

CHI Mercy Health Valley City

2025 Community Health Implementation Strategy





Adopted July 2025



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At-a-Glance Summary

Community Served 	<p>CHI Mercy Health Valley City, 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 Valley City is a licensed critical access hospital offering emergency services and meeting the needs of the community close to home.</p> <p>CHI Mercy Health Valley City's service area is primarily Barnes County. The County's population from 2010 to 2021 decreased 4.3%. The average of residents under age 18 (19.7%) 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 (23.1%) than the North Dakota average (16.1%), and the rates of education are slightly higher for Barnes County (94.2%) than the North Dakota average (93.1%). The median household income in Barnes County (\$60,472) is lower than the state average for North Dakota (\$65,315).</p>
Significant Community Health Needs Being Addressed 	<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"> • Behavioral health • Violence prevention
Strategies and Programs to Address Needs 	<p>The hospital intends to take actions and to dedicate resources to address these needs, including:</p> <ul style="list-style-type: none"> • Support collaborative efforts with community agencies to increase awareness of available resources and encourage referral networks to meet community needs • Increase mental health resources in the community • Providing health relationship workshops and community outreach presentations to prevent violence
Focus Population	<p>Focus populations include residents experiencing behavioral health needs, and first responders.</p>
Anticipated Impact 	<p>By pursuing these strategies, we anticipate:</p> <ul style="list-style-type: none"> • Increased awareness and utilization of community resources to address health needs • Support effective referral network among first responders and healthcare providers • Increased awareness of behavioral health and resources to support good behavioral health • Improved relationships among residents and awareness of resources to improve relationships

Planned Collaboration



Collaboration on these strategies and programs will occur between CHI Mercy Health and various partners and workgroups.

- City-County Health District
- Valley City-Barnes County Development Corporation
- South Central Human Service Center
- Behavioral Health Coalition
- Valley City State University
- Barnes County Schools
- Local Faith based Organization

This document is publicly available online at the hospital's website <https://www.mercyhospitalvalleycity.org/community-benefit/>. Written comments on this report can be submitted to the CHI Mercy Hospital Director of Mission at 570 Chautauqua Boulevard, Valley City, ND 58072 or by e-mail to joshua.gow@commonspirit.org.

Our Hospital and the Community Served

About the Hospital

CHI Mercy Health of Valley City is a part of CommonSpirit Health, one of the largest nonprofit health systems in the U.S., with over 2,200 care sites in 24 states coast to coast, serving in big cities and small towns across America.

CHI Mercy Health of Valley City was founded by the Sisters of Mercy in 1928. It joined Catholic Health Initiatives (CHI) in 1995 and CommonSpirit Health in 2019. It is a 25 bed critical access hospital with key services including: Radiology, laboratory, ambulatory care, emergency, cardiac rehab, respiratory care, mammography, physical therapy, and occupational therapy. Services also include an outpatient surgery center specializing in cataracts, scopes, and pain management.

Our Mission

The hospital's dedication to assessing significant community health needs and helping to address them in conjunction with the community is in keeping with its mission. As CommonSpirit Health, we 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

It is the policy of CommonSpirit Health to provide, without discrimination, emergency medical care and medically necessary care in CommonSpirit hospital facilities to all patients, without regard to a patient's financial ability to pay. This hospital has a financial assistance policy that describes the assistance provided to patients for whom it would be a financial hardship to fully pay the expected out-of-pocket expenses for such care, and who meet the eligibility criteria for such assistance. The financial assistance policy, a plain language summary and related materials are available in multiple languages on the hospital's website.



