

Sanford Health Network

Community Health Needs Assessment
Implementation Strategy
2017-2019

SANF#RD HEALTH

dba Sanford Vermillion Medical Center EIN # 46-0388596



Dear Community Members,

Sanford Vermillion is pleased to present the 2016 Community Health Needs Assessment (CHNA) and Implementation Strategy. There is great intrinsic value in a community health needs assessment when it serves to validate, justify and defend not-for-profit status and create opportunity to identify and address community health issues.

During 2015 members of the community were asked to complete a non-generalizable survey to help identify unmet health needs. Analysis of the primary research data and secondary research was used to identify health concerns and needs in the community. Community partners and public health leaders assisted with the development of an asset map that lists resources and assets that are available to address each need. A gap analysis and prioritization exercise was also conducted to identify the most significant health needs, and to further address these needs through the implementation strategies that are included in this document.

Sanford Vermillion has set strategy to address the following community health needs:

- Mental health
- Physical Health

In this report you will find the implementation strategies for 2017-2019, information about what Sanford is doing to address the needs, assets and resources that are available in the community to address the needs, and a discussion on the impact from the 2013 implementation strategies.

At Sanford Vermillion, patient care extends beyond our bricks and mortar. As a not-for-profit organization, ensuring that the benefits of health care reach the broad needs of communities is at the core of who we are. Through our work with communities, we can bring health and healing to the people who live and work across our communities. Together, we can fulfill this mission.

Sincerely,

Timothy J. Tracy Chief Executive Officer

Sanford Vermillion Medical Center

Implementation Strategies

Priority 1: Mental Health

Depression is a common but serious illness that can interfere with daily life. Many people with a depressive illness never seek treatment. But the majority, even those with the most severe depression, can get better with treatment. County Health Rankings for Clay County indicate that 11% of the residents have fair or poor mental health.

Sanford has prioritized depression as a top priority and has set strategy to perform assessments for depression and to improve PHQ-9 scores for patients who are diagnosed with depression. The goal is to improve PHQ-9 scores for patients with depression. The measurable outcome is the percentage of patients with major depression or dysthymia and an initial PHQ-9 score greater than nine whose six-month PHQ-9 score is less than five.

Goal: Increase mental health services in the Vermillion community.

Sanford Vermillion has set forth the following strategies and actions to increase the availability of mental health services in the Vermillion community. First, Sanford Vermillion would like to try to increase their mental health counselor from part-time status to full-time status to offer more hours to patients. This may involve bringing on another part-time counselor. Sanford Vermillion would also like to look into partnering with Sanford USD Medical Center to provide for a prevention counselor position to help increase the number of patients seen through that program.

Sanford Vermillion has already added a Certified Nurse Practitioner who specializes in psychiatry to its outreach clinic services and she sees psychiatric patients of all ages monthly at the Sanford Clinic Vermillion. It may be possible to increase the number of outreach visits per month she does in Vermillion if demand increases.

Sanford Vermillion also has the equipment and medical staff credentialed to provide psychiatry outreach services via telemedicine services through our facility and Sanford USD Medical Center as another strategy to increase availability of services in the community.

Priority 2: Physical Health

Poor nutrition and eating habits can lead to obesity and many physical health problems for the community such as diabetes, high cholesterol and hypertension. Sanford Vermillion, through its Health Coach program, providers, dietitian and wellness programs, will be implementing several programs and community education sessions with the goal of improving the physical health of the Vermillion community.

Goal: Improve community's nutrition, physical health and reduce obesity in community.

Sanford Vermillion has established several strategies to improve the Vermillion community's physical health. To reduce obesity in children in the Vermillion community, Sanford Vermillion has

been working with the Vermillion School District on implementing the Sanford Health *fit* initiative, http://sanfordfit.org/ a childhood obesity prevention initiative. This initiative continues to grow and mature as we work to refine the offerings and enable broad replication and meaningful use. Supported by clinical experts of Sanford Health, *fit* is the only initiative focusing equally on the four key contributing factors to childhood obesity: Food/nutrition, Move/activity, Mood/behavioral health, and Recharge/sleep. Sanford's *fit* initiative has come a long way since its inception in 2010. Through *fit* we are actively working to promote healthy lifestyles in homes, schools and throughout the community by way of technology, engaging programs and utilizing key role models in a child's life.

