



Sanford Medical Center Thief River Falls  
Community Health Needs Assessment  
Implementation Strategy  
2017-2019

**SANFORD**<sup>®</sup>  
HEALTH

Dear Community Members,

Sanford Thief River Falls Behavioral Health Center 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. Sanford Thief River Falls Behavioral Health Center worked in partnership with Pennington County Public Health as we conducted the CHNA. 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 Thief River Falls Behavioral Health Center has set strategy to address the following community health needs:

- Physical Health
- Mental 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 Thief River Falls Behavioral Health Center, 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,



Brian Carlson  
Chief Executive Officer  
Sanford Thief River Falls Behavioral Health Center

## Implementation Strategies

### **Priority 1: Mental Health/Behavioral Health**

Mental health includes emotional, psychological, and social well-being. It affects how people think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but people with mental health problems can get better and many recover completely.

Sanford has made mental/behavioral health a significant priority and has developed strategies for the mental health and behavioral health of the area by securing CMS certification for the new Sanford Behavioral Center, developing a partial hospitalization program, and establishing partnerships with regional behavioral health organizations.

### **Priority 2: Physical Health**

Sanford has made children and youth a significant priority and has developed strategies to improve the health of children and youth by expanding the Sanford Wellness Center to provide a youth fitness area, collaborating with community organizations to develop a community center model, and to create a partnership with local schools and child care providers to implement Sanford fit.

Sanford *fit* is an on-line community health activation initiative created by Sanford Health that provides engaging programs and resources to kids, families, leaders and role models across numerous settings to promote and activate healthy choices. The four key factors of healthy choices, a healthy body and healthy life included in *fit* are, MOOD – Emotions and Attitudes and RECHARGE – Sleep and Relaxation, FOOD – Mindful Nutrition Choices, and MOVE – Physical Activity Levels.

Sanford will focus on the physical health of patients by enrolling patients in the Medical Home program to provide education on nutrition, exercise and wellness. A multi-disciplinary medical team will work together to help patients meet their health goals.

# Community Health Needs Assessment

## Implementation Strategy for Sanford Thief River Falls Behavioral Health Center

### FY 2017-2020 Action Plan

#### Priority 1: Mental Health / Behavioral Health

**Projected Impact:** Sanford TRF Behavioral health Center is a service provider for the behavioral health needs of the region

**Goal 1:** CMS Certification of Sanford Behavioral Health Center

Actions/Tactics	Measureable Outcomes	Dedicated Resources	Leadership	Community partnerships
Preparation for certification survey	Certification by CMS as a free-standing psychiatric hospital	Sanford – Local and Network	Sanford – Local and Network	
Engage consultant to perform a mock readiness survey in advance of the actual survey	Completion of the survey and recommendations received  Development of plan of correction	Sanford – Local and Network  Joint Commission Resources	Reps from respective organizations	

**Goal 2:** Development of a Partial Hospitalization Program

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships
Complete a S.W.O.T. analysis of proposed program	Report developed from stakeholder input	Sanford Local	Sanford Local	
Complete a Return On Investment analysis of proposed program	Report completed and distributed to key decision makers	Sanford – Local and Network	Reps from each organization	
Development of space and implementation of new program	Actual implementation of the program	Sanford – Local and Network	Reps from each organization	

**Goal 3:** Develop partnerships with regional behavioral health organizations

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships
Evaluate opportunities for partnerships with regional organizations	Listing of potential regional organizations that provide behavioral health services	Sanford – Local and System	Sanford – Local and System	
Work with Sanford system resources as necessary to develop regional partnerships	New partnerships developed with regional organizations	Sanford – Local and System	Sanford – Local and System	

**Priority 2: Physical Health**

**Projected Impact:** The health and wellness of the community is improved through the Wellness Center, specialists, and available services for the community members

**Goal 1:** Expanded Wellness Center

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships
Sanford Foundation Thief River Falls fundraising campaign “Kids Unite” is raising money to develop a kids fitness area as part of our existing wellness center - \$250,000 goal	Fundraising goal achieved by the end of fiscal year 2016	Southeast Campus	Foundation staff and committees	

