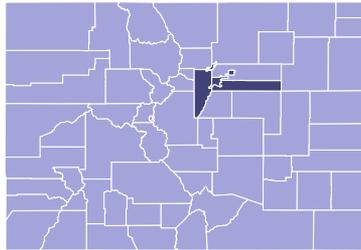


# Porter Adventist Hospital



## Area Served



Denver, Arapahoe, Jefferson Counties

## Priorities



Community Health Implementation Plan  
(CHIP) FY 2017-2019

Community Health Action Plan  
(CHAP) FY 2017

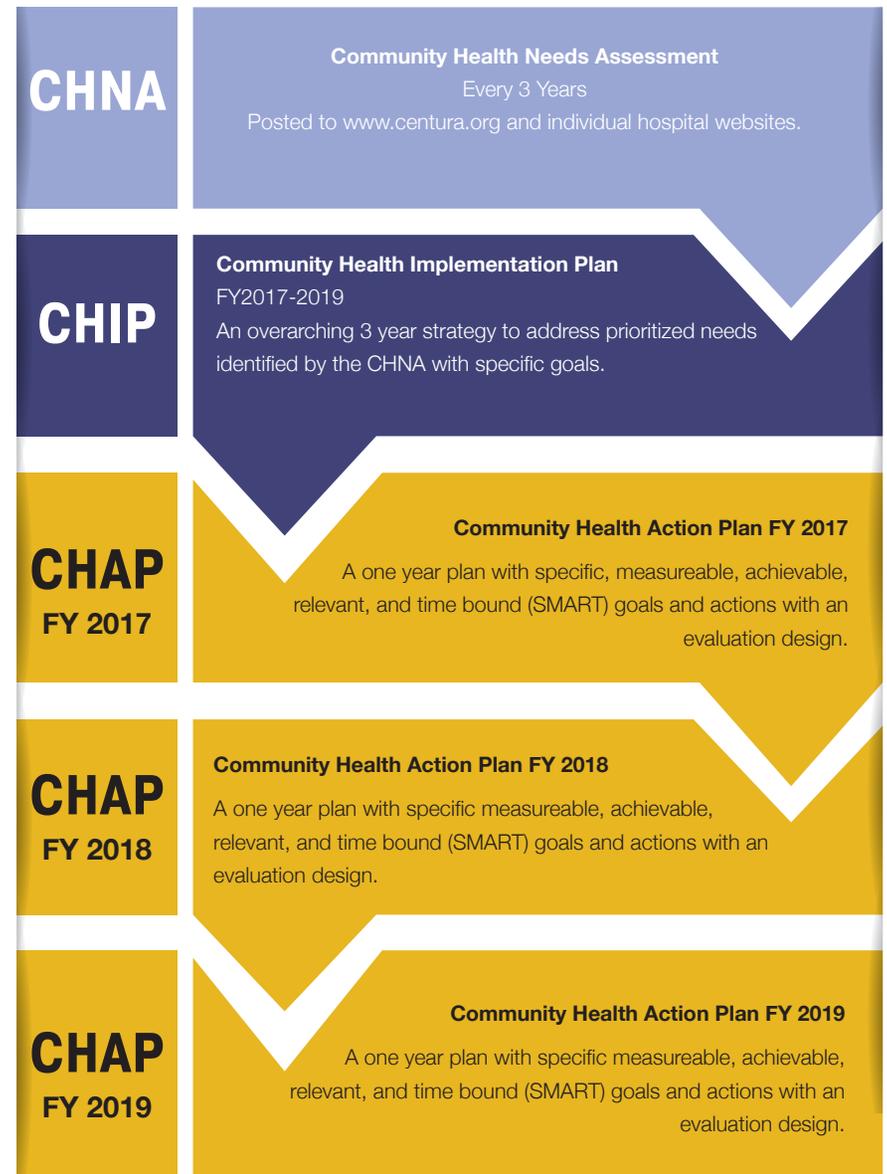
# Introduction

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 Porter 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

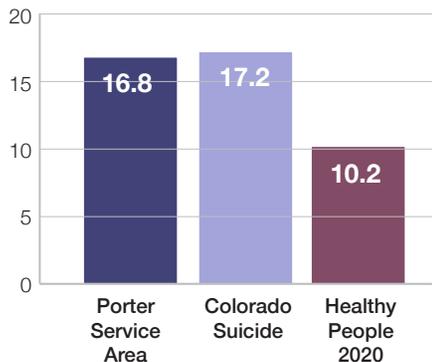
The ultimate goal of the CHNA Implementation Plan is to reduce suicides in South Denver. Reducing suicide rates requires a multipronged approach: training both associates and community members in the screening of mental health issues, reducing stigma associated with mental illness, building resiliency to mental health crises, 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, for Porter Adventist Hospital was prioritized because the health indicators for mental health

were either higher than state average data, or not meeting the goal of Healthy People 2020. Porter Adventist Hospital's service area's suicide rate is 16.8 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. Additionally, 18.1% of individuals in our service area reported a lack of social or emotional support.

