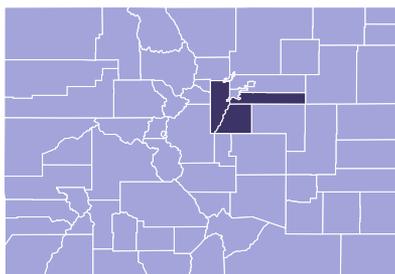


Littleton Adventist Hospital



Area Served



Arapahoe, Douglas and Jefferson Counties

Priorities



Community Health Implementation Plan
(CHIP) FY 2017-2019

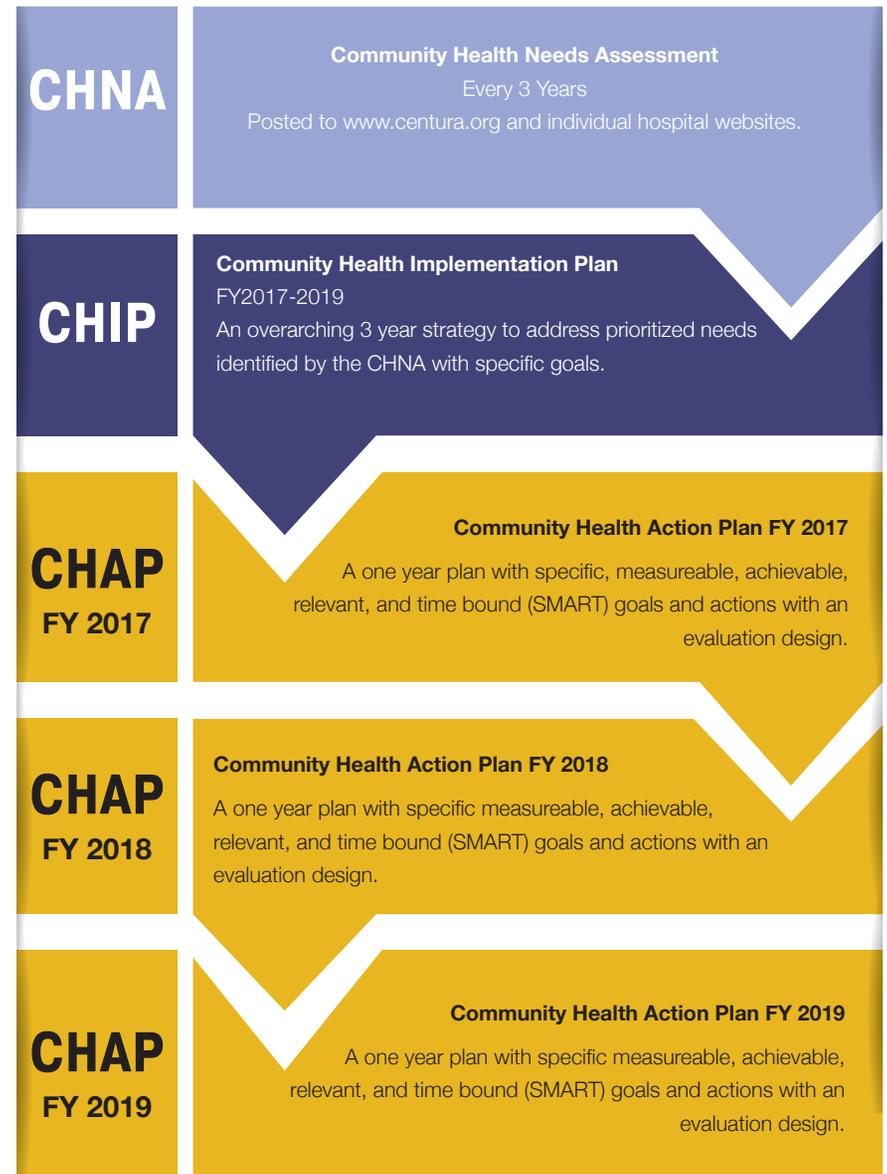
Community Health Action Plan
(CHAP) FY 2017

Introduction

The Patient Protection and Affordable Care Act, enacted March 23, 2010, added new requirements for nonprofit hospitals to maintain their tax-exempt status, including a requirement to conduct a Community Health Needs Assessment (CHNA) once every three years to gauge the health needs of their communities and to develop strategies and implementation plans for addressing them.