**Goal 2:** Develop Community Center

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships
In partnership with various community organizations develop a community center model that meets the fitness needs of the community as identified by previous studies	Progress made toward planning, development and completion of a self-sustaining community center	Sanford – Local and System, TRForward planning committee comprised of community leaders and businesses, local legislators for funding assistance, City of Thief River Falls	Reps from all of the various resources	City of Thief River Falls

**Goal 3:** Improve the availability for exercise and nutrition education across the community

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships
Provide Sanford <i>fit</i> Program to the local schools and child care providers	Sanford <i>fit</i> is available to all students and families in the area through classroom and <i>fit</i> website	Sanford <i>fit</i> leadership  Classroom teachers	Sanford leaders	Local schools  Child care leaders

**Goal 4:** Continued growth of Sanford Medical Home

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Community partnerships
Enroll more patients in our Medical Home  Provide enhanced education on wellness, nutrition, exercise, etc.	Increased numbers of patients enrolled / served	Medical Home Staff, Hospital / Clinic dietitians, Sanford Profile, Physical and Occupational Therapies	Reps from each organization	

## Community Health Needs Assessment Key Findings

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

- Economics – affordable housing
- Transportation - availability of good walking trails or biking paths
- Children and Youth – cost and availability of quality infant care, services for at-risk youth, school cost and availability of quality child care, bullying, cost and availability of activities for children and youth, and teen pregnancy
- Aging – cost of long term care, availability of memory care, and resources to help the elderly stay in their homes
- Safety – the presence of street drugs and alcohol in the community, presence of drug dealers in the community, domestic violence
- Healthcare Access – access to affordable health insurance, access to affordable prescription drugs, access to affordable healthcare, the availability of non-traditional hours, the cost of affordable dental insurance coverage, and the use of emergency room services for primary healthcare
- Physical Health – cancer, chronic disease, obesity, poor nutrition and inactivity
- Mental Health – depression, stress, suicide, and substance use and abuse
- Preventive Health – flu vaccines, immunizations and routine visits with a primary care provider and dentist

### How Sanford Behavioral Health Center is Addressing the Needs

Identified Concerns	How Sanford Thief River Falls Behavioral Health Center is addressing the needs
<p><b>Economics</b></p> <ul style="list-style-type: none"> <li>• Availability of affordable housing</li> </ul>	Sanford is addressing this need by sharing these concerns and the results of the CHNA with community leaders. Additionally Sanford is working with developers directly to build market rate family housing on the former hospital site.
<p><b>Transportation</b></p> <ul style="list-style-type: none"> <li>• Availability of good walking or biking paths</li> </ul>	Sanford is addressing this need by sharing these concerns and the results of the CHNA with community leaders.
<p><b>Aging</b></p> <ul style="list-style-type: none"> <li>• Cost of long term care</li> <li>• Availability of memory care</li> <li>• Availability of resources to help the elderly stay safe in their homes</li> </ul>	Sanford is addressing this need by sharing these concerns and the results of the CHNA with community leaders. Sanford will also be represented at various local and state associations dedicated to positively impacting the identified issues.
<p><b>Children and Youth</b></p> <ul style="list-style-type: none"> <li>• Availability of quality infant care</li> <li>• Availability of quality childcare</li> <li>• Availability of activities for children and youth</li> </ul>	Sanford is addressing this need by sharing these concerns and the results of the CHNA with community leaders. Sanford has a variety of services available that can positively impact some of the identified concerns, e.g., outpatient mental health

