

# CHI St. Alexius Health 2022 Community Health Implementation Strategy

**Adopted October 2022**



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# At-a-Glance Summary

<p><b>Community Served</b></p> 	<p>The residents of the cities of Bismarck (Burleigh County) and Mandan (Morton County) and their surrounding areas are the primary sources of patients served by CHI St. Alexius Health.</p> <p>Bismarck is the capital of the state of North Dakota and the county seat of Burleigh County. Bismarck celebrates its sesquicentennial (150 yrs.) in 2022. The U.S. Census population estimate for Bismarck in 2020 was 73,622 people and 98,458 for Burleigh County. The U.S. Census population estimate for Mandan, known as “Where the West Begins,” in 2020 was 24,206 people and 33,291 for Morton County. Bismarck-Burleigh County serves as home to higher education facilities such as the University of Mary, Bismarck State College and United Tribes Technical College.</p>		
<p><b>Significant Community Health Needs Being Addressed</b></p> 	<p>The significant community health needs the hospital is helping to address and that form the basis of this document were identified in the hospital’s most recent Community Health Needs Assessment (CHNA). Needs being addressed by strategies and programs are:</p> <table border="1" data-bbox="407 884 1432 1073"> <tr> <td data-bbox="407 884 857 1073"> <ul style="list-style-type: none"> <li>● Access to Affordable Health Care</li> <li>● Access to Health Care Providers</li> </ul> </td> <td data-bbox="857 884 1432 1073"> <ul style="list-style-type: none"> <li>● Healthy Living</li> <li>● Mental Health</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>● Access to Affordable Health Care</li> <li>● Access to Health Care Providers</li> </ul>	<ul style="list-style-type: none"> <li>● Healthy Living</li> <li>● Mental Health</li> </ul>
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<p><b>Strategies and Programs to Address Needs</b></p> 	<p>The hospital intends to take actions and to dedicate resources to address these needs, including:</p> <p><b>Access to Affordable Health Care</b></p> <ul style="list-style-type: none"> <li>○ Research and determine feasibility of cooperating in the development of a Medical Respite Care facility.</li> <li>○ Develop of program that will enable a safe discharge for those who are in precarious living conditions.</li> </ul> <p><b>Access to Health Care Providers</b></p> <ul style="list-style-type: none"> <li>○ Provide support groups that are open to the civic community.</li> <li>○ Increase efforts in preventive screenings.</li> </ul> <p><b>Healthy Living</b></p> <ul style="list-style-type: none"> <li>○ Work to develop an effective a way to provide food and personal care items for the homeless people in this area.</li> </ul> <p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>○ Address the issue of infants born exposed to substance abuse/addiction</li> <li>○ Strengthen relationships with violence prevention efforts in the community.</li> </ul>		

<p><b>Anticipated Impact</b></p> 	<p>The thrust of these strategies will impact the general health of the community served by CHI St. Alexius Health. Some of the strategies are aimed at hospitalized patients while the majority of strategies serve those living in the community. Our ultimate goal is to keep our people healthy and out of acute care.</p>
<p><b>Planned Collaboration</b></p> 	<p><b>Access to Affordable Health Care:</b> CHI St. Alexius Health will work closely with the Medical Respite/Recuperative Care Technical Assistance Project, co-created by CommonSpirit Health and the National Institute of Medical Respite Care, to identify and mitigate barriers for delivering medical respite care services.</p> <p><b>Access to Health Care Providers:</b> CHI St. Alexius Health has had a history of providing screenings to the public. This effort has tapered off due to COVID-19. In cooperation with various departments in the medical center, we will reinstate this practice.</p> <p><b>Healthy Living:</b> CHI St. Alexius Health is driven to create and sustain healthier communities. We will explore avenues to ensure the decrease and/or elimination of food insecurity.</p> <p><b>Mental Health:</b> CHI St. Alexius Health acknowledges the great need for fostering mental health. The medical center will strengthen relationships with organizations and agencies working toward the enhancement of violence prevention. CHI St. Alexius Health will seek ways to appropriately care for infants born exposed to substance abuse/addiction.</p>

This document is publicly available online at the hospital’s website. Written comments on this report can be submitted to the Mission Integration Office, 900 East Broadway Avenue, Bismarck, ND 58506 or by e-mail to Sister Nancy Miller at: [nancy.miller900@commonspirit.org](mailto:nancy.miller900@commonspirit.org).

