

CHI Lisbon Health

2019 Community Health Implementation Strategy

Adopted October 2019



CHI Lisbon Health

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At-a-Glance Summary

<p>Community Served</p> 	<p>The Lisbon service area is comprised of Ransom and Sargent Counties, populations of 5,297 and 3,858, respectively. The cities located in Ransom and Sargent Counties include, but are not limited to: Lisbon, Enderlin, Elliott, Gwinner, Milnor and Forman.</p>	
<p>Significant Community Health Needs Being Addressed</p> 	<p>The significant community health needs the hospital is helping to address and that form the basis of this document were identified in the hospital's most recent Community Health Needs Assessment (CHNA). Needs being addressed by strategies and programs are:</p> <ul style="list-style-type: none"> • Mental Health • Drug Use and Abuse • Violence Prevention 	
<p>Strategies and Programs to Address Needs</p> 	<p>The hospital intends to take actions and to dedicate resources to address these needs, including:</p> <ul style="list-style-type: none"> • Mental Health: <ul style="list-style-type: none"> - Promoting and advertising current services available in our area - Establishing new services and providers in the area - Mental health training for community members, educators, law enforcement, health care providers etc. - Implementing mental health awareness programs within our communities and schools • Drug Use and Abuse <ul style="list-style-type: none"> - Education - Narcan training - Drug take back and drop off programs - Advertising current drug counseling services in our area • Violence Prevention <ul style="list-style-type: none"> - Continue to partner with Violence Prevention Trainers for education and support within our communities - Community Outreach Workshops (training for professionals) - Within My Reach (training for individuals) - Continue to work with community members on Violence Prevention Coalition 	

Anticipated Impact



- Our focus is to reach all members of our communities by increasing awareness of the services in place and establishing new resources to assist in working with the needs identified in the community assessment.

Planned Collaboration



- A steering committee is currently in place composed of members of CHI Lisbon Health, Ransom and Sargent County Public Health and involved community members who meet regularly to focus on the needs of the community. This group has met with and reached out to several businesses, healthcare providers, schools and community members to discuss needs and ways to formulate plans for improving the healthcare needs of our community.

This document is publicly available online at www.lisbonhospital.com.

Written comments on this report can be submitted to CHI Lisbon Health: 905 Main Street, Lisbon, ND 58054 or by e-mail to amandabehm@catholicealth.net

Our Hospital and the Community Served

About CHI Lisbon Health

CHI Lisbon Health is a member of Catholic Health Initiatives, which is a part of CommonSpirit Health.

CHI Lisbon Health originally known as Community Memorial Hospital opened its doors on February 1, 1952. CHI Lisbon Health in Lisbon, North Dakota is a 25-bed critical access hospital, with 12 acute beds and 13 swing beds. This is a state-designated Level V Trauma Center and a Stroke Ready Hospital. CHI Lisbon Health is part of a larger family of quality Catholic Health Initiatives healthcare facilities and employs approximately 76 people. In addition, CHI Lisbon Health houses a clinic and is home to 11 consulting/visiting medical providers. CHI Lisbon Health is the only hospital in Ransom and Sargent counties and serves 9,155 people throughout 1,731 square miles.

Our Mission

The mission of Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.

Financial Assistance for Medically Necessary Care

CHI Lisbon Health delivers compassionate, high quality, affordable health care and advocates for members of our community who are poor and disenfranchised. In furtherance of this mission, the hospital provides financial assistance to eligible patients who do not have the capacity to pay for medically necessary health care services, and who otherwise may not be able to receive these services. The financial assistance policy and a plain language summary of the policy are on the hospital's web site.

Description of the Community Served

CHI Lisbon Health serves the counties of Ransom and Sargent in south east North Dakota. A summary description of the community is below. Additional details can be found in the CHNA report online.

- The Lisbon service area is comprised of Ransom and Sargent Counties, populations 5,297 and 3,858, respectively. Both counties have an older median age (44.8 years in Ransom County, 45.3 years in Sargent, than the state overall (35.2).

