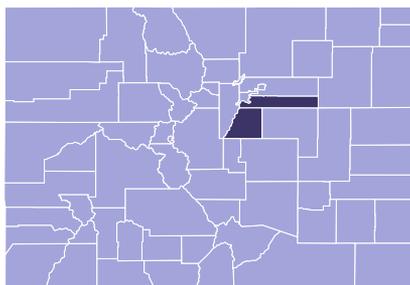


Parker Adventist Hospital



Area Served



Douglas and Arapahoe Counties

Priorities



Mental Health/
Suicide Prevention

Healthy Eating
Active Living/
Obesity

Access to Care

Equestrian Safety

Community Health Implementation Plan
(CHIP) FY 2017-2019

Community Health Action Plan
(CHAP) FY 2017

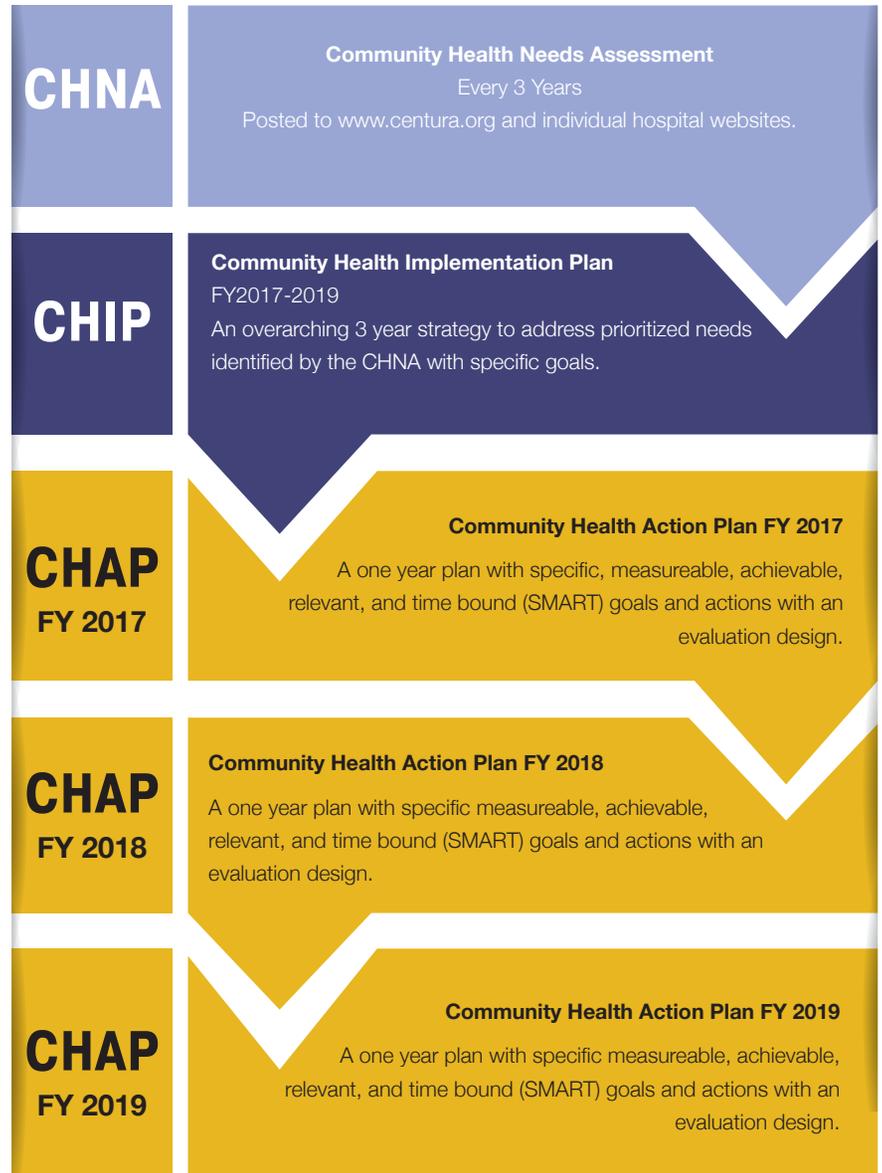
Introduction

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 Parker 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

