Community Health Implementation Strategy

ASPIRUS HEALTH

2023-2026

ASPIRUS STEVENS POINT HOSPITAL & CLINICS
900 Illinois Avenue
Stevens Point, WI 54481

ASPIRUS PLOVER HOSPITAL & CLINICS
5409 Vern Holmes Drive
Stevens Point, WI 54481

Acknowledgements

Aspirus Stevens Point Hospital and Aspirus Plover Hospital are excited to share this Implementation Strategy with the community. It was developed in Summer 2023 in collaboration with internal and external stakeholders. This plan builds on the work completed through the Community Health Needs Assessment (CHNA) process in 2022-23.

We anticipate leading some local efforts as well as being a strong supporter of other local efforts. Mental health, substance use and childhood wellness – the community health priorities for the hospitals – are complex and will require persistent collaboration. We look forward to working with our community partners on our shared goal of healthier, happier community!

Respectfully,

Bob Smith
Regional President
Aspirus Stevens Point Hospital
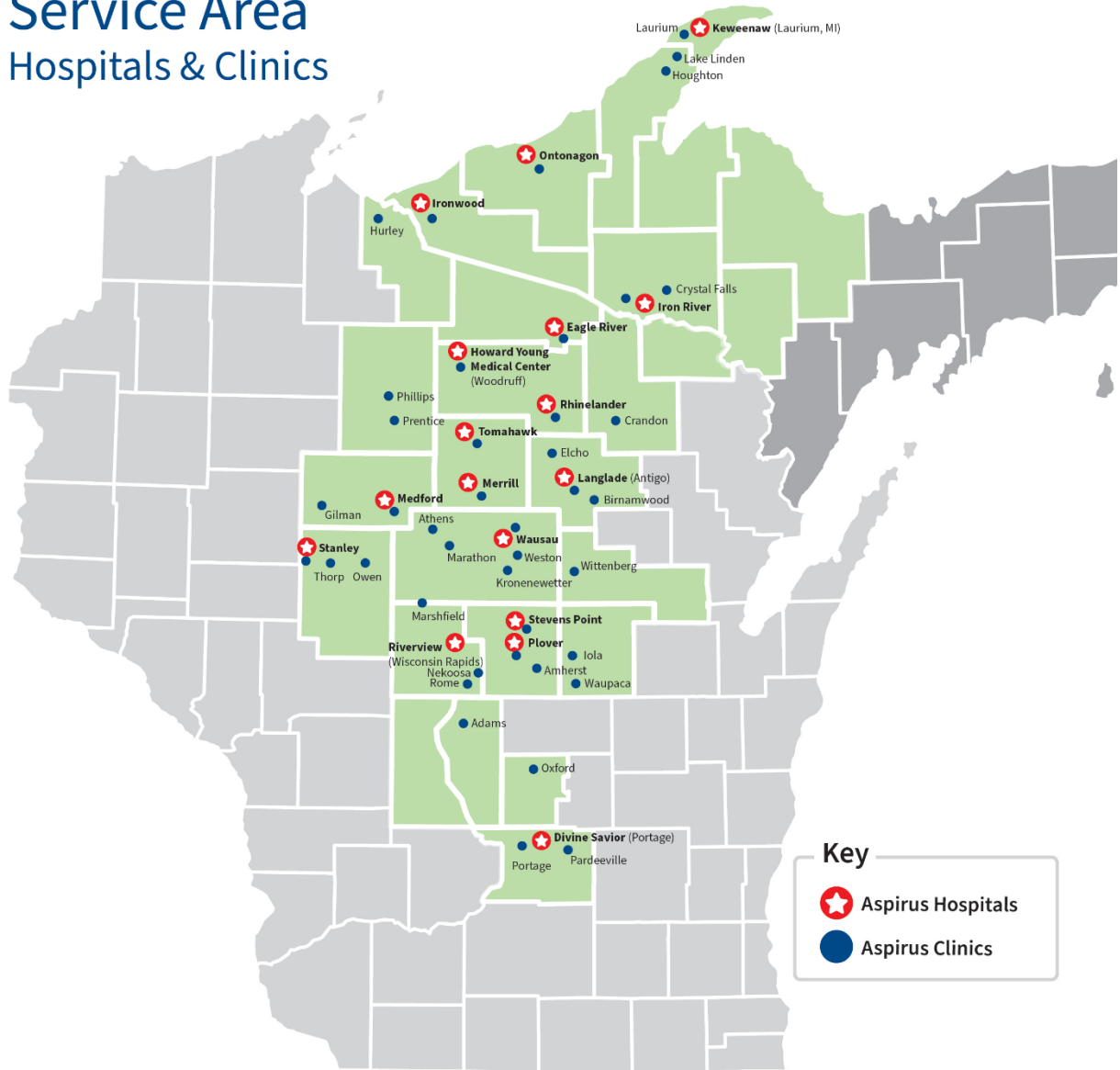Aspirus Plover Hospital

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Aspirus Health, Aspirus Stevens Point Hospital and Aspirus Plover Hospital

Aspirus Health is a non-profit, community-directed health system based in Wausau, Wisconsin. Its 11,000 employees are focused on improving the health and well-being of people throughout Wisconsin and Upper Michigan. Aspirus serves communities through four hospitals in Michigan and 13 hospitals in Wisconsin, 75 clinics, home health and hospice care, pharmacies, critical care and air-medical transport, medical goods, nursing homes and a broad network of physicians. For more information, visit aspirus.org.