## Our Hospital and the Community Served

### About the Hospital

CHI St. Alexius Health Bismarck is a part of CommonSpirit Health, one of the largest nonprofit health systems in the U.S., with more than 1,000 care sites in 21 states coast to coast, serving 20 million patients in big cities and small towns across America.

CHI St. Alexius Health, founded in 1885 to care for the health needs of the people of the region, supports the Catholic health ministry’s commitment to improve the health of our communities and provide quality and compassionate health care. CHI St. Alexius Health Bismarck is an acute care medical center offering a full line of inpatient and outpatient services, including primary and specialty physician clinics, home health and hospice services, durable medical equipment services, and a fitness and human performance center. Besides the main campus located in Bismarck, North Dakota, CHI St. Alexius Health owns and operates hospitals and clinics in Garrison and Turtle Lake, North Dakota. CHI St. Alexius Health also

manages the hospital and clinics owned by Mobridge Regional Hospital in Mobridge, South Dakota. CHI St. Alexius Health also owns and operates family care clinics in Bismarck, Mandan, Minot and Washburn. Since its founding, CHI St. Alexius Health Bismarck has been dedicated to serving the residents of central and western North Dakota, northern South Dakota and eastern Montana.

CHI St. Alexius Health is a Roman Catholic organization whose sponsors are the Benedictine Sisters of Annunciation Monastery, Bismarck, North Dakota. As a Catholic Institution within the Diocese of Bismarck, we abide by the Ethical and Religious Directives of Catholic Health Care Services as promulgated by the United States Conference of Catholic Bishops.

CHI St. Alexius Health is committed to building on its strengths in providing faith-based care to better serve communities in the region through enhanced services and improved coordination of care. Our partnerships ensure a viable, innovative, high quality care for everyone who enters under our arch.

Believing that everyone should have access to high quality, affordable health care, we work toward creating the highest value health care delivery models. We are dedicated to serving all patients who need our care. Approximately half of our medical services are for Medicare patients and patients in other government programs.

## Our Mission

The hospital's dedication to assessing significant community health needs and helping to address them in conjunction with the community is in keeping with its mission. As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

## Financial Assistance for Medically Necessary Care

It is the policy of CommonSpirit Health to provide, without discrimination, emergency medical care and medically necessary care in CommonSpirit hospital facilities to all patients, without regard to a patient's financial ability to pay. This hospital has a financial assistance policy that describes the assistance provided to patients for whom it would be a financial hardship to fully pay the expected out-of-pocket expenses for such care, and who meet the eligibility criteria for such assistance. The financial assistance policy, a plain language summary and related materials are available in multiple languages on the hospital's website.



## Description of the Community Served

The CHI St. Alexius Health serves the residents of Burleigh County and Morton County which includes the cities of Bismarck, Mandan and Lincoln. A summary description of the community is below, and additional details can be found in the CHNA report online.

