

2025 Community Health Implementation Strategy and Plan

CHI St. Alexius Health - Garrison, ND

Board Approved October 2025



CHI St. Alexius Health™

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At-a-Glance Summary

Community Served 	The hospital identifies its service area as northern McLean County, portions of southern Ward County, and portions of southern Mountrail County. Zip codes in the service area include: 58540, 58735, 58775, 58759, 58756, 58771, 58770, 58763, 58531, 58716, 58656, and 58567.
Significant Community Health Needs Being Addressed 	The significant community health needs the hospital intends to address and that form the basis of this document were identified in the hospital's most recent Community Health Needs Assessment (CHNA). Needs the hospitals intends to address with strategies and programs are: • Availability of mental health services • Social Drivers of Health
Strategies and Programs to Address Needs 	The hospital intends to take actions and to dedicate resources to address these needs, including: • Improve access to care by recruiting behavioral health providers • Provide Mental Health First Aid training to community members • Implement a fall prevention program • Provide outpatient mental health services

Planned resources and collaborators to help address these needs, as well as anticipated impacts of the strategies and programs, are described in the “Strategies and Program Activities by Health Need” section of the document.

This document is publicly available online at the hospital’s website. Written comments on this strategy and plan can be submitted to the Administration Office of CHI St. Alexius Health - Garrison, ND.. Written comments on this report can be submitted via mail to CHI Health - The McAuley Fogelstrom Center (12809 W Dodge Rd, Omaha, NE 68154 attn. Healthy Communities); [electronically](https://forms.gle/KGRq62swNdQyAehX8) at: <https://forms.gle/KGRq62swNdQyAehX8> or by calling Ashley Carroll, Market Director, Community and Population Health, at: (402) 343-4548.

Our Hospital and the Community Served

About the Hospital

CHI St. Alexius Health Garrison is a part of CommonSpirit Health, one of the largest nonprofit health systems in the U.S., with more than 2,200 care sites in 24 states coast to coast, serving patients in big cities and small towns across America.

CHI St. Alexius Health Garrison, a vital health care provider in Garrison, ND, has been serving the community since 1952. This comprehensive health care facility encompasses a 22-bed critical access hospital, a 26-bed skilled nursing facility, a rural health clinic, and a newly remodeled 24-hour emergency department. The healthcare ministry is sponsored by the Benedictine Sisters of Annunciation Monastery. CHI St. Alexius Health Garrison's dedication to providing compassionate and excellent care is evident in its professional and caring staff. The hospital's commitment to serving the community, its comprehensive services, and its dedication to accessibility make it a vital resource for the resident of Garrison and surrounding areas

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.



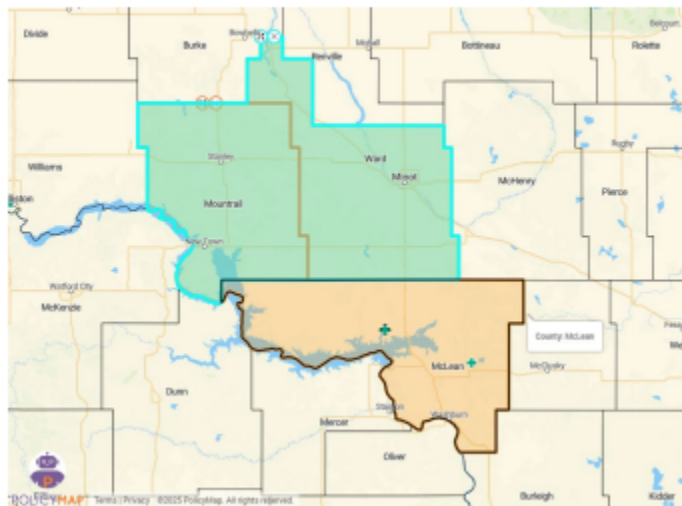
Description of the Community Served

CHI St. Alexius Health Garrison is located in Garrison, North Dakota. The hospital primarily serves McLean County, but also serves northern Mountrail County and southern Ward County. McLean County is also home to CHI St. Alexius Health Turtle Lake. There is a hospital in Minot (Ward County); however, it is outside the service area for CHI St. Alexius Health, and there are no hospitals in Mountrail County. The primary service area for this community health needs assessment is McLean County, North Dakota.