Aspirus Stevens Point Hospital is a fully accredited, acute-care facility, offering expert, personalized care for residents of Stevens Point and Portage County. Aspirus Stevens Point Hospital and Aspirus Medical Group provide a comprehensive set of acute-care options, including both innovative and proven treatment plans. The hospital features: all major specialties, emergency medicine, urgent care, surgery, ICU/CCU, diagnostic radiology, oncology, cardiology, gastroenterology, women's health and breast care, obstetrics and gynecology including a birth center, therapy, sports medicine, occupational health, behavioral health, pathology, and sleep diagnostics.

Aspirus Plover Hospital is a fully accredited, acute-care facility, offering expert, personalized care for residents of Portage County and surrounding communities. Aspirus Plover Hospital and Aspirus Medical Group provide a comprehensive set of acute-care options, including both innovative and proven treatment plans. The hospital features: emergency medicine, walk-in care, surgery, diagnostic radiology, laboratory services, oncology, gastroenterology, women's health and breast care, obstetrics and gynecology, and geriatric and pediatric care.

Service Area
Hospitals & Clinics

Key
⭐ Aspirus Hospitals
● Aspirus Clinics

Prioritized Significant Community Health Needs

Based on the results of the most recent Community Health Needs Assessment (CHNA), Aspirus Stevens Point Hospital and Aspirus Plover Hospital will formally address the following issues through their three-year Implementation Strategy:
- Mental health
- Substance use
- Childhood wellness (Aspirus Stevens Point Hospital only)

Needs Not Selected

Aspirus was one of multiple community organizations to facilitate a collaborative assessment process in Portage County. The LIFE – Leading Indicators for Excellence – process is led by the United Way of Portage County. Other lead organizations included: Portage County Division of Public Health, Community Foundation of Central Wisconsin, and the Marshfield Clinic Health System.

As part of that process, a prioritization meeting was held. Over 70 community stakeholders attended. The top four issues identified at that meeting were:
- Behavioral health (inclusive of mental health and substance use)
- Early childhood education
- Shelter and housing
- Preventive care

The Aspirus Community Health team strongly recommended to the hospital leadership team that mental health and substance use be prioritized. The Community Health team suggested the hospital leadership team discuss early childhood education and preventive care; that discussion resulted in the identification of 'childhood wellness' as a top issue for Aspirus Stevens Point Hospital. Compared to the Plover hospital, the Stevens Point hospital has significant childhood wellness resources and leadership capacity, including the Birth Center. The Plover hospital may contribute to childhood wellness, but it is not a formal community health priority for the hospital.

Shelter and housing were not selected because the hospitals do not have that expertise.

About Implementation Strategies

For Aspirus, the Community Health Needs Assessment (CHNA) and the corresponding Implementation Strategy (IS) is one way to live our mission – to heal people, promote health and strengthen communities – and reach our vision – being a catalyst for creating healthy, thriving communities.

Definition / Purpose of a CHNA and Implementation Strategy

A CHNA is "a systematic process involving the community to identify and analyze community health needs and assets in order to prioritize, plan and act upon unmet community needs."[1] The value of the CHNA lies not only in the findings but also in the process itself, which is a powerful avenue for collaboration and potential impact. An Implementation Strategy is "the hospital's plan for addressing community health needs, including health needs prioritized in the CHNA and through other means".[2]

Compliance

The completion of a CHNA – and a corresponding Implementation Strategy – is a requirement for both hospitals and health departments. For non-profit hospitals, the requirement originated with the Patient Protection and Affordable Care Act (ACA). The IRS Code, Section 501(r)(3) outlines the specific requirements, including having the final, approved report posted on a public website. Additionally, CHNA and Implementation Strategy activities are annually reported to the IRS.

In Wisconsin, local health departments are required by Wisconsin State Statute 251.05 to complete a community health assessment and create a plan every five years. The statute indicates specific criteria must be met as part of the process.

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[1] Catholic Health Association of the United States, https://www.chausa.org
[2] Catholic Health Association of the United States, *A Guide for Planning & Reporting Community Benefit*

Implementation Frameworks

For its community health improvement efforts, Aspirus Health is using the following frameworks:
- *Results-based accountability*. The green-table descriptions on subsequent pages are outlined in the results-based accountability (RBA)[3] framework, which includes:
  - Program accountability – What the organization (and its partners) will do and measure.
    - Strategies – Activities or programs to address the health issue.
    - Performance measures – Strategy evaluation data.
  - Population accountability – What (ideally) the multi-sector collaborative effort to address the issue will result in.
    - Indicators – Specific community-level measures or data points.
    - Results – The desired end-state of the community if all efforts are successful.
- *Continuum of care*. Aspirus Health is approaching complex community health issues from multiple levels, as outlined by the Institute of Medicine (IOM):[4]
  - Upstream prevention (also known as promotion): Strategies that are designed to "create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services."[5] Examples of upstream conditions include housing, community safety, education/learning, a living wage/income and more.
  - Prevention: Strategies that are designed to "prevent or reduce the risk of developing a behavioral health problem…."[6]
  - Treatment: Strategies that are designed for individuals "diagnosed with a substance use or other behavioral health disorder."[7]

