City of Grand Forks Staff Report

Board of Health – July 16, 2026
City Council – July 20, 2026

APPROVED & ACCEPTED
by City Council
07/20/2026
Maureen Storstad
Maureen Storstad
City Auditor

Agenda Item: Board of Health Committee Member Appointment

Submitted by: Tess Wall, Public Health Director, on behalf of Mayor Brandon Bochenski

Staff Recommended Action: Consider Board of Health recommendation to appoint Ms. Allie Gowan to a member-at-large position on the Grand Forks Board of Health.

Board of Health Recommended Action:
Dr. Bradley motioned to recommend Ms. Allie Gowan to fill the member-at-large seat. Mr. Hodny seconded. Passed unanimously.

Council Action: Motion by Berg, second by Fridolfs to approve on consent agenda. Motion carried unanimously.

BACKGROUND:

The Grand Forks Board of Health operates within North Dakota Century Code and Grand Forks City Code. Per law, there are five members that create the composition of this board - 1 City Council member, 1 County Commission member, 2 members from the public, and the public health officer.

ANALYSIS AND FINDINGS OF FACT:

- Christine Harsell DNP, member-at-large, has submitted her resignation from the Board of Health effective July 31, 2026, as she is relocating of state.
- Per NDCC 23-35-03(3), a Board of Health appointment is a five (5) year term.
- On July 16th, 2026, the Grand Forks Board of Health reviewed the support materials and voted unanimously to recommend mayoral and City Council appointment of Ms. Allie Gowan.

SUPPORT MATERIALS:

Application materials
Ms. Allie Gowan
Mr. David Terry

Allie Gowan, BSN, RN

Manvel, ND | 701.307.0520 | alliegowan@gmail.com

July 6, 2026

Grand Forks Board of Health Committee

Grand Forks, ND

Dear Members of the Board of Health Committee,

I am writing to express my interest in serving as a volunteer member of the Grand Forks Board of Health Committee. As a Director (RN), Clinical Services at Noridian Healthcare Solutions, I bring a combination of nursing expertise, healthcare operations leadership, policy experience, and a strong commitment to public service. I would be honored to contribute these strengths to support the health and well-being of Grand Forks County residents.

My career has included progressively responsible roles in clinical services, medical review, and medical policy across Medicare Part A, B, and DME. In my current Director role, I help lead Clinical Services strategy and operations, partner with internal and CMS-facing stakeholders, and support initiatives focused on compliance, operational performance, risk mitigation, workforce planning, and continuous improvement. These experiences have strengthened my ability to evaluate complex healthcare issues, collaborate across disciplines, and make decisions grounded in evidence, accountability, and practical impact.

In addition to my healthcare leadership experience, I bring a direct patient care background that keeps community needs at the center of my perspective. As a Registered Nurse at North Valley Health Center and Altru Health System, I served in charge nurse, emergency, surgical, and clinical support roles. That experience provided firsthand insight into the challenges individuals and families face when accessing healthcare services, particularly in rural and regional communities.

I am especially interested in supporting public health efforts that promote prevention, education, preparedness, access, and collaboration between healthcare organizations, local government, and community partners. My background in clinical operations, quality assurance, policy interpretation, team leadership, and process improvement would allow me to contribute a thoughtful, solutions-oriented perspective to the committee's work.

As someone with deep ties to the region, I value opportunities to give back in ways that strengthen community health and improve quality of life. I would be grateful for the opportunity to serve as a volunteer member of the Grand Forks Board of Health Committee and contribute to its important work on behalf of the community.

Thank you for your consideration. I welcome the opportunity to discuss how my nursing background, healthcare leadership experience, and commitment to service could support the committee's mission.

Sincerely,

Allie C. Gowan

Allie Gowan, BSN, RN

Director (RN), Clinical Services

Noridian Healthcare Solutions

Allie Gowan, BSN, RN

Manvel, ND • 701.307.0520 • alliegowan@gmail.com

Professional Summary

Strategic and collaborative Director (RN), Clinical Services with over 10 years of progressive experience in clinical services, medical review, and policy development across Medicare Part A, B, and DME. Proven ability to lead interdisciplinary teams, manage complex projects, and drive operational excellence. Recognized for high employee engagement, innovative problem-solving, and impactful contributions to CMS-aligned initiatives. Seeking to leverage expertise in healthcare policy and clinical operations to influence healthcare delivery and compliance in the Grand Forks community.

