

CHI Mercy Health

2019 Community Health Implementation Strategy



Adopted November 2019






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At-a-Glance Summary

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| <p>Community Served</p>  | <p>CHI Mercy Health, located in Valley City, ND has been a part of the community since 1928 when it was founded by the Sisters of Mercy. Their vision was to build healthier communities through a healing ministry.</p> <p>Situated 50 minutes to the west of Fargo, ND and 30 minutes to the east of Jamestown, ND on interstate 94, CHI Mercy Health is a licensed critical access hospital offering emergency services and meeting the needs of the community close to home.</p> <p>CHI Mercy Health’s service area is primarily Barnes County. The County’s population from 2010 to 2017 decreased 3.0%. The average of residents under age 18 (20.2%) for Barnes County is 3.1% lower than the state average. The percentage of residents ages 65 and older is about 7% higher for Barnes County (22.0%) than the North Dakota average (15.0%), and the rates of education are slightly lower for Barnes County (90.9%) than the North Dakota average (92.0%). The median household income in Barnes County (\$55,778) is slightly higher than the state average for North Dakota (\$55,322).</p> <p>CHI Mercy Health is part of CommonSpirit Health which was formed by the alignment of Catholic Health Initiatives (CHI) and Dignity Health in early 2019. CommonSpirit Health’s commitment to serve the common good is delivered through the dedicated work of thousands of physicians, advanced practice clinicians, nurses, and staff; through clinical excellence delivered across a system of hospitals and other care centers covering 21 states, and accessible to nearly one in four U.S. residents; and through more than \$4 billion annually in charity care, community benefits, and government program services.</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 • Substance Abuse and Misuse • Attract and Retain Young Families |
| <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"> • Expansion of existing mental health education, intervention, and support resources. |

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|  | <ul style="list-style-type: none"> • Prevention of mental health challenges for youth and families through new initiatives grounded in education and support. • Collaborate with strategic partners in the development of local addiction and recovery programming. • Reduce underage drinking. • Add licensed addiction counselors(s) to community. • Attract and retain young families through contributing to and supporting efforts of Valley City-Barnes County Development corporation, affiliated partners, and actively engaging in targeted in community events. |
| <p>Anticipated Impact</p>  | <p>Anticipate</p> <ol style="list-style-type: none"> 1) Reduced negative stigma of mental illness and substance use disorder 2) Decrease in suicide attempts and death by suicide 3) Reduction in underage drinking 4) Improved community resources and support for recovery programs 5) Increase in engagement and population of young families |
| <p>Planned Collaboration</p>  | <p>Collaboration on these strategies and programs will occur between CHI Mercy Health and various partners and workgroups.</p> <ul style="list-style-type: none"> - City-County Health District - Valley City-Barnes County Development Corporation - South Central Human Service Center - Behavioral Health Coalition - Valley City State University |

This document is publicly available online at <https://www.mercyhospitalvalleycity.org/community-benefits/>.

Written comments on this report can be submitted to the CHI Mercy Hospitals Community Benefit office at: 570 Chautauqua Boulevard, Valley City, ND 58072 or by email to AndreaHochhalter@catholichealth.net.

Our Hospital and the Community Served

About CHI Mercy Health

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

- Located in Valley City, ND
- 19 bed Critical Access Hospital
- Major program and service lines include:
 - General and Acute Care
 - Surgery, same-day
 - Radiology
 - Laboratory
 - Emergency Room
 - Screen and Therapy

Our Mission

The mission CommonSpirit Health is to make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

Financial Assistance for Medically Necessary Care

CHI Mercy 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.

<https://www.mercyhospitalvalleycity.org/>

Description of the Community Served

CHI Mercy Health serves the Barnes County area which is in the southeastern area of North Dakota. The county seat is Valley City, which lies in the center of the county. The state capital, Bismarck, is located two hours to the west of Valley City.