Identified Concerns	How Sanford Thief River Falls Behavioral Health Center is addressing the needs
<ul style="list-style-type: none"> <li>• Cost of activities for children and youth</li> <li>• Cost of quality infant care</li> <li>• Bullying</li> <li>• Cost of quality child care</li> <li>• Teen pregnancy</li> <li>• Availability of services for at-risk youth</li> </ul>	<p>services, residential treatment programs, and continues to develop more services that will impact children and youth.</p>
<p><b>Safety</b></p> <ul style="list-style-type: none"> <li>• Presence of street drugs and alcohol in the community</li> <li>• Presence of drug dealers in the community</li> <li>• Domestic violence</li> </ul>	<p>Sanford is addressing this need by sharing these concerns and the results of the CHNA with community leaders.</p>
<p><b>Healthcare</b></p> <ul style="list-style-type: none"> <li>• Access to affordable health insurance</li> <li>• Access to affordable prescription drugs</li> <li>• Access to affordable healthcare</li> <li>• Availability of non-traditional hours</li> <li>• Cost of affordable dental insurance coverage</li> <li>• Use of emergency room services for primary healthcare</li> </ul>	<p>Sanford addresses this need by providing charity care through the Community Care Program and has a discounted rate for those who qualify for assistance.</p> <p>Sanford is also addressing the access issues through a recruitment plan and is actively recruiting for additional providers. Sanford TRF Behavioral Health Center has prioritized this as a high need and has developed an implementation strategy to improve access.</p>
<p><b>Physical Health</b></p> <ul style="list-style-type: none"> <li>• Obesity</li> <li>• Inactivity/lack of exercise</li> <li>• Poor nutrition and eating habits</li> <li>• Cancer</li> <li>• Chronic disease (hypertension, high cholesterol, arthritis, diabetes)</li> </ul>	<p>Sanford has prioritized behavioral and mental health as an implementation strategy for FY 2016 – 2018.</p>
<p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Stress</li> <li>• Suicide</li> <li>• Drug use and abuse</li> <li>• Under age drug use and abuse</li> <li>• Underage drinking</li> <li>• Alcohol use/abuse</li> <li>• Smoking and tobacco use</li> </ul>	<p>Sanford has prioritized behavioral and mental health as an implementation strategy for FY 2016 – 2018.</p>
<p><b>Preventive Health</b></p> <ul style="list-style-type: none"> <li>• Flu shots (34.6% reported that children 6 months or older did not get a flu shot or flu mist each year)</li> <li>• Immunizations (32% of respondents report</li> </ul>	<p>Sanford is addressing this need by sharing these concerns and the results of the CHNA with community leaders and various public health agencies in our service area.</p>



<b>Identified Concerns</b>	<b>How Sanford Thief River Falls Behavioral Health Center is addressing the needs</b>
<p>having immunizations in the past year, and respondents report that 98% of their children are current on their immunizations)</p> <ul style="list-style-type: none"><li>• 21.7% have not seen a healthcare provider in the past year - 30.9% have not seen a dentist in the past year</li></ul>	<p>Sanford TRF has also implemented Same Day Sanford, an enterprise standard developed to increase access to primary care and hopefully improve immunization percentages as well.</p>

