Area Served

Arapahoe, Douglas and Jefferson Counties

Priorities

- Mental Health/ Suicide Prevention
- Healthy Eating Active Living (HEAL)/Obesity
- Access to Health Care

Community Health Implementation Plan (CHIP) FY 2017-2019

Community Health Action Plan (CHAP) FY 2018
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.”
Community Health Needs Assessment
Every 3 Years
Posted to www.centura.org and individual hospital websites.

Community Health Implementation Plan
FY2017-2019
An overarching 3 year strategy to address prioritized needs identified by the CHNA with specific goals.

Community Health Action Plan FY 2017
A one year plan with specific, measureable, achievable, relevant, and time bound (SMART) goals and actions with an evaluation design.

Community Health Action Plan FY 2018
A one year plan with specific measureable, achievable, relevant, and time bound (SMART) goals and actions with an evaluation design.

Community Health Action Plan FY 2019
A one year plan with specific measureable, achievable, relevant, and time bound (SMART) goals and actions with an evaluation design.
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.

**Partners and Inputs:** Mental Health First Aid, Youth Mental Health First Aid, Make-It-OK, Tri County Health Department (TCHD), State Innovation Model (SIM) grant, Assessing and Managing Suicide Risk (AMSR), Local churches, schools, businesses, AllHealth 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.
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.

METRICS (How we did for FY17): As part of SDG, LAH has developed a network of 12 Y/MHFA trainers who are facilitating classes.

CHAP FY18: The SDG is promoting MHFACO instructor training to its network of instructors who want to be cross trained as Adult or Youth trainers (1 for YMHFA), as well as recruiting new trainers within Centura SDG (1 for YMHFA).

ACTIVITY 2: Conduct 1 Y/MHFA training session among Centura Health associates and community members. Start discussions about potential mandatory trainings within leadership team.

METRICS (How we did for FY17): LAH hosted 2 MHFA classes and 1 YMHFA class for about 60+ participants.

CHAP FY18: LAH is planning to host up to 4 MHFA classes and 2 YMHFA classes.

ACTIVITY 3: Evaluate MHFA trainings.

METRICS (How we did for FY17): Up to 40 community members and associates were trained in MHFA, and 20 people were trained in YMHFA. MHFA studies demonstrate an increase in knowledge of signs, symptoms and risk factors of mental illness; and increased confidence in helping individuals in distress, etc.

CHAP FY18: LAH will train 80 community members and associates in MHFA and 40 community members and associates in YMFHA.
**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 State Innovation Model grant, Centura Health representatives will participate on the Message Action Team with the Tri County Health Department (TCHD) that is charged with reducing stigma in 7 counties, including Adams, Arapahoe, Denver, and Douglas counties. Once information is developed, the SDG hospitals will partner with TCHD in spreading the message in South Denver.

**METRICS (How we did for FY17):** Centura SDG is participating with TCHD and other community hospitals to develop Let’s Talk Colorado, a new messaging campaign utilizing the Make It OK framework to reduce stigma around mental health. The key messages: Talk, seek help, ask for help. The campaign will include a cost-effective media campaign utilizing a variety of media tactics to ensure reach and message frequency. The program will start in May 2017.

**CHAP FY18:** Let’s Talk Colorado is a TCHD messaging campaign that will include participation and financial support by the SDG and about seven other CO hospitals. 148 agencies, organizations, and businesses have also signed on to promote this message through their communication channels. A targeted media campaign will be available in both English and Spanish.

**ACTIVITY 2:** 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.

**METRICS (How we did for FY17):** In the South Denver Group, 300 volunteers were involved and 15 mental health vendors were supported.

**CHAP FY18:** Increase level of volunteer involvement by 5% and maintain the support of mental health vendors.
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 2015. Assess need for additional AMSR training based on interest and requests for the program. Trainers are based at AllHealth Network.

**METRICS (How we did for FY17):** Participants from 2015 class continue to utilize AMSR skills with patients.

**CHAP FY18:** Trained associates are practicing skills learned in AMSR training sessions. Hold one AMSR class in FY18 if requested.

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 Screening, Brief Intervention, and Referral to Treatment (SBIRT) and Motivational Interviewing (MI) workshops to LAH associates and interested community members, such as Doctors Care, chaplains, pastors, CU nursing students.

**METRICS (How we did for FY17):** Brief informational presentations on SBIRT and MI provided to several groups at LAH.

**CHAP FY18:** Provide one SBIRT and MI training if requested.

**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.

**METRICS (How we did for FY17):** Two 0.5 FTE health educators hired at LAH.

**CHAP FY18:** Health educators to utilize their SBIRT skills to match demand at LAH.
Goal 5

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

ACTIVITY 1: Mike Grill to train Littleton Adventist Hospital associates in Resiliency.

METRICS (How we did for FY17):
- July 1 – Resiliency Education for LAH ED Assistant Nurse Managers (1 hour) – 13 providers
- September 29/30 – Resiliency for ICU staff at LAH (3.0 hours) – ICU retreat location: 14 + 7 providers
- September 30 – Resiliency for ICU staff at LAH (3.0 hours) – ICU retreat location
- Held resiliency class with LAH nursing leadership in March 2017.

CHAP FY18: Mike Grill will teach at least 2 Resiliency classes with LAH associates.

ACTIVITY 2: Mike Grill to provide resiliency training within SDOG communities and beyond.

