

"By helping each other  
we help ourselves -  
so that we can effectively help others."  
Christa Olsson, RDH, EPDH

Can any hygienist come to a HIIP meeting?

YES..... yes.... yes!! Please tell everyone you know: Absolutely any hygienist who wishes to learn more about creating jobs in independent practice in the state of Oregon is welcome at any HIIP meeting. You betcha.

The entire mission of HIIP Study Club is to help ALL hygienists to become as motivated and empowered as they wish to be regarding independent practice. WHY? Because I firmly believe and the evidence shows that hygienists have the perfect skill set to help improve oral health in their communities. The goal of our stud club is to help you get out there so that you can provide preventive oral health care to Oregonians who can't currently access a hygienist in a traditional dental office.

Is there a fee?

Not yet! We have been able to find free meeting spaces and I (with some help!) have volunteered my time to put these meetings together.

Are meetings always in the same location?

Nope! The HIIP study club is for all hygienists interested in independent practice around the state of Oregon, so we have our meetings in various cities. Eugene, Beaverton, Salem have all been on the list. If you live in a city where you think we should have a meeting contact Christa to make arrangements (be prepared to volunteer some time!).

Will the subject of the meetings always be the same??

No, each meeting will address current issues and current needs of attendees. Expanded Practice Dental Hygiene is a brand new way of using your dental hygiene skills and we are all gaining experience at a rapid rate. This study club is a forum FOR you and FROM you. I don't know it all by any means; we are a group of colleagues working together to discover what works for our new class of oral health services provider. We will have special presenters from within and without our club, as well as time to network and share stories. HIIP is not a class... it's a playground & think tank!

## What are the topics??

HIIP is dedicated to YOU, the Expanded Practice Dental Hygienist. We collaborate with each other regarding:

- Personal barriers to success and how to overcome them
- Things you can do every day to move you towards your goals.
- YOUR HEALTH - it gets center stage now!! Make your work “fit” YOU
- Peeking into our hygienist "blind spots"
- Scope of practice updates
- Public health needs
- Creative public health solutions
- Creative financial solutions
- Case management for the expanded practice hygienist
- Public Health Research & YOUR contribution
- MARKETING (Not advertising!) - it's *EVERYTHING*
- How to determine your entrepreneurial drive and how to structure your business to fit you.
- How to target your market based on YOUR individual values and needs.
- Business Start-Up steps and resources (financial and otherwise)
- Equipment, supplies, distributors, x-ray requirements
- Buying co-op and how you can get involved
- *more, more, more – based on what YOU need!*

## Will transcripts of meetings be available on request?

I will do my absolute best to create a transcript of what takes place at each meeting and make them available online, in the members only section of our website (odha.org).

Why members only? Because this information is exclusive to hygienists interested in independent practice and we'd prefer that the general public not have access to these transcripts. We also feel that this is valuable information that those participating worked hard to gather, and it shouldn't be offered to the public for free. Non member hygienists are always welcome to be a part of the study club and attend any of our meetings!

## Why did you create the HIIP Study Club?

The procedures that actually prevent or arrest disease early, without hard or soft or hard tissue surgery, lie in the hands of hygienists. WE are the future of a radical shift in delivery of preventive oral health services in Oregon.

However, it is difficult and complex to start a business, to target a market, to set up a clinic, to understand the law, working alone. We can make it easier for ourselves and future hygienists by working together. We have to raise public awareness, confront insurance issues head on, and create sound business practices, all while supporting ourselves and our families. You didn't get this in hygiene school, nor do you see it much in continuing education courses. You'll only find it here!

Why should I participate?

**"If I have seen further it is only by standing on the shoulders of giants." -Isaac Newton**

ADHA/ODHA are the giants that fought for our Expanded Practice designation, and the original Limited Access Permit Hygienists were the giants who bravely took the first steps into independent practice and paved the way by trial and error for the rest of us. Now, as Expanded Practice Dental Hygienists, we will be inspiring ordinary RDH's create their own employment future, as well as paving the way for our new graduates. I have watched you fight for this and am so excited about where this road leads. Our volunteer association WORKS.

That said, the stage is set for us to provide MUCH more direct access to oral health care. We need to MOVE. Of course, you alone have the power to reach your dreams, but now there are others to stand by and support you in your efforts. By sharing information with each other we'll minimize energy & stress. By working together we'll increase public awareness, decrease insurance/reimbursement issues, and expedite business start up processes for the field of expanded practice hygiene.

Must we be ADHA-members to attend HIIP Study Club?

NO. I truly believe that you can't truly understand what the value of membership in ADHA/ODHA unless it touches you personally. You all know it: ODHA has built & protected our profession every day of every year of our entire careers and it will continue to do so. Even so, only 1/5<sup>th</sup> of Oregon hygienists are members.

Let me lay it all out there. I'm guilty of not joining until I had some up close and personal experience with the volunteers who run our state association. Boy do I have some ODHA-action stories to prove what they do for RDH's across the state... each and every one of you. Ask me about this some time.

If any non-member could see what ODHA is capable of with even just the contributions from the 400 members in Oregon.... well, they'd join for sure. Just think what we could do for our profession if we had all 2700 hygienists (that's just in Oregon!) supporting the association? Look what we have accomplished so far, but know that we still have a long way to go!

Please everyone, support the ONE association that supports, empowers and develops us before, during, and after Oregon laws are made.

In summary, you do not need to be an ADHA member to be a part of our group, just someone who is excited about Expanded Practice Dental Hygiene!

Seize opportunity by the beard, for it is bald behind  
[Bulgarian Proverb](#)