## Sanford Behavioral Health Center 2016 CHNA Asset Map

Identified concern	Community resources that are available to address the need
<b>Economics</b>	<p><b>Affordable housing resources:</b></p> <ul style="list-style-type: none"> <li>• TRF Housing &amp; Redevelopment Authority – 218-681-5995</li> <li>• Rental Rehab Loans – 218-637-2431</li> <li>• Rehab loans for homeowners – 218-637-2435</li> <li>• ECHO loans for down payment assistance - 218-637-2435</li> <li>• Public Housing (24 3-BR homes) -218-637-2431</li> <li>• First Time Homebuyers Program - 218-637-2431</li> <li>• USDA Rural Development – 218-681-2843</li> <li>• HUD (serving Pennington Co.) – 218-637-2431</li> <li>• Inter-County Community Council (loan &amp; grant programs for limited income families) – 218-796-5144</li> <li>• Low income apartments:               <ul style="list-style-type: none"> <li>○ Riverside Terrace – 763-541-9199</li> <li>○ Sherwood Park Townhouses – 218-681-6517</li> <li>○ Skylite Apts. – 218-681-5995</li> <li>○ Southwood Park Townhomes – 218-681-6519</li> </ul> </li> </ul> <p><b>Employment Resources:</b></p> <ul style="list-style-type: none"> <li>• TRF WorkForce Ctr–218-683-8060</li> <li>• Major employers:               <ul style="list-style-type: none"> <li>○ Arctic Cat – 218-681-8558</li> <li>○ Digi-Key - 218-681-6674</li> <li>○ Land O’Lakes – 218-681-3146</li> <li>○ Northwest Beverage – 218-681-1735</li> <li>○ Pennington County – 218-683-7017</li> <li>○ Pepsi – 218-681-3227</li> <li>○ Sanford – 218-681-4240</li> <li>○ Seven Clans – 800-881-0712</li> <li>○ TRF City Govt. – 218-681-2943</li> <li>○ U.S. Post Office -</li> <li>○ Walmart – 218-683-3643</li> </ul> </li> </ul>
<b>Transportation</b>	<p><b>Walking/Hiking resources:</b></p> <ul style="list-style-type: none"> <li>• Greenwood Trails – 218-681-2519</li> <li>• River Walk – 218-681-3720</li> <li>• Agassiz Dunes – 218-739-7576</li> <li>• Riverland Trail – 218-253-4220</li> <li>• Wapiti Trail – 218-681-3720</li> </ul> <p><b>Biking resources:</b></p> <ul style="list-style-type: none"> <li>• Red Robe Classic bike ride</li> <li>• Pathfinder Bike Shop – 218-681-3116</li> </ul>
<b>Aging population</b>	<p><b>LTC resources:</b></p> <ul style="list-style-type: none"> <li>• Thief River Care Center – 218-683-8100</li> <li>• Oakland Park Nursing Home – 218-681-1675</li> <li>• Valley Home – 218-681-3286</li> <li>• Riverside Terrace (retirement apts.) – 218-681-76578</li> <li>• Sunwood Home – 218-681-7163</li> </ul>

Identified concern	Community resources that are available to address the need
	<p><b>Memory Care facilities:</b></p> <ul style="list-style-type: none"> <li>• Thief River Care Center – 218-683-8100</li> <li>• Oakland Park Nursing Home – 218-681-1675</li> <li>• Valley Home – 218-681-3286</li> </ul> <p><b>Resources to help the elderly stay in their homes:</b></p> <ul style="list-style-type: none"> <li>• Pennington Co. Social Services – 218-681-2880</li> <li>• Pennington Co. Human Services – 218-681-2880</li> <li>• Hospice Red River – 218-681-6189</li> <li>• Country Health – 218-681-8214</li> <li>• Northland Community Hospice – 218-681-4240</li> <li>• Inter County Nursing Service – 218-681-0876</li> <li>• Sanford Healthcare Accessories – 218-683-2588</li> <li>• Lincare – 218-681-8214</li> <li>• First Care Medical Services – 218-681-6189</li> <li>• S &amp; S Rehab Products – 218-681-3710</li> <li>• Behavioral Dynamics, Inc. – 218-681-6033</li> <li>• Life Alert – 877-830-3543</li> <li>• Quick Response Alert – 877-315-7332</li> <li>• Heritage Senior Center – 218-681-2793</li> <li>• Caregiver Support through LSS – 218-280-3773</li> <li>• Heritage Center congregate meals &amp; home delivery – 218-681-2793</li> <li>• Meals on Wheels – 218-681-6861</li> <li>• Weatherization – 218-796-5144</li> <li>• Energy Assistance – 218-796-5144</li> </ul>
<p><b>Children and Youth</b></p>	<p><b>Child Care Centers:</b></p> <ul style="list-style-type: none"> <li>• Tri Valley Child Care Resource &amp; Referral – 800-543-7382</li> <li>• Discovery Place – 218-681-5202</li> <li>• Community Church Daycare – 218-681-5327</li> <li>• Sullivan Day Care -218-681-1179</li> <li>• TRF Child Care – 218-681-7454</li> <li>• Greenwood Learning Center – 218-681-2472</li> <li>• Head Start – 888-778-4008</li> </ul> <p><b>After School Activities:</b></p> <ul style="list-style-type: none"> <li>• TRF School System – 218-681-8711</li> <li>• St. Bernard’s Catholic School – 218-681-1539</li> <li>• Park &amp; Recreation Dept. – 218-681-2519</li> <li>• Family Time Fitness – 218-681-6709</li> </ul> <p><b>Sanford WebMD Fit Kids</b></p> <p><b>Clinics:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health – 218-681-4747</li> <li>• Sedra Medical Clinic – 218-683-5137</li> <li>• Inter County Nursing Service – 218-681-0876</li> </ul> <p><b>Services for at-risk youth:</b></p> <ul style="list-style-type: none"> <li>• Big Brother/Big Sister – 219-681-8711</li> <li>• WIC – 218-874-7845</li> <li>• Violence Intervention Project – 218-681-5557</li> <li>• Umbrella Tree Safety Center – 218-681-5557</li> <li>• Child Protection – 218-681-2880</li> </ul>