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[3] Clear Impact, https://clearimpact.com/results-based-accountability/
[4] Center for the Application of Prevention Technologies Fact Sheet, https://www.mass.gov/doc/samhsa-behavioral-health-continuum-of-care-overview-9232019/download
[5] Ibid
[6] Ibid
[7] Ibid

Implementation Assumptions and Hospital Specifics

Assumptions: A hospital's formal Implementation Strategy report is a three-year plan. With organizational circumstances and community environments constantly changing, this Implementation Strategy report is shared with the following assumptions:
- The planned efforts are described at a general level, allowing flexibility over time.
- Changes in circumstances or the environment may:
  - impact the completion of the efforts.
  - result in the addition, discontinuation and/or alteration of a given effort.

Hospital Specifics: Although this Implementation Strategy is reflective of two different hospitals, there is significant overlap between the two, making it difficult to separate out the individual-hospital efforts and programs that are outlined in the next pages.
- The two hospitals are in the same county and geographically near each other.
- The two hospitals have the same leadership team.
- Aspirus' community health efforts often include cross-system partnerships and shared resources.
- The unique strengths of each hospital can contribute differently to the same effort or program.

The next six pages outline the community health priorities and accompanying plans. For each health priority area, there are two pages. The first page describes some of the relevant secondary data and community input; the second page describes the plan (using the results-based accountability framework and the Institute of Medicine's continuum of care model), collaborators and organizational resources. For a more detailed description of some of the strategies, please see Appendix A.

ASPIRUS® HEALTH

Mental Health

Why is it Important?

Approximately 20 percent of the population experiences a mental health problem during any given year.[1] Mental health issues are associated with increased rates of risk factors such as smoking, physical inactivity, obesity and substance abuse. As a result, these physical health problems can lead to chronic disease, injury and disability.[2] Economic challenges (e.g., unemployment, poverty) are associated with poor mental health.[3] During the COVID pandemic, depression, anxiety and suicidal ideation have increased and access to mental health providers and treatment has been limited.[4]

Sources: (1) National Institute for Mental Health; (2) Healthiest Wisconsin 2020; Healthy People 2020; (3) Macintyre, A., Ferris, D., Gonçalves, B.et al. What has economics got to do with it? The impact of socioeconomic factors on mental health and the case for collective action. Palgrave Commun4, 10(2018). https://doi.org/10.1057/s41599-018-0063-2 (4) Czeisler MÉ , Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI:http://dx.doi.org/10.15585/mmwr.mm6932a1
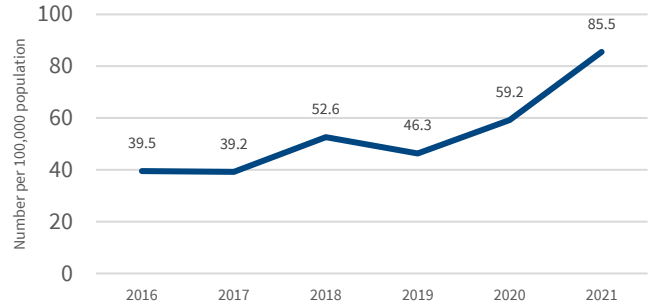
Disparities and Equity

- Individuals with less than a high school education are more than twice as likely to have frequent mental distress compared to those with a college degree.[5]
- Women have a 70% higher rate of depression compared to men.[5]
- Individuals who are multiracial or American Indian / Alaskan Native are three times as likely, and White individuals were 2.5 times as likely, to experience depression compared to individuals who are Asian/Pacific Islander. However, the rate of depression in individuals who are Asian/Pacific Islanders is increasing at a faster rate than other groups.[5]
- Poor family relationships can increase the likelihood of depression. Some are at higher risk of poor family relationships, including individuals: who identify as LGBTQ; who have a disability and their caretakers; and who suffered from child abuse and neglect.[6]
- In Wisconsin, female students and LGB students are disproportionately affected by depression and anxiety.[7]

Sources: (5) 2021 America's Health Rankings, Executive Summary. https://assets.americashealthrankings.org/app/uploads/2021_ahr_health-disparities-report_executive_brief_final.pdf (6) Shim, Ruth S; Ye, Jiali; Baltrus, Peter; Fry-Johnson, Yvonne; Daniels, Elvan; Rust, George. Racial/Ethnic Disparities, Social Support, and Depression: Examining a Social Determinant of Mental Health. Ethn Dis. 2012 Winter; 22(1): 15-20. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4039297/ (7) Wisconsin Youth Risk Behavior Survey results (2021) https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/yrbs-anx-dep.pdf

