



2016

LifeCare Medical Center
Community Health Needs
Implementation Plan

EXECUTIVE SUMMARY

The Community Health Needs Assessment (CHNA) for 2016 is the second CHNA completed for the LifeCare Medical Center's service area. This service area includes all of Roseau County which has a population of approximately 15,630 residents. Roseau County includes the rural cities of Warroad, Roseau, Badger and Greenbush. Approximately 94% of the population or 15,630 residents of Roseau County are white. Very small minority populations resident in Roseau County and total 751 residents which include: Asian (2.3%), American Indian (1.2%) and African American (.2%) and Latino (.7%).

CONDUCTING THE SURVEY

For LifeCare, a representative of LifeCare Medical Center and LifeCare Public Health conducted 14 individual meetings in an effort to get the most complete information for all age and geographic levels for our service area. Input was solicited from all schools, the 3 largest manufacturers, physicians, law enforcement, Roseau County Social Services, LifeCare Public Health, Northwest Community Action and Head Start who serve low-income and minority populations in our service area. The responses from these individual meetings were then compiled into a comprehensive list of community health needs for the LifeCare Medical Center Service Area.

THE HEALTH NEEDS THAT WERE MENTIONED BY FIVE OR MORE COMMUNITY GROUPS THAT WERE INTERVIEWED INCLUDED:

1. DRUG ABUSE

- New drugs showing up Marijuana, Methamphetamine and Prescription Drugs are not mentioned
- Methamphetamine use is being report by health providers during pregnancy and by dental providers

2. INDIVIDUAL FINANCIAL PROBLEMS

- Financial problems are affecting work and employee families
- Individuals are not prioritizing discretionary spending
- People have unplanned healthcare costs and chronic disease healthcare costs they are not able to pay
- People have a skewed view of middle class status (they are at poverty level but think they are middle class)

3. HEALTHY PARENTING

- People don't have tools or resources to parent
- Parents don't actively seek answers to parenting questions
- Lack of resources for parents of teens

4. AFFORDABLE HOUSING

- lack of quality housing
- lack of safe and affordable housing

5. LACK OF TRANSPORTATION

- To healthy food access
- Healthcare
- Social services

6. MENTAL HEALTH ACCESS ISSUES

- Missing appointments because of absence from schools and worksites
- Long wait to get in for appointments
- Distance to get to appointments
- Immediate crisis intervention resource needed and can't access
- Lack of cooperation between county, school, healthcare and social services
- Social services lost mental health resources to retirement and relocation

7. OBESITY

- Roseau County continues to be overweight as a population



8. TOBACCO USE

- Observed use among young, working adults and high school teens is higher than previously thought a evidenced through the annual student survey conducted by the Minnesota Department of Education.

9. ALCOHOL ABUSE

- Prevalence of alcohol abuse is higher than reported in Behavioral Risk Surveillance Survey among young adults

PRIORITIZING THE RESULTS

Taking the top health needs identified by five or more of the groups interviewed, prioritizing was completed by utilizing three groups of community members representing a wide range of communities within the county and a broad range of specific demographic populations and socioeconomic groups.

These groups included Team EPIC that has members representing 14 sectors of the community including education, law enforcement, health care, social services, city and county officials. The other two groups polled include area Head Start educators and school professionals across Roseau County and the LifeCare Board and Altru Medical Staff.

They were given a form with the topics mentioned by 5 or more groups and asked to circle but not rank the three most important health needs in the community. Listed below are the responses in order of importance as determined from an aggregate compilation of responses. The community health needs listed in red are needs that were also identified in 2013.

TOP COMMUNITY HEALTH NEEDS OF ROSEAU COUNTY

1. Mental Health Access
2. Drug Abuse
3. Individual Financial Problems
4. Healthy Parenting
5. Alcohol Abuse
6. Obesity
7. Tobacco Use
8. Availability of Affordable Housing
9. Lack of Transportation



IMPLEMENTATION STRATEGIES

The following topics of the top community health needs of Roseau County and LifeCare's response to them are explained below. However, of these top responses Individual Financial Problems, Lack of Transportation and Availability of Affordable Housing are three areas that LifeCare does not have the expertise or resources to help solve. Where possible, we will lend our knowledge and expertise in coalitions and collaborations where our input would be helpful to address these community health needs in Roseau County. Also, we will to the best of our ability communicate all of these health needs to our service area in an effort to highlight areas where other groups or individuals would be able to lend expertise to address these and the other health needs of our service area for the benefit of all Roseau County residents and their health.