McLean and Mountrail counties are designated a Health Professional Shortage Area (HPSA) and two townships in Mountrail are designated as a Medically Underserved Area (MUA) by the United States Health Resources & Services Administration. McLean County is located in west central North Dakota and has a population of 9,781.

A summary description of the community is below, and additional details can be found in the CHNA report online.

Figure A: CHI St. Alexius Health Garrison Service Area



The following zip codes correspond to 80 percent of patient admissions to CHI St. Alexius Health Garrison: 58540, 58531, and 58779.

Core demographics for McLean County are summarized in Table 1.

Table 1. Core Demographic Summary, McLean County, North Dakota	
Measure	McLean County, ND
Community Description	Rural
Population	9,781
Racial and Ethnic Distribution	
White, Non-Hispanic alone	87.7%
American Indian and Alaska Native alone	6.4%
Black or African American alone	0.4%
Asian or Pacific Islander alone	1.1%
Some other race alone	1.0%
Two or more races	2.9%
Hispanic Origin (of any race)	2.7%
Median Household Income	\$80,556
Percent of Persons Below Poverty Rate	6.9%
Unemployment Rate	3.1%
Percent Population with less than High School Diploma	6.8%
Percent of People 5 and Older who are Non-English Speaking	1.0%
Percent of People without Health Insurance	10.0%
Percent of People with Medicaid	8.7%
Health Professional Shortage Area	Yes
Medically Underserved Area	Yes
Number of Hospitals in the County	2

McLean County is a rural county in west central North Dakota. The county seat in McLean County is Washburn and its largest city is Garrison. With 9,781 residents, McLean County is North Dakota's 15th most populous county. Like most of North Dakota, McLean County's racial composition is largely white, but there is a substantial American Indian population as well. The median household income in McLean County is higher than the median in North Dakota and the nation overall; however, home values are lower, as are the costs associated with home rental and ownership. McLean County's poverty rate is lower than both the statewide and national average.

McLean County has higher rates of adult smoking and adult obesity than the United States and North Dakota on average. The adult excessive drinking rate in McLean County is lower than the statewide average, 19 percent in McLean County compared to 23 percent statewide; however, half of all driving deaths involve alcohol. The county's leading causes of death in 2021 were malignant neoplasms, diseases of the heart, and accidents. McLean County has a lower annual flu shot rate than both North Dakota and the nation. McLean County has substantially more people per primary care physician, mental health care provider, and dentist than North Dakota and the nation overall.

Community Assessment and Significant Needs

The health issues that form the basis of the hospital's community health implementation strategy and plan were identified in the most recent CHNA report, which was adopted in April 2025. The CHNA report includes:

- description of the community assessed consistent with the hospital's service area;
- description of the assessment process and methods;
- data, information and findings, including significant community health needs;
- community resources potentially available to help address identified needs; and
- impacts of actions taken by the hospital since the preceding CHNA.

Additional details about the needs assessment 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 or health care services, and also health-related social and community needs that have an impact on health and well-being.

Significant Health Need	Description	Intend to Address?
Mental Health	Instances of mental health crises continue in the community. There is a lack of behavioral health providers to meet the need.	Yes
Substance Abuse	Substance misuse including alcohol, prescription drugs, tobacco or vaping, illicit or street drugs is a concern of the community.	Yes
Community Services	Child care and transportation needs were identified.	No
Obesity or overweightness	Obesity is a concern along with access to exercise opportunities.	No
Affordability of health care services and prescription drugs	The price of prescription drugs even with insurance is a barrier to accessing prescription drugs. Likewise when it comes to the price of medical services.	No
Affordable Housing	There is not enough affordable housing for everyone who needs it.	No

Significant Needs the Hospital Does Not Intend to Address

The hospital will not address the following health needs identified in the CHNA as part of this implementation plan due to factors out of our control and the need to allocate significant resources to the two priority health needs identified above.

Community Services: The hospital does not intend to directly address child care or transportation needs as this is being addressed by other organizations in the community.

Obesity or overweightness: This is beyond the resources available to address at this time.

Affordability of health care services and prescription drugs: The hospital does not have the capacity to address this concern effectively at this time.

Affordable Housing: The hospital does not have the resources available to address this issue.

2025 Implementation Strategy and Plan

This section presents strategies and program activities the hospital intends to deliver, fund or collaborate with others 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 Garrison is dedicated to improving community health and delivering community benefit with the engagement of its staff, clinicians and board, and in collaboration with community partners.