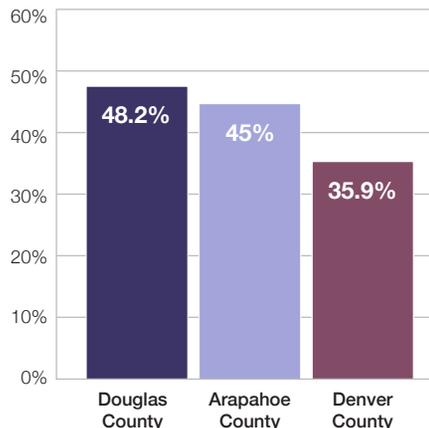
The ultimate goal of the CHNA Implementation Plan is to reduce suicides in South Denver. Reducing suicide rates requires a multipronged approach: training both associates and community members in the screening of mental health issues, reducing stigma associated with mental illness, building resiliency 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 Parker Adventist Hospital 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. Parker Adventist Hospital's service area's suicide rate is 15.2 per 100,000 compared to Colorado's 17.2. This is 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, the closest surrounding areas. Additionally, 16.5% of individuals in our service area reported a lack of social or emotional support. 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, Communications agency hired by TCHD, Love Matters Most, 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), Resiliency training, Ambassadors of Compassion, First Responder Resiliency

Teen Sadness with Suicidal ideation in the past 12 months



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 or those who in their role (Chaplain's, teacher, coaches, etc.) 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 Parker community and train individual(s) to be Y/MHFA trainers in the Parker community.

METRIC: Support MHFA efforts to train 1 trainer by end of FY 2017.

ACTIVITY 2: Conduct 2 Y/MHFA training sessions among Centura associates and community members in FY2017.

METRIC: By end of FY2017, 30 Centura Health associates, health care partners, and community members will be certified or recertified in Y/MHFA in the Parker Adventist Hospital community.

ACTIVITY 3: Evaluate MHFA trainings Centura Health Physician Group

METRIC: Evaluation of completed MHFA trainings

ACTIVITY 3: 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 South Denver Operating Group.

ACTIVITY 1: As part of the SIM grant, Centura 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.”

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 associate population, will be developed and implemented by 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 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 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: Parker Adventist Hospital will continue to sponsor and participate in Love Matters Most in Parker Adventist Hospital Community in FY 2017.

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: Consider offering an 8 hour AMSR training session to ED staff in FY 2017 based at All Health (ADMHN).

METRIC: Parker Adventist Hospital to potentially offer AMSR training to its associates in FY 2017.

Goal 4

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

ACTIVITY 1: SBIRT trainings of case managers and nurses conducted in 2010/2011. All Level 2 Centers must use substance use screens on admitted trauma patients. (Note: but don't necessarily have to use SBIRT)

METRIC: Trained nurses and case managers using SBIRT at their discretion on a case by case basis.



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

ACTIVITY 1: Determine demand for resiliency training within SDOG hospitals and the community.

METRIC: Demand for Resiliency Training at Parker Adventist Hospital, Littleton Adventist Hospital, and Castle Rock Adventist Hospital will be determined by end of FY 2017.

ACTIVITY 2: Train Parker Adventist Hospital associates if requested and assess need to have local Resiliency trainer.

METRIC: Train 10+ associates in resiliency at Parker Adventist Hospital by end of FY 2017 if pursued.

ACTIVITY 3: Train mentors to be Ambassadors of Compassion at Mile High Academy. (Note: Littleton Adventist Hospital, Parker Adventist Hospital and Porter Adventist Hospital supporting program at Mile High Academy.)

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

ACTIVITY 4: Continue to train first responders in SDOG area that currently provide training at Porter Adventist Hospital, Littleton Adventist Hospital and Parker Adventist Hospital.

METRIC: Reduction in PTSD among First Responders in the South Denver metro area as measured by FRR metrics.

ACTIVITY 5: Love Matters Most Service Day 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: Parker Adventist Hospital will continue to sponsor and participate in Love Matters Most in Parker Adventist Hospital Community in FY 2017.