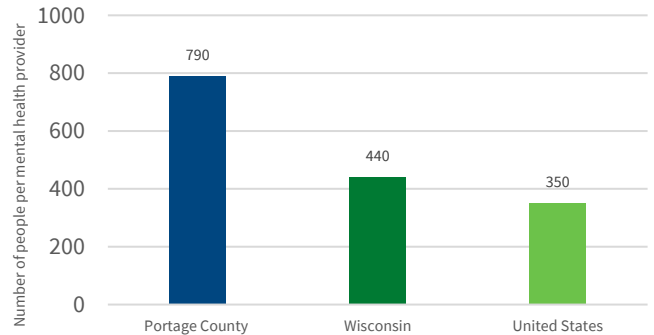## Data Highlights

Portage County Emergency Department Visits for Self-Harm Injuries, Ages 0-17 (treated, released)

Number per 100,000 population

- 2016: 39.5
- 2017: 39.2
- 2018: 52.6
- 2019: 46.3
- 2020: 59.2
- 2021: 85.5

Source: WI Dept of Health Services, WISH Injury Module

Ratio of Population to Mental Health Providers

Number of people per mental health provider

- Portage County: 790
- Wisconsin: 440
- United States: 350

Source: County Health Rankings and Roadmaps; data are from 2021

Additional Data

- Rate of suicide deaths per 100,000 population (age-adjusted) (2016-2020): 9 Portage County; 15 Wisconsin. (Source: County Health Rankings and Roadmaps)
- Percentage of high school students who, in the last 12 months, felt so sad or hopeless for two or more weeks that they stopped doing some activities (2021): 33.0% Portage County; 33.7% Wisconsin (Source: Youth Risk Behavior Survey)

Community Perceptions & Challenges

- Behavioral health was the top issue identified by community stakeholders.
- Youth mental health trends are worsening.
- COVID-19 has exacerbated existing mental health issues.

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Mental Health

Aspirus Stevens Point Hospital and Aspirus Plover Hospital plan to address mental health through the strategies below. Strategies might be completed with funding, dedicated staff time and/or coalition participation. Additional strategy details can be found in Appendix A.

Program Accountability		Population Accountability	
Strategies	**Performance Measures**	**Indicators**	**Results**
Upstream Prevention (Promotion)			
• Youth academics & social-emotional learning (e.g., at Boys & Girls Club)	• # of participants • Pre- and post-tests	• Increase third grade reading levels (baseline is 3.1 (2018)) • Increase third grade math levels (baseline is 3.1 (2018))	
Prevention			
• (Coalition) Mental health and suicide prevention trainings (e.g., Question, Persuade, Refer, MH First Aid) • (Coalition) Suicide prevention awareness efforts • Suicide Death Review team • Reduce access to lethal means • Raise Your Voice (school-based club focused on mental health) • Depression screening in primary care	• # of trainings • # of training participants • Training evaluation results • # of gun locks distributed • # of Raise Your Voice students • Depression screening measures (% of patients screened; % who screen positive)	• Decrease the suicide rate (baseline is 12 deaths per 100,000 population (2016-2020)) • Decrease the average number of poor mental health days in the last 30 days (baseline is 4.3 (2019)) • Decrease the percent of high schoolers that felt sad or hopeless in the last 12 months (baseline is 33% (2021)) • Decrease the rate of emergency department visits for self-harm injuries ages 0-17 (85.5 per 100,000 population (2021))	Community members have equal opportunities for mental well-being.
Treatment			
• Aspirus therapist in schools • Tele-mental health • Support groups	• # of patients		

Collaborative Partners	Aspirus Resources
• Prevent Suicide Portage County – The coalition promotes suicide prevention and mental health awareness. • Boys and Girls Club • United Way • County services (e.g., health department, social services, etc.) • Community Foundation of Central Wisconsin • Schools	• Funding – particularly for Boys and Girls Club programming (e.g., reading and math) • Staff time – coalition participation, event planning and promotion, resource identification • Printing services (in-kind) – community-facing health-focused materials • Space (pending COVID-19 restrictions) – hosting support groups and meetings • Clinical services and related infrastructure – providing direct mental health care, FindHelp

Substance Use

Why is it Important?

An estimated 22 million people per year in the U.S. have drug and alcohol problems. Ninety-five percent of them are unaware of their problem.[1] Approximately 88,000 deaths annually in the U.S. are attributed to excessive drinking (2006-2010).[2] Drug and alcohol use can also lead to costly physical, mental and public health problems such as teen pregnancy, HIV/AIDS and other STDs.[1] Interactions between prescription medications and alcohol can contribute to falls, which can result in injuries and death.[3]

COVID-19 has increased substance use in the US related to social isolation, loss of routines and norms, income related stress, anxiety and fear of the virus and loss of loved ones.[4]

Sources: (1) Healthy People 2020; (2) Center of Disease Control and Prevention; (3) Wisconsin Alcohol Policy Project; (4) Czeisler MÉ , Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: http://dx.doi.org/10.15585/mmwr.mm6932a1