Additionally, following the CHNA a Community Health Implementation Plan (CHIP), which defines specific goals on how the prioritized needs will be addressed, is required. A yearly Community Health Action Plan (CHAP) will provide the specific actions and metrics for each goal.

The CHNA, CHIP, and CHAP were conducted in compliance with these new federal requirements and as an opportunity for Littleton Adventist Hospital to fulfill our commitment to our organizational mission to “extend the healing ministry of Christ by caring for those who are ill and by nurturing the health of the people in our communities.”



PRIORITIZED NEED:

Mental Health/ Suicide Prevention

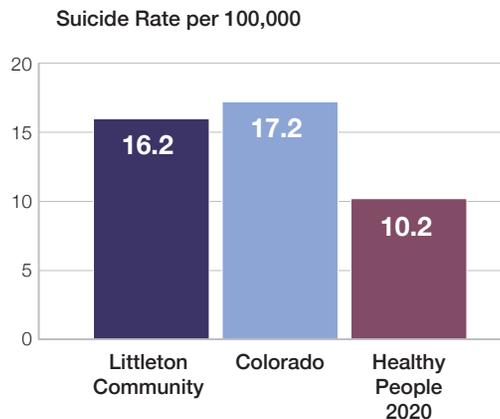
The ultimate goal of the CHNA Implementation Plan is to reduce suicides in South Denver. Reducing suicide rates requires a multipronged approach: training both associates and community members in the screening of mental health issues, reducing stigma associated with mental illness, building resiliency to mental health crisis, increasing utilization of evidence-based practices in mental health screening, and referring to appropriate mental health resources/partners in our communities.

The health need mental health/suicide prevention for Littleton Adventist Hospital (LAH) was prioritized because the health indicators for mental health were either higher than surrounding county and state average data, or not meeting the goal of Healthy People 2020. Littleton Adventist Hospital's service area's suicide rate is 16.2 per 100,000 compared to Colorado's 17.2. This is much higher than the Healthy People 2020 goal of 10.2 per 100,000. Douglas County had higher suicide rates

in 2013 than both Arapahoe and Jefferson Counties. Additionally, 15.3% of individuals in our service area reported a lack of social or emotional support and, 48.2% of teens experienced sadness with suicidal ideation in the past 12 months, greater than the rates in Denver and Arapahoe Counties. Roughly, 14% of Douglas County adolescents considered suicide in the past 12 months, the same alarmingly high rate as the state.

grant, Communications agency hired by TCHD, Assessing and Managing Suicide Risk (AMSR), Local churches, schools, businesses, Arapahoe Douglas Mental Health Network, Screening Brief Intervention and Referral to Treatment (SBIRT), Motivational Interviewing (MI), Peer Assistance Services manages SBIRT Colorado, Resiliency training, Ambassadors of Compassion, First Responder Resiliency, Moving Forward: the Grief Recovery Method Outreach Program, Love Matters Most

Partners and Inputs: Mental Health First Aid, Youth Mental Health First Aid, Make-It-OK, Tri County Health Department (TCHD), State Innovation Model (SIM)



Goal 1

Provide general mental health training and education to Centura Health associates and community partner care providers who typically screen or care for individuals experiencing behavioral health challenges, or those who in their role work with large groups of individuals who may be experiencing mental health issues or risk factors.

ACTIVITY 1: Determine existing number of trainers who can serve the Littleton community. Ask hospital leadership to help identify potential trainers. Train individual to be Y/MHFA trainer in the Littleton community.

METRIC: Train 1 trainer by the end of FY 2017.

ACTIVITY 2: Conduct 1 Y/MHFA training session among Centura Health associates and community members, with Glenn Sackett as trainer. Start discussions about potential mandatory trainings among leadership team.