Hospital and health system participants included CommonSpirit Health National Community Health leaders, and CHI St. Alexius Health Garrison Administration, nursing leaders, mission leader, relevant department leaders. We developed a Health Equity Steering Committee and this committee was instrumental in creating this plan. It was a coordinated effort in the Bismarck Market, including leaders from Garrison, Bismarck and Turtle Lake. This steering committee was made up of:

- Human Resources
- Specialty Clinics
- Case Management/Social Work
- Nurses
- Quality
- Foundation
- Mission
- Strategy

Community input or contributions to this implementation strategy took place on December 16, 2024 and included the Public Health Nurse, Garrison and McLean County; several Garrison residents; Garrison Fire Department, McLean County Independent (newspaper); Garrison City Council, several Garrison employees. The main themes or takeaways from the discussion included:

- There was consensus the results of the survey as presented were a reflection of what is occurring in the Garrison community.
- Concern for where to go for prenatal appointments was raised
- People in this community are used to traveling for medical needs. Garrison is positioned between Minot and Bismarck along highway 83 which is a 4 lane highway. Although there is distance, (50 minutes to Minot and 90 minutes to Bismarck) there is ease to get to either place if necessary.
- Those present were clear about the fact that they are very satisfied with the health care in their community.

The following needs were identified by those present: Mental Health, Drug Abuse, Alcohol Abuse, Suicide, Child Care, Obesity, and Access to Healthy Food. When asked to prioritize these topics the following prioritization was determined:

- #1 - Mental Health (9)
- #2 - Alcohol Abuse (3)
- #3 - Lack of Child Care (3)

The programs and initiatives described here were selected on the basis of utilizing existing programs and partnerships with evidence of success. We also use the following criteria to help us prioritize health needs/ strategies:

- magnitude of the issue
- impact- ability to track and measure outcomes
- evidence- based interventions available
- hospital/ health system expertise and available resources

Community Health Core Strategies

The hospital believes that program activities to help address significant community health needs should reflect a strategic use of resources. CommonSpirit Health has established three core strategies for community health improvement activities. These strategies help to ensure that program activities overall address strategic aims while meeting locally-identified needs.

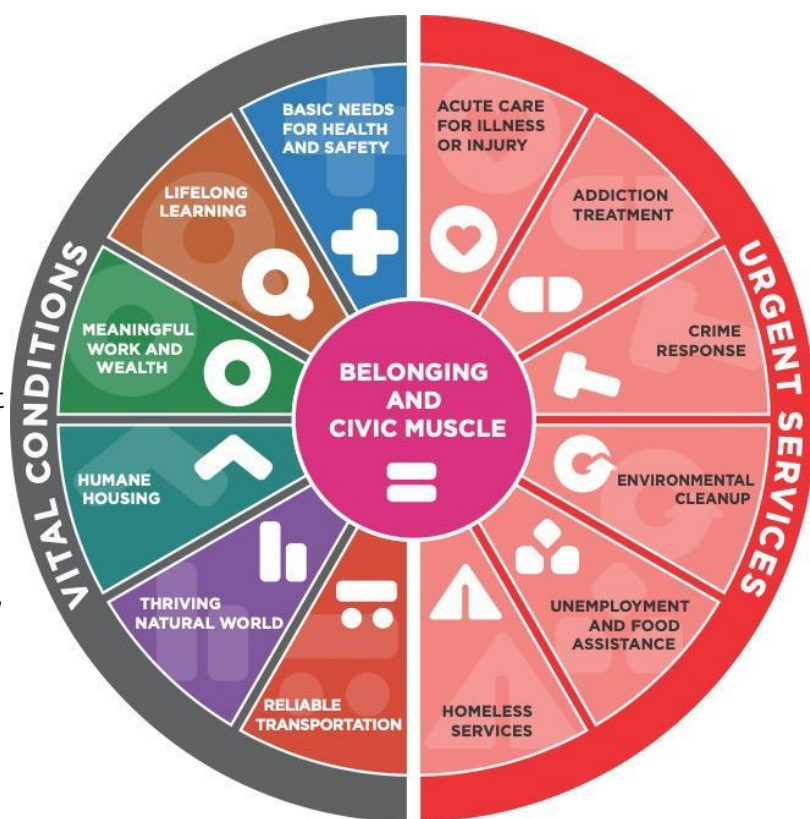
- **Core Strategy 1:** Extend the care continuum by aligning and integrating clinical and community-based interventions.
- **Core Strategy 2:** Implement and sustain evidence-informed health improvement strategies and programs.
- **Core Strategy 3:** Strengthen community capacity to achieve equitable health and well-being.

