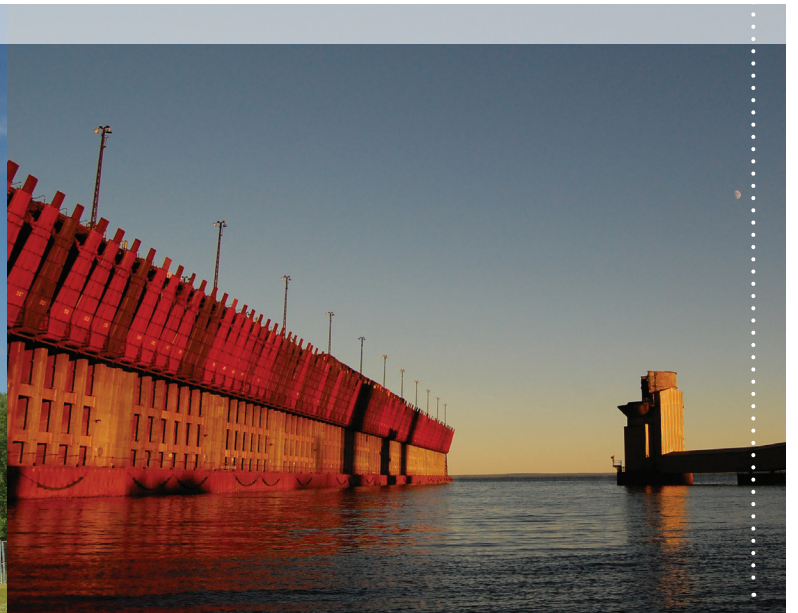


Lake View Community Health Needs Assessment 2020–2022 Implementation Plan



2020-2022 Community Health Needs Assessment Implementation Plan

The full Community Health Needs Assessment (CHNA) conducted collaboratively by Lake View Memorial Hospital, Inc. (Lake View) and community partners can be found online at www.slhduluth.com/CHNA.

Lake View strives to support a healthier community for all. Lake View will seek out and bring together other individuals and organizations who are interested in positively impacting the priority areas identified in the CHNA. We believe through collaboration and complementary initiatives, we will have the greatest positive impact on the health of Lake County residents.

As this work moves from the assessment phases to the planning involved in creating the implementation strategy, it is imperative to review the overarching goals of working together to better the health of Lake County, Minnesota. The Implementation Plan is considered Phase 3 of the Community Health Needs Assessment process.

Lake View has continued to work together to design an implementation strategy with internal stakeholders as well as additional external partners and stakeholders who represent the existing healthcare facilities and resources within the community that are available to respond to the health needs of the community as identified in this assessment.

This implementation strategy will be reviewed and approved by organization's board of directors in March 2020.

2019 COMMUNITY HEALTH NEEDS ASSESSMENT OBJECTIVES

In conducting the 2019 Community Health Needs Assessment, Lake View has collaborated with community partners to work towards a healthy Lake County and embrace these guiding principles:

- Seek to create and sustain a united approach to improving health and wellness in our community and surrounding area;
- Seek collaboration towards solutions with multiple stakeholders (e.g. schools, work sites, medical centers, public health) to improve engagement and commitment on improving community health; and
- Seek to prioritize evidence-based efforts around the greatest community good that can be achieved through our available resources.

The goals of this collaborative 2016 Community Health Needs Assessment were to:

1. Assess the health needs, disparities, assets and forces of change in the hospital's service area.
2. Prioritize health needs based on community input and feedback.
3. Design a collective impact-based implementation strategy focusing on a multi-sector collaborative approach.
4. Engage community partners and stakeholders in all aspects of the Community Health Needs Assessment process.

COMMUNITY HEALTH NEEDS ASSESSMENT PRIORITIES

The in-depth assessment and community focus groups resulted in the identification of five (5) community health priorities. The needs were prioritized as follows:

1. Mental Health
2. Alcohol, Tobacco, and Other Drugs
 - a. Vaping
 - b. Opioid Use
3. Healthy Lifestyle
 - a. Food Access
 - b. Physical Activity

As noted in the original report, each priority area has multiple aspects in which Lake View will work with community partners and stakeholders to address. By adopting a collective impact model to improve overall health and wellness in our community, not all issues will be directly addressed by Lake View, but through a multi-sector, coalition-based approach.

