

# Implementation Plan for Needs Identified in the Community Health Needs Assessment for St. Luke's Medical Center

**FY 2019-2021**

**Covered Facilities:** St. Luke's Hospital & Crosby Clinic

**Community Health Needs Assessment:** A Community Health Needs Assessment ("CHNA") was performed in Winter 2021/2022 in collaboration with public health to determine the most pressing health needs of TOWN area.

**Implementation Plan Goals:** The St. Luke's Medical Center Board of Directors has determined that the following health needs identified in the CHNA should be addressed through the implementation strategy noted for each such need:

## **1. Depression/Anxiety - all ages -**

*Specific Needs Identified in CHNA:*

- Ensure elderly people who are homebound have access to depression and anxiety services.
  - Increase awareness to help decrease stigma surrounding mental health.
  - Improve youths' mental health awareness and access to resources and services.
- Key Objectives:
    - Increase access to depression and anxiety services
    - Increases mental health awareness to help decrease stigmatization.
  - Implementation Strategies/Activities and Timeline:
    - St. Luke's Medical Center currently has one DNP who provides psychiatric services via telehealth once a week. St. Luke's will continue to utilize telehealth equipment to provide services while working to bring in person services. St. Luke's will increase the number of days psychiatric services are available in a clinic setting whether via telehealth or in person. St. Luke's will work to recruit another provider to help increase availability and options for patients.
- The goals:
1. Increase the number of mental health providers.
    1. We currently have one DNP providing mental health services in our RHC via telehealth. The goal is to find another provider who can provide services via telehealth or/as well as in person.
  2. Increase the number of mental health appointments available.
    2. Increase the number of days we have mental health appointments available with our current providers.
- Implementation Strategies/Activities and Timeline:
    - Implementation of mental health appointment availability within the Rural Health Clinic.

St. Luke's Medical Center currently has one DNP who provides psychiatric services via telehealth once a week. St. Luke's will continue to utilize telehealth equipment to provide services while working to bring in person services. St. Luke's will increase the number of days psychiatric services are available in a clinic setting whether via telehealth or in person. St. Luke's will work to recruit another provider to help increase availability and options for patients.

- Implementation of Senior Life Solutions in partnership with Psychiatric Medical Care, LLC. The program will be funded by the hospital, but operated by Psychiatric Medical Care, LLC.

The development of the Senior Life Solutions program will be conducted over a period of 120 days. St. Luke's will follow SLS's execution plan over this period to prepare for the best patient experience. In the execution plan, the first 30 days includes kick of meetings, staff recruitment and facility review to determine renovation needs if any. Once staff are selected, they will be introduced to the community and begin preparing the space and providing community education. At 120 days the program will begin its first admissions and fully execute implementation. This program will provide specialized geriatric care for patients. Some of this specialized care may include treatment for symptoms related to depression, anxiety, grief, memory loss associated with depression, etc. The goal is to provide psychiatrist directed treatment for the older population that isn't typically available within their community setting.

The goals:

1. Reduce stigma related to mental health care
2. Ensure resources are in place to address the mental health consequences of life stressors, including aging.
3. Ensure all patients. Including those who may be homebound, have access to necessary care.

## **2. Bullying/Cyberbullying -**

*Specific Needs Identified in CHNA:*

- Youth lacking skills to navigate complex situation on their own.
- Key Objectives:
  - Increase awareness of bullying and cyberbullying
  - Increase awareness of services available to youth
- Implementation Strategies/Activities and Timeline:

St. Luke's will provide additional education to staff once a year and upon incident through healthstream. We will also continue to monitor and report any incidents through our performance statement disciplinary process.

St. Luke's will communicate with local schools and public health to help bring more education and educational events for students. Including education on appropriate and safe social media use.

The goals:

1. To reduce bullying/cyberbullying
2. Increase youth's skills, including coping skills, to be able to navigate complex situations related to bullying/cyberbullying
3. Encourage youth to report incidents to proper personnel

### **3. Alcohol use and abuse – all ages -**

*Specific Needs Identified in CHNA:*

- Alcohol use and abuse is happening at an early age.
  - Tremendous amount of alcohol abuse in the county.
  - Alcohol use and abuse has been a consistent problem for years that has not improved.
  - Lack of accountability
- Key Objectives:
    - Provide education on alcohol use and abuse in early life stages.
    - Provide education on available treatment and resources for alcohol abuse.
  - Implementation Strategies/Activities and Timeline:
    - St. Luke's collaborates with CHI to provide employees with an employee assistance program, whereby they and any immediate family member under age 27 may utilize eight free sessions annually.

St. Luke's will work with local agencies to participate in education opportunities for the community. St. Luke's will provide a list of available services for addiction treatment that anyone has access to and specifically provide this list to patient who are seen in the facility that may benefit.

The goals:

1. Reduce alcohol abuse among all ages
2. Provide education to youth about the dangers of early alcohol use.

#### 4. Availability of mental health and substance use disorder treatment services -

##### *Specific Needs Identified in CHNA:*

- Availability to do it online exists but need something in-person as well geared towards children.
  - Need services for adults as well as children.
  - Need alcohol and drug services as well.
- Key Objectives:
    - Increase availability of mental health services
    - Provide education for available substance use disorder treatment services
    - Work with other agencies to provide more accessibility to services
  - Implementation Strategies/Activities and Timeline:

St. Luke's Medical Center currently has one DNP who provides psychiatric services via telehealth once a week. St. Luke's will continue to utilize telehealth equipment to provide services while working to bring in person services. St. Luke's will increase the number of days psychiatric services are available in a clinic setting whether via telehealth or in person. St. Luke's will work to recruit another provider to help increase availability and options for patients.

St. Luke's will work with agencies to provide education on available substance use disorder treatments services as well as the dangers of substance use.

St. Luke's will continue investigating the use of telemedicine services for medication management. Possibilities are providers working with pharmacists to obtain and maintain ready lock medication boxes with time release and alarms.

##### The goals:

1. Increase the number of mental health providers.
  - We currently have one DNP providing mental health services in our RHC via telehealth. The goal is to recruit a provider who could bring patients access to in person visits.
2. Increase the number of mental health appointments available.
  - Increase the number of days we have mental health appointments available with our current provider via telehealth. Work to recruit a provider who would be able to increase availability of clinic telehealth visits.
3. Provide education on available services for substance use disorder and other mental health services.
4. Decrease substance use disorder within the community.

## 5. Availability of resources to help the elderly stay in their homes -

### *Specific Needs Identified in CHNA:*

- Availability of resources to help the elderly stay in their homes
- Key Objectives:
  - Provide education on services available
  - Increase types of services available in the community
- Implementation Strategies/Activities and Timeline:
  - St. Luke's will work with other local home health agencies to ensure elderly are aware of services that are available to them and help facilitate services if needed. St. Luke's will continue to provide limited in-home physical therapy sessions for patients with limited to no transportation. St. Luke's will implement Senior Life Solutions, for specialized geriatric services, that will provide transportation to and from appointments.

### The goals:

1. Promote the current in-home therapy as an offered service.
2. Increase the availability of in-home physical therapy sessions for all.
3. Provide resources that are available for home modification for disabilities
4. Increase awareness of all resources available to elderly.
5. Promote new Senior Life Solutions program that can provide transportation.