PRIORITIZED NEED:

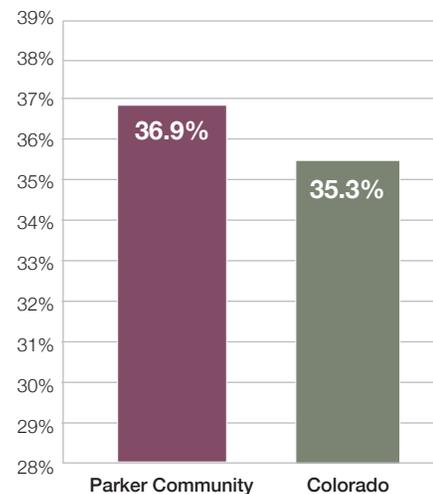
Obesity, Healthy Eating / Active Living (HEAL)

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 36.9% of adults in our service area were overweight, compared to the state average of 35.3%. Additionally, 75.8% of adults reported eating less than 5 fruits or vegetables per day, and 14.6% reported

getting no leisure time physical activity. 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



Goal 1

PHW enrollees will demonstrate weight loss and improvement in biometrics.

ACTIVITY 1: Within the South Denver area, Pathway to Health and Wellness 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.

ACTIVITY 2: 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.

Goal 2

Weigh and Win participants will demonstrate weight loss.

ACTIVITY 1: Two Weigh and Win kiosks will be installed and operational in both Parker 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 Parker Adventist Hospital and one in the community, with the site to be determined.

The Parker 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: Parker Adventist Hospital will add a community garden with 25 plots in the spring of 2017.

METRIC: A community garden with 25 plots in Parker to be installed and operational for the summer of 2017.

ACTIVITY 2: Parker Adventist Hospital will recruit a gardening trainer at its garden.

METRIC: One paid gardening trainer will assist its participants in the summer of 2017.

ACTIVITY 3: Consider measuring pounds of vegetables produced per garden as output, as currently practiced at the Denver Table.

METRIC: The capacity to weigh vegetables produced at the garden will be implemented by end of 2017.

ACTIVITY 4: 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 by 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, Parker 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% of adults had no dental exam in the past year, and 7% have poor dental health. In 2012, 16.8% of adults and 8.2% of children under 19 were uninsured.

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



Goal 1

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

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

METRIC 1: Financial contributions to Doctors Care and Adventist Community Services.

METRIC 2: 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.

Goal 2

Facilitate patients' connection to primary care homes where they 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: Ensure patients have access to appropriate care settings, such as urgent care and physician offices that are affiliated with Centura hospitals and affirm appropriate resource utilization in the ED by reiterating messaging and instructions from Centura Health Physician Group and Doctors Care to patients.

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

PRIORITIZED NEED:

Injury Prevention

OVER-ARCHING GOAL: Reduce head injuries related to equestrian activity by promoting the use of helmets in the Parker area

Partners and Inputs: Helmets

Goal 1

Reduce the number of head injuries due to equestrian activities by facilitating the distribution and promotion of helmets among the equestrian community.

ACTIVITY 1: Continue to collect data through Traumabase (a trauma database) regarding helmet use.

METRIC: Monitor and determine helmet usage among equestrian patients.

ACTIVITY 2: Continue efforts to offer free helmet fittings and discounted helmets at stampedes and fairs.

METRIC: By end of FY 2017, distribute about 60 helmets to riders via walk-ins and at events.

ACTIVITY 3: Provide monthly education and helmet fittings at Parker Adventist Hospital on the fourth Friday of every month starting in January 2016.

METRIC 1: Continuation of monthly education and helmet fittings at Parker Adventist Hospital on the fourth Friday of every month.

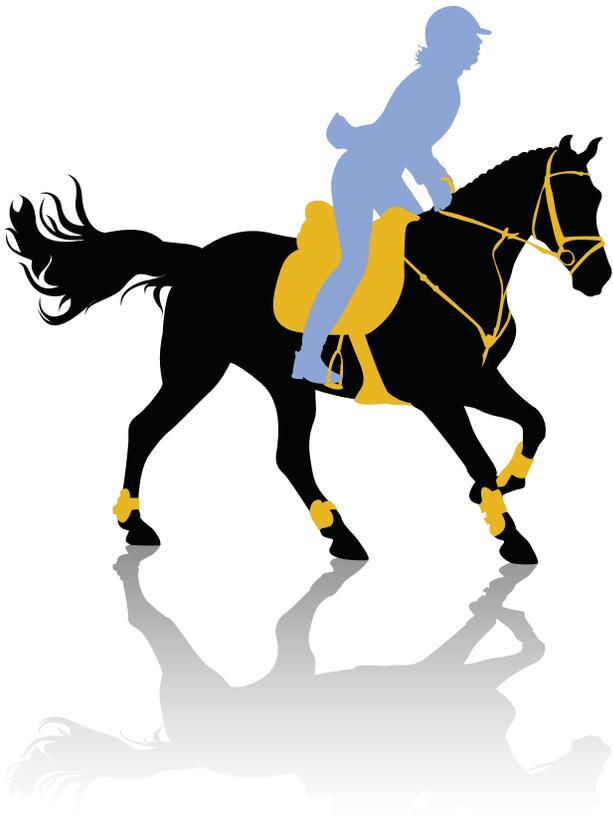
METRIC 2: Developed educational program that coincides with numbers of helmets distributed.