METRIC: By end of FY2017, at least 10 Centura Health associates, health care partners, and community members will be certified or recertified in Y/MHFA in the Littleton Adventist Hospital community.

ACTIVITY 3: Evaluate MHFA trainings.

METRIC: Evaluation of completed MHFA trainings

ACTIVITY 4: Track trained associates to support recertification.

METRIC: Utilize system-wide tracking mechanism to monitor recertification by end of FY 2017.

Goal 2

Reduce stigma associated with mental health by providing education and information on mental health and substance abuse to associates and the broader SDOG community.

ACTIVITY 1: As part of the SIM grant, Centura Health representatives participate on the Message Action Team with TCHD that is charged with reducing stigma in 7 counties, including Adams, Arapahoe, Denver, and Douglas counties. The Team has the following tasks: develop common messaging for stigma reduction campaign, select stigma campaign, pilot test message, revise message, create message template, and identify “reach potential.” Once information is developed, will partner with TCHD in spreading the message in South Denver.

METRIC: A stigma reduction campaign that is utilized by both the TCHD and Centura Health, and reaches both the South Denver community and the Centura Health associate population, will be developed by the end of FY 2017.

ACTIVITY 2: Develop Colorado specific stigma reduction campaign, utilizing components from the Make-It-OK campaign.

METRIC: Campaign development for reduction in stigma associated with mental health issues among associates and community.

ACTIVITY 3: In May 2017, Centura Health to hold an annual mental health week that educates associates about mental health issues, reduction of stigma, etc.

METRIC: Number of participants to increase by 5%.

ACTIVITY 4: Love Matters Most Service Day (LMM) is a South Denver joint effort toward a day-long volunteer opportunity to serve those in need in the community. Mental health awareness information is included, with the primary audience being Centura Health associates, students and volunteers from area Adventist churches.

METRIC 1: Littleton Adventist Hospital will offer Love Matters Most to Littleton community in September 2017.

METRIC 2: Increase LMM participation of mental health community vendors to 25 vendors and 500 participants for SDOG.

Goal 3

Improve the utilization of evidence-based suicide screening, education, and training by associates and community providers working with at-risk youth and adults.

ACTIVITY 1: Contracted for an 8 hour AMSR training session of clinical staff in FY 2017. Assess need for additional AMSR training based on interest and requests for the program. Trainers are based at All Health (ADMHN). Also determine if grant will continue to cover training.

METRIC: Associates will utilize skills taught in AMSR training conducted in FY 2017.

Goal 4

Increase substance use screening and referral services within Centura Health and throughout the community that will identify, reduce and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.

ACTIVITY 1: Continue to provide SBIRT and MI workshops to Littleton Adventist Hospital Centura Health associates and interested community members, such as Doctors Care, chaplains, pastors, CU nursing students.

METRIC: Provide SBIRT to individual patients as needed.

ACTIVITY 2: Hire an additional SBIRT trainer at Littleton Adventist Hospital by end of 10/2016 for a total of two trainers at Littleton Adventist Hospital.

METRIC: Second SBIRT trainer hired at Littleton Adventist Hospital.

ACTIVITY 3: Support efforts to increase number of trainers in SBIRT / MI training in the SDOG region.

METRIC: By June 30, 2017, have 2 trainers certified in SBIRT in the South Denver area, and 10 associates and community members trained.

Goal 5

Build resiliency to mental health crises among Centura Health associates and the SDOG community.

ACTIVITY 1: Determine demand for resiliency training within SDOG hospitals and the community. Explore having Mike Grill provide resiliency training to Littleton Adventist Hospital employees.

METRIC 1: Demand for Resiliency Training at Littleton Adventist Hospital will be determined by end of FY 2017.

METRIC 2: Train 10+ associates in resiliency at Littleton Adventist Hospital by end of FY 2017 if requested.