Disparities and Equity

- Smoking rates have decreased for many populations – college graduates, individuals who are multi-racial, individuals who are Black and individuals who are white. Disparities, however, persist. Compared with individuals who are Asian / Pacific Islander, smoking occurs at higher rates with individuals who are American Indian / Native Alaskan (nearly 4x the rate), individuals who are multiracial (3x the rate) and individuals who are Black (2x the rate). Individuals with less than a high school education are approximately four times as likely to smoke when compared to individuals with a college degree.
- Excessive drinking is higher with individuals who have a college degree, compared to individuals with less than a high school education. Excessive drinking is also higher with men than women.
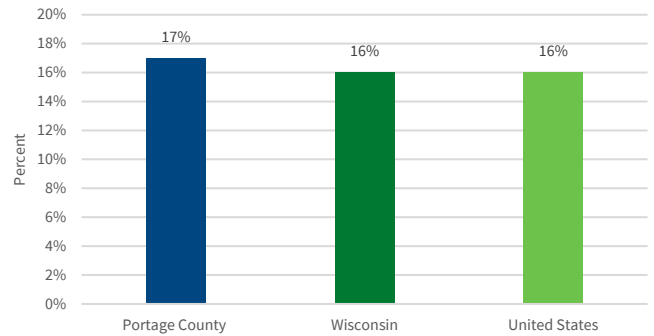
Source: (5) 2021 America's Health Rankings Disparities Report

Community Perceptions & Challenges

- Behavioral health was the top issue identified by community stakeholders.
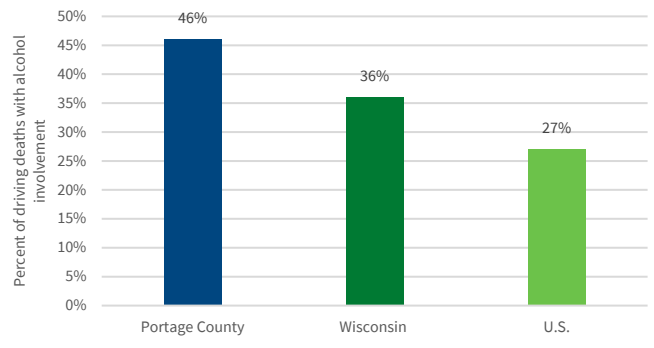- COVID-19 has exacerbated existing substance use issues.

Data Highlights

Adults Who Are Current Smokers

Portage County: 17%; Wisconsin: 16%; United States: 16%

Source: County Health Rankings and Roadmaps; data are from 2019

Alcohol-impaired Driving Deaths

(Percent of driving deaths with alcohol involvement)
Portage County: 46%; Wisconsin: 36%; U.S.: 27%

Source: County Health Rankings and Roadmaps; data are from 2016-2020

Additional Data

- Percentage of adults reporting binge or heavy drinking (age-adjusted) (2019): 26% Portage County; 25% Wisconsin; 20% United States. (Source: County Health Rankings and Roadmaps; data are from 2019)
- Number of deaths attributable to alcohol per 100,000 population (2019, 2020, 2021): 42.7 Portage County; 51.0 Wisconsin. (Source: Source: WI Dept of Health Services Interactive Dashboards: Alcohol Death Module)
- Number of opioid-related hospital (emergency department) discharges per 100,000 population (2018, 2019, 2020): 67.4 Portage County; 153.8 Wisconsin. (Source: WI Dept of Health Services, WISH Opioid-Related Hospital Encounters Module)

Substance Use

Aspirus Stevens Point Hospital and Aspirus Plover Hospital plan to address substance use through the strategies below. Strategies might be completed with funding, dedicated staff time and/or coalition participation. Additional strategy details can be found in Appendix A.

Program Accountability		Population Accountability	
Strategies	**Performance Measures**	**Indicators**	**Results**
Upstream Prevention (Promotion)			
• Youth academics & social-emotional learning (e.g., at Boys & Girls Club)	• # of participants • Pre- and post-tests	• Increase third grade reading levels (baseline is 3.1 (2018)) • Increase third grade math levels (baseline is 3.1 (2018))	Community members of all ages and abilities are free from the physical, emotional, and social impacts of substance misuse.
Prevention			
• (Coalition) Medication drop boxes • (Coalition) Lockbox and Deterra bag distribution • (Coalition) Sharps disposal • Overdose Fatality Review Team	• # of trainings • # of training participants • # of pounds of medication collected	• Reduce the number of overdose deaths (baseline is 10 per 100,000 (2018-20)) • Reduce the rate of opioid-related emergency department discharges (baseline is 67.4 per 100,000 population (2018, 2019, 2020)) • Percent of high school youth who used prescription drugs without a prescription (baseline is 13% (2021))	(Adapted from the Marathon County Health Department's plan)
Treatment			
• Expansion of medication assisted treatment services • Peer recovery coaches • Identify opportunities for improved housing options for individuals with substance use issues	• # of patients receiving medication assisted treatment • # of patients accessing peer recovery coaches; # and type of referrals made from peer recovery coaches		

Collaborative Partners	Aspirus Resources
• Portage County AODA Coalition • Boys and Girls Club • United Way • County services (e.g., jail, health department, social services, etc.)	• Funding – particularly for Boys and Girls Club programming (e.g., reading and math), recovery coaching • Staff time – coalition participation, event planning and promotion, resource identification • Printing services (in-kind) – community-facing health-focused materials • Space (pending COVID-19 restrictions) – hosting support groups and meetings • Clinical services and related infrastructure – providing addiction treatment services, providing referrals to peer recovery coaches, FindHelp

Childhood Wellness

Why is it Important?

