


ST. Anthony's

CARING FOR GENERATIONS
NOVEMBER 2016 IMPLEMENTATION PLAN

BACKGROUND

As the third-largest medical center in the St. Louis metropolitan area, St. Anthony's is dedicated to our patients and the community that exists outside of our hospital walls. Every day, our physicians and employees seek to improve the health and well-being of residents in the communities we serve. The goal of the St. Anthony's Medical Center community outreach and benefit programs is to respond to identified community health needs. Through our community benefit focus, we seek to improve health status, especially for the most vulnerable and underserved individuals in our community.


ST. Anthony's



THE IMPLEMENTATION PLAN PROCESS

As part of the Patient Protection and Affordable Care Act (PPACA) passed in March of 2010, every non-profit hospital is required to conduct a community-based needs assessment every three years. St. Anthony's Medical Center (SAMC) conducted a community health needs assessment (CHNA) in the spring of 2016. The hospital is required to adopt an implementation strategy to meet community health needs identified through the assessment process.

To complete our implementation plan, St. Anthony's formed a Community Benefit Council (CBC) to oversee and develop the implementation plan for our respective community. The CBC is comprised of key

individuals representing needs that were identified – Nutrition, Diabetes Education, Behavioral Health, Physician Relations, Care Management, Pastoral Care, Emergency Room and Trauma, Senior Services, Nursing and Wellness.

The implementation plan is created to identify specific activities and services which directly address the health concerns that surfaced in the CHNA. Our overall St. Anthony's Medical Center strategic plan and the availability of resources within and outside the organization were also considered. All work done in accordance with the CHNA is intended to positively impact the community in which we serve.

IDENTIFIED COMMUNITY HEALTH NEEDS



The top three health needs for the St. Anthony's Medical Center community, as determined by the St. Anthony's Medical Center Community Outreach team and reviewed by St. Anthony's Medical Center Administration, are:

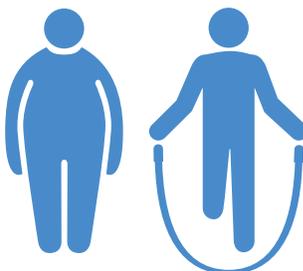
Mental Health / Substance Abuse

There is overwhelming evidence of the need for increased awareness and education about mental health issues in our community. Support for our community members and their impacted families who suffer with mental health issues was realized heavily throughout the assessment. Substance abuse also falls under our Mental Health priority as substance abuse is seen across all three counties as an issue that needs to be addressed.



Access To Care

Access to care is an issue in our community, especially with our Jefferson County population and our vulnerable populations. Access to care goes hand in hand with our community members not taking the right preventative steps to getting the health care they need. Without the right preventative care, health outcomes suffer.



Healthy Lifestyle

The rates of obesity and diabetes are on the rise nationally, and the state of Missouri and our community is no exception. Both St. Louis County and Jefferson County have high rates of population that are overweight and obese. Taking ownership of a healthy lifestyle and connecting with the right community resources can vastly improve the health outcomes of our community.

OUR PLAN

The St. Anthony's Community Benefit Council began the process with a focus set on three priorities: Access to Care, Mental Health/Substance Abuse and Healthy Lifestyle. Once the overall goals and

strategies were identified through the work of our team, our Council did a prioritization exercise to determine how to move forward with the tactics that support our priorities.

PRIORITY: MENTAL HEALTH /SUBSTANCE ABUSE

Rationale:

Throughout the CHNA, there was overwhelming evidence of the need for increased awareness and education about mental health issues and substance abuse in our community.

- Our survey of 500 members of the community found a high awareness of mental health and substance abuse problems in the community.
- 59.2% of physicians in our survey responded that substance abuse, including drug and alcohol abuse, is a big problem in the community.
- Of the chronic illnesses that physicians see in their patients, anxiety and depression was listed as number two.
- Our Key Stakeholder Analysis indicated that behavioral health/mental health and alcohol/substance abuse rated highest in terms of level of concern and ability to collaborate as partners.

Increase Presence Of Mental Health Outreach In Jefferson And St. Louis County

Year One:

- 1: Take two mental health educational seminars and/or screenings to a community setting within Jefferson County with the goal of sharing education and resources.
- 2: Expand outreach to adolescents in Jefferson County on mental health issues through participation in educational seminars and events within the schools.
- 3: Take 3-4 mental health educational seminars and/or screenings to parents through the partnership with the local Parents as Teachers programs.



Possible partners: Community libraries, schools and recreation centers in Jefferson and St. Louis Counties, Parents as Teachers

Expand The Reach Of Education And Awareness On Safe Narcotics Disposal

Year One:

- 1: Collaborate with a community partner to expand education on safe narcotics disposal.
- 2: Disseminate 500+ narcotics disposal bags to members of the community in a targeted setting.

Develop And Sustain Community Relationships

Year One:

- 1: Continue grass roots effort to strengthen partnerships with our community partners to share mental health and substance abuse resources: other hospitals, schools, libraries, churches, health departments and other community agencies.

Possible partners: National Council on Alcoholism & Drug Abuse (NCADA), Jefferson County Drug Prevention Coalition (JCDPC), Comtrea, Jefferson County Health Department

PRIORITY: ACCESS

Rationale:

The CHNA revealed that access to healthcare is an issue with our community, especially with our vulnerable population.