ACTIVITY 2: Train mentors to be Ambassadors of Compassion, Littleton Adventist Hospital, Parker Adventist Hospital and Porter Adventist Hospital supporting AOC program at Mile High Academy, with each organization donating \$1500. Explore possibility of Littleton Adventist Hospital leadership and associates committing to be AOC mentors.

METRIC: Increased resiliency to mental health crisis among youth at Mile High Academy as measured by AOC metrics.

ACTIVITY 3: Continue to provide training to Littleton First Responders, and other South Denver Responders if possible.

METRIC: Reduction in PTSD among First Responders in the Littleton Adventist Hospital service area as measured by FRR metrics.

ACTIVITY 4: Continue to offer Littleton Adventist Hospital's Moving Forward: the Grief Recovery Method Outreach Program to the Littleton community. Program consists of one-on-one, seven one-hour sessions.

METRIC 1: Grief Recovery program's success is measured by attendance, completion rates, etc.

METRIC 2: The outreach program will be advertised in next community magazine.

ACTIVITY 5: Love Matters Most Service Day (LMM) is a South Denver joint effort toward a day-long volunteer opportunity to serve those in need in the community. Mental health awareness information is included, with the primary audience being Centura Health associates, students and volunteers from area Adventist churches.

METRIC 1: Littleton Adventist Hospital will offer Love Matters Most to Littleton community in September 2017.

METRIC 2: Increase LMM participation of mental health community vendors to 25 vendors and 500 participants for SDOG.

PRIORITIZED NEED:

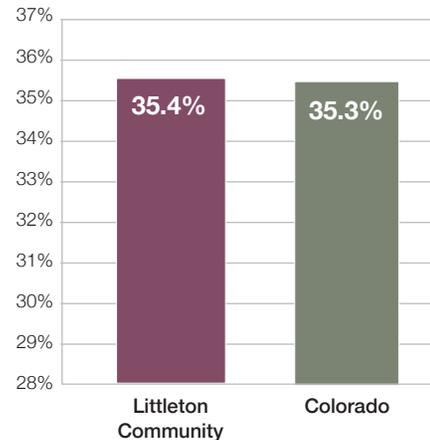
Obesity, Healthy Eating/Active Living (HEAL)

Build resources in the community and organizational capacity to promote Healthy Eating and Active Living (HEAL) which will reduce overweight and obesity levels in South Denver.

This was identified as a health need because our service area had higher rates of overweight individuals as compared to the state average, as well as higher rates of individuals with high cholesterol. Additionally, Arapahoe County, one of

the main counties in our service area had an obesity rate at roughly 23%, higher than the state average of 20%. Our focus groups confirmed that healthy eating active living/obesity is a high priority need in our community. Our participants stated this issue disproportionately affected vulnerable populations, such as those with low incomes, the elderly and minorities. We felt it was imperative that we worked to remove barriers to healthy eating and increase opportunities for active living in our community.

Percentage of adults who are overweight



Partners and Inputs: Pathways to Health and Wellness, CREATION Health, Weigh and Win / IncentaHealth, Community Gardens, Highlands Ranch Parks and Recreation, North Littleton Promise (low income, immigrant populations), South Suburban Parks and Recreation, Pathways to Health and Wellness (PHW)

Goal 1

PHW enrollees will demonstrate weight loss and improvement in biometrics.

ACTIVITY 1: Measure biometrics before and after Part 1 (6-week interval), and then again after Part 2 (8-month interval).

METRIC: Within the South Denver area, PHW enrollees will demonstrate an aggregate reduction in LDL Cholesterol of 8% and an aggregate weight loss of 5% by June 30, 2017.

ACTIVITY 2: Within the South Denver area, PHW enrollees will participate in a 10 month course that teaches holistic lifestyle principles based upon CREATION Health.

METRIC: Within the South Denver area, we will have 150 participants who have enrolled in PHW by June 30, 2017.



Goal 2

Weigh and Win participants will demonstrate weight loss.

ACTIVITY 1: Two Weigh and Win kiosks will be installed and operational in both Littleton Adventist Hospital and its community by the end of FY2016.

