

# CHI St. Alexius Health Carrington

## 2019 Community Health Implementation Strategy

**Adopted October 2019**



 **CHI St. Alexius Health**

**Carrington Medical Center**

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# At-a-Glance Summary

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| <p><b>Community Served</b></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><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="407 793 1430 1052"> <tr> <td data-bbox="407 793 862 1052"> <ul style="list-style-type: none"> <li>• Ability to retain healthcare providers</li> <li>• Attracting and retaining young families</li> <li>• Availability of resources to help elderly stay in their homes</li> </ul> </td> <td data-bbox="862 793 1430 1052"> <ul style="list-style-type: none"> <li>• Not enough affordable housing</li> <li>• Adult and youth alcohol use and abuse</li> </ul> </td> </tr> </table>  | <ul style="list-style-type: none"> <li>• Ability to retain healthcare providers</li> <li>• Attracting and retaining young families</li> <li>• Availability of resources to help elderly stay in their homes</li> </ul> | <ul style="list-style-type: none"> <li>• Not enough affordable housing</li> <li>• Adult and youth alcohol use and abuse</li> </ul> |
| <ul style="list-style-type: none"> <li>• Ability to retain healthcare providers</li> <li>• Attracting and retaining young families</li> <li>• Availability of resources to help elderly stay in their homes</li> </ul> | <ul style="list-style-type: none"> <li>• Not enough affordable housing</li> <li>• Adult and youth alcohol use and abuse</li> </ul>   |  |  |
| <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> <ul style="list-style-type: none"> <li>• <b>Ability to retain healthcare providers</b> – active recruitment plans to hire 1 Internal Medicine physician and 1 Family Practice physician over the next 4-5 years.</li> <li>• <b>Attracting and retaining young families</b> – assist in marketing efforts to attract young families and support efforts to offer family friendly events to retain young families.</li> <li>• <b>Not enough affordable housing</b> – creation of a housing resource guide and support of those working to establish housing standards of living within the city/county.</li> <li>• <b>Availability of resources to help elderly stay in their homes</b> – creation of a community resource guide that may allow elderly to stay in their homes longer.</li> <li>• <b>Adult and youth alcohol use and abuse</b> – work with the community and local policy makers to reduce the acceptability of underage drinking among youth by adults in Foster County and reduce the occurrence of underage drinking for youth ages 12-20 in Foster County.</li> </ul> |  |  |

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|---|---|
| <p><b>Anticipated Impact</b></p>     | <p>Anticipated impact for these strategies and programs includes: reduced primary care provider burnout, increased access to physicians, additional young families moving to and staying in the community, improved community resources for housing and elderly along with community knowledge of those resources, policy change regarding underage drinking, and reduced occurrences of underage drinking.</p> |
| <p><b>Planned Collaboration</b></p>  | <p>Collaboration on these strategies and programs will occur between CHI St. Alexius Health Carrington and a variety of workgroups:</p> <ul style="list-style-type: none"> <li>• Foster County Public Health</li> <li>• Choose Carrington</li> <li>• Catholic Health Initiatives</li> <li>• Various stakeholders and community citizens with interest to one of more of the identified health needs.</li> </ul> |

This document is publicly available online at <https://www.chistalexiushealth.org/about-us/community-health-assessments>

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 [nicolethreadgold@catholichealth.net](mailto:nicolethreadgold@catholichealth.net)

# Our Hospital and the Community Served

## About CHI St. Alexius Health Carrington

CHI St. Alexius Health Carrington is a member of Catholic Health Initiatives, which is a part of CommonSpirit Health.

- Located in Carrington, ND
- 25 bed Critical Access Hospital
- 2 provider-based clinics
- 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 mission of Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.

## Financial Assistance for Medically Necessary Care

CHI St. Alexius Health Carrington delivers compassionate, high quality, affordable health care and advocates for members of our community who are poor and disenfranchised. In furtherance of this mission, the hospital provides financial assistance to eligible patients who do not have the capacity to pay for medically necessary health care services, and who otherwise may not be able to receive these services. The financial assistance policy and a plain language summary of the policy are on the hospital’s web site.

