

Implementation Strategy 2020 - 2022



Saint Joseph Mount Sterling

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Introduction

Forward

During 2018-2019, Saint Joseph Mount Sterling conducted its FY2020-22 community health needs assessment (CHNA) to support its mission to enhance the health of people in the communities it serves by identifying health needs in these communities and prioritizing the allocation of hospital resources to meet those needs. This implementation plan strategies (IS) document, developed from April-June 2019, serves as an accompaniment to that report by identifying the strategies that Saint Joseph Mount Sterling will employ from FY2020-22 to address the needs identified in the most recent CHNA. In addition, the completion of this report and subsequent approval and adoption by the CHI Saint Joseph Health Board of Directors complies with requirements mandated by the Patient Protection and Affordable Care Act of 2010 and federal tax exemption requirements.

Executive Summary

The implementation strategies process involved the following steps:

- CHI Saint Joseph Health Healthy Communities department created an inventory of hospital-level and system-level strategies that were already in place to address the applicable health needs.
- Saint Joseph Mount Sterling leaders reviewed the inventory, evaluated continuation of current strategies and added additional strategies where appropriate.
- The Healthy Communities team consulted with CHI Saint Joseph Health system-level leaders to include in the inventory applicable strategies occurring on behalf of all CHI Saint Joseph Health hospital communities, including that of Saint Joseph Mount Sterling.
- A final list of appropriate strategies was prepared.
- The goals, objectives and strategies for addressing each identified health need are listed below.
- This report will be made public and widely available on or before November 15, 2019.

Organization Description

Saint Joseph Mount Sterling, part of CHI Saint Joseph Health, is a not-for-profit, faith-based hospital located in Mount Sterling, Kentucky. The hospital was founded in 1918—formerly known as Mary Chiles Hospital—and now serves as a 42-bed community hospital for the residents of Bath, Bourbon, Clark, Menifee, Montgomery, Nicholas, Powell and Rowan counties.

CHI Saint Joseph Health is one of the largest and most comprehensive health systems in the Commonwealth of Kentucky. We consist of 135 locations in 20 counties, including hospitals, physician groups, clinics, primary care centers, specialty institutes and home health agencies in total, the health system serve patients in 35 of Kentucky's 120 counties. We are a lasting presence in many of Kentucky's most rural and under-resourced communities and we are committed to improving health outcomes, fostering health equity and reducing avoidable utilization and costs for individuals with complex needs.

Community Served

Geographic Area

For the purposes of the CHNA, Saint Joseph Hospital has defined Montgomery County as the primary service area. Montgomery County will serve as the unit of analysis for the CHNA and health needs discussed will pertain to residents of this county.

Population

Understanding the population demographics of the community served by Saint Joseph Mount Sterling helped the hospital team understand characteristics unique to their community and can impact the identification of health needs. Montgomery County continues to have population growth and has a less diverse racial and ethnic makeup than the state averages.

Target Population for Implementation Strategies

The target population in the Implementation Strategy plan are the “Broader Community,” those “Living in Poverty” and the “Most Vulnerable Population,” including persons with disabilities, racial, cultural and ethnic minorities; this corresponds with federal community benefit reporting requirements.

Significant Health Needs Identified in CHNA

Criteria Used to Identify Priorities

Saint Joseph Mount Sterling hosted the CHNA steering committee meeting for members of the community steering committee to review findings from the community surveys, focus groups, key informant interviews and county-specific secondary health data.

The process of priority selection followed the Association for Community Health Improvement (ACHI) recommendations to consider:

- The magnitude of the problem (i.e., the number of people or the percentage of a population impacted).
- The severity of the problem (i.e., the degree to which health status is worse than the national norm).
- A high need among vulnerable populations.
- The community’s capacity/willingness to act on the issue.
- The ability to have a measurable impact on the issue.
- Community resources already focused on the issue.
- Whether the issue is a root cause of other problems.

Members of the committee discussed the findings and, based on all of the information, identified the following as areas of need to address in the next three years:

- Substance abuse
- Mental health
- Partnering to provide more information and services
- Navigating the health care system

Final Priority Health Needs

In May 2019, the leadership team at Saint Joseph Mount Sterling gathered to review the needs identified by the CHNA Steering Committee. The team discussed each of the needs and identified where they believed the hospital had the greatest opportunity to make marked improvement. Leadership accepted and supported the recommendations of the CHNA Steering Committee and will address priorities as listed above.

Significant Health Need(s) Not Addressed

All top priorities identified as needs will be addressed.

Implementation Strategy Process

Development of Implementation Strategies

During the development of the CHNA, there were conversations at the hospital level and at the CHI Saint Joseph Health level about recognizing the many strategies already in place to address community need. It was vital to develop a thorough understanding of current strategies and determine where additional strategies were needed to respond to community need. This involved researching current strategies reported in CBISA (Community Benefit Inventory for Social Accountability – the community benefit reporting system used by CHI Saint Joseph Health), evaluating the present community health needs assessment and garnering information from the hospital leadership team.

In May-June 2019, Saint Joseph Mount Sterling leaders met to review this inventory and evaluate it for their commitment to continuation of these strategies. Strategies that proved to be ineffective or inefficient, or did not demonstrate best practices were discussed to ensure resources were linked with proven strategies. Additional strategies were added per the leadership brainstorming session.

