



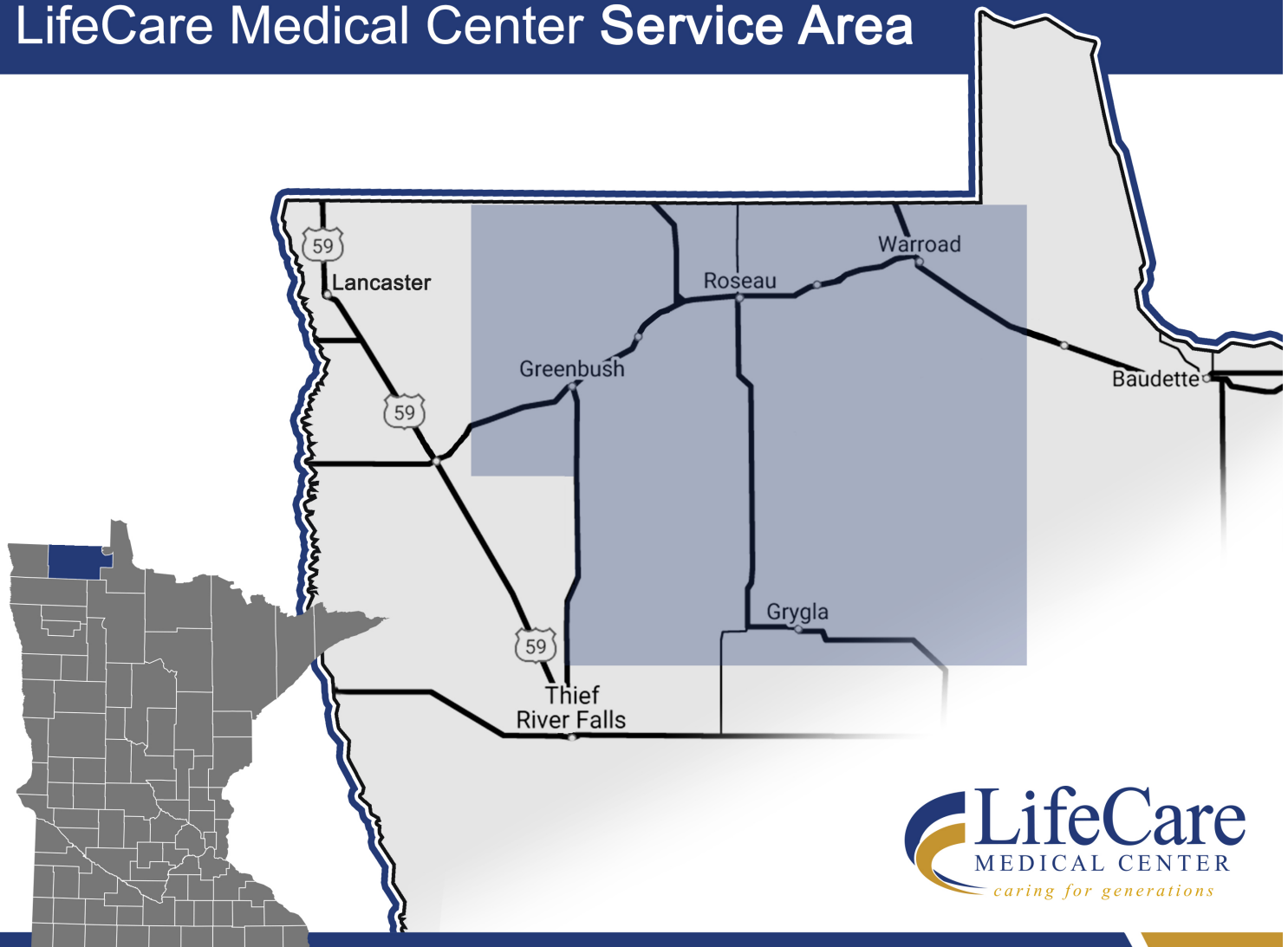
2019

COMMUNITY HEALTH NEEDS IMPLEMENTATION PLAN

EXECUTIVE SUMMARY

The Community Health Needs Assessment (CHNA) for 2019 is the third CHNA completed for LifeCare Medical Center's service area, which is Roseau County. Roseau County has a population of approximately 15,327 residents and includes the rural cities of Warroad, Roseau, Badger, Greenbush, Strathcona, and Roosevelt. Approximately 92% of the population of Roseau County is White. The small minority populations that reside in Roseau County include Asian (3%), American Indian (2%), Hispanic (2%), and Non-Hispanic African American (1%).

LifeCare Medical Center Service Area



COMPLETING THE ASSESSMENT

LifeCare Community Relations and LifeCare Public Health collected community input on the health needs of Roseau County through a series of meetings with targeted individuals and groups, which represented all age and geographic levels of our service area. There were 22 meetings in total, which occurred between January 2019 and April 2019. The complete list of participants met with can be viewed in the assessment.

The responses from the individual meetings were then compiled into a comprehensive list of community health needs for LifeCare Medical Center's service area.