Sanford Vermillion has also added Sanford *Profile* to its outreach monthly services at Sanford Clinic Vermillion for weight loss consultation and products. Created by Sanford Health researchers and physicians, Sanford *Profile* is a weight loss program where certified coaches customize a program of nutrition and activity so members achieve the results they want.

Sanford Vermillion will also encourage the Vermillion community to engage in all forms of exercise and sponsor/host local events such as Great Strides walking program and biking/walking to work programs.

The Health Coach at Sanford Clinic Vermillion has also been working with the diabetic and hypertension patients proactively to ensure they come in for their health maintenance visits and labs on a timely basis. Sanford has set strategies to provide optimal diabetic care and to measure outcomes for systolic and diastolic blood pressures, LDL cholesterol, Hemoglobin A1c, tobacco use and aspirin use for people living with diabetes.

Sanford has also set strategies to address hypertension through standardized protocol, frequent blood pressure monitoring, and referral as appropriate for patients with hypertension. Outcome measures include a blood pressure of less than 140/90 for all ages 18-59 and for age 60+ with diabetes, vascular or renal disease. For patients age 60 or older without diabetes, vascular or renal disease the goal is blood pressure of 150/90.

We will also continue to provide a number of opportunities for the Vermillion community to attend and obtain free or reduced health screenings at local health fairs and screening events that we hold throughout the year at various events in the Vermillion community including our own annual Health Fair.

Educating the community on healthy nutrition will be another strategy that Sanford Vermillion will be implementing by working with our dietitian to provide healthy cooking classes to focused audiences such as our diabetic registry patients, offerings to children/parents and encouraging the community the increase their consumption of fruits and vegetables though participation with Bountiful Basket or local food co-ops.



Community Health Needs Assessment

Implementation Strategy for Vermillion Medical Center

FY 2017-2019 Action Plan

Priority 1: Mental Health

<u>Projected Impact:</u> Increased opportunities for adults and pediatrics to obtain mental health services in the Vermillion community

Goal 1: Increase Mental Health Services in the Vermillion community

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Increase SVMC mental health counselor status	Number of patients seen	Mental Health	SVMC	
to 1 FTE		Counselor		
Partner with USD on paying for a prevention counselor position	Number of patients seen		SVMC	University of South Dakota
Education sessions held at the high school level; i.e. DARE	Reduction in underage citations		SVMC	Vermillion School District Resource Officer- Sheriff
Add CNP to psychiatry outreach services at Sanford Vermillion at least once per month	Increase number of psychiatry outpatient visits	SC Psychiatry	SVMC	
Offer psychiatry telemedicine services at Sanford Vermillion	Increase the number of psychiatry outpatient visits and consults	SC Psychiatry	SVMC	

Priority 2: Physical Health

<u>Projected Impact:</u> Reduction in obesity, hypertension and high cholesterol and overall improvement in physical health condition

<u>Goal 1:</u> Improve community's nutrition, physical health and reduce obesity in community

Actions/Tactics	Measureable Outcomes	Dedicated Resources	Leadership	Note any community partnerships and collaborations (if applicable)
Provide monthly cooking classes to our diabetic registry patients	Number of attendees; healthy lifestyle changes	Dietician	SVMC	Aramark
Safe bike to work/school program	Number of children biking to work; number of employees	Athletic Trainer	SVMC	Vermillion School District; Vermillion Parks & Rec
Fund Sanford <i>fit</i> kids program with local schools	Increased activities for youth and reduction in pediatric obesity	Fund fit kids Program Coordinator	SVMC	Vermillion School District
Increase fruits & veggies through Bountiful Basket or co-ops	Number of members in co-ops	Dietitian	SVMC	Vermillion Chamber; Farmers Market
Walk to work program for Sanford Vermillion employees	Number of in-town employees walking to work	Wellness Committee	SVMC	
Children's healthy cooking classes with parents	Number of attendees	Wellness Committee	SVMC	HyVee United Way
Provide Sanford Health Fair with free and reduced screenings; healthy education	Number of attendees	Wellness Committee	SVMC	USD Medical School
Add Sanford <i>Profile</i> outreach services at least monthly at Sanford Vermillion	Number of Sanford Profile clients in the Vermillion community	SC staff	SVMC	Sanford <i>Profile</i>