Ransom County has a number of physical assets and features to help address population health improvement including; a swimming pool, two city parks, a state park, tennis, volleyball, and basketball courts, a golf course, skating and ice-skating rink, camp grounds, hiking trails, and a movie theater.

Sargent County has a number of community assets and resources that can be utilized to address population health improvement. Physical assets and features within the communities include: bike paths, swimming pools, city parks, tennis courts, golf courses, skating rink, and wellness centers.

In Ransom County, the average number of residents under age 18 (22.7%) is less than one percentage point lower than the North Dakota average (23.3%). The percentage of residents ages 65 and older is considerably higher (20.4%) than the North Dakota average (15.0%), and the rates of education are 2% lower than the North Dakota average (92%). The median household income in Ransom County (\$57,088) is slightly lower than the state average for North Dakota (\$59,114). In Sargent County, the average number of residents under age 18 (21.3%) is two percentage points lower than the North Dakota average (23.3%). The percentage of residents ages 65 and older is considerably higher (22.4%) than the North Dakota average (15.0%), and the rates of education (91.7%) are very close to the North Dakota average (92.0%). The median household income in Sargent County (\$57,472) is slightly lower than the state average for North Dakota (\$59,114).



Community Assessment and Significant Needs

The hospital engages in multiple activities to conduct its community health improvement planning process. These include, but are not limited to, conducting a Community Health Needs Assessment with community input at least every three years, identifying collaborating community stakeholder organizations, describing anticipated impacts of program activities and measuring program indicators.

Community Health Needs Assessment

The health issues that form the basis of the hospital's community health implementation strategy and programs were identified in the most recent CHNA report, which was adopted in 2019. The CHNA contains several key elements, including:

- Description of the assessed community served by the hospital;
- Description of assessment processes and methods;
- Presentation of data, information and findings, including significant community health needs;
- Community resources potentially available to help address identified needs; and
- Discussion of impacts of actions taken by the hospital since the preceding CHNA.

Additional detail about the needs assessment process and findings can be found in the CHNA report, which is publicly available at www.lisbonhospital.com or upon request at the hospital.

Significant Health Needs

The community health needs assessment identified the following significant community health needs:

- **Alcohol and drug use and abuse (including prescription drug abuse):** The community feels alcohol abuse is a problem in both adults and youth, and feel drug use and abuse is an issue for adults, children, and the elderly.
- **Availability of mental health and substance use disorder treatment services:** The community discussed increasing awareness and need of mental health services, and utilizing local mental health therapy services without having to drive to Fargo.
- **Need for preventative wellness/increased physical activity:** Concerns for the need to promote and encourage physical activity – increase physical activity, less screen time, and more volunteering.
- **Senior living options:** concerns about loved ones avoiding going into a nursing home because of the cost, but don't have the ability to safely stay in their homes.

Significant Needs the Hospital Does Not Intend to Address

- **Need for preventative wellness/increased physical activity:** While CHI Lisbon Health does promote preventative wellness and physical activity with our patients, at this time we chose to put a larger focus on the critical needs of mental health, drug and alcohol abuse and violence prevention.
- **Senior living options:** At this time, addressing or increasing senior living options is outside of the capacity of the services of CHI Lisbon Health.

2019 Implementation Strategy

This section presents strategies and program activities the hospital intends to deliver, fund or collaborate with others to address significant community health needs over the next three years. It summarizes planned activities with statements on anticipated impacts and planned collaboration. Program Digests provide additional detail on select programs.

This report specifies planned activities consistent with the hospital's mission and capabilities. The hospital may amend the plan as circumstances warrant. For instance, changes in significant community health needs or in community assets and resources directed to those needs may merit refocusing the hospital's limited resources to best serve the community.

The anticipated impacts of the hospital's activities on significant health needs are summarized below, and for select program initiatives are stated in Program Digests. Overall, the hospital anticipates that actions taken to address significant health needs will: improve health knowledge, behaviors, and status; increase access to needed and beneficial care; and help create conditions that support good health. The hospital works to evaluate impact and sets priorities for its community health programs in triennial Community Health Needs Assessments.