The next step in the implementation strategy process was reviewing system-level strategies that were occurring on behalf of Saint Joseph Mount Sterling. The CHI Saint Joseph Health Healthy Communities team consulted with CHI Saint Joseph Health leaders to include in the inventory applicable strategies occurring on behalf of all CHI Saint Joseph Health hospital communities, including that of Saint Joseph Mount Sterling. The system-level strategies were shared by leaders representing these CHI Saint Joseph Health services:

- Cancer Care
- Clinical Services
- Food and Nutrition Services
- Nutrition and Diabetes
- CHI Saint Joseph Health Foundations/CHI Saint Joseph Health Grants Office
- Public Policy and Advocacy
- Strategy and Business Development
- Mission

Strategies from both the hospital-level and the system-level were grouped and overall goals were developed around the intended outcomes of the strategies. At least one goal is attached to each identified health need with strategies linked to each goal.

Strategies to Address Significant Health Needs

Saint Joseph Mount Sterling's identified needs goals, objectives and strategies are below:

Substance Abuse

Goal: Address substance abuse, including tobacco, from a CHI Saint Joseph Health system-wide approach, including working upstream to address issues that underlie substance abuse, a primary prevention to alcohol and drug use.

Outcome Objective: To decrease substance abuse, including tobacco rate as measured by Centers for Disease Control and Prevention and County Health Rankings and Roadmaps. (KY is #2 in the nation for tobacco use at 24.6%; and #1 in cancers tied to smoking.) According to the CDC, in 2017, Kentucky ranked 5th in the nation for the highest rates of death due to drug overdose (37.2 per 100,000). Also, Kentucky had statistically significant increases in drug overdose death rates from 2016-2017.

Strategies will be accomplished through participation and collaboration with community partners. Information about available resources will be provided with each opportunity.

Strategies – Substance Abuse

- Participate and support Kentucky Hospital Association (KHA) and the Cabinet for Health and Family Services as part of the Kentucky Opioid Response Effort (KORE), to launch the Kentucky Statewide Opioid Stewardship (KY SOS) program.
- Advance CHI Saint Joseph Health's recent new position of Opioid Stewardship Pharmacist and forthcoming drug task force.
- Participate and support the Kentucky Chamber of Commerce's Opioid Task Force.
- Promote and support community support programs such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA).
- Identify opportunities to address alcohol and substance use and the negative health outcomes.
- Support local groups and events that have a mission to prevent alcohol and substance use.
- Create and/or update and maintain a resource book that identifies agencies and the resources they provide for those suffering from addiction (i.e., services offered, hours of operation, location fees, etc.)
- Explore the feasibility of expanding telehealth opportunities for alcohol and drug counseling.

Strategies – Tobacco

- Advocate for smoke-free schools, workplaces and public places.
- Advocate for increasing the cigarette tax.
- Advocate to increase the age to 21 for purchase of tobacco products.

- Promote and encourage lung screenings for cancers associated with tobacco use. (Lung cancer is the most common cancer in men and women in the United States.)
- Enforce Tobacco-Free Campus policy.
- Provide information about Smoking Cessation Classes and 1-800-Quit-Now.
- Continue representation on the American Cancer Society's Kentucky Advisory Board.
- Align efforts with Commission on Cancer triennial community health assessment.
- Collaborate and support Kentucky Cancer Program Plan to Be Tobacco Free.
- Collaborate and support Foundation for a Healthy Kentucky tobacco-free efforts.
- Support local groups and events that have a mission to prevent tobacco use.
- Continue providing education and resources to address tobacco to address use and negative health consequences in the community.

Mental Health

Goal: Address lack of mental health support in the community.

Outcome Objective: By June 2022, increase mental health resources. including telehealth, participation and collaboration with community partners.

Strategies will be accomplished through participation and collaboration with community partners. Information about available resources will be provided with each opportunity.

Strategies

- Support legislation considering a holistic approach to address mental health, including telehealth.
- Pursue various private, state and federal grant to address mental health needs.
- Participate and support local groups and events that have a mission to promote mental well-being.
- Leverage expertise in mental health to increase access to mental health services including telehealth.
- Collaborate with Our Lady of Peace to provide Peace for Parents seminars on topics such as anxiety, depression, suicide, bullying and substance abuse.
- Utilize telehealth for consultations through the emergency department

Provider of Additional Information and Services/Navigating the Health Care System

Goal: To connect families to health care education, services and navigating the system.

Outcome Objective: By June 2022, assist all patients who request education materials, list of available services and/or help navigating the system.

Strategies will be accomplished through participation and collaboration with community partners. Information about available resources will be provided with each opportunity.

Strategies

- Create and/or update and maintain a resource book that identifies agencies and the resources they provide for those suffering from addiction (i.e., services offered, hours of operation, location fees, etc.)
- Provide education/information about a variety of health topics including tobacco, substance abuse, mental health, etc.
- Continue collaborative efforts with community organizations, including Montgomery County Health Department, to promote programs and initiatives and share information about services to decrease barriers to health care access.
- Promote and support community resources and support groups for patients.

Next Steps

Saint Joseph Mount Sterling's Implementation Strategy report outlines the response to the community's health needs through June 30, 2022.

Saint Joseph Mount Sterling will carry out the implementation strategies through collaborative efforts with community leaders and organizations to address each health priority identified through the assessment process.

Periodic evaluation of goals/objectives for each identified priority will be conducted to assure that strategies are on track to be completed as described.

Saint Joseph Mount Sterling is committed to conducting another community health needs assessment and implementation strategy within three years.

Appendix A – Data Sources

Centers for Disease Control and Prevention <http://www.cdc.gov/>

Robert Wood Johnson Foundation County Health Rankings and Roadmap
<http://www.countyhealthrankings.org>

Foundation for a Healthy Kentucky's Kentucky Health Facts <http://www.kentuckyhealthfacts.org/>

