

CHI St. Alexis Health Carrington

2022 Community Health Implementation Strategy

Adopted October 2022



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At-a-Glance Summary

<p>Community Served</p> 	<p>CHI St. Alexius Health Carrington, located in a frontier area, is a licensed critical access hospital with two provider-based clinics. One clinic is attached to the Carrington hospital and the other is located 16 miles to the north in New Rockford. Carrington is in east central North Dakota, just two hours from four major cities. Counties served include Foster and Eddy counties in their entirety, plus portions of Stutsman, Wells and Griggs counties. Communities located in the hospital’s service area include Bowdon, Carrington, Cathay, Fessenden, Glenfield, Grace City, McHenry, New Rockford, Pingree, Sykeston, and Woodworth.</p>			
<p>Significant Community Health Needs Being Addressed</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="407 772 1430 932"> <tr> <td data-bbox="407 772 857 932"> <ul style="list-style-type: none"> • Mental health for all ages (includes depression/ anxiety/ suicide/ stress) </td> <td data-bbox="857 772 1430 932"> <ul style="list-style-type: none"> • Ability to retain primary care providers and nurses in our rural community </td> </tr> </table>		<ul style="list-style-type: none"> • Mental health for all ages (includes depression/ anxiety/ suicide/ stress) 	<ul style="list-style-type: none"> • Ability to retain primary care providers and nurses in our rural community
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<p>Strategies and Programs to Address Needs</p> 	<p>The hospital and public health intend to take actions and to dedicate resources to address these needs, including:</p> <p><u><i>Mental health for all ages (includes depression/ anxiety/ suicide/ stress)</i></u></p> <ul style="list-style-type: none"> • Implement a <i>Coaching Boys Into Men</i> Program with area coaches • Implement a female version of <i>Coaching Boys Into Men</i> with area coaches <p><u><i>Ability to retain primary care providers and nurses</i></u></p> <ul style="list-style-type: none"> • Advertise job openings beyond the normal market • Coordinate videos on social media for public viewing, about the local health care work environment 			
<p>Anticipated Impact</p> 	<p>The anticipated impacts of the hospital’s activities are:</p> <ul style="list-style-type: none"> • To retain primary care providers and nurses in the CHI St Alexius Health; and • To provide mental health education for children and adults Carrington hospital and clinic 			
<p>Planned Collaboration</p> 	<p>The main collaborators will be CHI St. Alexius Health Carrington and Foster County Public Health.</p>			

This document is publicly available online at the hospital’s website. Written comments on this report can be submitted to CHI St. Alexius Health Carrington, PO Box 461, Carrington, ND 58421 or by e-mail to anthony.dukart@commonspirit.org.

Our Hospital and the Community Served

About the Hospital

CHI St. Alexius Health Carrington 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.

- Located in Carrington, ND
- 25 bed Critical Access Hospital
- Major program and service lines: Critical Access Hospital, Emergency Care, Level V Trauma Center, Ambulance, Inpatient (acute care, swing bed, respite care, pharmacy, respiratory therapy), Surgical Services (general, endoscopes – colonoscopies and gastroscopies, ophthalmology, orthopedics, vein ablation), Outpatient Services (cardiac rehab, pulmonary rehab, stress testing, cardiac support group, diabetic education, laboratory, medical nutrition therapy, iv therapy, social ministries, physical therapy, sleep disorder services, telemedicine, imaging services – back and joint injections, CT and DEXA scans, echocardiograms, EKG, fluoroscopy, general x-ray, 3D mammography, MRI, cardiac stress testing with nuclear medicine, ultrasound, volunteer services, and others available by referral – mental health, hospice and home health, and Clinic services (DOT exams, mental health, family practice, elder care, health maintenance exams, nursing home rounds, pediatrics and well child exams, phone nurse, prenatal obstetrics, preoperative exams, men’s health and women’s health.

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 Carrington serves Foster County and Eddy County in their entirety, plus portions of Stutsman, Wells and Griggs Counties. A summary description of the community is below. Additional details can be found in the CHNA report online.