- Residents in both ends of Jefferson County have serious challenges accessing medical care, evidenced by less education, health problems that aren't being addressed well and generally poorer health.
- People in northern Jefferson County also need to overcome some additional issues: less access to primary care physicians and a greater likelihood to be on Medicaid or to have no insurance.
- Fewer people in general have a primary care physician than in 2012 and they state that gaining access to a physician is one of the main barriers that they face.
- Payor mix data for St. Anthony's indicates that self-pay and Medicaid patients together account for 30 percent of patients. Those patients with private insurance (Managed Care) account for 33 percent of patients.
- Self-pay patients in the Emergency Room account for 12% of patients.
- Of the self-pay patients, the top ten diagnosis codes are indicative of care that would benefit from a person having preventative care and a PCP (primary care physician).



Provide Free Health Services

Year One:

- 1: Conduct a free flu shot clinic in Fall 2017 in Jefferson County to give 100+ members of the community access to a flu shot and access to health resources touching on all three priorities.
- 2: Continue support of the Lemay Hancock Clinic which includes the expansion of their clinic hours from an average of 502 visits per year to 700+ visits per year to serve more members of the Lemay community.
- 3: Explore possibility of an on-site health clinic in Jefferson County to increase access to preventative services.

Possible partners: Hancock schools, St. Anthony's Medical Center Physician Organization (SAPO), Senior and Community Centers, Jefferson County schools

Develop And Sustain Community Relationships

Year One:

- 1: Continue grass roots effort to strengthen partnerships with our community partners to share access to resources: other hospitals, schools, libraries, churches, clinics, health departments and other community agencies.

PRIORITY: LIFESTYLE

Rationale:

Rates of obesity and diabetes are on the rise nationally, and the state of Missouri and our community is no exception. Both St. Louis County and Jefferson County have high rates of our population being overweight and obese, and both counties continue to have high rates of hospitalization due to complications of diabetes.

- Endocrinology and cardiology are the two largest specialties used by the community.
- Diabetes has the highest incidence of chronic illnesses, affecting almost 10 percent of all households, and a majority of people know someone with this condition in their community.
- Heart disease impacts nearly one in ten households, and about one-half of the population know someone with this problem.
- Our physician survey discovered that diabetes, obesity and lifestyle were mentioned the most often in response to the biggest health care problem facing the community.
- Of the chronic illnesses that physicians see in their patients, obesity and diabetes were listed as two of the top three.

Promote Community-based Diabetes Prevention Programs

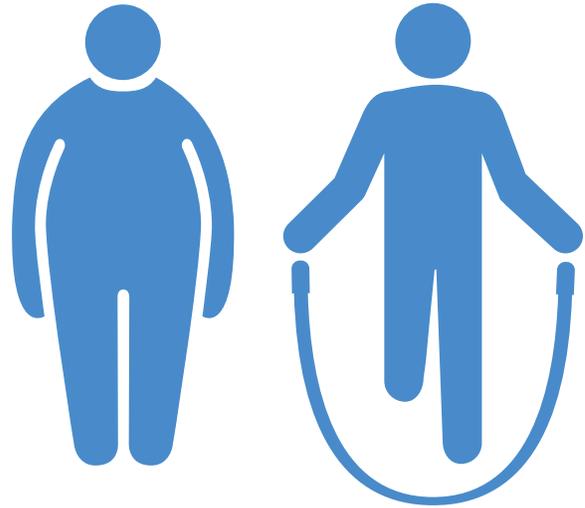
Year One:

- 1: Expand services by taking four class offerings of St. Anthony's pre-diabetes class into a community setting in a targeted area of Jefferson County.

Explore Opportunities With Community Partners To Help Increase Knowledge Of Healthy Foods And Lifestyle

Year One:

- 1: Take 3-4 healthy lifestyle educational events to parents through the partnership with the local Parents as Teachers programs.



- 2: Explore partnership or support of on-site grocery store or community-based nutrition program for the underserved.

- 3: Offer free seven-week St. Anthony's Newtritious You program to the community for three sessions.

Possible partners: Cooking Matters, Operation Food Search, Jefferson County Health Department, Parents as Teachers, St. Anthony's Nutrition Services

Develop And Sustain Community Relationships

Year One:

- 1: Continue grass roots effort to strengthen partnerships with our community partners to share healthy lifestyle resources: other hospitals, schools, libraries, churches, health departments and other community agencies.



MONITORING AND EVALUATING PROGRESS

The St. Anthony's Medical Center Community Benefit Council (CBC) has members dedicated to each of the three key priority areas. These members and the entire Council and our community partners will be dedicated to the ongoing management of im-

plementation of the tactics that have been put forth. Yearly implementation reports will show progress made on the goals of the plan, with the option to add or adjust the plan specifics that have been established.



NEED(S) THAT WILL NOT BE ADDRESSED:

In any case of prioritization, there will be some areas of needs that are identified that are not chosen as a priority. Because St. Anthony's Medical Center has limited resources, not every community need will be addressed. Throughout the CHNA process, the following needs arose as a community concern. However, they will not be addressed at this time due to the need already being addressed by another community organization or due to a limitation of resources:

- Tobacco use in Jefferson County
- Violence in the Community
- Maternal/Child Health
- Sexually Transmitted Infections
- Alcohol-impaired Driving Deaths

While these needs listed will not be specifically addressed in our priorities, they will most likely be impacted indirectly through the work in our other community outreach priorities.



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