Goal 2

Promote awareness of head injuries and their prevention through the use of helmets.

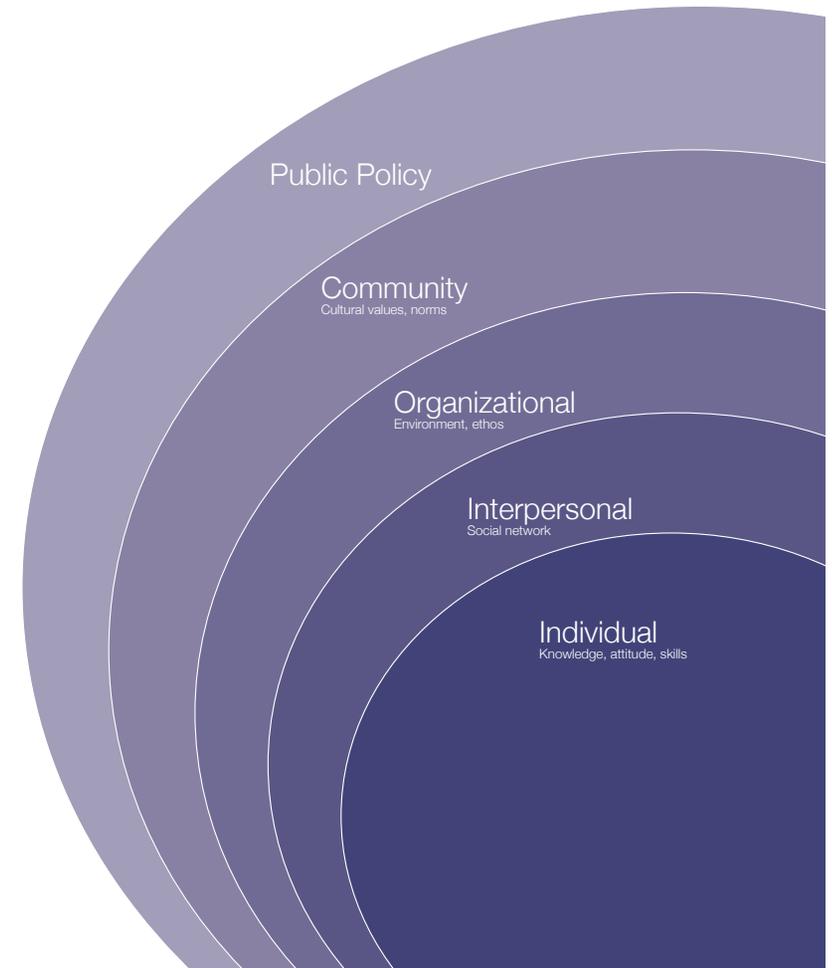
ACTIVITY 1: Ongoing promotion of helmet safety and Traumatic Brain Injury prevention.

METRIC: Ongoing distribution of educational materials and classroom instruction.



The Socio-Ecological Model that Informs Our Goals

To achieve long-term health outcomes among our communities, changes at every level of the model will both support people making the healthy choices and removing the barriers to making the healthy choices.



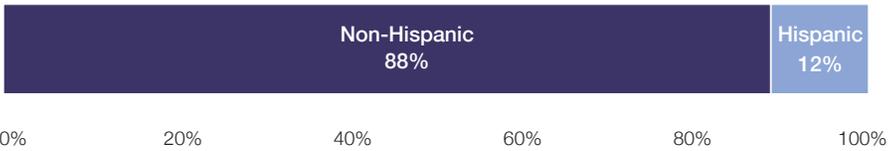
Population Demographics in Parker Adventist Hospital's Service Area