- CHI St. Alexius Health Carrington is located in a frontier area. A frontier area is defined as a sparsely populated rural area, which is isolated from population centers and services. CMC is licensed as a critical access hospital with two provider-based rural health clinics. One clinic is attached to the Carrington hospital and the other is located 16 miles to the north in New Rockford, North Dakota. Carrington is located in east central North Dakota, just two hours from four major North Dakota cities: Fargo, Minot, Grand Forks, and Bismarck.
- Along with the hospital, the economy is based on agribusiness, service industries, and retail trade. Foster County is 644 square miles of land located in the center of North Dakota. It is one of the smallest of the state's 53 counties, 18 miles by 36 miles in dimension. It is bordered by Eddy, Griggs, Stutsman and Wells counties. Foster is divided into 18 townships with the seat of county government located in Carrington. Population of Foster County is 3,397.
- According to the U.S. Census Bureau census for 2020, Foster, Eddy and Wells counties are the three major counties that utilize CMC services. The three counties have a total area of 2,536 square miles and approximately 9,726 people, which is a slight decrease from 2010 census of 9,935. The racial makeup of the counties was 95.5% white. The number of households decreased from 4,806 to 4,470 households.



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 January 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 for all ages (includes depression/anxiety/suicide/stress)	Like in many rural areas, Carrington does not have the number of mental health professionals to adequately meet the needs of its residents.	•
Ability to retain primary care providers and nurses	The Carrington facilities need to have high quality medical staff to provide healthcare for the community.	•
Enough child daycare services	There are not enough qualified child care services in the Carrington area to help the working population.	
Alcohol use & abuse (all ages)	There are alcohol use and abuse concerns in the Foster, Eddy, and Wells tri-county area.	

Significant Needs the Hospital Does Not Intend to Address

The shortage of childcare services will not be addressed in this implementation plan. This significant need is beyond the mission, capacity, and services of the CHI St. Alexius, Carrington and Foster County Public Health.

The alcohol use and abuse for all ages need will not be addressed in the implementation strategy. The need of this is not in the scope of the hospital and its resources. While it may be a need to emphasize on in the future, it will not be addressed at the present time.

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

The hospital 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.

Hospital and health system participants included mainly CHI St. Alexius Health Carrington and Foster County Public Health. These two entities will be the main force of implementing the strategy.

Community input or contributions to this implementation strategy included the Community Health Needs Assessment survey. The community has shared some of the major healthcare needs and the hospital and the public health are using the assessment as the basis for the implementation strategy.

The programs and initiatives described here were selected on the basis of community need. The Community Health Needs Assessment was the point of focus to finding way to implement the strategy. The hospital along with the public health will use a Mission and Ministry grant for Violence Prevention for meeting the needs identified. The impact and goals will be looked into throughout the years of the implementation.



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

 Health Need: Ability to retain primary care providers and nurses					
Anticipated Impact (Goal)	To retain primary care providers and nurses in the CHI St Alexius Health Carrington hospital and clinic				
Strategy or Program	Summary Description	Strategic Objectives			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
Advertise job openings beyond the normal market	<ul style="list-style-type: none"> Provide an advertising strategy that reaches beyond the normal range of job openings in the state of North Dakota 				•
Coordinate videos on social media for public viewing	<ul style="list-style-type: none"> Have employee promote the facility in social media videos to show the environment in which the employee work 		•		
Planned Resources	The resources are a grant from University of North Dakota Center for Rural Health and using the facility's social media pages effectively for the intent of retaining and attracting health care professionals				
Planned Collaborators	University of North Dakota Center for Rural Health and CHI St. Alexius Health, Carrington				



Health Need: Mental health for all ages (includes depression/anxiety/suicide/stress)

Anticipated Impact (Goal)	To provide mental health education for children and adults				
Strategy or Program	Summary Description	Strategic Objectives			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
Implement a <i>Coaching Boys Into Men</i> Program with area coaches	<ul style="list-style-type: none"> To provide a space for middle school and high school boy athletes to hear about the importance of mental health To educate boy athletes in proper social boundaries 			•	•
Implement a female version of <i>Coaching Boys Into Men</i> with area coaches (this program is currently being developed)	<ul style="list-style-type: none"> To provide a space for middle school and high school girl athletes to hear about the importance of mental health To educate girl athletes in proper social boundaries 			•	•
Planned Resources	<i>Coaching Boys into Men</i> program from CHI Violence Prevention of North Dakota				
Planned Collaborators	CHI Violence Prevention of North Dakota, CHI St. Alexius Health, Carrington, and Foster County Public Health				