Core Competencies

- Clinical Operations Leadership
- Healthcare Innovation & Risk Mitigation
- Healthcare Policy Development
- Strategic Project Management
- Data-Driven Decision Making
- Team Coaching & Engagement
- Quality Assurance & Training
- CMS Collaboration & Compliance

Professional Experience

Noridian Healthcare Solutions — Telecommuter

Director (RN), Clinical Services (Jan 2026-Present)

- Lead Clinical Services strategy and operations across medical review, prior authorization and medical policy functions.
- Partner with CMS-facing and internal leadership teams to align clinical operations, compliance priorities, contract requirements, and risk mitigation initiatives.

Manager (RN), Clinical Services (Aug 2022-Jan 2026)

- Lead medical policy operations across Medicare FFS contracts (Part A, B, DME).
- Support organizational growth through strategic operations initiatives.
- Drive interdisciplinary collaboration to solve complex clinical and compliance challenges.

Supervisor, Medical Review (Sept 2020-Aug 2022)

- Project Lead: Managed 4 of 10 high-impact projects including Home Health and Outpatient Therapy.

- Developed Outpatient Therapy Review tool in collaboration with CMS.
- Achieved 95.5% favorable employee engagement index in 2021.
- Provided interim leadership coverage and coached staff through performance feedback.

Senior Clinical Reviewer (Dec 2018-Sep 2020)

- Led cross-functional projects across Medicare lines; authored review materials using business writing best practices.
- Mentored staff in research, writing, and trend analysis.
- Developed and delivered training programs for Part B and DME reviewers.

Clinical Reviewer (May 2018-Dec 2018)

- Conducted claim reviews for CMS projects.

North Valley Health Center — Warren, MN (May 2015- Mar 2019)

Registered Nurse

- Functioned as charge and ER nurse; coordinated pain management program.
- Mentored new staff and served on trauma, infection control, and safety committees.

Altru Health System — Grand Forks, ND (Jun 2016- Jun 2018)

Registered Nurse (PRN)

- Circulating nurse for general and orthopedic surgeries.
- Managed OR logistics and scheduling.

Education

- University of North Dakota — Grand Forks, ND
- Bachelor of Science in Nursing (Accelerated Program), Cum Laude — May 2015
- Bachelor of Science in Chemistry & Biology, Minor: Mathematics — May 2011

Technical Skills

Microsoft Office Suite • Teams • CoPilot • Data Analysis Tools • Project Management Platforms

Cover Letter/Resume

Please upload resume or other attachments.

Maximum size allowed: 5 MB.

Allowed types: .doc, .docx, .pdf, .rtf, .txt

Cover Letter

Allie_Gowan_Board_of_Health_Cover_Letter_signed.pdf

Resume

Allie_Gowan_Resume.docx

List any relevant professional licenses or certificates

Registered Nurse

Tell us why you are interested in this Committee opening.

I am interested in this committee opening because it represents a meaningful opportunity to apply my nursing background and healthcare leadership experience in service to the broader Grand Forks community. Public health decisions have a direct impact on prevention, preparedness, access to care, and quality of life for residents, and I am motivated by the opportunity to help strengthen those efforts at the local level. With experience in both direct patient care and healthcare operations, I would bring a practical, community-centered perspective to discussions that require collaboration, sound judgment, and a focus on outcomes.

Agree & Submit

- [ ] **Checking this box constitutes an electronic signature. Applicants for committee positions understand and voluntarily agree that: 1. The information that I have provided on this application is true and complete to the best of my knowledge. Any misrepresentation or omission of any fact in my application, resume, or any other materials, or during any interviews, can be justification for refusal of appointment, or if appointed, removal from appointed position. 2. If appointed to a committee/commission position, I understand that I am required to abide by all rules, regulations and responsibilities of the position.**

July 10, 2026

Letter of Interest for:
Grand Forks, North Dakota, Board of Health Committee

Dear City of Grand Forks,

This letter is to express my interest in the open position with the Grand Forks City Board of Health. I believe that my work experience leading strategic planning initiatives, quality improvement, and risk management activities for Federally Qualified Health Centers (FQHCs) as well as my work as a project coordinator for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) makes me a strong candidate for this position. My experience working within federally supported systems has helped me develop skill and passion for ensuring that non-profit, public service organizations function at the highest possible level to provide exceptional care and services for their consumers and funders.