Community Health Needs Assessment Key Findings

The top assessed needs from the 2016 primary and secondary research include:

- Economics
- Aging
- Children and Youth
- Safety
- Healthcare
- Physical Health
- Mental Health

Addressing the Needs Sanford Vermillion Medical Center

Identified Concerns	How Sanford Vermillion is Addressing the Needs
Availability of affordable housing	 Bliss point addition of lots/new homes; Mickelson Avenue lots available New apartment developments throughout Vermillion Referral to Vermillion Housing & Development Commission (HUD) Congregate Care/Senior Living apartments at Dakota Gardens Sanford Vermillion Care Center – nursing home
 Aging Cost of long term care Availability of memory care 	 Referral to state legislatures 12-bed dementia locked unit at Sanford Vermillion Care Center (SVCC) & 54 general 54 LTC beds Sanford Arts & Music/Memory Program at SVCC Alzheimer's Support Group Requested Assisted Living Feasibility Study & Community Forum
Children and Youth • Bullying	 Referral to Vermillion School Boards SVMC staff volunteer at schools through Junior Achievement Sanford fit program for kids at schools
Safety Presence of street drugs and alcohol in the community Child abuse and neglect Health Care Access to affordable health insurance	 DARE program in Vermillion schools SE CASA Community education/involvement – seeking resources/referrals Law enforcement Referral to state legislatures Sanford Health Plan Sanford Vermillion supports SD expansion of Medicaid
Cost of affordable vision insurance	 program to under- and uninsured SVMC/SVC accepts most insurance plans & participates in Medicaid/Medicare program

Identified Concerns	How Sanford Vermillion is Addressing the Needs
Access to affordable health care Cost of affordable dental insurance coverage Physical Health, Poor Nutrition and Eating Habits Inactivity and lack of exercise Obesity	 SVMC/SVC financial assistance program for self-pay and under insured SVMC provides 250+ employees with competitive benefit package - health/vision/dental coverage SVMC free/reduced cost screenings at health fairs, etc. Direct Cost Labs Welcome Table Vermillion Food Pantry Sanford <i>fit</i> program for kids Sanford <i>Profile</i> outreach weight loss program at SVMC City expanded bike path USD Wellness Center; Anytime Fitness Sanford Great Strides Program Sanford weight lifting/exercise equipment donation to school district SCV Health Coaching – diabetes, hypertension, asthma SVMC & HyVee dietitians services Vermillion backpack program Healthy Cooking classes by dietitian Partnering with community for brown bag lunches on nutritional topics Partner with Vermillion Recreation on sponsoring community activities Sanford Vermillion annual Health Fair
	 Sanford free blood pressure screenings Relay for Life participation/Sanford Vermillion team
Mental Health Underage drug use and abuse Underage drinking Stress Alcohol use and abuse binge drinking Drug use and abuse	 SVMC Psychiatry Outreach program with CNP on-site once per month SVMC Psychiatry telemedicine program SVMC part time Mental Health counselor SE CASA Community MH Counselors – Deb Gapp; Lewis & Clark Behavioral Health USD Counseling Department & Education department programs DARE program in schools AA programs/meetings in community SVMC representative on USD Alcohol & Suicide Prevention Committee

