



HSHS
St. Joseph's
Hospital Breese



Community Health Implementation Plan 2018

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Introduction

HSHS St. Joseph's Hospital, Breese is a not-for-profit hospital serving predominantly Clinton County, Illinois. Located in south central Illinois, the hospital is the sole acute care hospital in the county. With hospitals located in two adjacent counties not providing obstetrics services, St. Joseph's Hospital serves a larger market area for women and infant's services and includes the counties of Bond, Madison, Washington, and Marion.

St. Joseph's Hospital partners with other area organizations to address the health needs of the community, living its mission *to reveal and embody Christ's healing love for all people through our high quality Franciscan health care ministry*, with a preference for the poor and vulnerable. The hospital is part of Hospital Sisters Health System (HSHS), a highly-integrated health care delivery system serving more than 2.6 million people in rural and mid-sized communities in Illinois and Wisconsin. HSHS generates approximately \$2 billion in operating revenue with 15 hospitals and more than 200 physician practice sites. Our mission is carried out by 14,000 colleagues and 2,100 physicians who care for patients and their families in both states.

St. Joseph's Hospital conducted a Community Health Needs Assessment in collaboration with Clinton County Public Health Department and Survey Research Office of University of Illinois Springfield in 2017/2018. Primary and secondary data was gathered from multiple sources to assess the needs of Clinton County. This data was presented to HSHS St. Joseph's partners, individuals from other health care organizations, local school districts, community organizations, business members, public administrators, and local religious organizations, who together recommended the health priorities to be addressed in the FY2019 through FY2021 Implementation Plan.

Prioritized Significant Health Needs

Based on the data presented and the prioritization process, the following priorities were selected:

- Obesity
- Mental Health
- Alcohol, Tobacco, and Other Drug Use
- Access to Care

Implementation Plan

St. Joseph's Hospital's Implementation Plan is part of a broad community effort to address four priority health needs in the community. The hospital works collaboratively with a broad range of direct service organizations, coalitions and government agencies to address these needs.

The Implementation Plan 2018 outlines the actions that the hospital will take to address Clinton County's health needs. However, as noted below, many implementation strategies will be implemented collaboratively. Recognizing that no one organization effects substantial community change alone, the long-term outcomes identified in this Implementation Plan will be achieved as many community organizations work together for collective impact.

Obesity

Goal: Make nutrition and healthy living education and programs available for all members of the community.

Long Term Performance Indicators:

- By June 30, 2021, decrease the percentage of residents in Clinton County reported as obese from 28.8 percent to 27.8 percent. (Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, CDC Diabetes Interactive Atlas, 2009-2013)
- By June 30, 2021, Clinton County's rate of adults who gets exercise will increase from 73.7 percent to 74.7 percent. (Source: Illinois Behavioral Risk Factors Surveillance System 2010-2014 series)
- By June 30, 2021, Clinton County's rate of residents with diabetes will decrease from 9 percent to 8.2 percent. (Source: Illinois Behavioral Risk Factors Surveillance System 2010-2014 series)

Strategy 1: Obesity

St. Joseph's Hospital will expand community nutrition events/activities/educational sessions to raise awareness about obesity and healthy living.

Mid Term Performance Indicators:

- By June 30, 2020, at least 50 percent of participants at nutrition events will indicate an increase in knowledge of obesity and healthy living, based on exit surveys.

Community Resources/Partners:

- Clinton County Health Department
- Community Link
- Community Resource Center
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time, materials and advertising costs
- Supplies for nutrition series (food, utensils, etc.)
- Space for events

Supporting Information:

- Target Population: residents of Clinton County
- Evidence Base: Department of Health and Nutrition Sciences, Montclair State University, USA indicates adults benefit from health promotion and nutrition education significantly, and that effective assessment, education and intervention programs can enable older adults to maintain their health, enjoy food and most importantly, have a higher quality of life.

Strategy 2: Obesity

St. Joseph's Hospital will develop exercise events/activities/educational sessions to raise awareness about obesity and healthy living.

Mid Term Performance Indicators:

- By June 30, 2020, at least 50 percent of participants at exercise events will indicate an increase in knowledge of obesity and healthy living, based on exit surveys.

