



COMMUNITY HEALTH NEEDS IMPLEMENTATION PLAN

2025

LifeCare Medical Center 2025 Community Health Needs Implementation Plan

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Executive Summary

The Community Health Needs Assessment (CHNA) for 2025 is the fifth CHNA completed for LifeCare Medical Center's service area, which is Roseau County. Roseau County has a population of approximately 15,300 residents and includes the rural cities of Warroad, Roseau, Badger, Greenbush, Strathcona, and Roosevelt. Approximately 89% of the population of Roseau County is White. The small minority populations that reside in Roseau County include Asian, American Indian, Hispanic, and Non-Hispanic African American.

Completing the Assessment

LifeCare Community Wellness 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 14 meetings with 65 individuals interviewed in total, which occurred between March 2025 through May 2025. The complete list of participants met with can be viewed in the assessment.

Key informant interviews and focused secondary data highlighted a range of priority health needs facing the community.

The most frequently cited includes:

1. Mental Health
2. Alcohol
3. Vaping
4. Obesity
5. Affordable Housing

Broad secondary data identified the following health needs:

1. Death by Suicide
2. Decreased Immunization Rates in Children
3. Child Care
4. Heart Disease Mortality

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: Transportation, Child Care, or Affordable Housing. 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.

The following were identified as priorities for the LifeCare Medical Center 2025 Implementation Plan.

Mental Health

Identified in the 2013, 2016, 2019, 2022 and 2025 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 in the following ways:

- **Educate community partners and members on mental health topics**

1. LifeCare has been focusing on educating our partners and community members on mental health topics and will continue to provide training such as Safe Talk, Mental Health First Aid and QPR (Question.Persuade.Refer).
2. Continue to work with schools and community partners on Postvention strategies.
3. Increase awareness of local Behavioral Health resources.

- **Continue working towards eliminating or reducing stigma**

1. Promote the crisis text line and leverage our social media platforms to normalize talking about mental health.
2. LifeCare will host community events such as May Walk Run which support mental wellbeing.

- **Increase mental health professionals and programs offered in Roseau County**

1. Since May of 2023, we have added 7 additional Mental Health Providers including Therapists, Psych Mental Health Nurse Practitioner's (PMHNP), RN's, and a Skills Worker. LifeCare will continue to recruit staff as needed.
2. Eating Disorder, nutritional assessments and consultations with a Registered Dietitian, are offered through LifeCare Behavioral Health.
3. Hire a dedicated Behavioral Health Director
4. Implement Child Therapeutic Services and Supports (CTSS) in area schools

• LifeCare Wellness will continue to host events that promote positive mental health and are free to the public. New projects on the horizon include:

1. Screenagers Project
2. Parenting Classes

• LifeCare will continue to represent on local and regional mental health coalitions.

1. Integrative BH Committee
2. HOPE Coalition
3. Max Foundation Board
4. Domestic Violence Group
5. CJCC
6. AMHI

• Participate in the Youth Suicide Prevention Grant Learning Collaborative to create a Pathway to Care.

• The following are current classes and programs that will be continued in the future to promote mental and physical wellness and reduce social isolation.

1. LifeCare will host a 24 hour, on-site fitness center in Roseau, Greenbush, and Warroad.
2. Trained staff are available to participate in health fairs at local employers or community events.
3. Matter of Balance classes are available in each community, which enables older adults to remain active.
4. Tai Ji Quan classes will be offered throughout Roseau County.
5. LifeCare hosts an annual “May Walk Run” to promote community health and wellness.
6. LifeCare will continue to sponsor a robust Employee Wellness Program.
7. Registered Dietitian on staff available to provide 1:1 nutrition counseling through rehab services.
8. On Site Cardiac Rehab Services.
9. Rehab to continue summer work out programs geared toward youth, (i.e. Power Sports).
10. Social Media will be utilized to promote healthy lifestyles.

Substance Abuse (Alcohol, Drugs, and Tobacco)

Drug, alcohol and tobacco use continue to be a problem for Roseau County, as they were identified in both the 2013, 2016, 2019, 2022, 2025 assessments. LifeCare has been actively working on these needs and will continue to do so into the future.

Recent and current projects include:

1. Roseau County has delegated the Opioid Settlement Funds to LifeCare Public Health to help fund the Health Educator position and plan for future initiatives related to opioid use and prevention.
2. Hired a Health Educator in the Public Health Department to lead substance use prevention initiatives and coordinate planning for the effective use of Roseau County's Opioid Settlement Funds
3. LifeCare is part of Team Epic, 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. We are currently in the second round of funding for this initiative.
4. Continue to offer Medication Take Back Days in each community. Provide education and increase awareness about medication drop boxes throughout the county to encourage safe disposal of unused prescription drugs and reduce potential misuse.
 - Permanent prescription medication disposal sites are available at the Roseau Police Department and Warroad Police Department.
5. LifeCare will leverage our social media platforms to promote cessation and connect community members to resources.
6. LifeCare plans to work with area schools as requested. LifeCare Public Health assisted navigation of Narcan in Roseau County Schools.

LifeCare Wellness and LifeCare Public Health have the appropriate knowledge and expertise on these topic areas 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. The implementation plan will be utilized over the next three years 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 federal regulations.