Identified concern	Community resources that are available to address the need
	<p>Support for teen moms:</p> <ul style="list-style-type: none"> <li>• Family Advocacy program – 218-681-8711</li> <li>• Communities Caring for Children (prenatal care) – 218-681-0876</li> <li>• Prenatal &amp; Childbirth Education – 218-681-4240 (Sanford)</li> <li>• Prenatal &amp; Childbirth Education – 218-681-0876 (Inter county Nursing Service)</li> </ul>
Safety	<p>Pennington County Sheriff – 218-681-6161</p> <p>TRF Police Dept. – 218-681-6161</p> <p>State Patrol – 218-681-0942</p> <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> <li>• Sanford Behavioral Health Center – 218-681-4350</li> <li>• Sanford Behavioral Health Clinic – 218-681-4351</li> <li>• Pathfinder Children’s Treatment Center – 218-683-7180</li> <li>• Riverview Recovery Center – 218-281-9200</li> <li>• Glenmore Recovery Center – 701-683-8011</li> <li>• Narcotics Anonymous</li> <li>• Alcoholics Anonymous</li> </ul> <p>Domestic Violence resources:</p> <ul style="list-style-type: none"> <li>• Pennington County Sheriff – 218-681-6161</li> <li>• TRF Police Dept. – 218-681-6161</li> <li>• State Patrol – 218-681-0942</li> <li>• Violence Intervention Project – 218-681-5557</li> <li>• Umbrella Tree Safety Center – 218-681-5557</li> <li>• Child Protection – 218-681-2880</li> </ul>
Healthcare	Sanford Health Community Care Program – 218-681-4240
Physical Health	<p>Clinics:</p> <ul style="list-style-type: none"> <li>• Sanford Health – 218-681-4747</li> <li>• Sedra Medical Clinic – 218-683-5137</li> <li>• Inter County Nursing Service – 218-681-0876</li> </ul> <p>Physical Fitness resources:</p> <ul style="list-style-type: none"> <li>• Sanford Wellness Center – 218-683-4367</li> <li>• TRF School System athletics – 218-681-8711</li> <li>• St. Bernard’s Catholic School athletics – 218-681-1539</li> <li>• Park &amp; Recreation Dept. – 218-681-2519</li> <li>• Studio K Fitness – 218-686-0752</li> <li>• Anytime Fitness – 218-681-1305</li> <li>• Family Time Fitness – 218-681-6709</li> <li>• Healthy U – 218-689-4791</li> <li>• Curves – 800-615-7352</li> <li>• Tae Kwon Do – 218-681-2462</li> <li>• Natural Health &amp; Fitness – 218-681-1565</li> </ul>