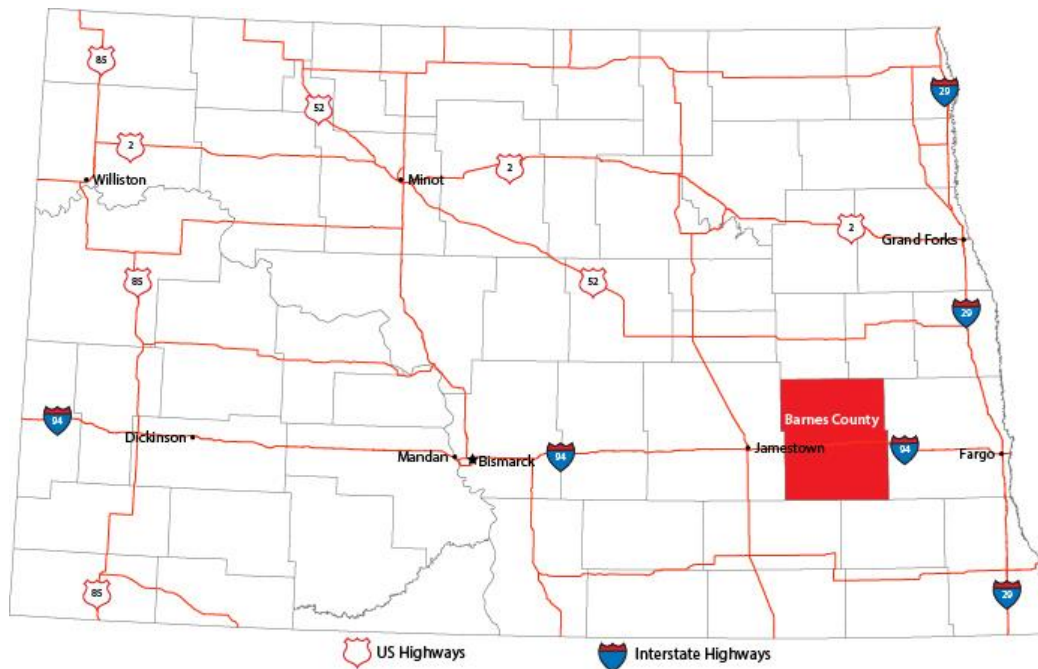
Valley City is nestled on the banks of the beautiful Sheyenne River. The 11 bridges in Valley City help tell its history. Interpretive panels have been placed at seven bridges in town and one north of Valley City giving the details about how the valley was developed.

Valley City is also known for specialty shops— whether antiquing, looking for local art or quilting— Valley City has it covered. If you are a history buff you will enjoy the Rosebud Visitor Center, home to an 1881 Northern Pacific superintendent’s railcar with the original furnishings and the outdoor railroad display. Don’t miss the Barnes County Museum right in the middle of downtown. They have a special guest— Gundy the Triceratops.

Remaining on the historic register, Old Main and the clock tower are Valley City State University’s campus icons. Also, on campus you will find the planetarium. Up the hill, south of the campus on Winter Show Road, is Medicine Wheel Park. A replica of a Native American solar calendar, a meridian calendar, burial mounds and a walk among the planets with interpretation are all part of the park.

For those who love the outdoors there are two beautiful golf courses along the river. Hikers will enjoy the North Country Scenic Trail as well as several walkways around Valley City. Enjoy a beautiful drive on the Sheyenne River Valley National Scenic Byway located north and south of Valley City.

A 2016 community addition, the Gaukler Wellness Center, is a state of the art, 65,000 sq ft. center which offers fitness classes, a three-lane track, Matrix and Octane cardio equipment, Nautilus weight machines, free weights, a swimming pool with four lanes and a zero-depth area as well as a hot tub, two basketball courts, and an indoor playground.



Demographic Information

(From 2010 Census/2017 American Community Survey; more recent estimates used where available)

| | Barnes County | North Dakota |
|---|---------------|--------------|
| Population (2017) | 10,734 | 755,393 |
| Population change (2010-2017) | -3.0% | 12.3% |
| People per square mile (2010) | 7.4 | 9.7 |
| Persons 65 years or older (2016) | 22.0% | 15.0% |
| Persons under 18 years (2016) | 20.2% | 23.3% |
| Median age (2016 est.) | 43.5 | 35.2 |
| White persons (2016) | 94.1% | 87.5% |
| Non-English speaking (2016) | 2.4% | 5.6% |
| High school graduates (2016) | 90.9% | 92.0% |
| Bachelor's degree or higher (2016) | 23.7% | 28.2% |
| Live below poverty line (2016) | 10.9% | 10.7% |
| Persons without health insurance, under age 65 years (2016) | 8.3% | 8.1% |

Source: <https://www.census.gov/quickfacts/fact/table/ND,US/INC910216#viewtop> and https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml#

