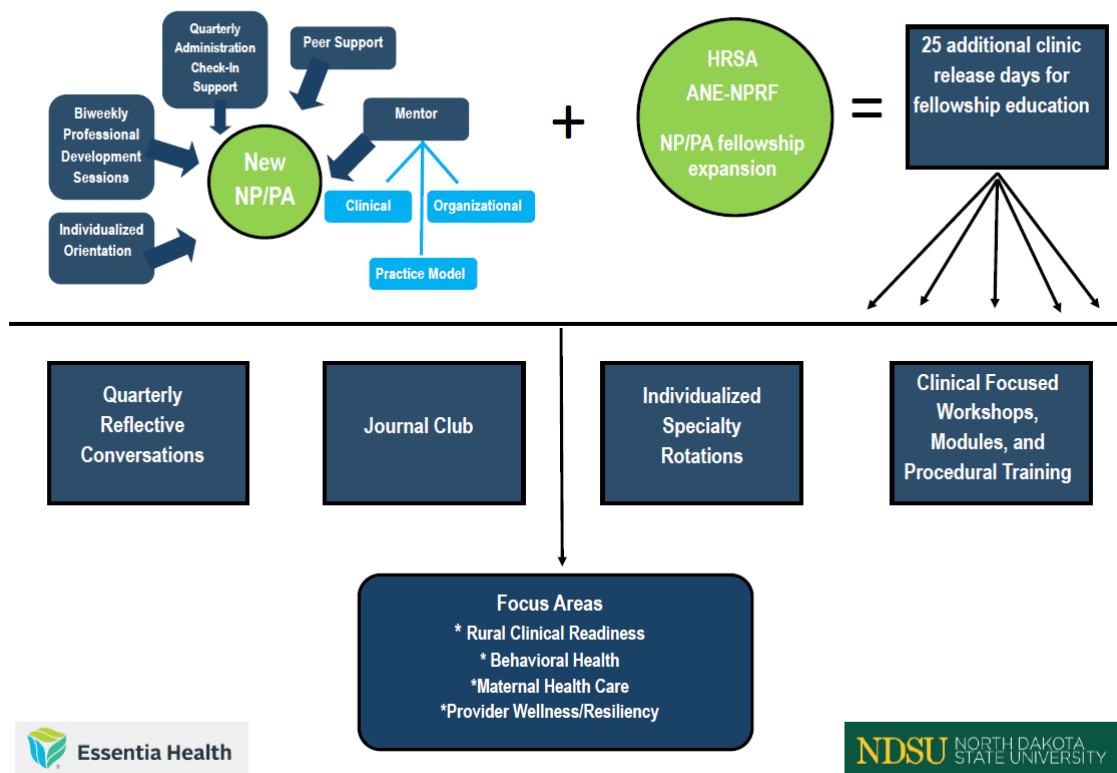
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Carrie Nelson, DNP, APRN,
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Dani Bohnsack, MA (NDSU,
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Essentia Transition to Practice Model



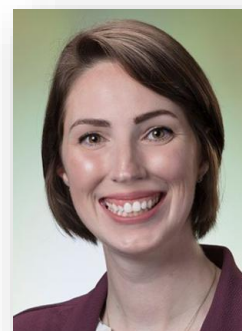
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Qualifications

- 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.