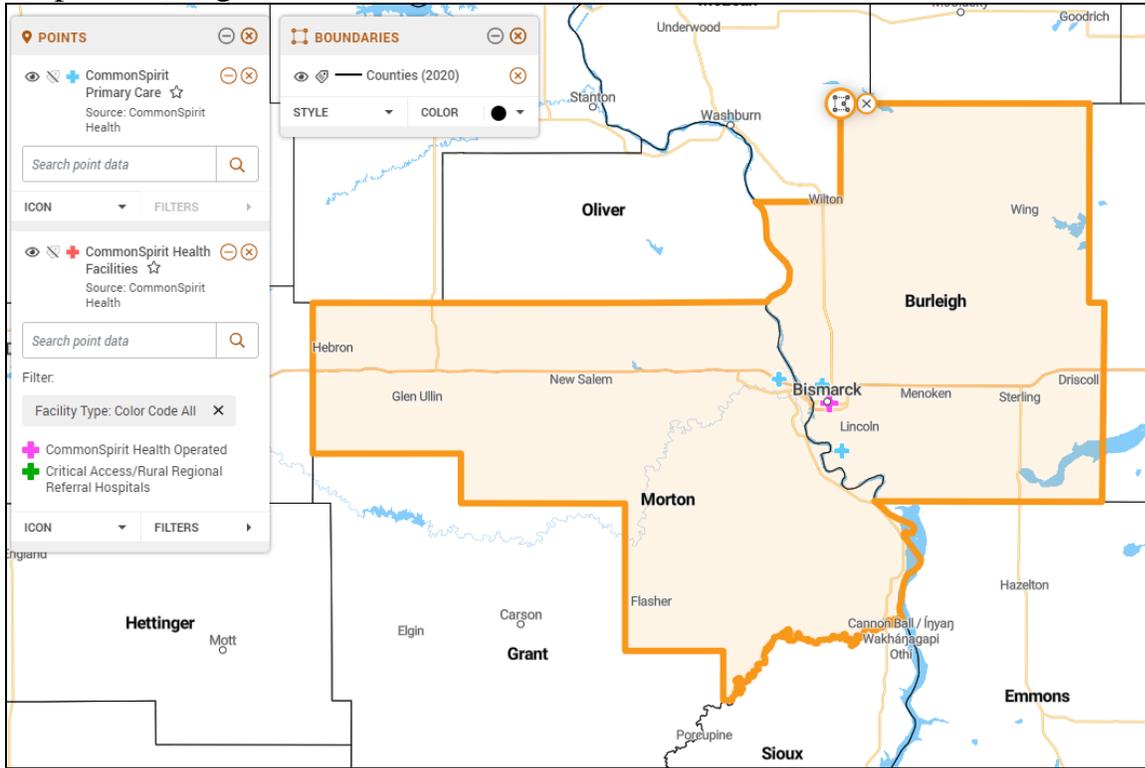
Bismarck is the capital of North Dakota and the county seat of Burleigh County. The U.S. Census population estimate for Bismarck in 2020 was 73,622 people and 98,458 for Burleigh County. Bismarck is the second most populous city in the state of North Dakota. The city of Mandan is directly across the Missouri River from Bismarck. The U.S. Census population estimate for Mandan in 2020 was 24,206 people. Morton County has a population estimate of 33,291 people. Bismarck and Mandan make up the core of the Bismarck-Mandan Metropolitan Statistical Area.

As a hub of retail and health care, Bismarck is the economic center of south central North Dakota and north central South Dakota. Bismarck has received national recognition and stands out as an emerging community by being listed on the following: Forbes Best Small Places for Business and Careers, Milken Institute's Best Small Cities, and CNN Money's list of top 100 places to live in the nation. Bismarck-Burleigh County serves as home to higher education facilities such as the University of Mary, Bismarck State College and United Tribes Technical College, in addition to several of the state's top businesses.

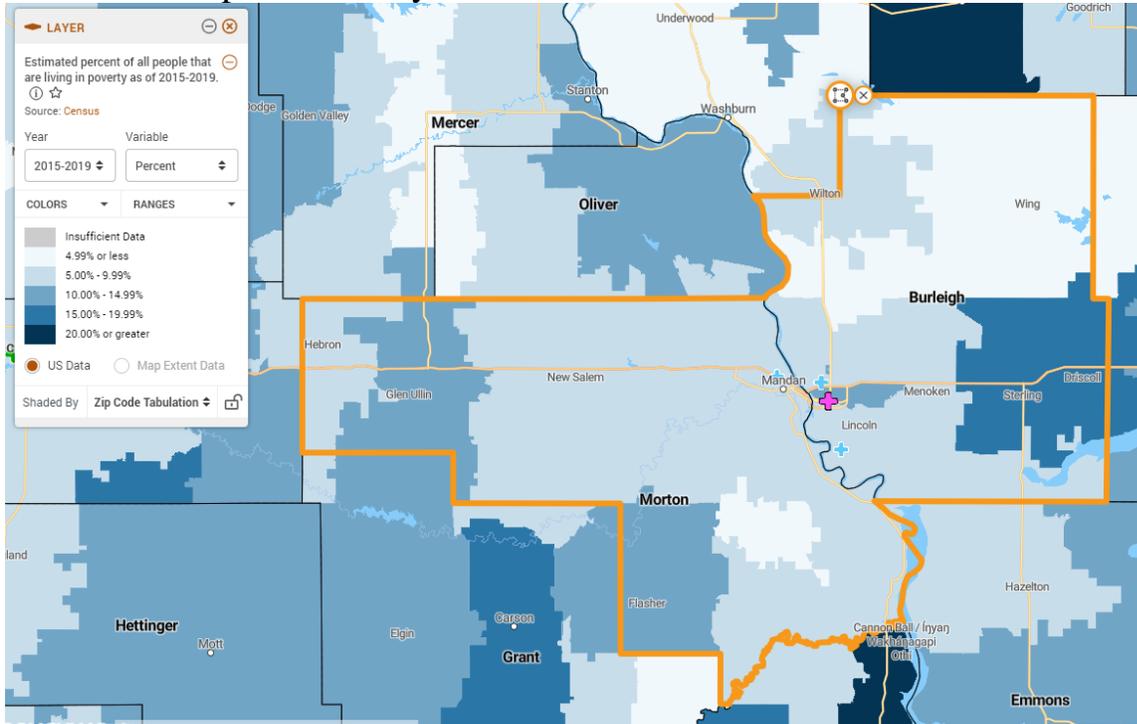
The majority of CHI Health St. Alexius Bismarck's patients reside in Burleigh (where the hospital is located) and Morton Counties and therefore comprise the CHNA service area, which also includes the accordant zip codes:

- Burleigh County - 58477, 58494, 58501, 58502, 58503, 58504, 58505, 58506, 58507, 58521, 58532, 58558, 58560, 58572
- Morton County - 58520, 58535, 58554, 58563, 58566, 58631, 58638

# Map of Burleigh and Morton Counties, North Dakota



# Percent of People in Poverty



## Community Assessment and Significant Needs

The health issues that form the basis of the hospital’s community health implementation strategy and programs were identified in the most recent CHNA report, which was adopted in June 2022. The CHNA contains several key elements, including:

- Description of the assessed community served by the hospital;
- Description of assessment processes and methods;
- Presentation of data, information and findings, including significant community health needs;
- Community resources potentially available to help address identified needs; and
- Discussion of impacts of actions taken by the hospital since the preceding CHNA.

Additional detail about the needs assessment process and findings can be found in the CHNA report, which is publicly available on the hospital’s website or upon request from the hospital, using the contact information in the At-a-Glance Summary.

## Significant Health Needs

The CHNA identified the significant needs in the table below, which also indicates which needs the hospital intends to address. Identified needs may include specific health conditions, behaviors and health care services, and also health-related social needs that have an impact on health and well-being.

Significant Health Need	Description	Intend to Address?
Mental Health	There is a need to improve mental health in the community especially among the pediatric population. The immediate area does not have adequate services and community leaders would like to tackle this health need in the coming years.	•
Healthy Living (Chronic Health Issues/Social Determinants of Health, Including Access to Healthy Foods)	Access to healthy and nutritional foods is a need for our community. Obesity has been a long-standing problem. It is believed that if families had better access to food, this may have a positive effect especially for children.	•
Access Health Care Providers	A chief concern is long wait times for appointments and few physicians.	•
Access to Affordable Health Care	Having affordable access to care allows individuals to enter the health care system, find care easily and locally, pay for care, and get their health needs met.	•
Affordable Housing	Housing prices in general far exceed average earnings in the community and wages have not kept pace with the higher cost of living in the area. This is challenging for the middle class and unattainable for those with lower incomes.	

Significant Health Need	Description	Intend to Address?
Public Transportation	The Bismarck/Mandan area lacks adequate transportation for people without access to personal vehicles, children, individuals with disabilities, and older adults.	
Long-Term Care	We have a growing elderly population so long-term care is essential. Adequate staffing and proper training are needed to help alleviate this concern.	

### Significant Needs the Hospital Does Not Intend to Address

Affordable Housing – The essential need for affordable housing involves a more community wide effort. We will collaborate with other agencies as requested and able.

Public Transportation – This important need is being addressed by other organizations in the community.

Long-Term Care – Our focus will be on short-term care, especially for our homeless population that need minimum care and observation until stable enough to be on their own.

### 2022 Implementation Strategy

This section presents strategies and program activities the hospital intends to deliver, fund or collaborate with others on to address significant community health needs over the next three years, including resources for and anticipated impacts of these activities.

Planned activities are consistent with current significant needs and the hospital’s mission and capabilities. The hospital may amend the plan as circumstances warrant, such as changes in community needs or resources to address them.

## Creating the Implementation Strategy

CHI St. Alexius Health is dedicated to improving community health and delivering community benefit with the engagement of its management team, board, clinicians and staff, and in collaboration with community partners.



Following the prioritization of needs, the Community Health Collaborative Core Group Members met to discuss the priorities and how to best address the health needs in our community. Concerns addressed would focus on each agency's individual ability to make the biggest impact on improving the concern identified.

This core group included the Director of Emergency Department, Quality, Director of Nursing, Foundation Director, the Chief Medical Officer, Case Management and Cancer Care.