METRICS (How we did for FY17):
- August 10 – First Responder Resiliency (2 hours) – Franktown Fire/Rescue: 23 providers
- October 28 – Resiliency for Healthcare Providers (1.0 hour) – University of Denver, Centura Health Evidence-Based Council Conference closing session: 80 providers
- Emergency Responders Meeting sponsored by the National Behavioral Health Innovation Center, University of Colorado’s Anschutz Medical Center: 38 providers

CHAP FY18: Five resiliency classes in South Denver community.
ACTIVITY 3: Train mentors to be Ambassadors of Compassion. Littleton Adventist Hospital, Parker Adventist Hospital, and Porter Adventist Hospital supported AOC program at Mile High Academy, with each organization donating $1500.

METRICS (How we did for FY17): LAH donated $1500 for AOC at Mile High Academy. 180+ Mile High Academy students reached.

CHAP FY18: LAH to shift support to Sources of Strength, a program for the prevention of suicide, violence, etc. at the Littleton Public Schools. LAH to also financially support 2xtreme, a hub of support programs for young men in crisis and their families.

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.

METRICS (How we did for FY17): Grief counseling provided as requested.

CHAP FY18: LAH to continue to provide grief counseling.

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.

METRICS (How we did for FY17): In the South Denver Group, 300 volunteers were involved and 15 mental health vendors were supported.

CHAP FY18: Increase level of volunteer involvement by 5% and maintain the support of mental health vendors.
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.

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)

<table>
<thead>
<tr>
<th>Percentage of adults who are overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>37%</td>
</tr>
<tr>
<td>36%</td>
</tr>
<tr>
<td>35%</td>
</tr>
<tr>
<td>34%</td>
</tr>
<tr>
<td>33%</td>
</tr>
<tr>
<td>32%</td>
</tr>
<tr>
<td>31%</td>
</tr>
<tr>
<td>30%</td>
</tr>
<tr>
<td>29%</td>
</tr>
<tr>
<td>28%</td>
</tr>
</tbody>
</table>

Littleton Community | 35.4% |
Colorado            | 35.3% |
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).

**METRICS (How we did for FY17):**

- % Improvement FBS: 9% (SDG)
- % Improvement PHQ-9 Depression Score: TBD (SDG)
- % Improvement LDL Cholesterol: 5% (SDG)

**CHAP FY18:** Increase registered users by 15%.

**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.

**METRICS (How we did for FY17):** Two series of classes scheduled at LAH with 50 participants per class.

**CHAP FY18:** Increase registered users by 15%.
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.

**METRICS (How we did for FY17):** One kiosk is in hospital, the other is at Buck Community Recreation Center.

**CHAP FY18:** Both kiosks operational. See metrics for Activities 2 and 3.

**ACTIVITY 2:** Metrics will be collected from kiosk at the hospital, starting 4th quarter of 2016.

**METRICS (How we did through 3/31/17):** Community Members (#unique visitors at your location): 143, Impressions (# of weigh-ins at kiosk location): 266, Impact (Pounds lost from weigh-ins at kiosk location): 531, Repeat Users (# of participants returning for 2 or more weigh-ins at kiosk location): 44

**CHAP FY18:** Increase registered users by 15%.

**ACTIVITY 3:** Metrics will be collected from kiosk at the Buck Recreation Center, starting July 2013.

**METRICS (How we did for FY17):** Community Members (#unique visitors at your location): 1691, Impressions (# of weigh-ins at kiosk location): 8231, Impact (Pounds lost from weigh-ins at kiosk location): 8682, Repeat Users (# of participants returning for 2 or more weigh-ins at kiosk location): 699

**CHAP FY18:** Increase registered users by 15%.
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, Centura Health Physician Group.
Facilitate the enrollment of the eligible candidates to Medicaid and Connect for Health Colorado, using the services of South Denver hospitals and Doctors Care. Continue to serve low income, underinsured and uninsured people at SD hospitals, Doctors Care, etc.

**Goal 1**

**ACTIVITY 1:** Build relationships and partnerships with local Community Health Advocates and Eligibility Specialists and refer to enrollment assistance at the South Denver hospitals, Doctors Care, and other services.

**METRICS (How we did for FY17):** A new CHA based out of CRAH will be responsible for both CRAH and LAH. This CHA will start in May 2017.

**CHAP FY18:** By end of FY 2018, CHA will screen and enroll LAH and CRAH patients in MCD/Commercial Insurance.

**ACTIVITY 2:** Continue to financially support Doctors Care.

**METRICS (How we did for FY17):** Financial assistance to Doctors Care continued.

**CHAP FY18:** Continue financial assistance to Doctors Care.

**Goal 2**

Reduce hunger among patients at Centura Health hospitals as part of the initiative to improve community health.

**ACTIVITY 1:** Refer eligible patients to the Supplemental Nutrition Assistance Program (SNAP).

**METRICS (How we did for FY17):** Over 6172 Centura patients referred to SNAP in FY17.

**CHAP FY18:** Increase number of Centura patients referred to SNAP by 20%.
Population Demographics in Littleton Adventist Hospital’s Service Area

Race

- White 90.1%
- Black 1.4%
- Asian 3.8%
- Multiple races 2.5%

Limited English Proficiency
- Littleton Service Area: 3.1%
- State Average: 6.7%

Unemployment Rate
- Littleton Service Area: 3.6%
- State Average: 4.0%

Households Below 200% of Federal Poverty Level
- Littleton Service Area: 13.8%
- State Average: 29.6%