Creating the Implementation Strategy

CHI Lisbon Health is dedicated to improving community health and delivering community benefit with the engagement of its management team, board, clinicians and staff, and in collaboration with community partners.

- A steering committee was established of CHI Lisbon Health members, members of both Ransom and Sargent County Public Health Units and members of the community to meet and develop plans and strategies to address the needs identified by the Community Health Needs Assessment
- Community input was obtained from a group of key informants comprised of local Public Health nursing staff, day care providers, pharmacists, teachers and members of our local fire departments.
- Members reached out the local groups that offer mental health and counseling services such as the public schools, South East Human Services, Ransom County Human Services and local private counselors. Regional and state wide programs were researched and contacted to address the needs


identified. CHI Lisbon Health also works with CHI Violence Prevention program to address concerns in the community.



Strategy by Health Need

The tables below detail strategies and program activities the hospital intends to deliver to help address significant health needs identified in the CHNA report.

They are organized by health need and include statements of the strategies’ anticipated impact and any planned collaboration with other organizations in our community.

 Health Need: Mental Health	
Strategy or Program Name	Summary Description
Advertisement	<ul style="list-style-type: none"> There are a number of counseling and mental health services in place within our county. Will design easy to read pamphlets with the organizations, location and the needs they are best suited for. Will distribute to public, local clinics, civic and commerce, etc.
“Make It OK”	<ul style="list-style-type: none"> Program that focuses on ending the stigma involved with mental health issues. Plan to incorporate this education in to community and school events.
Services In Place	<ul style="list-style-type: none"> <u>Ransom County</u>: Kris Long- counselor, Abound Counseling, The Village Family Service Center. <u>Sargent County</u>: TeleHealth, Adapt drug evaluation/screening-court ordered
<p>Anticipated Impact: Goal is to increase awareness of these programs and services in place for our community members to utilize and meet mental health needs.</p>	
<p>Planned Collaboration: Along with the planned collaboration with current services, hopeful to incorporate additional services such as outpatient psychology and TelePsych into our community.</p>	



Health Need: **Drug Use and Abuse**

Strategy or Program Name	Summary Description
Students Against Destructive Decisions (SADD)	<ul style="list-style-type: none"> Work with SADD to hold mock crash every 3-4 years and develop programming and support with SADD activities
Public Schools events	<ul style="list-style-type: none"> Work with counselors at community schools to bring in speakers to address drug use
Drug Take Back	<ul style="list-style-type: none"> Continue to advertise and promote drug take back day, and for drug disposal at local pharmacies
Narcan Training	<ul style="list-style-type: none"> Local public health departments are working to distribute Narcan training and supplies to trained members of the community

Anticipated Impact: Our goal is to incorporate a county wide impact to address drug abuse. We plan to continue our collaboration with local Public Health members, health providers, law enforcement and educators to identify drug concerns, assisting in members seeking treatment, and keeping our community members safe.

Planned Collaboration: The hospital will partner with local SADD chapter, Lisbon Public Schools, Forman Drug, Thrifty White and NuCara Pharmacies, Ransom and Sargent County Health, and Police Departments for events and training.



Health Need: **Violence Prevention**

Strategy or Program Name	Summary Description
CHI Violence Prevention Grant	<ul style="list-style-type: none"> Funding received through CHI Mission and Ministry Grant for continued violence prevention programs within our area.
Abuse Resource Network	<ul style="list-style-type: none"> Continue to partner with Violence Prevention Trainers for education and support within our communities Intimate Partner Violence: Community Outreach Workshops (training for professionals) Within My Reach (training for individuals) Workshop with pre-marital group
Cyberbullying	<ul style="list-style-type: none"> Working with DRN, Ransom County Extension and SADD on programs to implement into schools to address cyberbullying Implementing more posts from CHI Lisbon Health social media on anti-cyberbullying.


Anticipated Impact: Our plan is to continue and expand our work with our CHI Violence Prevention Coalition and Abuse Resource Network on projects in our community. We hope to work with and implement programs to be reached into the local schools on cyber-bullying.