Identified concern	Community resources that are available to address the need
	<p><b>Sanford Dietitians</b></p> <p><b>Cancer resources:</b></p> <ul style="list-style-type: none"> <li>• Roger Maris Cancer Center</li> <li>• Sanford Cancer Biology Research Center in SF</li> <li>• American Cancer Society</li> </ul> <p><b>Sanford Medical Home</b></p> <p><b>RN Health Coach</b></p> <p><b>Sanford WebMD Fit Kids</b></p> <p><b>Chronic Disease resources:</b></p> <ul style="list-style-type: none"> <li>• Better Choices/Better Health</li> <li>• American Heart Association</li> <li>• The Sanford Project – to cure Type 1 Diabetes in Denny Sanford’s lifetime</li> </ul> <p><b>Nutrition Education:</b></p> <ul style="list-style-type: none"> <li>• Extension Office</li> <li>• WIC Program</li> </ul> <p><b>Farmers Markets:</b></p> <ul style="list-style-type: none"> <li>• Cabin View Gardens - 218-681-1155</li> <li>• TRF Farmers Market – 218-964-5370</li> </ul>
<p><b>Mental Health/Behavioral Health (Substance Abuse)</b></p>	<p><b>Sanford One Care</b></p> <p><b>Clinics:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health – 218-681-4747</li> <li>• Sedra Medical Clinic – 218-683-5137</li> <li>• Inter County Nursing Service – 218-681-0876</li> </ul> <p><b>Mental Health resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Behavioral Health Center – 218-681-4350</li> <li>• Sanford Behavioral Health Clinic – 218-681-4351</li> <li>• Pathfinder Children’s Treatment Center – 218-683-7180</li> <li>• Northwestern Mental Health Center – 218-281-3940</li> <li>• Ann Johnson – 605-328-6585</li> <li>• Nancy Rust – 218-681-2718</li> </ul> <p><b>Substance Abuse resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Behavioral Health Center – 218-681-4350</li> <li>• Sanford Behavioral Health Clinic – 218-681-4351</li> <li>• Pathfinder Children’s Treatment Center – 218-683-7180</li> <li>• Riverview Recovery Center – 218-281-9200</li> <li>• Glenmore Recovery Center – 701-683-8011</li> <li>• Narcotics Anonymous</li> <li>• Alcoholics Anonymous</li> </ul>
<p><b>Preventive Health</b></p>	<p><b>Clinics:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health – 218-681-4747</li> <li>• Sedra Medical Clinic – 218-683-5137</li> <li>• Inter County Nursing Service – 218-681-0876</li> </ul>

Identified concern	Community resources that are available to address the need
	<p data-bbox="565 275 651 296"><b>Dentists:</b></p> <ul data-bbox="565 306 1166 604" style="list-style-type: none"><li data-bbox="565 306 922 327">• Helmich Dental – 218-681-4041</li><li data-bbox="565 338 976 359">• TRF Family Dentistry – 218-681-2545</li><li data-bbox="565 369 927 390">• Ben Sayler, DDS – 218-681-1700</li><li data-bbox="565 401 1166 422">• Bryce Bray, DDS – 681-3233 (will provide a 5% discount)</li><li data-bbox="565 432 927 453">• John Yoon, DDS – 218-681-1700</li><li data-bbox="565 464 992 485">• Michael Eickman, DDS – 218-681-2545</li><li data-bbox="565 495 967 516">• Thomas Dimich, DDS -218-681-2545</li><li data-bbox="565 527 976 548">• John Seaverson, DDS – 218-681-4041</li><li data-bbox="565 558 992 579">• Donald Goodrich, DDS – 218-681-3254</li><li data-bbox="565 590 1000 611">• Martin Duchscher, DDS – 218-681-4506</li></ul>

# 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.

## **Priority: Substance Abuse Services**

- Participate in the Sanford enterprise implementation strategy for Sanford One Mind
- Establish systemic care plan for prescription drug abuse cases including behavioral health, primary care, and medical home departments
- Establish reliable network for detoxification and inpatient chemical dependency treatment centers
- Establish coordination of care between chemical dependency and mental health professionals
- Develop reliable chemical dependency outpatient services for adolescents
- Improve access to chemical dependency assessments for community

## **Priority: Care Coordination and Chronic Disease Management**

- Participate in the Sanford enterprise implementation strategy for obesity
- Integrate dietician services with dialysis services
- Establish integrated approach to behavioral health within the function of primary care
- Implement Integrated EMR platform across clinic and hospital-based services
- Fully implemented hospitalist program with established connectivity to outpatient providers
- Establish comprehensive pain management program
- Refine and promote practices and communications of Medical Home team: RN health coaches, tobacco cessation specialist, outpatient social worker, cardiac rehab, dieticians, etc.
- Connect long term care facilities to providers and inpatient services