Community input or contributions to this implementation strategy included input to the CHNA from civic community members representing a broad range of services. Once the priorities were established the Community Health Collaborative Core Group gathered additional information and formulated possible strategies. This group will oversee the coordination of implementing these strategies

The programs and initiatives described here were selected on the basis of existing programs with evidence of success/impact; research into effective interventions; expanding or adapting a partner's program; access to appropriate skills or resources; ability to measure impact; goal to address an immediate need; goal to address prevention or social determinants.

## Community Health Strategic Objectives

The hospital believes that program activities to help address significant community health needs should reflect a strategic use of resources and engagement of participants both inside and outside of the health care delivery system.

CommonSpirit Health has established four core strategic objectives for community health improvement activities. These objectives help to ensure that our program activities overall address strategic aims while meeting locally-identified needs.



Create robust alignment with multiple departments and programmatic integration with relevant strategic initiatives to optimize system resources for advancing community health.



Scale initiatives that complement conventional care to be proactive and community-centered, and strengthen the connection between clinical care and social health.



Work with community members and agency partners to strengthen the capacity and resiliency of local ecosystems of health, public health, and social services.



Partner, invest in and catalyze the expansion of evidence-based programs and innovative solutions that improve community health and well-being.

## Strategies and Program Activities by Health Need

	<b>Health Needs: Healthy Living and Mental Health</b>				
<b>Anticipated Impact (Goal)</b>	Better health for infants born in addiction. Better availability of foods for the homeless in our community.				
<b>Strategy or Program</b>	<b>Summary Description</b>	<b>Strategic Objectives</b>			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
Eat Sleep Console (ESC)	<ul style="list-style-type: none"> <li>● A modern, family-centered approach to caring for infants with Neonatal Abstinence Syndrome (NAS)</li> <li>● Provide education for families</li> <li>● Demonstrate care</li> <li>● Promote Non-Pharmaceuticals for treatment</li> </ul>		●	●	
Little Free Pantry	<ul style="list-style-type: none"> <li>● Provide food for the homeless</li> <li>● Collaborate with agencies with in the city</li> <li>● Regular involvement in the “Banquet”</li> </ul>			●	●
Violence Prevention	<ul style="list-style-type: none"> <li>● Collaborate with CHI Violence Prevention Program</li> </ul>		●	●	●
<b>Planned Resources</b>	CHI St. Alexius Health Bismarck will provide nurses, community health educators, outreach communications, and program management support for these initiatives.				
<b>Planned Collaborators</b>	Dietary Department, Social Work Department, Area Food Pantries, Ministry on the Margins, The Dream Center, Labor and Delivery, Mom/Baby				

 <b>Health Need: Access to Health Care Providers and Access to Affordable Care</b>					
<b>Anticipated Impact (Goal)</b>	Better health care for the homeless and/or people who are dependent on care yet have no other resources from which to draw. Reduced length of stay and readmissions enabling the hospital to care for more patients.				
<b>Strategy or Program</b>	<b>Summary Description</b>	<b>Strategic Objectives</b>			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
Medical Respite Care	<ul style="list-style-type: none"> <li>Short-term residential care that allows people an opportunity to rest, recover and heal in a safe environment while also accessing clinical care and support services.</li> </ul>	•	•	•	•
Screenings for Chronic Illnesses	<ul style="list-style-type: none"> <li>With our clinics and grant sources, provide health awareness and health care providers to those who may typically not pursue this care for various reasons including financial.</li> </ul>	•	•	•	
<b>Planned Resources</b>	CHI St. Alexius Health Bismarck will provide medical personnel and supplies. The hospital also has the opportunity to provide space for these programs.				
<b>Planned Collaborators</b>	CHI St. Alexius Health Clinics, Medical Respite/Recuperative Care Technical Assistance Project, co-created by CommonSpirit Health and the National Institute for Medical Respite Care (NIMRC).				

## Hospital Board

- John Giese, Retired Bank CEO
- Sister Nicole Kunze, OSB, Prioress of Annunciation Monastery
- John Mongeon, Retired Finance Executive
- Timothy Bopp, MD, Orthopaedics
- Kevin Dahmen, MD, Psychiatry
- Todd Preszler, MD, Anesthesiology
- Mike Weisbeck, Consulting Business Owner
- Sister Rosanne Zastoupil, OSB
- Shiraz Hyder, MD, Neurology