**Partners and Inputs:** Mental Health First Aid, Youth Mental Health First Aid, Crisis Prevention Institute, 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), Resiliency training, Motivational Interviewing (MI), Peer Assistance Services manages SBIRT Colorado, Ambassadors of Compassion, Moving Forward: the Grief Recovery Method Outreach Program

Suicide Rate per 100,000



## 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 (chaplains, teachers, coaches, etc.) work with large groups of individuals who may be experiencing mental health issues or risk factors.**

**ACTIVITY 1:** Porter has already trained a MHFA trainer, and will be setting up additional trainers in the Porter Adventist Hospital service area.

**METRIC:** Porter Adventist Hospital has a MHFA trainer.

**ACTIVITY 2:** Conduct several MHFA training sessions among Centura Health associates and community members.

**METRIC:** By end of FY2017, at least 30 additional Centura Health associates, health care partners, and community members will be certified or recertified in MHFA in the Porter Adventist Hospital community.

**ACTIVITY 3:** Evaluate MHFA trainings.

**METRIC:** Evaluation of completed MHFA trainings.

**ACTIVITY 4:** Track trained associates to support recertification.

**METRIC:** Continue to offer CPI training to existing and new hires at Porter Adventist Hospital. 3 trainers at Porter Adventist Hospital offer this class to any Centura Health employee who is interested.

Already trained about 150 employees in FY2017, with plans to train another 175 through the end of FY2017.

## 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 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, Porter Adventist Hospital 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 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 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 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:** Porter Adventist Hospital will continue offering Love Matters Most to South Denver community in September 2017 and will increase LMM volunteers by 5%.

## 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:** All psych patients that are admitted to Porter Adventist Hospital are already asked about substance use as part of their admissions process. Only non-psychiatric patients would benefit from SBIRT. Porter Adventist Hospital may consider providing SBIRT and MI training to its associates.

**METRIC:** Consideration on offering SBIRT to non-psychiatric patients at Porter Adventist Hospital.

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

**ACTIVITY 1:** Continue to train associates in Resiliency at Porter Adventist Hospital upon request.

**METRIC:** Resiliency training will be provided to associates in FY 2017 as requested.

**ACTIVITY 2:** Determine demand for resiliency training within SDOG.

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

**ACTIVITY 3:** Develop Train the Trainer handbook and training for SDOG.

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

**ACTIVITY 4:** Associates at Porter Adventist Hospital invited to be trainers; the hospital has one person trained and is currently mentoring at Mile High Academy. In addition, the hospital donated \$1500 and provided a trainer at Mile High Academy.

**METRIC:** Increase resiliency among youth at Mile High Academy as measured by AOC metrics.

**ACTIVITY 5:** Continue to train first responders in SDOG area. Currently provides training at Porter Adventist Hospital, Littleton Adventist Hospital and Parker Adventist Hospital.

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

**ACTIVITY 6:** Consider offering Littleton Adventist Hospital's Moving Forward: the Grief Recovery Method Outreach Program to the Littleton community.

**METRIC:** Grief Recovery program's success measured by attendance, post surveys, etc.

**ACTIVITY 7:** Love Matters Most (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:** Porter Adventist Hospital will continue offering Love Matters Most to South Denver community in September 2017.

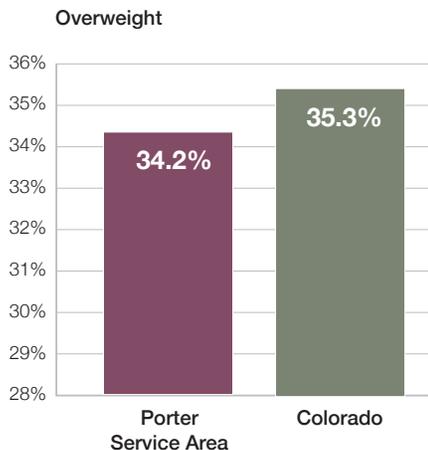
**METRIC 2:** Increase LMM volunteers by 5%.