Community Resources/Partners:

- Breese Community School District
- Clinton County Health Department
- YMCA
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time, materials and advertising costs
- Space for events

Supporting Information:

- Target Population: residents of Clinton County
- Evidence Base: Department of Health and Nutrition Sciences, Montclair State University, USA indicates adults benefit from health promotion and nutrition education significantly, and that effective assessment, education and intervention programs can enable older adults to maintain their health, enjoy food and most importantly, have a higher quality of life.

Strategy 3: Obesity

St. Joseph's Hospital will expand their diabetes education services and partner with community organizations to make services available to more patients and community.

Mid Term Performance Indicators:

- By June 30, 2020, the diabetes education program will see an increase of 25 percent in people served.

Community Resources/Partners:

- American Diabetes Association
- Clinton County Health Department
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Marketing colleague time, materials and advertising costs
- Space for consultations

Supporting Information:

- Target Population: residents of Clinton County
- Evidence Base: *Obesity Society* indicates the single best predictor of Type 2 Diabetes is overweight or obesity. Almost 90% of people living with Type 2 Diabetes are overweight or have obesity. People who are overweight or have obesity have added pressure on their body's ability to use insulin to properly control blood sugar levels, and are therefore more likely to develop diabetes. Controlling obesity helps reduce cases of Type 2 Diabetes.

Mental Health

Goal: In partnership with other community organizations, create awareness of and access to mental health services in the community.

Long Term Performance Indicators:

- By June 30, 2021, decrease the average number of people with depression in Clinton County from 15.7 percent to 14.7 percent (Source: Medicare Geographic Variation Public Use Files)
- By June 30, 2021, Clinton County's suicide rate will decrease from 10.3 per 100,000 to 9.3 per 100,000 populations. (Source: Illinois Behavioral Risk Factors Surveillance System 2010-2014 series)

Strategy 1: Mental Health

St. Joseph's Hospital will create a regional resource guide for those in need of mental health services and support, especially those at risk for suicide.

Mid Term Performance Indicators:

- By June 30, 2019, a regional resource guide will be developed and made available electronically for local agencies, as well as posted on the St. Joseph's Hospital website.
- By June 30, 2019, the regional resource guide will be made available on the Friends Van.
- By June 30, 2020, 1,000 free copies of the regional resource guide will be distributed to local agencies and community members.

Community Resources/Partners:

- Bond County Health Department
- Breese Community School District
- Breese Police Department
- Clinton County Health Department
- Madison County Health Department
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph’s Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time and printing costs

Supporting Information:

- Target Population: residents of Clinton County, Bond County, and Madison County
- Evidence Base: The National Plan and Provider Enumeration System currently manage the NPI registry which allows individuals to see the rate of health care providers per population. According to the NPI registry, Clinton County has one mental health care provider for every 3440 individuals; the rate for the state is one provider for every 580 individuals. The proportion of Medicare beneficiaries treated for depression in Clinton County is 15.7%. The statewide average is 15.1% percent. Though the difference is minimal, the more troubling aspect is the increasing rate of depression among Clinton County’s Medicare population.

Strategy 2: Mental Health

St. Joseph’s Hospital will implement a tele-psych program, as well as partner with other organizations to expand psych coverage at St. Joseph’s Hospital.

Mid Term Performance Indicators:

- By June 30, 2020, at least 50 percent of mental health patients who are appropriate for tele-psych services and seeking treatment at St. Joseph’s Hospital will utilize tele-psych services.

Community Resources/Partners:

- Clinton County Health Department
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph’s Hospital Highland

Hospital Resources:

- Colleague time
- Physician time
- Marketing colleague time, materials and advertising costs
- Financial support for needed materials and equipment and operating costs

Supporting Information:

- Target Population: residents of Clinton County
- Evidence Base: *Psychiatric Services* indicates telepsychiatry delivered in the ED through a centralized coordinated program has great promise for improving linkage with outpatient mental health services while reducing inpatient utilization and hospital costs.

Strategy 3: Mental Health

St. Joseph’s Hospital will create new partnerships for the SHARE group and expand services to new locations, as well as increase the number of times the program is offered in the current location.

Mid Term Performance Indicators:

- By June 30, 2020, the attendance of the grief support will see a 50 percent increase over FY18 attendance.
- By June 30, 2020, the grief support group will be offered in one additional location.