While the population of North Dakota has grown in recent years, Barnes County has seen a decrease in population since 2010. The U.S. Census Bureau estimates show a population decrease from 11,066 (2010) to 10,734 (2017). While the population density of Barnes County is slightly below the state average (7.4 people per square mile vs. 9.7 people), it is more densely populated than most of rural North Dakota. In North Dakota, 35 of 53 counties are classified as frontier, having 7 or less people per square mile. Neighboring counties are frontier (Lamoure, 3.6 people per square mile; Griggs, 3.3; and Steele 2.8). Stutsman County has 9.2 people per square mile. The least densely populated counties in the state are Billings with 0.7 people per square mile and Slope with 0.6 people. Barnes County is slightly older than the state (people 65 years of age or older, 22.0% vs. 15.0% and a median age of 43.5 vs. 35.2 years); it has a smaller percentage that is 18 and younger, 20.2% vs. 23.3%. Barnes County is slightly more white than the state, 94.1% vs. 87.5%. With regard to education, it has a slightly lower percentage of people who have completed high school, 90.9% vs. 92.0% and a lower percentage who have attained a bachelor's degree, 23.7% vs. 28.2%. It is in line with the state in terms of poverty, 10.9% vs. 10.7% and for people without health insurance, 8.3% vs. 8.1%.

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 April 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 <https://www.mercyhospitalvalleycity.org/community-benefits/> or upon request at the hospital's Healthy Communities or Community Benefit office.

Significant Health Needs

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

- Availability of substance abuse/treatment services is not sufficient.
- Drug use and abuse, within the adult population however there is an increasing concern on the issue of prescription drug abuse in the youth population.
- Attracting and retaining young families, is a gap between the cost of living in the community and ability to earn livable wages.
- Depression and anxiety by adults and youth is great and the availability of mental health services is an issue.
- Physical violence, domestic violence, sexual abuse remains an issue.
- Not enough jobs with livable wages makes it difficult for new business development in the community and to increase minimum wages and provide benefits.
- Alcohol use and abuse with both adults and youth, is a need to address the community's perception of the issue.
- Extra hours for healthcare appointments in the evenings and on the weekends is desired to make care more accessible.
- Ability to retain primary care providers (MD, DO, NP, PA, nurses) in the community.
- Not having access to affordable housing has created a barrier to meeting other general needs of the community.

Based on an applied prioritization process the four top needs that were identified through the community survey, interviews, and community meeting are:

1. Substance use and abuse (alcohol and other drugs)
2. Attracting retaining young families
3. Availability of substance abuse/treatment services
4. Depression and anxiety

Significant Needs the Hospital Does Not Intend to Address

The hospital intends to take actions to address the four prioritized significant health needs identified through the Community Health Needs Assessment, both through its own programs and services and with community partners. Lists and descriptions of those planned actions are included in this report.

The hospital has chosen not to address the following identified needs specifically within our initiatives. These health concerns are either beyond are capacity, being addressed by other organizations and programs, or are currently addressed through existing hospital programs. For each issue however, we will continue to dialogue with community partners.

1. Physical violence, domestic violence, sexual abuse remains an issue.
2. Not enough jobs with livable wages makes it difficult for new business development in the community and to increase minimum wages and provide benefits.
3. Extra hours for healthcare appointments in the evenings and on the weekends is desired to make care more accessible.
4. Ability to retain primary care providers (MD, DO, NP, PA, nurses) in the community.
5. Not having access to affordable housing has created a barrier to meeting other general needs of the community.

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 Mercy 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.

We are a cohesive and engaged community with regular interaction and natural partners promoting healthy communities through mutual support. Many of the community health needs identified in the 2019 Community Health Needs Assessment are reflective of the previous assessment and ongoing survey and evaluation within the community. These topics have been ongoing issues the hospital has been collaborating with community partners on, in particular through the local Behavioral Health Coalition with representatives from Valley City Police Department, city and state representatives, social service industry, Valley City School District, Valley City State University, City and County Development Corporation.

For the creation of this implementation strategy we worked closely with the City-County Health District, Valley City-Barnes County Development Corporation, Valley City State University, and South Central Human Service Center.



Over the course of identifying community priorities, holding small group and one-on-one dialogue with stated partners CHI Mercy Health chose to address needs that were 1) were featured as high priorities by our community, partners and implementation partners and 2) were priorities we have the capacity to influence. We also gave consideration to needs currently being addressed and the amount of existing momentum behind them.


We chose to focus on three areas that take into consideration the health need priorities identified, each described in this document.