Prioritized Need:

# Healthy Eating/ Active Living (HEAL), Obesity

Our goal is to 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

HEAL/Obesity was identified as a health need because 34% of adults in our service area were overweight, and 18.7% were obese. Additionally, 75% of adults reported eating less than 5 fruits or vegetables per day, and 13.6% 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.

**Partners and Inputs:** Pathways to Health and Wellness, CREATION Health, Weigh and Win, Community Gardens, Lifesource Adventist Fellowship, Denver Table

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

- Weigh and Win Kiosk Enrollments – 35/quarter goal
- Repeat Users – 50/quarter goal
- Weight Loss – 1,000 #/quarter goal
- Total of 8 kiosks installed throughout SDOG

## Goal 1

**Pathways to Health and Wellness (PHW) enrollees will demonstrate weight loss and improvement in biometrics.**

**ACTIVITY 1:** PHW enrollees will participate in a 10 month course that teaches holistic lifestyle principles based upon CREATION Health.

**METRIC:** 150 participants will have enrolled in PHW by June 30, 2017.

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

**METRIC:** 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 Porter 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 Porter Adventist Hospital and one in the community, with the site to be determined.

**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:** Continue the Denver Table and Lifesource gardens.

**METRIC:** Continuation of Denver Table and Lifesource gardens.

**ACTIVITY 2:** Currently there are 2 gardening trainers overseeing 50 garden plots at Lifesource and 22 garden plots at the Denver Table.

**METRIC 1:** Add an additional gardening trainer at each garden.

**METRIC 2:** Add 2 more trainers by end of 2019.

**ACTIVITY 3:** Research and purchase scales for determining weight of produce.

**METRIC 1:** The capacity to weigh vegetables produced at the garden will be implemented by end of 2017. Develop baseline of pounds of vegetables produced at gardens.

**METRIC 2:** Measure pounds of vegetables produced per garden as currently practiced at the Denver Table.

**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

**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, Porter 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, 28.2% of adults had no dental exam in the past year, and 9.6%

have poor dental health. In 2012, 19.6% of adults and 9.1% 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 South Denver hospitals and Doctors Care. Continue to serve low income, underinsured and uninsured people at South Denver hospitals and Doctors Care.**

**ACTIVITY 1:** Build relationship and partnership with local Community Health Advocates and Eligibility Specialist and refer to enrollment assistance at the South Denver hospitals and Doctors Care.

**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.

**METRIC:** Financial contributions to Doctors Care.

# Goal 2

**Facilitate the insured's 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:** 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 and Centura Health Physician Group.

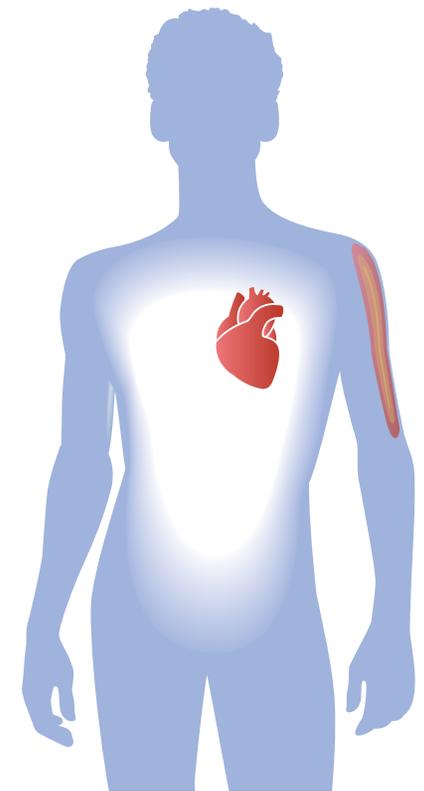
## Prioritized Need:

# Heart Disease

**Reduce prevalence of heart disease as demonstrated through a reduction in significant cardiac events and improved biometrics among the Porter Adventist Hospital associate population and the community.**

Heart Disease is a significant health need in our community. "Chest pain" is among the top ten admitting diagnoses for hospital patients, hospital admissions, and for Emergency Room patients not admitted to the hospital. Within Porter Adventist Hospital's service area, 2.8% of the population have heart disease and 33.5% have high cholesterol, the same rates as Executive Summary 7 the state. In addition, 24.2% have high blood pressure, slightly higher than the state rate. The mortality rate for heart disease is 135.3 per 100,000, close to the state rate. The mortality rate for ischemic heart disease is also close to the state rate. A risk factor for heart disease is smoking, and 17% of the service area currently smokes, the same rate as the state.