Vermillion Asset Mapping

Identified concern	Community resources that are available to address the need	
Economics	Vermillion Housing Authority - 605-677-7192 / 605-677-7191	
	CCCS of LSS – SD (housing counseling agency) - 605-330-2700 Low income apartments: Applewood Court Apts. 605-352-8536 Cressman Court Apts. 605-348-5656 Oakwood Apts. 605-624-9557 Walnut St. Apts. – 605-624-4419 Apartments:	
	University Rentals 605-624-8001	
	• Clark's Landing 605-209-7122	
	Dakota View 605-624-5642	
	Mobile homes: • Mobile Home Renting 605-610-0006 • Westgate Mobile Homes 605-624-3625	
	Real estate agencies:	
	Premier Real Estate 605-624-2646	
	Dakota Realty 605-624-4476 Moloney Real Fetete 605-624-2222	
	Maloney Real Estate 605-624-3333	
Aging population	SD Department of Social Services - 605-367-5444	
	Sanford Dakota Gardens - 605-677-3500	
	SESDAC (group home) - 605-624-2952 / 605-624-0061 (2 locations)	
	Home Care:	
	Heartland Home Care 605-624-5900	
	Sanford Visiting Nurses Assn. 605-624-1912	
	Sanford HME - 605-624-4955	
Children and Youth	Mental Health Counselors:	
	 Michelle Hinseth 605-677-3500 Gapp Counseling Service 605-677-9052 	
	Lewis & Clark Behavioral Health 605-624-9148	
	Alcohol & Drug Counseling Service 605-624-9148	
	Dakota Oak Counseling 605-759-8359	

Identified concern	Community resources that are available to address the need
	Sioux Falls Psychological Services 605-334-2696
	Great Plains Psychological Services 605-323-2345
Crime/Safety	Vermillion Police – 605-677-7070
	Sheriff's office – 605-677-7100
	SVMC ER – 605-677-3500
	Children's Inn (services for family violence, child abuse) 605-338-0116
	SE CASA
	Substance Abuse resources:
	Gapp Counseling Service 605-677-9052
	• Michelle Hinseth 605-677-3500
	Lewis & Clark Behavioral Health 605-624-9148 Alcohol & Drug Counseling Service 605-624-9148
	Alcohol & Drug Counseling Service 605-624-9148Glory Home 605-332-3273
	 Keystone Outreach 605-413-1493
	Sioux Falls VAMC 605-336-3230
	Tallgrass Recovery 605-368-5559
	Bartels Counseling 605-310-0032
	Choices Recovery 605-334-1822
	Counseling Resources 605-331-2419
	Dakota Drug & Alcohol Prevention 605-331-5724
	• First Step 605-361-1505
	Carroll Institute 605-336-2556
	Sioux Falls Urban Indian Health 605-339-0420
	Transitional Living Corporation 605-368-5559
	Sioux Falls Treatment Center 605-332-3236 And Halfman Hause 605-332-6732
	Arch Halfway House 605-332-6730 Changes & Chaires Beauty Contant 605-333-0357
	 Changes & Choices Recovery Center 605-332-9257 Face it Together 605-271-9044
	rate it logether 003-2/1-3044
Access to Healthcare Cost of Healthcare /	Sanford Health Community Care Programs
	Medical Home Program
	Sanford Health Case Managers
	Sanford Health Parish Nurses
	Sanford Health Social Workers

Identified concern	Community resources that are available to address the need	
Identified concern	Clinics: Sanford Vermillion 605-677-3700 Vermillion Medical Clinic 605-624-8643 Olson Medical Clinic 605 624-5666 Public Health 605-677-6767 Summit Dental Health (has a discount dental plan) - 605-624-0070 Prescription Assistance programs: CancerCare co-payment Assistance Foundation 866-552-6729 Freedrugcard.us Rxfreecard.com Medsavercard.com Yourrxcard.com	
	 Yourrxcard.com Medicationdiscountcard.com Needymeds.org/ drugcard Caprxprogram.org Southdakotarxcard.com Gooddaysfromcdf.org 877-968-7233 NORD Patient Assistance Programs 800-999-6673 SD Partnership for Prescription Assistance 888-477-2669 Patient Access Network (PAN) Foundation 866-316-7263 Pfizer RX Pathways 866-776-3700 RXhope.com Home Care resources: Sanford Home Care 	
	Mental Health resources: • Michelle Hinseth 605-677-3500 • Southeastern Behavioral HealthCare 605-336-0503 / 605-336-0510 • Gapp Counseling Service 605-677-9052 • Lewis & Clark Behavioral Health 605-624-9148 • Alcohol & Drug Counseling Service 605-624-9148 • Dakota Oak Counseling 605-759-8359 • Sioux Falls Psychological Services 605-334-2696 • Great Plains Psychological Services 605-323-2345	
Physical Health	Respite Care facilities: • SD Dept. of Human Services Respite Care Program 800-265-9684 Sanford Dietitian	
Physical Health	Farmers Markets: • Vermillion Area Farmers Market 605-624-5369 • Morse Farmers Market 605-624-2272	