IMPLEMENTATION PLAN METHODOLOGY

In order to formulate an implementation plan that will work to address the above priorities, Lake View held a strategic planning session to determine the current opportunities and gaps surrounding each priority area. This allowed for the general formation of the structure of the forthcoming implementation strategy and a chance for the group to also address opportunities for coalition building amongst members.

It was determined the plan would include the following for each priority area:

1. Overarching goal(s)
 - a. Objectives, and example tactics as able
2. Priority population(s)
3. Potential partners
4. Sources of measuring outcomes (to be consistent with graphs)

Therefore, the following implementation plan will outline these areas. Additional tactics and resources needed will be included in more-detailed work plans developed over the course of 2020. These specific work plans will be crafted collaboratively by teams of subject matter experts. In order to best meet the needs of our community, building working groups for each priority area or partnering with existing working groups will allow for a cohesive, collective impact model with shared data, continual best practice sharing and the opportunity to avoid duplication while filling gaps. The work plans will expand on the implementation plan and will include specific partners, priority populations, metrics, expected outcomes and resources needed.

This implementation plan and the forthcoming work plans will be reviewed on an annual basis by Lake View, with progress reported to the leadership team.

LAKE VIEW COMMUNITY HEALTH NEEDS ASSESSMENT IMPLEMENTATION PLAN

Priority Area 1: Mental Health

Lake View plans to continue working on current efforts to address mental health including the following:

- Human Development Center partnership on site (Access to outpatient behavioral health counseling/therapy services, psychiatry access, mobile Crisis Response Team contract, curbside consults with our primary care physicians, educational events, grant opportunities)
- Vidyo (telehealth) connection to Birch Tree Center in Duluth for crisis stabilization in the ED
- Lake View Clinic screening of patients for mental health conditions
- Wellness fairs
- Community education on reducing stigma for mental health interventions and treatment
- Evaluation of Lake View's physical space to address behavioral health crisis
- Mental health first aid training for staff and the community

Priority Area 2: Alcohol, tobacco, and drugs: Vaping

Lake View planned efforts include:

- Implement a broad-based education campaign including mass media, school based, and peer-based education
- Evaluation of formulating a possible teen focus group to better understand and identify strategies for addressing the vaping issue in our community
- Engage and train partners to expand reach (athletic directors, teachers, landlords, youth leaders etc.)
- Create educational materials to include videos, print documents and podcasts etc.

- Promote/enhance youth-based tobacco cessation interventions and resources

Priority Area 3: Alcohol, tobacco, and drugs: Opioid Use

- Modify prescribing practices within health care organizations and dental practices.
- Community education
- Partnership with local law enforcement
- Develop & implement standardized tools for opioid assessment, intervention and documentation in the outpatient setting
- Promote/enhance the use of non-pharmacologic therapies for pain management

Priority Area 4: Healthy Lifestyle – Food Access

- Contract with AEOA to provide healthy meals for seniors, both home-bound (Meals on Wheels) and ambulatory (Congregate Dining)
- Contract with Lake County WIC program to provide dietitian services including nutrition education for the targeted groups.
- Goal for renovation of kitchen, cafeteria and dining spaces so that more healthy options may be offered (expanded salad bar offerings, healthy snacks, sandwich station, yogurt bar, fresh fruit, etc).
- Community gardens: can provide not only opportunity for outdoor activity and a stress-reducing atmosphere, but also may promote produce intake in staff and patients and address the issues of food insecurity, healthy food access. Could also provide hands-on learning opportunities and segue into additional nutrition education and cooking classes.

Priority Area 5: Healthy Lifestyle – Physical Activity

- Fitness Centers in Two Harbors and Silver Bay with waivers for low income individuals
- Statewide Health Improvement Partnership (SHIP) grant efforts to promote walking, biking, exercise
- Presentations/collaboration with the Aging Mastery Program (guest speakers from pharmacy, dietitian, rehab)
- Considering partnership with a local bike trail initiative
- Consideration of 24 hour access to fitness center (employees)
- Conference space for community groups
- Transportation issues – volunteer drivers program
- Support local 5K/10K walk-run events
- Collaboration with nearby state parks wellness event to highlight health benefits of nature, opportunity for providers to offer formal “Park Prescriptions”
- Collaboration with Community Partners to consider accessible benches on walking trails and alternatives for promoting senior citizens to be more active outdoors, ie. trikes, wheelchair gardening
- Increased options for fitness classes on site and through community education
- Improved online presence and postal mailings that publicize all hospital sponsored health and wellness events, classes, topics



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