My experiences as the Operations Manager, Director of Quality Improvement, and Chief Strategy Officer for Spectra Health and as the Director of Quality Improvement for Partnership Health Center has given me a passion for supporting the success and growth of care delivery systems while utilizing proven practices and principles to guide change. Additionally, these experiences have helped me develop an understanding of the important role that public oversight and advisory systems play in supporting the health, safety, and wellbeing of communities.

My work in healthcare risk management and strategic planning has allowed me to develop skills in system-driven improvements, data-driven change management, and leading continuous quality improvement cycles across complex systems and organizations to achieve better outcomes for patients and staff. I am interested in bringing these skills and perspectives to support the work of the Grand Forks Board of Health

As the Project Coordinator for the Mountain Plains MHTTC I had the opportunity to help build a multi-state mental health training program that was responsive to the changing needs of the mental health workforce of Health and Human Services (HHS) Region 8. In this position, I had the opportunity to collaborate with diverse professionals, serve as the lead report writer for all major grant activities, and create processes and standards for every level of our programmatic activities.

Prior to my work in health care and grant supported administrative positions, I worked as a direct-care behavioral health professional in a variety of settings. These work experiences helped me develop an understanding of the important role that safety-net support systems play in maintaining the health and wellbeing of individuals experiencing serious and persistent mental health challenges and has motivated me to work to improve the care systems I supervise.

My professional experiences have given me the opportunity to work with diverse internal teams, and external state, regional, and federal agencies across many systems of government to provide high quality work products with a focus on improvement, safety, and compliance. I am passionate about maintaining strong professional relationships, removing barriers to improvement, finding innovative ways to meet community needs and adhering to federal, state, and agency compliance requirements.

I am hopeful that my knowledge, skills, and experience can be of benefit to the Grand Forks Board of Health and I am excited about the possibility of supporting this committee's work. My curriculum vitae accompanies this letter, and I would be happy to provide any other information or resources to support my application for this position.

Sincerely,
David Terry

David Vincent Terry

2100 36th Ave. S. Apt 308 **(406) 241-3520 | Linkedin**
Grand Forks, ND 58201 **davidvincent.terry@yahoo.com**

Education

***University of Montana*, Missoula MT,**
Post-Baccalaureate Pre-Medical Health Sciences, May 2013

***Hamline University*, Saint Paul MN**
Bachelor of Arts, Psychology, Summa Cum Laude, Fall 2008

- Minor: Women's Studies
- Senior Honors Thesis: Personality Correlates of College Age Gamblers

Certifications and Trainings

Yellow Belt - Lean Six Sigma (November 2018)
Training organization: Montana Primary Care Association

Facilitative Leadership for Social Change (November 2017)
Training organization: Interaction Institute for Social Change

OSHA 2017: Compliance and Training for Medical and Dental Personnel (September 2017)
Training organization: VYNE Education

Ambulatory Care Risk Management Level 1 and Level 2 (July 2017, July 2025)
Training organization: ECRI Institute

Professional Experience

Chief Strategy Officer (April 2025 to present)
Spectra Health, Grand Forks, ND

- Serve as Spectra Health's Risk Manager.
- Ensure organizational regulatory compliance while leading organizational improvement and safety initiatives.
- Lead development and implement of a long-term strategic plan aligning with company values, goals, and mission.
- Monitor competitive regulatory and business landscape to identify growth opportunities for Spectra Health's business interests.
- Responsible for communicating critical information to all organizational stakeholders related to organizational safety and quality initiatives.
- Supervise information technology and health information systems teams.

