

**CONFEDERATED SALISH AND KOOTENAI TRIBES
OF THE FLATHEAD NATION
PO BOX 278
PABLO MT 59855
(406) 675-2700
PERSONNEL OFFICE FAX: (406) 226-2562
WEBSITE ADDRESS: csktribes.org
E-mail melanie.piedalue@cskt.org**

******V A C A N C Y A N N O U N C E M E N T******

TITLE: Health Coach

LOCATION: Tribal Health Department – Location Negotiable

SALARY: \$23.83 - \$27.39 per hour plus benefits (May be employed under contract)

CLOSING DATE: Thursday, April 18, 2024 at 5:30 p.m. (MST)

This is a Testing Designated Position (TDP) within the definition of the CSKT Drug Testing policy. **The successful applicant, if not already employed by the Tribes must pass a pre-hire drug test and serve a mandatory six (6) month probationary period.**

The Health Coach plays a pivotal role in empowering patients to make sustainable lifestyle changes that lead to improved health and well-being. The Health Coach will work closely with individuals seeking to enhance their overall quality of life by providing guidance, support, and education in the six pillars of Lifestyle Medicine – physical activity, planted-based nutrition, stress management, avoidance of risky substances, social connections, and restorative sleep. This role is crucial in assisting patients in achieving their health goals and promoting a culture of wellness within our tribal communities and department.

- **Patient Assessment:** Conduct thorough assessments of patients' current lifestyles, health habits, and wellness goals to create individualized action plans.
- **Health Education:** Provide education on the six pillars of Lifestyle Medicine to help patients make informed choices. Deliver education on the importance of lifestyle choices in preventing and managing chronic diseases. Provide guidance on practical strategies for implementing lifestyle changes. Foster a supportive and inclusive atmosphere during group workshops/education and shared appointments, encouraging active patient engagement and peer support.
- **Goal Setting:** Collaborate with patients to set realistic and achievable health and wellness goals, and regularly track progress.
- **Behavioral Coaching:** Utilize coaching techniques to support patients in making sustainable behavioral changes, including appreciative inquiry, motivational interviewing, goal-setting, and problem-solving.
- **Healthy Nutrition Promotion:** Encourage and guide patients in adopting and maintaining a healthy eating pattern, referring to registered dietitian and/or provider when applicable.
- **Physical Activity Promotion:** Encourage and guide patients in adopting and maintaining a regular physical activity routine suitable for their fitness level and goals, referring to Physical Therapy and/or fitness center specialists when applicable.
- **Stress Management:** Encourage and guide patients in adopting a stress management plan, referring to Behavioral Health when applicable. Teach stress-reduction techniques and mindfulness practices to help patients manage stress effectively.

- **Health Monitoring:** Regularly monitor patients' progress, track health metrics, and adjust action plans as needed. Follow-up with patient's medical provider as appropriate.
- **Documentation:** Maintain detailed and accurate records of patient interactions and progress in our electronic health record.
- **Group Workshops and Shared Appointments:** Conduct group workshops and educational sessions on various lifestyle topics.
- **Quality Improvement:** Collaborate with the healthcare team to identify opportunities for program improvement. Gather feedback from patients and providers to refine and enhance shared medical visits and Lifestyle Medicine programs/offerings.
- **Team Collaboration:** Collaborate with other healthcare professionals within the clinic, such as physicians, nurses, pharmacists, behavioral health professionals, physical therapists, fitness specialists, and dietitians, to provide integrated patient care.
- **Research and Stay Informed:** Stay current with the latest developments in lifestyle medicine, evidence-based practices, and research to continuously enhance patient care.
- **Community Outreach:** Participate in community outreach programs, workshops, and health fairs to promote lifestyle medicine and preventive healthcare.
- **Recruitment:** Actively participates in population health outreach through identification of patients with gaps in care through use of analytic tools and patient registries. Contacts patients and enrolls them in Lifestyle Medicine programs and offerings.
- *Request a copy of position description for full details.*

MINIMUM RECRUITING QUALIFICATIONS AS REFLECTED ON TRIBAL EMPLOYMENT APPLICATION:

- Bachelor's degree from an accredited college or university in a related field (e.g., nutrition, psychology, nursing, health promotion, etc.)
- Active certification as a Lifestyle Coach, Health Coach, or related certification (National Society of Health Coaches, National Board for Health & Wellness Coaching, International Coach Federation, etc).
- 1+ years' experience coaching patients with chronic conditions (e.g., diabetes, hypertension, obesity, autoimmune conditions, or digestive disorders), one-on-one or a group setting.
- Wellcoaches Lifestyle Medicine Coach Certification within 6 months of hire
- Current BLS certification is required.
- Must have valid Montana State driver's license.

SUBMIT:

1. Completed Tribal employment application.
2. Copy of academic transcripts, certifications, licensure, etc.
3. Copy of driver's license.
4. Proof of enrollment from a federally recognized Tribe if not from CSKT.
5. If claiming veteran's preference, a copy of the DD214 must be submitted.

SUBMIT ALL OF THE ABOVE TO: Personnel Office, PO Box 278, Pablo MT 59855, Telephone (406) 675-2700 Ext. 1040, or personnel@cskt.org

FAILURE TO SUBMIT ALL OF THE ABOVE INFORMATION WILL RESULT IN IMMEDIATE DISQUALIFICATION DURING THE SCREENING PROCESS

FOR MORE INFORMATION: Contact Chelsea Kleinmeyer at THD (406) 675-2700 Ext. #7362