Community Resources/Partners:

- Area Churches
- Clinton County Health Department
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph’s Hospital Highland

Hospital Resources:

- Colleague time
- Marketing colleague time, materials and advertising costs
- Financial support for needed materials and equipment

Supporting Information:

- Target Population: residents of Clinton County
- Evidence Base: In the research paper, *Patterns and Outcomes of Bereavement Support-Seeking Among Older Adults with Complicated Grief and Bereavement-Related Depression* by Angela Ghesquiere, support groups were effective at reducing grief symptoms among older adults with complicated grief and/or depression.

Alcohol, Tobacco, and Other Drug Use

Goal: Reduce the instances of abuse of alcohol, tobacco, and other drug use in Clinton County.

Long Term Performance Indicators:

- By June 30, 2021, the number of opioid-related overdose deaths in Clinton County reported by the Illinois Department of Public Health will decrease from 10.6 per 100,000

to 10.2 per 100,000 (Source: Illinois Department of Public Health's *report The Opioid Crisis in Illinois: Data and the State's Response*)

- By June 30, 2021, the percentage of 8th grade students in Clinton County using alcohol reported by the Illinois Department of Public Health will decrease from 30 percent to 28 percent (*The Opioid Crisis in Illinois: Data and the State's Response*)

Strategy 1: Alcohol, Tobacco, and Other Drug Use

St. Joseph's Hospital will partner with St. Joseph's Hospital – Highland, to participate in the region's Partnership for a Drug Free Community task force, which is focused on prevention, treatment, and recovery of addiction to alcohol, tobacco, and drug use through the identification of economic and social conditions contributing to the problem.

Mid Term Performance Indicators:

- By June 30, 2020, hospital will partner with HSHS St. Joseph's Hospital – Highland on one strategy/initiative focused on social determinants of substance abuse identified by the Partnership for a Drug Free Community and serve as the co-lead organization to implement the strategy/initiative.

Community Resources/Partners:

- Breese Police Department
- Breese Community School District
- Clinton County Health Department
- Clinton County Health Improvement Coalition
- Partnership for a Drug Free Community
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Supplies for identified project
- Financial support for needed materials and equipment needed for project

Supporting Information:

- Target Population: residents of Clinton County
- Evidence Base: The paper *The Social Determinants of Substance Abuse: The Social and Economic Causes of Substance Abuse Disorders and Implications for International Human Rights* indicates the harms of substance abuse, which are manifested in the form of health impacts, socio-economic implications and social exclusion, can have a significant and detrimental effect on the human capabilities of drug abusers of any social or economic class. As such, health and social welfare programming throughout the globe must begin to incorporate proactive understanding and targeted interventions to address its social determinants before they can expect to meet this important goal with any success.

Strategy 2: Alcohol, Tobacco, and Other Drug Use

St. Joseph's Hospital will assess and revise its Emergency Department policies and procedures regarding prescribing opioids for pain management and identify best practices to decrease the prescription of opioids for pain management and adopt alternative pain management methods including OTC or temporary pain blocks.

Mid Term Performance Indicators:

- By June 30, 2020, a full assessment of Emergency Department policies and procedures will be complete with a proposal for alternative pain management methods and best practices for opioid prescriptions complete.
- By December 31, 2020, the proposal for alternative pain management methods and best practices for opioid prescriptions will be shared with at least two additional regional hospitals outside of Hospital Sisters Health System.

Community Resources/Partners:

- Area Churches
- Breese Community School District
- Breese Police Department
- Clinton County Health Department
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Physician Time
- Financial support for identified alternative methods for pain management

Supporting Information:

- Target Population: residents of Clinton County,
- Evidence Base: The 2014 National Survey on Drug Use and Health indicates that misuse of prescription opioids, central nervous system (CNS) depressants, and stimulants is a serious public health problem in the United States. Although most people take prescription medications responsibly, an estimated 54 million people (more than 20 percent of those aged 12 and older) have used such medications for nonmedical reasons at least once in their lifetime.

Strategy 3: Alcohol, Tobacco, and Other Drug Use

St. Joseph's Hospital will create a regional resource guide for those in need of services and support related to alcohol, tobacco, and other drug addictions.