## **Priority: Access**

- Expand urology coverage
- Create more complete oncology outreach program
- Improve access in general to “primary care” areas: family med/internal med/OB/GYN/pediatrics/psychology/psychiatry
- Satellite employer clinic model
- APP-MD team model
- Establish outreach dermatology services in TRF
- Establish neurology outreach services
- Establish comprehensive pain management clinic

## **Impact of Strategy to Address Substance Abuse**

Sanford implemented a new EMR during February 2014 and has added e-prescribing. A chemical dependency counselor has been hired to work in the outpatient clinic. A new behavioral health center opened during 2015 and Sanford is working to receive CMS certification. Sanford is also working to establish a collaboration of partner organizations focused on behavioral healthcare to meet the needs of the regional community.

### **Impact of Strategy to Address Care Coordination**

RN health coaches and Medical Home have been implemented to work with all patients with a chronic disease. Services are expanded to bring specialty practices to Thief River Falls on an outreach basis.

### **Impact of Strategy to Address Access**

Sanford provides a Community Care program as the charity care program addressing free or reduced rates to patients who qualify and have need for medical care. Sanford TRF has implemented Same Day Sanford to increase access to primary care and improve immunization percentages.

### **Impact of the Strategy to Address Mental Health Services**

Behavioral health services have been integrated into all primary care settings through behavioral health screening, PHQ-9 screening, and two behavioral health triage therapists. Additionally, a peer support advocate was added to assist those with chemical addition in accessing desired interventions.

### **Impact of the Strategy to Address Obesity**

The Sanford Health *fit* initiative, a childhood obesity prevention initiative, continues to grow and mature as we work to refine the offerings and enable broad replication and meaningful use. Supported by the clinical experts of Sanford Health, *fit* educates, empowers and motivates families to live a healthy lifestyle through a comprehensive suite of resources for kids, parents, teachers and clinicians. *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). Through *fit* we are actively working to promote healthy lifestyles in homes, schools, daycares, our clinical settings, and throughout the community by way of technology, engaging programs, and utilizing key role models in a child's life. In 2016 a new *fit* initiative will be available for 20,000 classroom teachers. The classroom curriculum has numerous modules that teachers can access and implement in part or comprehensively.

*Profile* by Sanford is a personalized retail weight loss program designed by Sanford Health physicians and scientists to be simple, effective and sustainable. With a certified *Profile* coach, personalized meal plans and smart technology to track progress, members see real results. Each weight loss plan is designed with a focus on nutrition, activity and lifestyle.

The enterprise obesity initiative addressed education for providers and education for patients and community members. The first annual Sanford obesity symposium was held in 2014. Over 400 healthcare professionals from the region and beyond registered for the 2014 and 2015 symposiums. The purpose of the symposium is to enhance the knowledge and competence of participants by providing an update on the latest research associated with the prevention, treatment and management of obesity. The target audience includes primary care physicians, pediatricians and specialty care providers, advanced practice providers, licensed registered dietitians, nurses, and other interested healthcare professionals.

The symposium is an opportunity to provide prevention and treatment practice guidelines for the adult and pediatric population. The planning committee includes several published providers who are sought after nationally and internationally for their expertise.



Sanford is taking a comprehensive and multi-faceted approach to obesity prevention and treatment. The impact is demonstrated through the lives of our community members who have had positive outcomes because of our programs and services.

### **Community Feedback from the 2013 Community Health Needs Assessment**

Sanford Health is prepared to accept feedback on our 2013 Community Health Needs Assessment and has provided on-line comment fields for ease of access on our website. There have been no comments to date aside from a question asked about the service area for this report. A reader wanted to know if a separate report was developed for the Lisbon, North Dakota area. Since there is no hospital in Lisbon a community health needs assessment was not conducted solely for that community.



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