Director of Quality Improvement (April 2023 to April 2025)
Spectra Health, Grand Forks, ND

- Serve as Spectra Health's Risk Manager.
- In collaboration with Spectra Health's Medical Director, lead all activities of Spectra Health's Quality Improvement Committee.
- Coordinate all quality improvement initiatives including planning, documenting, and conducting organizational improvement activities.
- Lead and coordinate agency-wide staff continuing education activities.
- Research and develop innovative ideas for improving clinical processes to support patient health outcomes.
- Collaborate with IT/IS department to develop, monitor, and maintain organizational data reporting and development of key performance metrics.

Operations Manager (September 2021 to April 2023)
Spectra Health, Grand Forks, ND

- Serve as Spectra Health's Risk Manager.
- Instill company values throughout the organization including respect, integrity, safety, expertise, unity, and positive energy in the day-to-day operations to create a professional and productive workplace.
- Work with organizational management to formulate and implement departmental and organizational policies and procedures.

- Counsel departments in the use of performance management tools, corrective action plans, and effecting disciplinary actions, and coordinates legal review of proposed disciplinary actions.
- Maintain compliance with federal and state regulations concerning employment.
- Work directly with staff on HR related issues including, but not limited to, employee relations, orientation, training, disciplinary actions, payroll, scheduling, benefits administration, worker's compensation, and unemployment.
- Advise on training needs and assists in the design and delivery of training and development programs.

Project Coordinator (December 2018 to September 2021)

Mental Health Technology Transfer Center, University of North Dakota, Grand Forks, ND

- Collaborate with local, regional, and national partners to plan, develop, and implement training and technical assistance for a six-state region.
- Coordinate with internal, and sub-contractor, team members to implement and deliver identified training and technical assistance activities based on yearly work-plan deliverables.
- Write, review, and organize program continuation agreements, year-end program activity reports, six-month program work-plans, bi-monthly activity reports, and ad-hoc program reports for federal partners.
- Host, organize, and facilitate in-person and online technical training activities for behavioral health providers.
- Organize and facilitate team meetings and participate in regional and national workgroup initiatives.
- Develop and disseminate program marketing and training announcements for a global audience.

Director of Quality Improvement (December 2017 to December 2018)

Partnership Health Center, Missoula, MT

- Ensure regulatory compliance through risk and safety and quality improvement activities
- Coordinate organization wide quality improvement efforts and manage quality improvement projects
- Organize and oversee data collection efforts and ensure data validity
- Lead and develop quality improvement initiatives and facilitate organizational performance improvement committees
- Develop and report on organizational performance dashboards to organizational leadership and governing board
- Implement quality improvement tools and methodologies across the organization

Quality Improvement Coordinator (May 2017 to December 2017)

Partnership Health Center, Missoula, MT

- Coordinated quality improvement activities across all clinic sites
- Developed and aggregated information on quality of care metrics
- Facilitated and organized team meetings to improve care metrics
- Developed workflows to improve performance
- Identified areas for improvement based on performance benchmarks

Behavioral Health Care Manager (April 2016 to May 2017)

Partnership Health Center, Missoula, MT

- Tracked treatment outcomes
- Engage patients in integrated behavioral health services to meet treatment goals
- Coordinated patient care between behavioral health and primary care providers

Comprehensive School and Community Treatment Behavior Specialist (September 2014 to April 2016)

Western Montana Mental Health Center, Missoula, MT

- Co-facilitated therapeutic groups for clients
- Monitored and improved unit productivity measures for program
- Provided one-on-one behavioral interventions and planning with clients

Special Projects

Strategic Planning Lead – *Spectra Health 2023-2026 Strategic Plan* (December 2022 to December 2023)

- Identified, contracted, and oriented external strategic planning consultant
- Developed initial strategic planning framework
- Collaborated with external consultant on strategic plan development
- Finalized and implemented strategic plan in conjunction with external consultant

HHS Region 8 Training Collaborative: *Suicide Prevention Across the Educational Continuum* (December 2019 to October 2020)

Mental Health Technology Transfer Center, University of North Dakota, Grant Forks, ND

- Identified collaborative prevention and mental health training needs for HHS Region 8 mental health and prevention providers
- Collaborated with Mountain Plains Prevention Technology Transfer Center to deliver six-part webinar series on suicide prevention and intervention
- Developed co-branded marketing and presentation materials