**Partners and Inputs:** Cardiac Early Detection Program, Lunch and Learn, Pathway to Health and Wellness Program, CREATION Health



Porter Adventist Hospital will prevent significant cardiac events in its community through a variety of approaches.

**ACTIVITY 1:** Offer the Cardiac Early Detection Program which includes early detection of potential cardiac disease and preventive measures.

**METRIC:** By end of FY 2017, at least 100 people will have completed or attended one of the seminars, programs, or classes that are provided by Porter Adventist Hospital.

**ACTIVITY 5:** Continue to offer the CREATION Health program which provides a computerized interface that allows individuals to track their health goals and track outcomes.

**METRIC:** By end of FY 2017, at least 100 people will have completed or attended one of the seminars, programs, or classes that are provided by Porter Adventist Hospital.

**ACTIVITY 2:** Continue the Lunch and Learn educational seminars for the community by Porter Adventist Hospital's Cardiology Nurses.

**METRIC:** By end of FY 2017, at least 100 people will have completed or attended one of the seminars, programs, or classes that are provided by Porter Adventist Hospital.

**ACTIVITY 6:** Open participation in Porter Adventist Hospital programs to Centura Health Physician Group patients.

**METRIC:** By end of FY 2017, at least 100 people will have completed or attended one of the seminars, programs, or classes that are provided by Porter Adventist Hospital.

**ACTIVITY 3:** Continue to offer a series of community classes on Heart Disease, including atrial fibrillation, heart failure, hypertension, high cholesterol, and identification of cardiac risk factors.

**METRIC:** By end of FY 2017, at least 100 people will have completed or attended one of the seminars, programs, or classes that are provided by Porter Adventist Hospital.

**ACTIVITY 7:** Provide annual biometric screening to employees and provide incentives for improved health measures.

**METRIC:** 25% of participants will have a 10% improvement in biometrics by end of FY 2017.

**ACTIVITY 4:** Continue to offer the Pathway to Health and Wellness Program to associates and community members.

**METRIC:** By end of FY 2017, at least 100 people will have completed or attended one of the seminars, programs, or classes that are provided by Porter Adventist Hospital.

## Prioritized Need:

# Oral Health

### Improve the dental health of the uninsured, underinsured, and Health First Colorado dental patients from Arapahoe, Denver, and Jefferson Counties.

Oral Health was also determined to be a significant need in our community. In Porter's service area, 9.6% of adults have poor dental health, close to the state rate. In addition, 28.2% of adults have had no dental exam in the past year. The lack of insurance among 19.6% of adults and 9.1% among children

under 19 hinders their ability to obtain dental services, contributing to poor oral health among this population. One resource, Kids in Need of Dentistry, provides dental services to underserved children.

**Partners and Inputs:** Health First Colorado, Connect for Health CO, Doctors Care, Volunteer dentists and specialists, Chopper Topper, Local schools, Colorado Orthodontic Foundation, Kids In Need of Dentistry (KIND)



## Goal 1

**Connect qualified enrollees to appropriate insurance plans, and qualified children to Kids In Need of Dentistry (KIND).**

**ACTIVITY 1:** Collect information on ED admissions that are dental in nature, develop baseline of data if nonexistent.

**METRIC:** By end of FY 2017, determine number of uninsured, Health First Colorado, and underinsured dental patients in ED by examining hospital ED admissions.

**ACTIVITY 2:** Connect 100 residents to health insurance coverage (Health First Colorado, Connect for Health CO) through enrollments at Porter Adventist Hospital, clinics, Doctors Care, ACS, etc.

**METRIC:** By end of FY 2017, 100 dental patients will be connected to health insurance coverage, e.g., Health First Colorado, Connect for Health CO, KIND, etc.

**ACTIVITY 3:** Continue to fund KIND and monitor number of children served and types of services rendered. KIND offers 75% discount to children without dental insurance.

**METRIC:** Funding continues to KIND through FY 2017.

Increase number of children served by KIND by 5% from prior FY.

**Improve the dental health of patients by increasing their access to the appropriate dental services in the community.**

**ACTIVITY 1:** Monitor available resources in the community by monitoring waiting lists of providers who treat low income, Health First Colorado, and underinsured in community. KIND has volunteer specialists who treat patients requiring their services.