Description of the Community Served

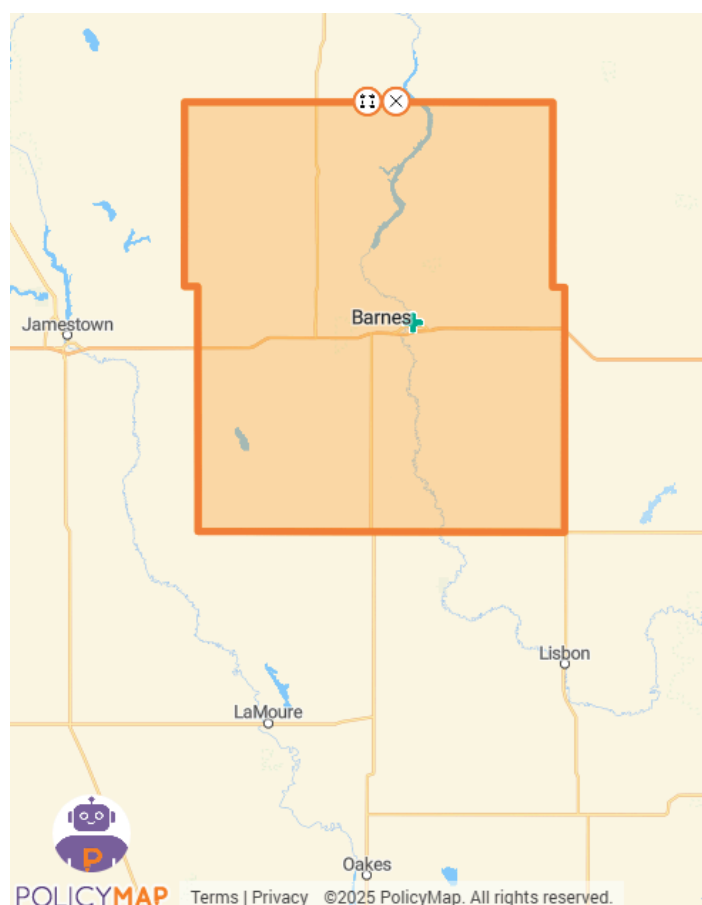
Barnes County is a semi-rural county in southeastern North Dakota. The county seat and largest city is Valley City. With 10,826 residents, Barnes County is North Dakota's 13th most populous county. It is home to proportionally more adults aged 65 and older than the rest of North Dakota and the United States as a whole. Like most of North Dakota, Barnes County's racial composition is largely white. The median household income and home values are lower in Barnes County than they are in North Dakota or the nation overall — but so are the costs associated with home ownership and rent. Barnes County has

higher than average proportions of householders living alone as well as households with residents aged 65 or older. Barnes County's poverty rate is higher than the average in North Dakota and the nation overall.

The obesity rate in Barnes County is higher than the rate in North Dakota and the nation overall. The adult excessive drinking rate in Barnes County is lower than the rate in North Dakota but slightly higher than the national average. The county's leading causes of death in 2021 were malignant neoplasms, diseases of the heart, accidents, COVID-19, and chronic lower respiratory diseases. Barnes County has a higher annual flu shot rate than both North Dakota and the nation. Barnes County has a lower ratio of residents to primary care physicians than North Dakota or the nation, but a higher ratio of people per mental health care providers and dental providers.

Barnes County faces very high risk of loss due to cold and winter weather. However, Barnes County's overall risk due to natural hazards is relatively low. Barnes County's social vulnerability is rated as very low, and its community resilience is rated as very high. These factors combined give Barnes County a very low National Risk Index Score; a score which is worse than most North Dakota counties but better than most counties nationally.

Figure A: CHI Mercy Health Community Health Needs Assessment Service Area



Core demographics for Barnes County are summarized in Table 1.

Table 1. Core Demographic Summary, Barnes County, North Dakota	
Measure	Barnes County, ND
Community Description	Semi-rural
Population	10,826
Racial and Ethnic Distribution	
White, non-Hispanic alone	90.0%
American Indian and Alaska Native alone	1.6%
Black or African American alone	1.9%
Asian or Pacific Islander alone	1.4%
Some other race alone	0.4%
Two or more races	3.5%
Hispanic Origin (of any race)	2.3%
Median Household Income	\$64,447
Percent of Persons below Poverty Rate	13.0%
Unemployment Rate	2.2%
Percent Population with less than High School Diploma	5.0%
Percent of People 5 and Older who are Non-English Speaking	0.6%
Percent of People without Health Insurance	8%
Percent of People with Medicaid	11.5%
Mental Health Professional Shortage Area	Yes
Primary Care Health Professional Shortage Area	No
Dental Health Professional Shortage Area	No
Medically Underserved Area	No
Number of Hospitals in the County	1 (CHI Mercy Health)

Community Assessment and Significant Needs

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 in May 202. 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 on the hospital's website or upon request from the hospital, using the contact information in the At-a-Glance Summary.

Significant Health Needs

The CHNA identified the significant needs in the table below, which also indicates which needs the hospital intends to address. Identified needs may include specific health conditions, behaviors and health care services, and also health-related social needs that have an impact on health and well-being.

Significant Health Need	Description	Intend to Address?
Affordability of health services	A majority of respondents to the Community Health Needs Assessment identified cost as a barrier to receiving care, even with insurance. The availability of health services in the service area was also identified as a need.	No
Mental Health (anxiety, stress, depression) and suicide	Instances of mental health crises and suicide in the community continue. There is also a lack of behavioral health providers to meet the needs of the community.	Yes
Substance Misuse	Substance misuse among residents was identified as a concern, including the use and/or misuse of alcohol, prescription drugs, tobacco and vaping, and illicit or street drugs	No
Healthy and affordable food	Access to healthy and affordable food is a concern for residents. Connected to this lack of access are increased rates of obesity and a lack of access to exercise opportunities.	No
Violence prevention	Violence identified within intimate partner relationships or peer-to-peer relationships.	Yes

Significant Needs the Hospital Does Not Intend to Address

The hospital does not intend to directly address the affordability of health services as elements of this are beyond the scope of authority for the hospital. Collaborative efforts with community agencies aimed at mental health will indirectly address this need as communication on available resources could lead to residents accessing social support services to address this need.