- Early childhood, particularly the first 5 years of life, impacts long-term social, cognitive, emotional, and physical development. Healthy development in early childhood helps prepare children for the educational experiences of kindergarten and beyond. Early childhood development and education opportunities are affected by various environmental and social factors, including early life stress, socioeconomic status, relationships with parents and caregivers, and access to early education programs.

- Early life stress and adverse events can have a lasting impact on the mental and physical health of children. Specifically, early life stress can contribute to developmental delays and poor health outcomes in the future. Stressors such as physical abuse, family instability, unsafe neighborhoods, and poverty can cause children to have inadequate coping skills, difficulty regulating emotions, and reduced social functioning compared to other children their age.

Sources: Excerpted nearly verbatim from Healthy People 2030 – Early Childhood Development and Education
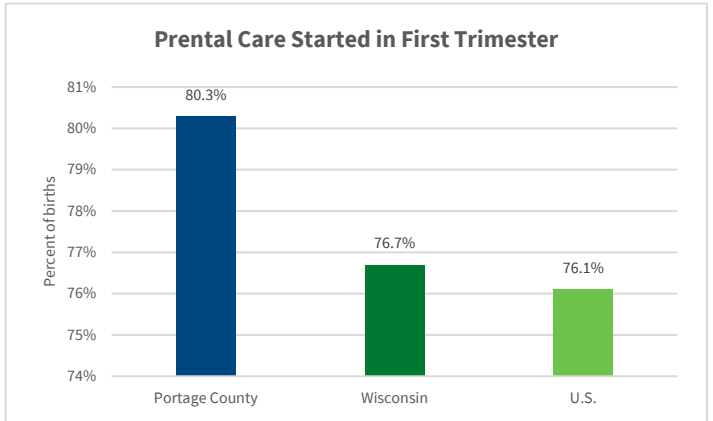
Disparities and Equity

- Poverty has been shown to negatively influence the academic achievement of young children. Research shows that, in their later years, children from disadvantaged backgrounds are more likely to repeat grades and drop out of high school.

- Exposure to environmental hazards, such as lead in the home, can negatively affect a child's health and cause cognitive developmental delays. Research shows that lead exposure disproportionally affects children from racial/ethnic minority and low-income households and can adversely affect their readiness for school.

Sources: Excerpted nearly verbatim from Healthy People 2030 – Early Childhood Development and Education
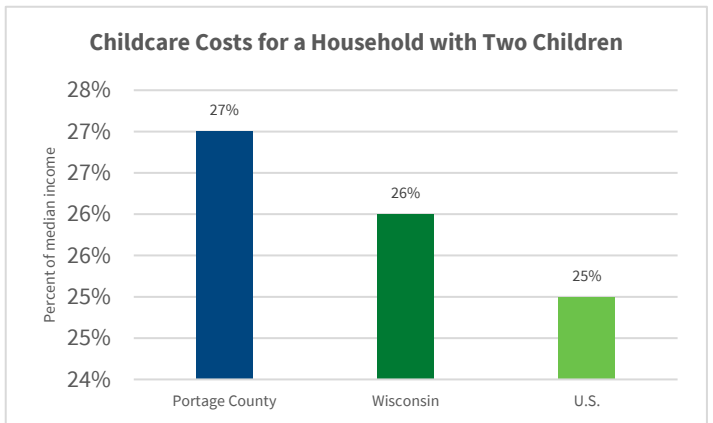
Community Perceptions & Momentum

- Early childhood education was the second-highest issue identified by community stakeholders.
- 80% of community survey respondents indicated childcare is available; only 40% indicated it was affordable.

Data Highlights

Prental Care Started in First Trimester

Source: Wisconsin Department of Health Services (WISH data query system) and Conduent; data are from 2020.

Childcare Costs for a Household with Two Children

Source: 2022 County Health Rankings; data are from 2020 & 2021

Additional Data

- Nearly 50% of Portage County school children have at least one dental sealant (2021). The number of children receiving sealants is decreasing. (Source: Portage County Health and Human Services)
- Number of child abuse and neglect reports per 1000 children (2020): 27.9 Portage County; 27 Wisconsin (Source: The Annie E Casey Foundation Kids Count Data Center)
- Percentage of children enrolled in public schools who are eligible for free or reduced-price lunch (2019-2020): 33% Portage County; 40% Wisconsin. (Source: 2022 County Health Rankings)

Childhood Wellness (Aspirus Stevens Point only)

Aspirus Stevens Point Hospital plans to address childhood wellness through the strategies below. Strategies might be completed with funding, dedicated staff time and/or coalition participation. Additional strategy details can be found in Appendix A.