METRIC: 2 kiosks installed by end of December 2016. One Kiosk will be located at Littleton Adventist Hospital and one in the community, with the site to be determined.

The Littleton Adventist Hospital service area kiosks will contribute to the following regional goals:

Kiosk Enrollments- 35/quarter goal

Repeat Users – 50/quarter goal

Weight Loss – 1,000 #/quarter goal

Total of 8 kiosks installed throughout SDOG

ACTIVITY 2: Designate a point person at each kiosk location to troubleshoot and work with incentaHealth as needed.

METRIC: A point person will be identified for each kiosk by end of December 2016.

Goal 3

Gardeners will increase their access to healthy vegetables by growing their own vegetables in the community gardens.

ACTIVITY 1: Evaluate supporting and/or expanding an existing community garden in the service area, Highlands Ranch. Support ability to measure pounds of vegetables produced per garden as output.

METRIC: Initial steps taken to formally support a local community garden.

ACTIVITY 2: Provide input on potential location of a future food desert in the South Denver region.

METRIC: One additional food desert may be supplied with vegetables by the SDOG by end of 2017.

PRIORITIZED NEED:

Access to Care

Increase access to health care services for the uninsured and underinsured by enrolling them in health insurance, and providing assistance in the most effective utilization of health resources.

Improving access to care is a critical factor in addressing the mental health and obesity needs identified in the CHNA process. As a nonprofit and faith-based hospital, Littleton Adventist Hospital has a mission to understand all of the potential factors that prevent members of our community from accessing the care, both mental and physical, that they need. The rising costs of healthcare can prevent members of our communities from seeking care or from continuing with the care they need. Additionally, the recent expansion of Medicaid has greatly increased the number of patients in our communities seeking specialty care. This increased demand has led to access barriers for our Medicaid populations who are typically the most vulnerable and underserved members of our community. In our community, 24.4% of

adults had no dental exam in the past year, and 4% have poor dental health. In 2012, 16.3% of adults and 7.8% of children under 19 were uninsured.

Partners and Inputs: Centura Community Health Advocates, Eligibility Specialists, Doctors Care, Adventist Community Services, Centura Health Physician Group



Goal 1

Facilitate the enrollment of eligible patients into Medicaid, Connect for Health Colorado, etc., using the services of South Denver hospitals, Doctors Care and Adventist Community Services. Continue to serve low income, underinsured and uninsured people at South Denver hospitals, Doctors Care, and Adventist Community Services.

ACTIVITY 1: Build relationship and partnership with local Community Health Advocates and Eligibility Specialists and refer to enrollment assistance at the South Denver hospitals, Doctors Care, and via the Adventist Community Services.

METRIC: By end of FY 2017, increase enrollment to Medicaid and Connect for Health CO by 5% from prior year.

ACTIVITY 2: Premium Assistance Program. SDOG giving 1.2 million to Doctors Care. Doctors Care will identify high users; their benefits will be increased with enhanced insurance coverage. Will start in November 2017.

METRIC 1: Return on investment will be measured.

METRIC 2: Start enrolling people in Premium Assistance Program.

ACTIVITY 3: Continue to financially support Doctors Care and Adventist Community Services.

METRIC: Financial contributions to Doctors Care and Adventist Community Services.

Goal 2

Facilitate connection to primary care homes where individuals can learn to use the health care system in the most appropriate and cost effective manner.

ACTIVITY 1: Support efforts of Centura Health Physician Group, Doctors Care and others in their efforts to connect patients to primary care homes; provide available resources as needed.

METRIC: By end of FY 2017, increase number of enrolled who are connected to providers by 10%.

ACTIVITY 2: Affirm appropriate resource utilization in the ED by reiterating messaging and instructions from Centura Health Physician Group and Doctors Care to patients. Ensure patients have access to appropriate care settings, such as urgent care and physician offices that are affiliated with Centura Health hospitals.

METRIC: By end of FY 2017, reduce inappropriate utilization of ED by 10% by high-risk patients affiliated with Doctors Care and Centura Health Physician Group.



Littleton Adventist Hospital

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