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

1. MENTAL HEALTH

- Lack of access
- Lack of in-home services
- Lack of child specific providers
- Lack of services
- Stigma
- Suicide
- Unaware of resources
- Undiagnosed/unrecognized illness
- All ages
- Appointment time

2. HEALTHY EATING

- Lack of affordable food options
- Lack of education

3. ALCOHOL USE

4. TECHNOLOGY ADDICTION

- Lack of social skills
- Technology abuse/misuse
- Tech neck

5. DRUG USE

6. PHYSICAL ACTIVITY

- Lack of options
- Lack of family friendly activities
- Lack of recreational facilities/opportunities for exercise



7. VAPING
8. PARENTING
 - Lack of parental involvement
 - Lack of parenting
 - Lawn mower parents
9. ISOLATION
 - Lack of social support
 - Loneliness
 - Lack of social opportunities
10. OBESITY
11. DAYCARE – LACK OF PROVIDERS
12. HOUSING
 - Lack of affordable options
 - Poor quality
13. HEALTH INSURANCE
 - Too expensive
 - High deductibles
 - No coverage/underinsured
14. TOBACCO USE
15. TRANSPORTATION - LACK OF PUBLIC OPTIONS
16. SOCIAL MEDIA
 - Addiction
 - Irresponsible use



PRIORITIZING THE RESULTS

A survey was completed using the top health needs identified by five or more of the groups interviewed. This survey was distributed to community groups representing different areas and populations of Roseau County.

The groups included:

- *Team EPIC* – has members representing 12 sectors of the community including education, law enforcement, health care, social services, city and county officials
- *Northwest Community Action* – Head Start, assistance programs, and other community development and outreach programs for low income families
- *LifeCare Board of Directors*
- *LifeCare Department Directors*
- *Altru Medical Staff*

Each member of these groups was given a survey that listed all of the topics mentioned by five or more groups, including the bullet points. They were asked to circle, not rank, the five most important health needs in the community. The complete results including number of respondents for each group polled and their top responses can be found in the assessment.

TOP COMMUNITY HEALTH NEEDS OF ROSEAU COUNTY

1. MENTAL HEALTH
2. DRUG USE
3. ALCOHOL USE
4. OBESITY
5. LACK OF DAYCARE PROVIDERS
6. VAPING
7. HEALTH INSURANCE
8. HEALTHY EATING
9. HOUSING
10. SOCIAL MEDIA
11. PARENTING
12. TRANSPORTATION
13. PHYSICAL ACTIVITY
14. TECHNOLOGY ADDICTION
15. ISOLATION
16. TOBACCO USE

IMPLEMENTATION STRATEGIES

While all of the needs identified above are important, LifeCare does not have the expertise or resources to work toward solutions for all of the items. As a result, priority will not be given to the following needs: Lack of Daycare Providers, Health Insurance, Housing, Social Media, Parenting, Transportation, or Technology Addiction. Where possible, we will lend support and participation in coalitions and collaborations to be helpful in addressing these needs in Roseau County. In addition, we will communicate all of the health needs identified in our assessment throughout our service area, to the best of our ability, in an attempt to highlight areas where other groups or individuals may be able to address these and other health needs for the benefit of Roseau County residents.

MENTAL HEALTH

Identified in both the 2013 and 2016 assessments, mental health issues continue to be identified as a top health need in Roseau County. LifeCare plans to address the needs of mental health and isolation in the following ways:

- Educate partners and community members on mental health topics
 - LifeCare has been focusing on educating our partners and community members on mental health topics. One way we have accomplished this is by hosting Mental Health First Aid Trainings throughout Roseau County. LifeCare plans to continue offering these trainings, as well as additional trainings such as Adolescent Mental Health First Aid and QPR (Question.Persuade.Refer)
 - Increase awareness of local Behavioral Health resources
- Work towards eliminating or reducing stigma
 - Video campaign on stigma
 - Hold Mental Health Training Part 3 for LifeCare staff, community members and partners, which will focus on stigma
 - Marketing campaign, such as “Make it OK”
- Establish a plan on coordinating care of mental health patients
 - Community Paramedic Program
 - Community Care Team will remain in place. LifeCare Behavioral Health Therapist and Public Health Nurses will continue to see inmates in the jail, upon request.



- Address unmet needs to support mental health professionals and Roseau County
 - Recruit more mental health providers
- LifeCare Wellness will sponsor a motivational speaker event to promote positive mental health messaging, free to the public
 - Have sponsored this in 2017 and 2018 with great success

LifeCare plans to identify a team leader and organize a committee to address this specific health need. This team will be comprised of those that sit on LifeCare's Integrative Behavioral Health Committee, which meets two or three times per year in order to stay abreast of the mental health needs in our community for future planning purposes. The people on this committee will have the appropriate knowledge and expertise on the subject, and will work together to continue current programs and to establish new and creative solutions.

OBESITY/HEALTHY EATING/PHYSICAL ACTIVITY

LifeCare Wellness is committed to community health and wellness. With two dedicated Wellness Coordinators, LifeCare is able to organize more training and education to provide the tools necessary for Roseau County residents to eat healthier and be more physically active.