Program Accountability		Population Accountability	
Strategies	**Performance Measures**	**Indicators**	**Results**
Upstream Prevention (Promotion)			
• Youth academics & social-emotional learning (e.g., at Boys & Girls Club) • Reach Out and Read • Literacy for Little Ones	• # of participants • Pre- and post-tests • # of books distributed	• Increase third grade reading levels (baseline is 3.1 (2018)) • Increase third grade math levels (baseline is 3.1 (2018))	
Prevention			
Internal Efforts • Preventive screenings (with appropriate follow up and/or referrals) • Classes and support programs – e.g., prenatal, new moms, breastfeeding • Baby-Friendly Hospital designation • Pregnancy Expo (resources) **External Efforts** • Portage County Breastfeeding Coalition • Day care trainings to support new moms breastfeeding • Born Learning initiative	• # of children screened • # of children screened and referred • % of pediatrics patients up-to-date on immunizations • # of classes • # of participants • Breastfeeding initiation and sustainment rates • # of breastfeeding trainings for day cares • # of breastfeeding-friendly worksites in the county	• Increase the percentage of moms who receive prenatal care in the first trimester (baseline is 80.3% (2020)) • Decrease the percentage of live births with low birthweight (< 2500 g) (baseline is 7% (2014-2020)) • Born Learning measures (e.g., child development, family strengths)	All children have equal opportunities for well-being.
Treatment			
• Offer resources (e.g., through FindHelp.org)	• # of closed loop referrals (FindHelp.org)		

Collaborative Partners	Aspirus Resources
• Boys and Girls Club • United Way • County services (e.g., health department, social services, etc.) • Schools • Day care centers	• Funding – particularly for Boys and Girls Club programming (e.g., reading and math) • Staff time – coalition participation, event planning and promotion, resource identification • Printing services (in-kind) – community-facing health-focused materials • Space (pending COVID-19 restrictions) – hosting classes, support groups and meetings • Clinical services and related infrastructure – Birth Center, Pediatrics

Social and Economic Needs

Research shows that social and economic factors are significant 'upstream' contributors to poor mental health and substance use issues (as well as many other health issues). Children who don't have their basic needs met early can suffer irreparable long-term harm. Aspirus is committed to recognizing and addressing these 'root causes' as part of its overall community health improvement efforts.

Recent regulatory changes reinforce Aspirus' commitment to this work. Aspirus has increased its screening of patients for social needs, in part by integrating a resource platform (FindHelp.org) into its electronic medical record system. The community health team and their internal partners are working to assure that when patients identify a social need they are connected with the appropriate resource.

Approval by the Hospital Board

The implementation strategy report was reviewed and approved by the Aspirus Stevens Point Hospital Board of Directors on September 19, 2023 and Aspirus Plover Hospital Board of Directors on October 18, 2023.

Conclusion

Thank you to community organizations and members for raising important community issues. Aspirus Stevens Point Hospital and Aspirus Plover Hospital look forward to continued collaboration to help improve the health of our community.

Appendices

Appendix A: Strategy Descriptions

The list below describes some of the specific approaches being used to address the needs.

<div style="background-color:green; color:white;">**Mental Health**</div>

<u>Prevent Suicide Portage County</u>: Prevent Suicide Portage County is a multi-organization collaborative with a mission "to prevent suicide in Portage County by providing hope, creating awareness and facilitating change in the community to support mental health." Activities have included a suicide prevention awareness walk, suicide prevention trainings and general awareness activities.

<u>Raise Your Voice</u>. Raise Your Voice is a National Alliance on Mental Illness (NAMI)-facilitated school club that focuses on positive mental health. The clubs are led by students.

<u>Suicide Death Review team</u>: As a way to identify opportunities to intervene with suicide attempts, many communities establish a Suicide Death Review team. The team reviews multiple factors that may have contributed to a suicide.

<div style="background-color:green; color:white;">**Substance Use**</div>

<u>Lockboxes and Deterra bags</u>: Lockboxes are used to keep prescription medications such as opioids in a safe place so that only the person with the prescription can access the medication. Deterra bags are used to neutralize and safely dispose of unused medications.

<u>Overdose Fatality Review Team</u>: "Overdose Fatality Review (OFR) is a locally-based, multi-disciplinary process for understanding the risk factors and circumstances leading to fatal overdoses and identifying opportunities to prevent future overdoses. The basis of OFR – like all fatality reviews – is that overdose fatalities could have been prevented with the right action, timing, intervention, and/or response." Source: https://www.dhs.wisconsin.gov/publications/p02550.pdf

<u>Medication assisted treatment (MAT)</u>: Medication assisted treatment is the combination of FDA-approved medications along with counseling and behavioral therapies to treat substance use disorders. Source: https://www.samhsa.gov/medications-substance-use-disorders

<u>Peer Recovery Coaches</u>: To support individuals struggling with addiction, Aspirus contracts with a non-profit organization to provide peer recovery coaches to individuals presenting in the Emergency Department and seeking recovery.