Vital Conditions and the Well-Being Portfolio

Community health initiatives at CommonSpirit Health use the Vital Conditions framework and the Well-Being Portfolio¹ to help plan and communicate about strategies and programs.

Investments of time, resources, expertise and collaboration to improve health and well-being can take different approaches. And usually, no single approach can fully improve or resolve a given need on its own.

One way to think about any approach is that it may strengthen “vital conditions” or provide “urgent services,” both of which are valuable to support thriving people and communities. A set of program activities may seek to do one or both. Taken together, vital conditions and urgent services compose a well-being portfolio.



¹ The Vital Conditions framework and the Well-Being Portfolio were created by the Rippel Foundation, and are being used with permission. Visit <https://rippel.org/vital-conditions/> to learn more.

What are Vital Conditions?

These are characteristics of places and institutions that all people need all the time to be healthy and well. The vital conditions are related to social determinants or drivers of health, and they are inclusive of health care, multi-sector partnerships and the conditions of communities. They help create a community environment that supports health.

What are Urgent Services?

These are services that anyone under adversity may need temporarily to regain or restore health and well-being. Urgent services address the immediate needs of individuals and communities, say, during illness.

What is Belonging and Civic Muscle?

This is a sense of belonging and power to help shape the world. Belonging is feeling part of a community and valued for what you bring. Civic muscle is the power of people in a society to work across differences for a thriving future.

Well-Being Portfolio in this Strategy and Plan

The hospital's planned strategies and program activities that follow are each identified as aligning with one of the vital conditions or urgent services in this figure.

This helps to identify the range of approaches taken to address community needs, and also acknowledges that the hospital is one community resource and stakeholder among many that are dedicated to and equipped for helping to address these needs and improve health.

Strategies and Program Activities by Health Need

Health Need:	Availability of Mental Health Services				
Population(s) of Focus:	General population, aging older adults, individuals with mental health and/or substance use challenges				
Strategy or Program	Summary Description	Strategic Alignment			
		Strategy 1: Extend care continuum	Strategy 2: Evidence- informed	Strategy 3: Community capacity	Vital Condition (VC) or Urgent Service (US)
Increase Access to Care	Enhance Qualified Service Provider (QSP) services by developing partnerships to serve the community - recruit providers Engage in Community Health Fairs	•	•	•	US
Provide Community Training in mental health first aid	Train persons to be able to provide Mental Health First Aid Training to the community	•	•	•	US
Fall Prevention Program	Offer fall prevention programming to older community members that are at risk of falling	•	•	•	US
Expand access to mental health support for aging adults	Offer Senior Life Solutions, a mental health peer support program for adults over the age of 65.s	•	•	•	US
Planned Resources:	meeting/facility space, program fees, educational resources, training, staff				
Planned Collaborators:	Heartview Foundation, Senior Living Solutions, Community Organizations, McLean County Health				

Anticipated Impacts (overall long-term goals)	Measure	Data Source
More access to behavioral health services	Increase # of partnerships	Local partnerships
	Increase # of participants in programs	Enrollment of programs

Health Need:	Social Drivers of Health				
Population(s) of Focus:	Community members in need				
Strategy or Program	Summary Description	Strategic Alignment			
		Strategy 1: Extend care continuum	Strategy 2: Evidence-informed	Strategy 3: Community capacity	Vital Condition (VC) or Urgent Service (US)
Annual Community Health Improvement Grant (CHIG) Program	Through the Community Health Improvement Grant (CHIG) program, award annual grant funding to one or more community organizations who are addressing community health needs and facilitate a learning collaborative among grantees	•	•	•	US
Total Health Road Map - Connecting community-based services for unmet needs	Screen patients for Health Related Social Needs (e.g. food insecurity, housing and transportation instability, violence, etc.) and connect patients to community resources to address their needs	•	•	•	US
Planned Resources:	Annual funds to be awarded through this grant program				
Planned Collaborators:	Community Non-Profit Organizations				

Anticipated Impacts (overall long-term goals)	Measure	Data Source
Increase Partnerships within the community	# of partnerships \$ amount awarded	Community Involvement
Improve specific need as determined by the organization awarded the grant	Impact as reported by the organization awarded the grant	Report of how the Grant was utilized