The following are current classes and programs that will be continued into the future, as possible:

- LifeCare will host a 24 hour, on-site fitness center in Roseau, Warroad and Greenbush
 - LifeCare opened a remodeled fitness center in Roseau in 2019
- Trained staff are available to participate in health fairs at local employers or community events, providing information on nutrition and exercise related topics
- Matter of Balance classes are available in each community, which enables older adults to remain active
- Tai Ji Quan classes will be offered throughout Roseau County. LifeCare has two trained facilitators.
- LifeCare, in partnership with the Roseau Diabetes Center, facilitates an "I Can Prevent Diabetes" class annually
- LifeCare, in partnership with the Roseau Diabetes Center, hosts an annual May Walk/Run
 - This consists of a diabetes health fair, foot clinic, healthy breakfast, and a 5k walk/run
- "Health4Life" is recognized as a source for availability of health and wellness programs
- LifeCare will continue to support the City of Roseau Parks and Recreation Department to provide fitness stations along the walking trails
- LifeCare will continue to sponsor a robust Employee Wellness Program
- LifeCare will participate in the Community Workplace Wellness Collaborative for Roseau County
- LifeCare Public Health offers a "Feeling Fit and Fine" program each summer, which reaches out to school age children to promote healthy lifestyles

Future projects include:

- LifeCare recently co-hosted a Walkable Communities Workshop with the City of Roseau. LifeCare will continue to be part of the committee that was formed from this workshop, which will work towards initiatives to make the community more walkable. The City of Roseau will receive grant funding from Minnesota Department of Health for improving signage of the existing trail system.
- Health coaching

LifeCare plans to identify a team leader and organize a committee to address this specific health need. The people on this committee will have the appropriate knowledge and expertise on the subject, and will work together to continue current programs and to establish new and creative solutions.



Additional community resources available in Roseau County include:

- Community education opportunities in the five school districts, which offer a variety of exercise and nutrition programs
- Roseau and Warroad Schools offer an indoor swimming pool and related programs for physical fitness
- City of Roseau Parks and Recreation Department offer multiple activities in the summer for youth to participate in sports, such as basketball, softball, t-ball, and golf
- Roseau High School has a weight room and exercise facility available to the public
- S.A.I.L. (Stay Active and Independent for Life) classes are available in the communities of Roseau, Warroad, Badger, and Greenbush to enable the elderly to remain active and improve strength, balance and fitness
- Mount Roseau – mountain bike trail

TOBACCO USE/VAPING/DRUG USE/ALCOHOL USE

Drug, alcohol and tobacco use continue to be a problem for Roseau County, as they were identified in both the 2013 and 2016 assessments. Vaping is a newly identified health need in Roseau County, which is in line with the large increase in vaping seen throughout our country. LifeCare has been actively working on these needs and will continue to do so into the future.

Recent and current projects include:

- LifeCare is part of a county coalition to prevent and reduce the use of drugs, alcohol and tobacco among teens in Roseau County. This coalition includes 12 sectors of our county and is made possible from a Drug-Free Communities Grant, which was awarded to Roseau County by the US Department of Health and Human Services and the Health Resources and Service Administration in 2015. This is a five-year grant, with a plan to apply for another five years.
 - LifeCare took over the responsibility of managing and implementing this grant for Roseau County, including employing the full time coordinator.
 - In addition, other LifeCare employees are members of this coalition.
- LifeCare recently completed a grant that focused on fetal alcohol spectrum disorder (FASD).
 - LifeCare Public Health partnered with Quin Community Health Services to provide identification and prevention education and training for school and Head Start educators on reducing FASD and recognizing FASD for early intervention.
 - By the end of this grant, we were successful in having the FASD questions added to the preschool screening questionnaire.
- A Medication Take Back Day was successfully held in 2019, in an effort to get unused prescription drugs out of homes and to increase awareness of the Medication Drop Boxes in Roseau County. In turn, this should decrease the access for potential misuse. LifeCare would like to continue this Take Back Day into the future, as possible.
 - Permanent prescription medication disposal sites continue to be available at the Roseau Police Department and Warroad Police Department
- Work continues with Roseau and Warroad city officials on the promotion of Tobacco-Free outdoor public settings
- LifeCare continues to maintain Freedom from Smoking Facilitators and provide sessions in Warroad and Roseau
 - Have had great success offering this class, onsite, to the employees at Marvin in Warroad
 - Will continue outreach efforts to other worksites in an attempt to offer future Freedom From Smoking classes onsite



- Incorporated vaping into the tobacco education provided to the 5th graders from Roseau County schools that attend tours at LifeCare annually
 - Will also incorporate vaping into other tobacco education

LifeCare plans to identify a team leader and organize a committee to address this specific health need. The people on this committee will have the appropriate knowledge and expertise on the subject, and will work together to continue current programs and to establish new and creative solutions.

COMMUNITY HEALTH NEEDS IMPLEMENTATION PLAN

This implementation plan will be discussed and approved by the Board of Directors of LifeCare Medical Center. It will be utilized as LifeCare's working document over the next three years. The committees created will work to establish new programs and processes to address the needs identified, to the best of their ability. The Community Health Needs Assessment will be repeated in three years, as required by IRS regulations.