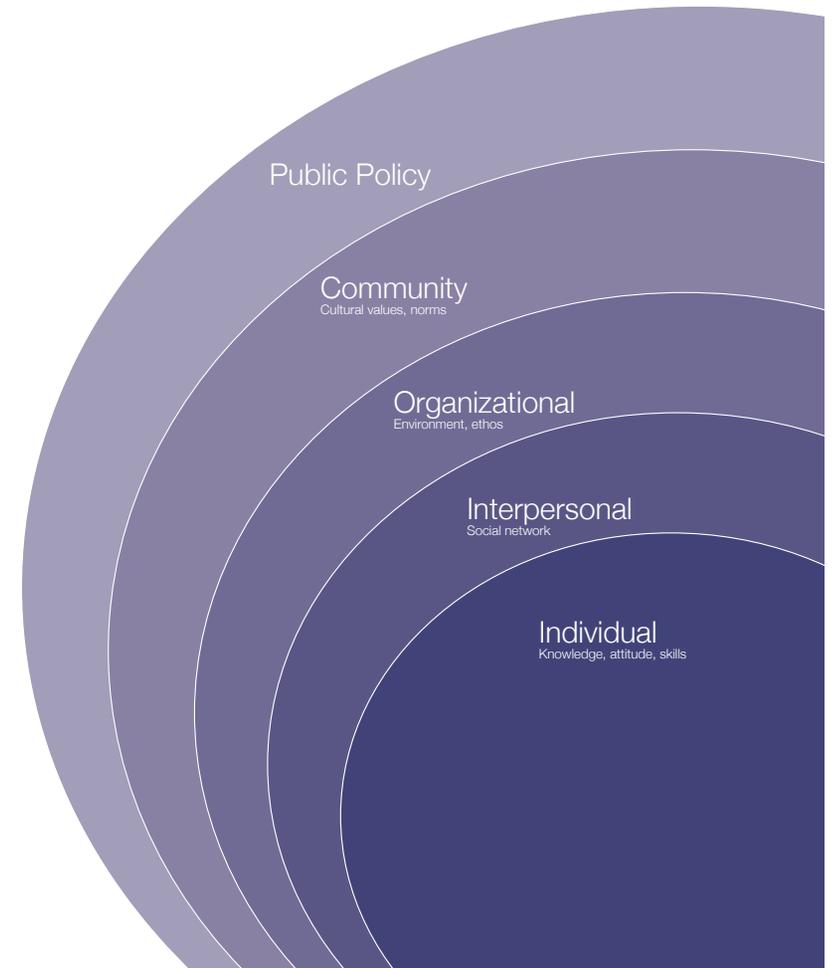
**METRIC:** By end of FY 2017, most pediatric dental needs with Porter Adventist Hospital's market area will be met as demonstrated by a 25% reduction in the number of teeth unnecessarily pulled in the ED.

**ACTIVITY 2:** Support of KIND involves partnering with schools and a variety of other nonprofits to provide oral health screenings to children and education of children and parents about oral health. Support of KIND includes supporting Chopper Topper, which targets 2nd graders of low-income schools and places sealants on newly erupted permanent molars. Support of KIND involves partnering with the Colorado Orthodontic Foundation (COF) to provide orthodontic care to children in KIND clinics.

**METRIC:** By end of FY 2017, 50% of children who need dental services due to financial need will have received screenings and sealants.

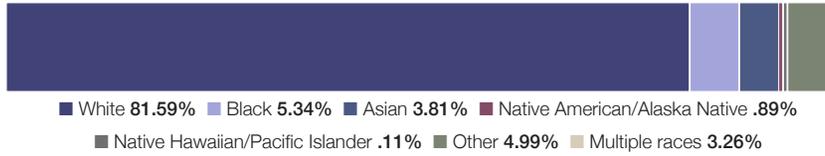
**The Socio-Ecological Model that Informs Our Goals**

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.