The hospital does not intend to directly address substance misuse and abuse, but intends to focus efforts on mental health as it is a frequent comorbidity to substance misuse and abuse.

The hospital does not intend to address healthy and affordable food in order to better focus resources on other identified needs.

2025 Implementation Strategy

This section presents strategies and program activities the hospital intends to deliver, fund or collaborate with others on to address significant community health needs over the next three years, including resources for and anticipated impacts of these activities.

Planned activities are consistent with current significant needs and the hospital's mission and capabilities. The hospital may amend the plan as circumstances warrant, such as changes in community needs or resources to address them.

Creating the Implementation Strategy

The hospital 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.

Hospital and health system participants included members of the Barnes County Behavioral Health Coalition, Hospital administration, nursing leadership, City-County Health District leaders, CommonSpirit Mission Integration Leaders and Community Health Leaders, among others.



Community input or contributions to this implementation strategy included input from the Barnes County Behavioral Health Coalition, City-County Health District, and Ministerial Association during the Community Health Needs Assessment process. The implementation plan was drafted in collaboration with leaders from City-County Health District and approved by the Barnes County Behavioral Health Coalition.

The programs and initiatives described here were selected on the basis of community feedback and interest collected at the community data presentation and prioritization meeting. Further refining of the specific items were collected in follow up meetings with hospital leadership, mission and community health leaders, and local public health leaders.


Community Health Core Strategies


The hospital believes that program activities to help address significant community health needs should reflect a strategic use of resources and engagement of participants both inside and outside of the health care delivery system.


CommonSpirit Health applies three core strategies to community health improvement activities. The hospital strives to incorporate these strategies into its work, to help ensure that its program activities overall address strategic aims while meeting locally-identified needs.

- Extend the care continuum by aligning and integrating clinical and community-based interventions
- Strengthen community capacity to achieve equitable health and well-being
- Implement and sustain evidence-based health improvement program initiatives

Strategies and Program Activities by Health Need

	Health Need: Behavioral Health		
Anticipated Impact (Goal)	Support collaboration and increase awareness among health care providers of available resources, and establish best practices for resident care given available resources		
Strategy or Program	Summary Description	Primary Population Served	
Review and revision of community health and wellness guide	<ul style="list-style-type: none">• Support review of current community health and wellness guide• Verify information for available resources and update where needed	Barnes County Residents; Barnes County Healthcare Providers and First Responders	
Improve resident/patient care through collaborative efforts with local agencies	<ul style="list-style-type: none">• Meet with community partners to discuss current approaches to difficult care scenarios• Identify gaps in care and collaborate to address needs	Barnes County Residents; Barnes County Healthcare Providers and First Responders	
Planned Resources	The hospital will provide staff to participate in this work, including administration, nursing leadership, mission, and others as appropriate.		
Planned Collaborators	Barnes County Behavioral Health Coalition, City-County Health District, Barnes County Ministerial Association		

	Health Need: Behavioral Health	
Anticipated Impact (Goal)	Increase availability of mental health resources in the community	
Strategy or Program	Summary Description	Primary Population Served
Mental health programs and events for residents	<ul style="list-style-type: none"> • Collaborate with community partners to provide behavioral health trainings for community residents 	Barnes County Residents
Increase behavioral health providers	<ul style="list-style-type: none"> • Support local agencies recruiting behavioral health providers to hospital service area • Support training opportunities for healthcare workers, first responders, and others to address behavioral health crises 	Barnes County Residents; Barnes County Healthcare Providers and First Responders
Planned Resources	Hospital to provide staff from administration and mission to participate in employer survey and assist in finding resources	
Planned Collaborators	Barnes County Behavioral Health Coalition; City-County Health District	

	Health Need: Violence Prevention	
Anticipated Impact (Goal)	Decrease violence by increasing awareness of unhealthy relationships and providing education on developing healthy relationships	
Strategy or Program	Summary Description	Primary Population Served
Community Outreach Presentations	<ul style="list-style-type: none"> • Providing trainings and education for community members on violence prevention 	Barnes County Residents
Healthy Relationship Workshops	<ul style="list-style-type: none"> • Workshops provided to county residents on healthy relationship skills 	Residents participating in abuse crisis centers; hospital staff
Planned Resources	The hospital will provide time for the Director of Mission to attend coalition meetings and participate in activities when appropriate.	
Planned Collaborators	CommonSpirit Violence Prevention Program	