> MENTAL HEALTH

Identified in 2013 mental health issues continue to be brought up all populations for Roseau County. In May of 2016, LifeCare was selected for an Integrative Behavioral Health Technical Assistance Grant that provides direct, customizable technical assistance to small, rural hospitals in an effort to maximize behavioral health services and improve integration in Roseau County. Through this grant, an Integrative Behavioral Health Plan for LifeCare and Roseau County has been created that has created 5 goals to be accomplished over three project years. LifeCare will utilize existing resources and partnerships to identify and implement strategies to improve the mental health of Roseau County residents. They are as follows:

1. CREATE COMMUNITY AWARENESS OF MENTAL HEALTH ISSUES AND AVAILABLE RESOURCES

- LifeCare Medical Center Awareness and Training
- Community Awareness and Training

2. CREATE EDUCATION ON FIRST POINT OF ACCESS OF MENTAL HEALTH SERVICES

- Provide Mental Health First Aid Training
- Promote Screening tools with First Point of Access professionals such as, teachers, pastors, youth group, leaders and employers
- Promote education and training for all health care providers

3. ESTABLISH ROADMAP/LOGISTICS ON COORDINATING CARE OF MENTAL HEALTH PATIENTS

- Development of Behavioral Health Community Care Team and strengthening of relationships with other key players and related groups that support MH Patients
- Research on Development of a Behavioral Health Community Health Worker for LifeCare
- Universal HIPAA Release

4. DEVELOP CARE PLAN FOR INDIVIDUALS WITH IDENTIFIED MENTAL HEALTH NEEDS

- Appropriate level of care by assessment by professional in behavior health currently not 24/7. Only daytime 8-5 is currently available
- Stabilization after discharge from acute hospitalization. Discharge planning and Behavioral Health Community Care Team involvement post hospitalization or episode
- MH Care Coordinator/MH Primary Care/Future Community Health Worker provider is to identify on the behavioral health continuum, where the client/patient is at and engage the person in involvement in the continuum to maximize existing service utilization in the area to get appropriate level of care and minimize provider open appointments.

5. UNMET NEEDS TO SUPPORT MENTAL HEALTH PROFESSIONALS AND ROSEAU COUNTY

- Recruit more mental health providers
- Address transportation to mental health inpatient referral sites
 - Research Beltrami County Model

> DRUG ABUSE AND ALCOHOL ABUSE

Abuse of individual drugs continues to be a problem for Roseau County. Identified in 2013 as a prescription drug abuse problem that affected teens who had access to prescription drugs in the home and began abusing them to providers overprescribing narcotics for their patient, responses in this CHNA point to the explosive increased use of mood-altering substances in our community across the 10-55 age groups.

As part of a county coalition to reduce the use of drugs, alcohol and tobacco in Roseau County, LifeCare has been a part of discussions across 13 different sectors to decrease use of these substances. In 2015, this coalition was successful in the application of a Drug-Free Communities Grant awarded by the US Department of Health and Human Services, Health Resources and Service Administration sector that will provide funding for 5 years and renewable for another 5 years to decrease the use of alcohol and drugs in youth in Roseau County.

Due to regulatory constraints, the County of Roseau who applied for this grant has asked LifeCare to take over the responsibility for managing and implementing the grant which includes hiring and supervision of grant related positions. The grant focuses on reducing underage alcohol and drug use which LifeCare has continued to keep as a high priority in public health and wellness activities through grant funding and participation in related community activities.

1. GRANT WILL INCLUDE:

- A goal of reducing prescription drug and alcohol use
- Grant will focus on improving the 40 developmental assets that when present keep kids off drugs
- A full-time position that will be working in each of the 4 area schools to work with at-risk kids, parent groups and teachers.

In addition, LifeCare has partnered with Quin Community Health Services to provide identification and prevention education and training for school and Head Start educators on reducing fetal alcohol spectrum disorders(FASD) and recognizing FASD in preschoolers and early elementary students and refer them to specialized therapy and individual education plans.

A “Drug Take Back” Event will be held in 2017 in an effort to get unused prescription drugs out of homes thereby decreasing the access for potential misuse. Permanent Prescription Medication Disposal sites continue to be available at the Roseau and Warroad Police Department.



> OBESITY

From 2008-2016, the Minnesota Department of Health's Statewide Health Improvement Program (SHIP) grant provided Quin Community Health Services funding to work on wellness initiatives that covered nutrition and exercise throughout our region. LifeCare Public Health hosts the Quin Community Health Services SHIP employer-based SHIP activities which brings together partners from across the continuum such as employers, schools, and healthcare facilities to address obesity and other health issues.