Mid Term Performance Indicators:

- By June 30, 2019, a regional resource guide will be developed and made available electronically for local agencies, as well as posted on the St. Joseph's Hospital website.
- By June 30, 2019, the regional resource guide will be made available on the Friends Van.

- By June 30, 2020, 1,000 free copies of the regional resource guide will be distributed to local agencies and community members.

Community Resources/Partners:

- Bond County Health Department
- Breese Police Department
- Clinton County Health Department
- Madison County Health Department
- Partnership for a Drug Free Community
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph’s Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time and printing costs

Supporting Information:

- Target Population: residents of Clinton County, Bond County, and Madison County
- Evidence Base: The HSHS St. Joseph’s Hospital Community Health Implementation Plan 2018 indicates that community members do not feel that agencies and people in the community know where to send those who need support or recovery help for alcohol and drug additions.

Access to Care

Goal: Increase access to care for Breese area community members, with a focus on low-income and elderly populations.

Long Term Performance Indicators:

- By June 30, 2021, the percentage of Clinton County residents reporting a lack of transportation has a significant impact on access to medical care will decrease from 34.8 percent to 30 percent.

Strategy 1: Access to Care

St. Joseph’s Hospital will create a patient transportation service for any person in the established service area for medical appointments, as well transportation to the pharmacy, grocery store, and nursing home visits in the Breese area communities.

Mid Term Performance Indicators:

- By June 30, 2018, the new transportation service will be in operation.
- By June 30, 2020, there will be a 25 percent increase in riders on the van from 2018 to 2020.

Community Resources/Partners:

- South Central Transit
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Marketing colleague time, materials and advertising costs
- Financial support for needed materials and equipment and operating costs

Supporting Information:

- Target Population: residents of Clinton County
- Evidence Base: Clinton County's Illinois Project for Local Assessment of Needs 2016-2021 indicates a lack of access to transportation is one cause to delaying or preventing people from receiving care.

Strategy 2: Access to Care

St. Joseph's Hospital will provide accurate, objective counseling and assistance relating to Medicare, private health insurance and related health coverage plans.

Mid Term Performance Indicators:

- By June 30, 2020, the insurance counselor will have an average of 25 people enrolled in Medicaid each year.
- By June 30, 2020, the insurance counselor will have an average of 15 people enrolled in Marketplace insurance programs each year.

Community Resources/Partners:

- Clinton County Health Department
- Patient Innovation Center
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Marketing colleague time, materials and advertising costs
- Space for counselor
- Financial support for counselors

Supporting Information:

- Target Population: low income and elderly residents of Clinton County
- Evidence Base: Clinton County's Illinois Project for Local Assessment of Needs 2016-2021 indicates the largest barrier to access to care is related to insurance, with survey respondents indicating they do not receive necessary health care due to hard to navigate medicine, health plans and insurance.

Strategy 3: Access to Care

St. Joseph's Hospital will increase availability to flat fee virtual health care for low income individuals for minor injuries and illness to reduce the costs incurred with emergency room visits.

Mid Term Performance Indicators:

- By June 30, 2020, the number of uninsured and Medicaid patient visits to Immediate Care and the Emergency Room will decrease by 10 percent.
- By June 30, 2020, the number of Any Time Care visits from Breese area community members will increase 10 percent.

Community Resources/Partners:

- Clinton County Health Department
- Community Link
- Community Resource Center
- HSHS Holy Family Hospital Greenville
- HSHS St. Joseph's Hospital Highland

Hospital Resources:

- Colleague time
- Volunteer time
- Marketing colleague time, materials and advertising costs

Supporting Information:

- Target Population: low income and elderly residents of Clinton County
- Evidence Base: Clinton County's Illinois Project for Local Assessment of Needs 2016-2021 indicates the largest barrier to access to care is related to insurance, with survey respondents indicating they do not receive necessary health care due to hard to navigate medicine, health plans and insurance costs.

Next Steps

The Implementation Plan outlines a three-year community health improvement process. Annually, the hospital will:

- Review the Implementation Plan and update strategies for the following fiscal year
- Set and track annual performance indicators for each implementation strategy
- Track progress toward Mid Term Performance Indicators
- Report progress toward the performance indicators to the hospital board, community benefit advisory committee, other
- Share actions taken and outcomes achieved to address priority health needs with the community at large

Approval

The Implementation Plan was adopted by the hospital's board on <DATE>.