Identified concern	Community resources that are available to address the need
	Heikes Family Farm (CSA) 605-222-3949
	Exercise Facilities: Vermillion School System Athletic Department 605-677-7000 Vermillion Parks & Recreation Dept. 605-677-7050 Anytime Fitness 605-624-9250 USD Wellness Center 605-677-8803
	Clinics:
	 Sanford Vermillion – 605-677-3700 Better Choices, Better Health" program for chronic disease patients - offered by Sanford free of charge
	 Vermillion Medical Clinic 605-624-8643 Olson Medical Clinic 605-624-5666
	 Olson Medical Clinic 605-624-5666 Public Health – 605-677-6767
	Sanford Profile Outreach Clinic
Mental Health/	Mental Health resources:
Behavioral Health	 Michelle Hinseth 605-677-3500 Gapp Counseling Service 605-677-9052 Heuermann Counseling Clinic 605-336-1974 Catholic Family Services 605-988-3775 LifeMarks Behavioral Health 605-334-1414 Southeastern Behavioral Health Care 605-336-0503 / 605-336-0510 Lewis & Clark Behavioral Health 605-624-9148 Alcohol & Drug Counseling Service 605-624-9148 Dakota Oak Counseling 605-759-8359 Sioux Falls Psychological Services 605-334-2696 Great Plains Psychological Services 605-323-2345 PTSD resources: VA / Vet Center 605-330-4552 Avera Health 605-322 8000 Substance Abuse resources: Glory Home 605-332-3273 Keystone Outreach 605-413-1493 Sioux Falls VAMC 605-336-3230 Tallgrass Recovery 605-368-5559 Bartels Counseling 605-310-0032 Choices Recovery 605-334-1822 Counseling Resources 605-331-2419
	 Dakota Drug & Alcohol Prevention 605-331-5724 First Step 605-361-1505 Carroll Institute 605-336-2556 Sioux Falls Urban Indian Health 605-339-0420 Transitional Living Corporation 6005-368-5559 Sioux Falls Treatment Center 605-332-3236 Arch Halfway House 605-332-6730

Identified concern	Community resources that are available to address the need	
	 Changes & Choices Recovery Center 605-332-9257 Face it Together 605-271-9044 	
	Minnehaha Co. Detox Center 605-367-5297	

Demonstrating Impact

The 2013 Community Health Needs Assessment served as a catalyst to lift up obesity and mental health services as implementation strategies for the 2013-2016 timespan. The following strategies were implemented for two priority areas:

- Mental Health
- Specialty Outreach Services

2013 Community Health Needs Assessment Sanford Vermillion Implementation Strategy

Implementation Strategy: Mental Health

- Sanford One Mind/One Care
- Utilize internal resources available through SVMC Mental Health Counselor
- Look at expansion of Employee Assistance Programs already available in community
- Collaborate with other mental health providers in community to look at expansion options
- Utilize current clinic Health Coach and expansion of telehealth Psychiatry/Psychologist services to expand mental health services to patients

Implementation Strategy: Specialty Outreach Services

- Continue to work with Sanford Health and other outreach providers to determine the viability of additional outreach services for Sanford Vermillion
- Continue development of telehealth services and capabilities to provide outreach services to patients at Sanford Vermillion
- The 2013 strategies have served a broad reach across our community and region. The impact has been positive and the work will continue into the future through new or continued programming and services.

Impact of the Strategy to Address Mental Health

SVMC mental health counselor is scheduled with patients to capacity.

We were able to add a Psychiatry clinic outreach monthly service provided by a CNP who sees patients of all ages at Sanford Clinic Vermillion.

We are set up to provide Psychiatrist telehealth visits at Sanford Vermillion.

Through these strategies we have significantly increased the number of mental health patients seen at Sanford Vermillion.

Impact of the Strategy to Address Specialty Outreach Services

By working with Sanford Health and the surrounding communities of Vermillion, Sanford Vermillion has been able to provide the following additional specialty outreach services to the Vermillion community:

- Urology
- Psychiatry
- Nephrology
- Dermatology
- ENT
- Vascular Screens
- Pediatric Rehab Medicine