Planned Collaboration: We will continue our partnerships established with community members on our Violence Prevention Trainers group and our Violence Prevention Coalition group. Will also continue the message of CHI Violence Prevention program and Veronica Zietz into our mission and community.




Program Digests

The following pages include Program Digests describing key programs and initiatives that address one or more significant health needs in the most recent CHNA report. The digests include program descriptions and intervention actions, statements of which health needs are being addressed, any planned collaboration, program goals and measurable objectives.

 Make It OK	
Significant Health Needs Addressed	<ul style="list-style-type: none"> <input type="checkbox"/> Mental Health <input type="checkbox"/> Drug Use and Abuse
Program Description	The focus of this program addresses ending the stigma associated with mental health issues. It discusses ways we can approach others, our family and friends, and ourselves on our negative thoughts on mental health.
Community Benefit Category	A1. Community Health Education A4. Social and Environmental Improvement Activities
Planned Actions for 2019 - 2021	
Program Goal / Anticipated Impact	Our goal, is to achieve measurable increase in volumes of participants seeking our communities’ mental health and substance abuse treatment services. Our overall outcome is to instill confidence and support to our community members struggling with mental health and substance abuse issues.

Measurable Objective(s) with Indicator(s)	<p>Our greatest evidence-based method of measuring outcomes, will be the Community Health Needs Assessment Survey of 2022 to compare data obtained between measured years of the communities’ feelings towards mental health. We also may look at obtaining data from local mental health and substance abuse services and healthcare providers, to see if there is measurable change noted in patient’s seeking mental health services or care. We may also consult with local city and county law enforcement officials in observing the trends related to mental health and substance associated reports.</p>
Intervention Actions for Achieving Goal	<p>Plan is to implement a local provider, whether healthcare or counselor to perform this program during advertised community events, and in school events.</p>
Planned Collaboration	<p>The current steering committee includes the 2 members of CHI Lisbon Health, 1 member from each Ransom County and Sargent County Public Health Units, and 1 community member. Our collaborative network includes, but is not limited to: public health departments of Ransom and Sargent counties, Department of Social Services of Ransom and Sargent County, Lisbon Police Department, Abuse Resource Network, Sheriff’s Department of Ransom and Sargent County, public school districts of Ransom and Sargent Counties, and Lisbon Civic and Commerce.</p>

 Within My Reach & Intimate Partner Violence: A Community Awareness & Outreach Workshop	
Significant Health Needs Addressed	<input type="checkbox"/> Violence Prevention
Program Description	<p>Within My Reach and Community Outreach are separate programs associated with our Violence Prevention program. Within My Reach is training for individuals to promote and build healthy relationships. Intimate Partner Violence: A Community Awareness is training for professionals working with all populations that work on identifying the signs of abuse and how to help.</p>
Community Benefit Category	<p>A1. Community Health Education A4. Social and Environmental Improvement Activities</p>
Planned Actions for 2019 - 2021	
Program Goal / Anticipated Impact	<p>Our goals for Community Outreach trainings are hosting 4 events, with goal of attendance 10 persons per event. Our goal for Within My</p>

	Reach/Healthy Relationships workshop is 6 events with goal of attendance 15 persons per event. Our focus is adolescent through elderly.
Measurable Objective(s) with Indicator(s)	Our measurable objectives are events hosted, number of attendance, and quality of training with post presentation surveys for participants.
Intervention Actions for Achieving Goal	See above mentioned timeline for anticipated events.
Planned Collaboration	Our planned collaboration is with our Violence Prevention Trainers committee and the Abuse Resource Network.

Hospital Board and Committee Rosters

Board Members:

Jason Enger
Ryan Zerface
Sr. Donna Welder
Neil Olerud
Jeffrey Drop
Cameron Schroeder
Keith Heuser

CHNA Committee Members:

Julie Mallett
Brenna Welton
Brenda Peterson
Betsy Enger
LeAnn Fix/Amanda Behm