1. Mental health
2. Substance use and misuse
3. Attraction and retention of young families

Strategy by Health Need

The tables below present 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 |
| Expansion | <ul style="list-style-type: none"> • Explore early intervention opportunity through Nurse Family Partnership. • Work with community partners to achieve necessary mental health training and resources in community. • Provide appropriate CHI Mercy Health staff with training on mental illness, increasing their understanding of how to connect patients to resources. |

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| Youth Prevention | <ul style="list-style-type: none"> • Address collaboratively with community partners family education and support resource needs. • Support current mental health and suicide prevention initiatives in local schools. • Utilize current Nurturing Parent program and Healthy Relationships curriculum as means to reach families with mental health education. |
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Anticipated Impact: The hospital’s initiative to address mental health issues is anticipated to increase awareness of existing services and how to access, reduce the stigma of mental illness, decrease death by suicide, increase community knowledge of mental health.

Planned Collaboration: CHI Mercy Health will work closely with the local Behavior Health Coalition and participating members to develop the initiatives and supporting activities.

 **Health Need: Substance Abuse and Misuse**

| Strategy or Program Name | Summary Description |
|---------------------------------|--|
| Treatment and Recovery Services | <ul style="list-style-type: none"> • Contribute to the work of community partners to develop a local addiction recovery program based on housing, employment, peer support and healthy socialization. • Educate hospital staff on substance abuse disorders. |
| Not In My House | <ul style="list-style-type: none"> • Change the norms of underage drinking through education and community engagement. • Reduce the way youth can access alcohol. |
| Licensed Addiction Counselors | <ul style="list-style-type: none"> • Support the work of City-County Health District and South Central Human Service Center to add the services of licensed addiction counselors to the community. |

Anticipated Impact: The hospital’s initiative to address substance abuse and misuse issues is anticipated to change existing stigmas of addiction and underage drinking, provide an increase in prevention and treatment services, and lower recidivism rates.

Planned Collaboration: CHI Mercy Health will work closely with the local Behavior Health Coalition and participating members, in particular; City-County Health District, South Central Human Service Center, Valley City Police, Barnes County Sheriff’s Office, and Valley City Public Schools.



Health Need: Attract and Retain Young Families

| Strategy or Program Name | Summary Description |
|--------------------------|---|
| Promotion | <ul style="list-style-type: none"> Partner with Valley City – Barnes County Development Corporation in the promotion of Valley City to achieve quality of place, workforce training and education, and building community. Increase community awareness of hospital services, targeting young families. |
| Engagement | <ul style="list-style-type: none"> Actively participate in select community wide events with intent of contributing to a family friendly environment. Partner with school system to identify and serve student and family health needs. |

Anticipated Impact: The hospital’s initiatives to address the attraction and retention of young families is anticipated to result in community wide awareness of family health services provided locally, shared and consistent “Quality of Life” message across the community, young families reporting satisfaction of life in Valley City; health, education, employment, wealth, safety, environment.

Planned Collaboration: The hospital will partner with Valley City – Barnes County Development Corporation, Valley City Area Chamber of Commerce, and Valley City School District to deliver on this strategy.

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 Community Health Needs Assessment report. The digests include program descriptions and intervention actions, statements of which health needs are being addressed, any planned collaboration, and program goals and measurable objectives.



Mental Health – Youth Prevention

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| Significant Health Needs Addressed | <ul style="list-style-type: none"> <input type="checkbox"/> Depression and anxiety in youth <input type="checkbox"/> Suicide prevention |
| Program Description | The focus of Youth Prevention is to educate youth and families on mental health issues, end the stigma associated with mental health issues, and suicide prevention. The emphasis is on early intervention. The hospital’s role is to assist with education through utilization of print resources and social media, promoting parent use of the Parent’s Lead materials and the Recovery Talk 24/7 hotline. |

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| Community Benefit Category | A1. Community Health Education |
| Planned Actions for 2019 - 2021 | |
| Program Goal / Anticipated Impact | The goal of the initiative is to eliminate the stigma of mental health, for people to understand that it is “Ok to not be OK”. Through the initiative youth and parents will gain knowledge and thus more confidence in their ability to discuss the issue and seek help. The overall outcome is to instill confidence and support in youth struggling with mental health issues to share their struggles and ask for help knowing they are not alone. |
| Measurable Objective(s) with Indicator(s) | Outcomes for achievement that will be evaluated include the number of mental health education instances made available to youth and known number of suicide attempts and deaths by suicide through 2021. |
| Intervention Actions for Achieving Goal | <ul style="list-style-type: none"> • Meet with local youth counselors and educators and provide assistance with expanding existing education and support. • Utilize modes of community communication (CHI Mercy Health Insights, web and Facebook pages) to promote education and awareness of resources. • Introduce schools to Robbie’s Hope Foundation resources; Parent Handbook and HOPE Groups. |
| Planned Collaboration | City-County Health District and Valley City Public schools, along with the greater Behavioral Health Coalition, currently have initiatives in place and will be collaborators on this initiative. |