Race



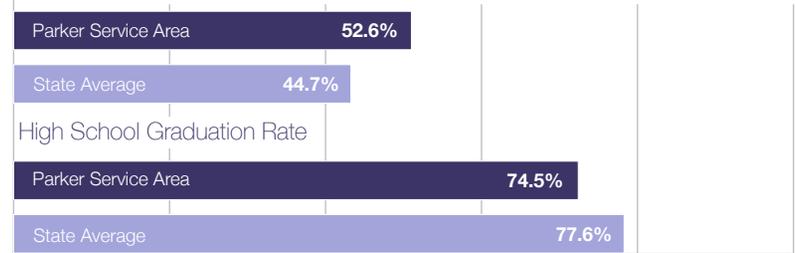
■ White **81%**
■ Black **6.4%**
■ Asian **5.1%**
■ Native American/Alaska Native **.5%**
■ Native Hawaiian/Pacific Islander **.2%**
■ Other **3%**
■ Multiple races **3.9%**

Ethnicity



0% 20% 40% 60% 80% 100%

Associate's Degree or Higher



Limited English Proficiency

5.4%
 Parker Service Area
6.7%
 State Average

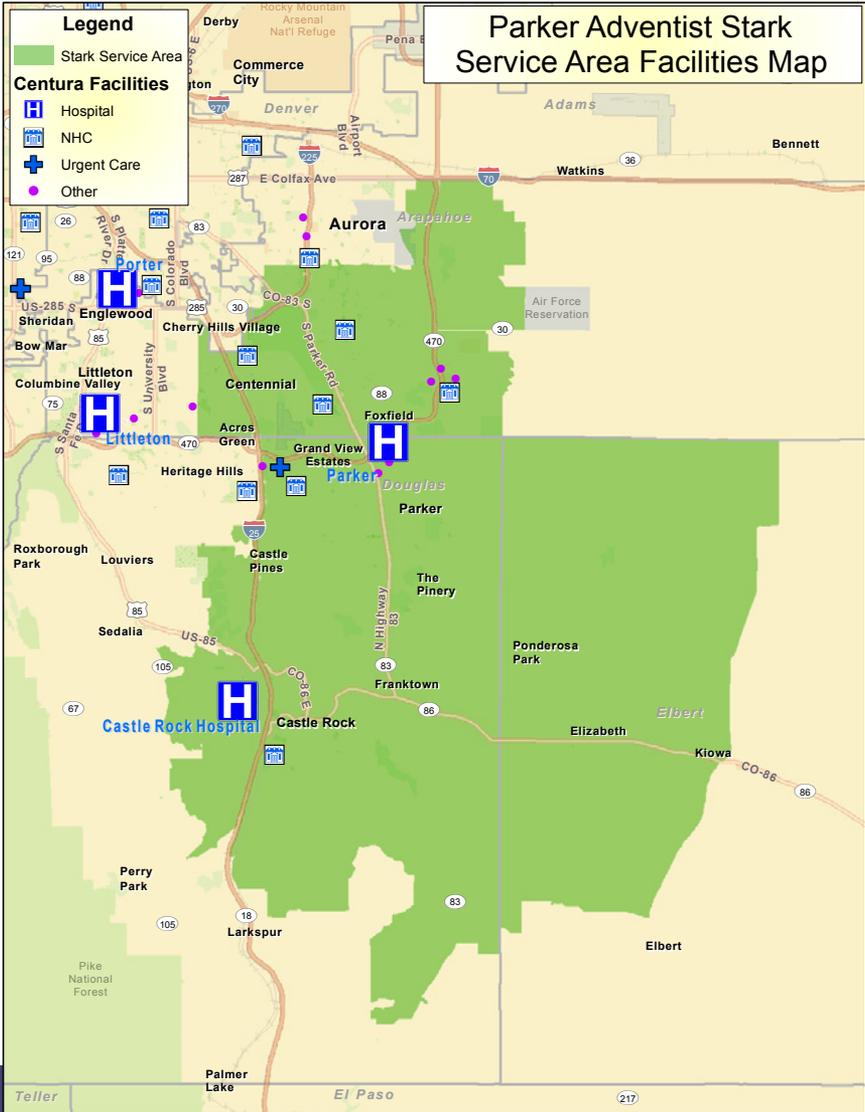
Unemployment Rate

3.6%
 Parker Service Area
4.0%
 State Average

Households Below 200% of Federal Poverty Level

17.2%
 Parker Service Area
29.6%
 State Average





Parker Adventist Hospital

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