Board Member: *Mental Health Matters – Grand Forks Community Collaborative* (April 2019 to June 2024)

Grand Forks, ND

- Implement group's identified mission and vision using data driven decision making
- Organize and facilitate monthly community events
- Plan and host in-person collaborative kick-off event

Project Lead: Implementing Azara Data Reporting and Visualization System (DRVS) (March 2018 to December 2018)

Partnership Health Center, Missoula, MT

- Oversaw organization wide program implementation
- Coordinated and engaged staff members in implementation and adoption meetings
- Guided program data validation work groups
- Maintained implementation schedule to meet project deadlines

Project Lead: Baldrige "Are We Making Progress?" Organization Wide Employee Engagement Survey (December 2017 to December 2018)

Partnership Health Center, Missoula, MT

- Developed, organized, and distributed survey to assess employee engagement
- Aggregated data and reported results to staff and organizational leadership
- Partnered with the Employer of Choice committee to identify areas for improvement
- Engaged in quarterly re-assessment of staff engagement

Project Lead: Social Determinants of Health Screening Program (September 2016 to July 2017)

Partnership Health Center, Missoula, MT

- Created and presented topic specific presentations for work groups, patient family council meetings, and satellite clinic presentations
- Implemented social determinants of health screening program at clinic intake

Presentations and Facilitation

Presenter: *Case Conceptualizations: Understanding and Contextualizing Rural Mental Health Care* (October 2021)

NWRPCA/CHAMPS Fall Primary Care Conference

Panel Presenter: *Innovations in Suicide Prevention* (January 2020)

North Dakota Suicide Prevention Coalition Meeting, Bismarck, ND

- Presented summary information on the Technology Transfer Center Network

- Gave overview of training programs specific to North Dakota
- Discussed ways to improve workforce retention and development in North Dakota

Panel Presenter: *Transforming Systems to Meet the Needs of North Dakota Families* (November 2019)

North Dakota Behavioral Health Conference, Bismarck, ND

- Presented summary information on the Technology Transfer Center Network
- Overview of training programs specific to North Dakota

Co-Presenter: *Helping Patients When and Where They Need it Most: Suicide Prevention Strategies for Primary Care* (June 2019)

The Dakota Conference on Rural and Public Health, Minot, ND

- Presented summary information on populations at increased risk for death by suicide in North Dakota
- Identified areas for suicide prevention and intervention strategies in North Dakota communities

Lead Facilitator: *Mental Health Matters Community Collaborative* (April 2019)

Grand Forks, ND

- Facilitated strategic planning including setting mission and vision for a group of 45 community members
- Directed group in identifying goal-driven timeline for project completion

Guest Speaker: *Improving Diabetic Patient Care at Partnership Health Center* (October 2018)

Montana Diabetes Professional Conference, Fairmont Hot Springs, MT

- Presented summary information on team-based quality improvement work
- Shared best practices and Lean Six Sigma methodology used for improvement

Publication

Contributor: Healing Our Protectors: Building Resilience Among Tribal Law Enforcement Officers Through Cultural Interventions (May 2021)

Mental Health Technology Transfer Center, University of North Dakota, Grant Forks, ND

- Primary Author: LaVonne Fox, PhD
- Primary Author: Leo Belgarde Sr.

Co-author: *Depression, Alcohol and Farm Stress: Addressing Co-Occurring Disorders in Rural America* (April 2020)

Mental Health Technology Transfer Center, University of North Dakota, Grant Forks, ND

- Primary author: Maridee Shogren, DNP
- Co-author: Abby Roach-Moore, MSW
- Co-author: Robin J. Landwehr, LCSW
- Co-author: Andrew J. McLean, MD, MPH

Co-author: *Fort Belknap Indian Reservation: Response to Suicide Cluster* (March 2020)

Mental Health Technology Transfer Center, University of North Dakota, Grant Forks, ND

- Primary author: Thomasine Heitkamp, LCSW
- Co-author: Daniel Foster, PsyD

Co-author: *Assessing Social Determinants of Health Perceptions: A Narrative Medicine Approach* (April 2018)

Partnership Health Center, Missoula, MT

- Primary author: Elizabeth Paddock, MD
- Co-author: Katherine Krebsbach, DO