Childhood Wellness (Aspirus Stevens Point Hospital only)

<u>Baby-Friendly Designation</u>: Aspirus Stevens Point Hospital is designated Baby-Friendly through 2028. The Baby-Friendly designation utilizes the 10 Steps to Successful breastfeeding. The 10 steps of successful breastfeeding have been shown by research to increase breastfeeding initiation and duration rates. The Aspirus Stevens Point Hospital is in current compliance of these 10 steps and has a current breastfeeding initiation rate of 87 percent.

<u>Literacy for Little Ones</u>: The Aspirus Stevens Point Hospital received funding from Ascension Hospital Foundation to continue the Literacy for Little Ones program. All babies born at Aspirus Stevens Point Hospital will receive a board book with bookmark that has early literacy tips.

<u>Aspirus Stevens Point Breastfeeding Support and Education Program</u>: This program is designed to support mothers and their families throughout their journey of breastfeeding. It starts in the prenatal period at the clinic with education utilizing colorful handouts with evidenced-based breastfeeding information during their prenatal appointments. It is continued at the hospital breastfeeding class prenatally and then in the hospital postpartum period utilizing the Injoy Postpartum Education magazines. Once the patient leaves the hospital they are able to get support on an outpatient basis through our outpatient lactation program.

<u>New Mom's Class</u>: The New Mom's class provides support, fellowship and encouragement for new moms. Mothers are able to bring their baby to class and learn about a new educational topic related to childhood wellness each week. A scale is also available to monitor growth. Free to attendees, the class is led by a registered nurse/lactation consultant. Approximately 12-17 mothers attend every week.

<u>Pregnancy Expo</u>: The purpose of this Expo is to educate families on a variety of topics and resources available to pregnant patients in our community to enhance their pregnancy journey. There are several exhibits from our community partners and health agencies. They provide information and community resource information for young families. This is offered to all patients free of charge.

<u>Portage County Breastfeeding Coalition:</u> The Aspirus Stevens Point Hospital lactation staff participates in the breastfeeding coalition and encourages breastfeeding friendly worksites. For FY23, the coalition, led by a member of the Stevens Point Hospital Birthing Center team, planned to maintain the same number of breastfeeding-friendly worksites (compared to FY22). The number of breastfeeding-friendly worksites remained consistent at 16 from FY22 to FY23. The Breastfeeding Coalition is currently focused on community outreach with Breastfeeding Support and Education. During the summer months, coalition members attend community concerts and have an informational table, activities, and education to promote and sustain breastfeeding.

Preventive Screenings:
- Pediatric Preventive Care: The Pediatric department follows the American Academy of Pediatrics (AAP) recommendations and guidelines for preventive care. The department calls or sends letters to families that are overdue for preventive visits. This outreach includes information on the importance of preventive visits and offers assistance in scheduling. When a patient is at an office visit, future appointments are scheduled proactively. Every visit is an opportunity to update immunizations as appropriate.
- Post-Partum Depression Screening: The Pediatric Department completes Post Partum Depression screening for moms during the well-baby visits at 1-2 weeks, 2 months, 4 months, 6 months, 9 months, and 12 months. If there are indicators of depression the Pediatrician will discuss a referral to OB/GYN or mom's primary care provider (PCP) for follow up. Clinic staff will be notified if mom needs assistance scheduling an appointment or needs to establish with a PCP. If appropriate mom will be referred or escorted to the Emergency Department.
- Ages and Stages Screening: The Pediatric department uses the Ages and Stages questionnaire to screen young children for developmental delays. The screening tool helps identify children who need further evaluation. Routine screening occurs at 9, 18, and 24 months. The Pediatrician reviews the results with families and develops an appropriate plan of care based on the outcome.
- Modified Checklist for Autism in Toddlers (MCHAT): The Pediatric department uses the MCHAT to assess for autism. All toddlers are screened at their 18- and 24-month wellness visits. If a concern is identified, additional steps are taken (e.g., using a more in-depth screening tool, repeating the screening in the future, and/or making appropriate referrals).

For the above and other screenings:
- Some are available in Spanish. Many are available in English only.
- Referrals may be made to internal or external resources/services. Some resources/services include:
  - Birth-to-Three
  - Children and Youth with Special Healthcare Needs
  - Parent-to-Parent
  - Public health nursing (care coordination)
  - Cribs for Kids (free pack-n-plays)
  - Women, Infant and Children (WIC) program
  - LENA Start (encourages early communication with children for healthy brain development)

Reach Out and Read: Reach Out and Read is a national program that focuses on putting books in children's hands. Pediatric providers provide anticipatory literacy guidance along with age-appropriate books for families. "What happens during the first few years sets the stage for the rest of a child's life. Spending time together while reading aloud helps to create strong parent-child bonds and promotes healthy brain development. Children that are read to more often have improved language and listening

skills, experience stronger emotional connections to their loved ones, and gain a lifelong love of reading." Source: [Reach Out and Read website](#)

<u>Born Learning</u>: Born Learning is a multi-year effort to screen, refer and intervene appropriately with children ages 0-5. The collaborative effort includes the United Way, health care, non-profit service agencies, government and others.

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