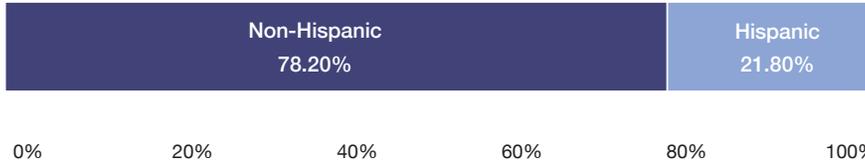


## Population Demographics in Porter Adventist Hospital's Service Area

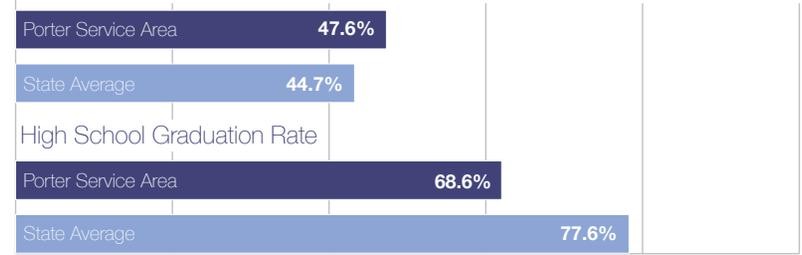
### Race



### Ethnicity



### Associate's Degree or Higher



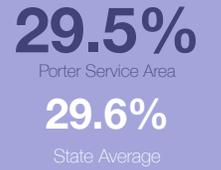
### Limited English Proficiency



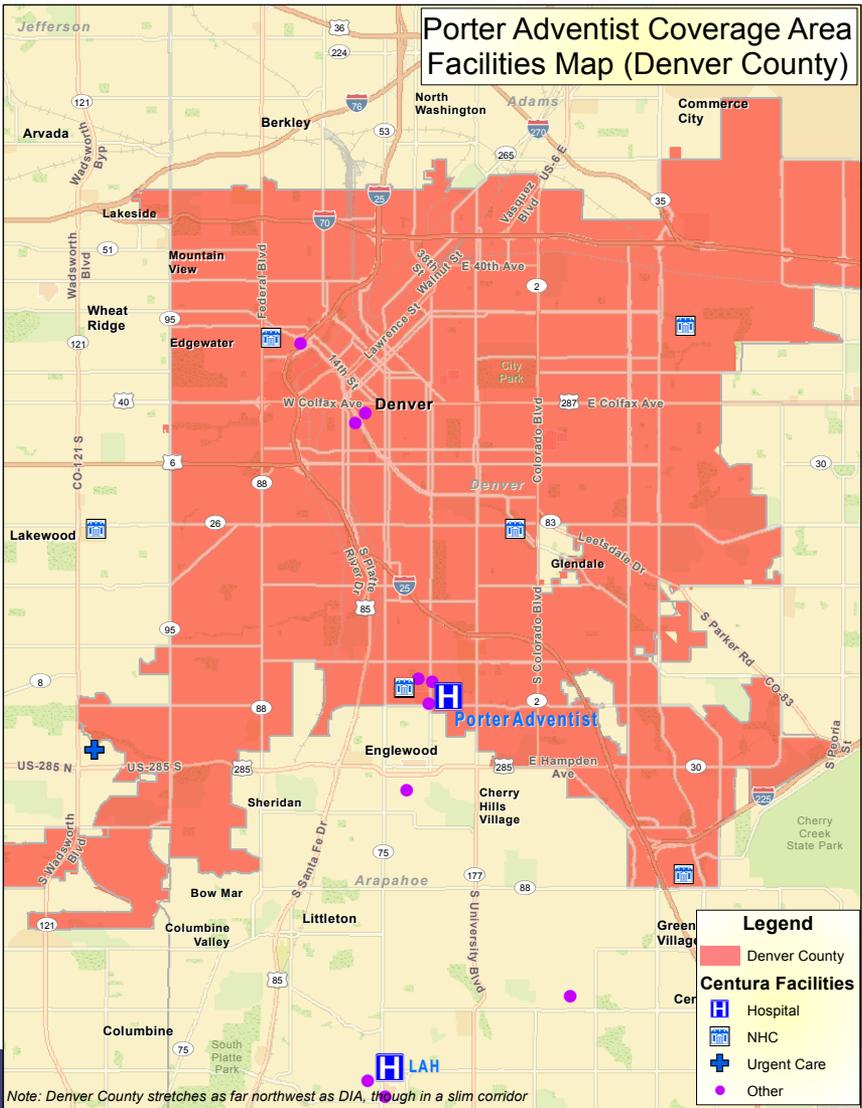
### Unemployment Rate



### Households Below 200% of Federal Poverty Level



# Porter Adventist Coverage Area Facilities Map (Denver County)



## Porter Adventist Hospital

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[www.porterhospital.org](http://www.porterhospital.org)