Substance Abuse and Misuse – Treatment Recovery and Services

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| Significant Health Needs Addressed | <ul style="list-style-type: none"> <input type="checkbox"/> Availability of substance abuse and treatment services <input type="checkbox"/> Drug use and abuse <input type="checkbox"/> Alcohol use and abuse for adult and youth populations |
| Program Description | The focus of Treatment Recovery and Services is to expand services to include recovery housing. The hospital’s role is to utilize available resources to promote treatment and recovery services within our community, to assist in exploring and determining appropriate location for recovery housing and provide ongoing education regarding substance use disorder as a chronic disease. |

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| Community Benefit Category | A.1. Community Health Education |
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Planned Actions for 2019 - 2021

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| Program Goal / Anticipated Impact | <p>The goal of the initiative is to make appropriate recovery resources available for those returning to our community after treatment and/or incarceration, in turn decreasing recidivism rates and increasing successful reentry.</p> <p>The overall outcome is to develop and offer a support system that will increase successful reentry into our community.</p> |
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| Measurable Objective(s) with Indicator(s) | Outcomes for achievement will evaluate the number of clients utilizing the support systems put in place. |
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| | <ul style="list-style-type: none"> • Assist in developing a strong peer support network in Valley City/Barnes County. • Meet with local development group and philanthropists to determine a location for recovery housing in Valley City. • Assist with: <ul style="list-style-type: none"> ○ approving evidence-based guidelines for recovery housing. ○ determination of appropriate leasing or rental of a home. ○ assessment of staffing model and needs. |
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| Planned Collaboration | City-County Health District and South Central Human Service Center, along with the greater Behavioral Health Coalition, currently have initiatives in place and will be collaborators on this initiative. |
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 **Attract and Retain Young Families – Quality of Life**

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| Significant Health Needs Addressed | <ul style="list-style-type: none"> <input type="checkbox"/> Attracting and retaining young families <input type="checkbox"/> Not having affordable housing <input type="checkbox"/> Not enough jobs with livable wages |
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| Program Description | <p>Attracting and Retaining Young Families is about creating a vibrant community grounded in a healthy fiscal and healthy physical communities. Neighbors that are welcoming and economies that are competitive.</p> <p>The hospital’s role is to bolster community wide efforts targeted at improving the quality of life for young families. Activities include supporting schools, working alongside strategic community partners on</p> |
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| | building awareness of jobs and the provision of reasonable and competitive wages, benefits and encouragement of supporting local business. |
| Community Benefit Category | A.1. Community Health Education A.4. Social and Environmental Improvement Activities |
| Planned Actions for 2019 - 2021 | |
| Program Goal / Anticipated Impact | The goal of the initiative is to make Valley City and surrounding communities more attractive to young families by meeting their quality of life needs. The overall outcome is to increase the population of young families in the community. |
| Measurable Objective(s) with Indicator(s) | Outcomes for achievement that will be evaluated include rating of Valley City as a great place live. |
| Intervention Actions for Achieving Goal | <ul style="list-style-type: none"> • Meet with school district to discern young family’s needs the hospital can assist with meeting. • Develop understanding of development Corporation’s strategies to align efforts. • Collaborate on process and messaging for consistent community promotion. • Identify targeted family events for hospital engagement. |
| Planned Collaboration | Valley City – Barnes County Development Corporation, Valley City Area Chamber of Commerce, Tourism and Visitor Center, Barnes County School District |

Hospital Board

Sr. Stella Olson, PBVM
Presentation Sisters

Betty Tykwinski
Valley City State University

Tim Ost
Ingstad Family Media -i3G Media

Keith Heuser
CHI Mercy Health

Beth Smith
CHI Mercy Health

Paige Bjornson
Dakotah Bank

Casey Stoudt
Stoudt-Ross Ford

Fredrick Mitzel, MD
Retired Physician

Jeff Drop
Catholic Health Initiatives

Lisa Urbatsch
CHI Mercy Health