An ongoing commitment by the State of Minnesota to fund SHIP-related activities will continue to allow us to work on sustainable, population-focused, evidence-based changes to the policies, systems and environments to make it easier for people to incorporate healthy behaviors in their daily lives. As part of Quin, LifeCare will continue to commit the resources of staff time, meeting space and expertise in order to address the areas of exercise and nutrition in communities, schools and worksites.

In addition, LifeCare has added an additional wellness position within Community Relations to continue our commitment to community health and wellness. This will enable LifeCare to provide more training and education to enable Roseau County residents to eat better and be more physically active. These current classes and programs will be continued.

- LifeCare will host 24 hour on-site wellness centers in the communities of Roseau, Warroad and Greenbush
- Trained staff are available for health fairs at local employers or at community events to provide nutrition and exercise related topics
- Matter of Balance classes are available in each community each year to enable older adults remain active.
- LifeCare in partnership with the Roseau Diabetes Center facilitates an "I Can Prevent Diabetes" class yearly.

RECENTLY ADDED OR FUTURE PROJECTS INCLUDE:

1. "Health 4Life" tag line will be prominent and recognized as a source for availability of health and wellness programs
2. Community trail maps with exercise and fitness trails and amenities have been created for Warroad, Greenbush and Roseau to encourage movement
3. LifeCare in partnership with the city of Roseau Parks and Recreation department will apply for a grant to provide fitness stations along the newly built walking trail to encourage outdoor activities.

ADDITIONAL COMMUNITY RESOURCES AVAILABLE IN ROSEAU COUNTY INCLUDE:

- Community Education offered in each of the five school districts has multiple opportunities for exercise and nutrition programs.
- Schools in Roseau and Warroad offer indoor swimming pools and related programs for physical fitness.
- City Park and Recreation programs offer multiple activities in the summer for youth to participate in sports such as baseball, softball and golf.
- A variety of exercise classes such as Zumba, water aerobics, lap swimming and yoga are available in each major population center.
- Local high schools have weight rooms available for students age 12 years and older
- Bone-Builders classes are available in the communities of Roseau and Greenbush to help the elderly remain active and strengthen muscles.

> HEALTHY PARENTING

Where possible, LifeCare is supporting and implementing strategies for this area of concern. Specifically, to help new parents or parents of newborns, we have related programs to help new parents navigate the first few years of their baby's life.

- LifeCare offers prenatal classes to expectant parents. Topics include car seat safety, nutrition, immunizations, baby care and Sudden-Infant Death Syndrome. Curriculum changes are being made that will offer the opportunity to choose training in breast feeding, newborn care and a class specifically for Dads.
- LifeCare nurses offer an in-home well-baby checkup in the first few weeks after discharge from the hospital and provide education on maternal health, newborn care and assist in any concerns from parents. In addition, these nurses are also the lactation educators and can offer breast feeding support during these visits.
- Additionally, LifeCare Public Health continues to support a “follow along” program which is a growth and development mail-based program used to identify if a child is at-risk for health and developmental problems to encourage early intervention.
- We will offer support and education in topics such as exercise, nutrition, health and well-being when requested by our partners in Roseau County who have the expertise to work in-depth on positive parenting issues. These organizations include Northwest Community Action, Women, Infant and Children programs, Roseau County Social Services, Head Start and Early Childhood and Family Education programs.
- We have expanded our partnership with the SAFE KIDS Coalition of Grand Forks to increase the resources and assistances with safety for children from birth to high school. Recent community education has included car seat safety checks and water safety. Future activities include holding local individual community meetings to collaborate with those who have a vested interest in children's safety.
- As part of the Drug-Free Communities Grant, 40 developmental assets that kids need to grow into healthy and happy adults will be measured, taught and communicated throughout Roseau County. These developmental assets will include many attributes of healthy and positive parenting that adults can provide the youth in our county.

> TOBACCO USE

LifeCare Medical Center facilitated the successful grant application of a regional tobacco grant offered by the Minnesota Department of Health entitled “Tobacco-Free Communities” which has recently been completed. This five-year tobacco grant worked towards reducing tobacco usage in the five county area of Northwestern Minnesota, but in addition LifeCare has committed the time and expertise of one of our public health nurses to assist the regional “Tobacco-Free” Coordinator in activities that directly affect Roseau County and its residents. Activities that were recently started and remain ongoing include:

- Roseau County Fair Board has initiated changes to provide a “Smoke-Free” Fairgrounds
- Work continues with Roseau and Warroad city officials on the promotion of Tobacco-Free outdoor public settings
- Work with Roseau County Commissioners regarding stricter tobacco ordinances is ongoing, but meets with law enforcement resistance
- LifeCare continues to maintain 2 Freedom from Smoking Facilitators and provide multiple sessions in Warroad and Roseau