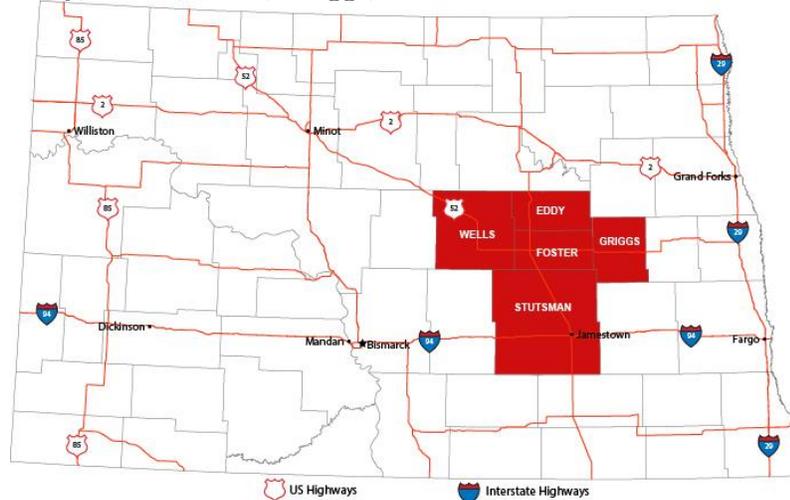
## Description of the Community Served

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 agri-business, 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 3,759.
- According to the U.S. Census Bureau estimated census for 2017, 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 9,595 people, which is a slight decrease from 2010 census of 9,935. The racial makeup of the counties was 97.6% white. The number of households decreased from 4,806 to 4,538 households.



## Eddy, Foster, Wells, Griggs, and Stutsman Counties



## Community Assessment and Significant Needs

The hospital engages in multiple activities to conduct its community health improvement planning process. These include, but are not limited to, conducting a Community Health Needs Assessment with community input at least every three years, identifying collaborating community stakeholder organizations, describing anticipated impacts of program activities and measuring program indicators.

### Community Health Needs Assessment

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 April 2019. 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 at <https://www.chistalexiushealth.org/about-us/community-health-assessments> or upon request at the hospital's Healthy Communities or Community Benefit office.

### Significant Health Needs

The community health needs assessment identified the following significant community health needs:

- 1) Ability to retain primary care providers (MD, DO, NP, PA) – residents need access to primary health care providers for their health needs in order to live in our rural community.
- 2) Attracting and retaining young families – our community is experiencing a declining population and workforce.
- 3) Not enough affordable housing – affordable housing prevents residents from staying in Carrington or relocating to Carrington.
- 4) Availability of resources to help elderly stay in their homes – the elderly could stay in their homes longer versus leaving the community if resources were available.
- 5) Adult and youth alcohol use and abuse – alcohol use and abuse concerns amongst our population.

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

The hospital intends to take actions to address all of the prioritized significant health needs in the CHNA report, both through its own programs and services and with community partners. Lists and descriptions of those planned actions are included in this report.

## 2019 Implementation Strategy

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. It summarizes planned activities with statements on anticipated impacts and planned collaboration. Program Digests provide additional detail on select programs.

This report specifies planned activities consistent with the hospital's mission and capabilities. The hospital may amend the plan as circumstances warrant. For instance, changes in significant community health needs or in community assets and resources directed to those needs may merit refocusing the hospital's limited resources to best serve the community.

The anticipated impacts of the hospital's activities on significant health needs are summarized below, and for select program initiatives are stated in Program Digests. Overall, the hospital anticipates that actions taken to address significant health needs will: improve health knowledge, behaviors, and status; increase access to needed and beneficial care; and help create conditions that support good health.

The hospital works to evaluate impact and sets priorities for its community health programs in triennial Community Health Needs Assessments.



## Creating the Implementation Strategy

CHI St. Alexius Health Carrington 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.

- The implementation strategy process began with CHI St. Alexius Health Carrington hosting a community meeting in which all those who previously took part in the community health needs assessment focus groups and key informant interviews were invited. During this meeting, each of the top five community health needs were discussed. Questions asked for each health need included: What current services/activities are you aware of that address this community health need? How are you aware of these services? What work groups already exist to support this topic? Are there opportunities to support them or become involved? Who else should be brought to the table to collaboratively work on this topic moving forward? At the conclusion of the meeting, attendees were asked to identify a health need(s) that they would be willing to participate in addressing.

- Each Community Health Needs Assessment Steering Committee member from CHI St. Alexius Health and Foster County Public Health took an identified health need to lead in creating the work group and implementation strategy. Those leaders convened their workgroups, invited additional stakeholders and created an implementation strategy for the identified health need. The leaders then combined the work into one overall implantation strategy. Some of the identified health needs have previous programming and access to appropriate resources while others are new.



## Strategy by Health Need

The tables below present strategies and program activities the hospital intends to deliver to help address significant health needs identified in the CHNA report.

They are organized by health need and include statements of the strategies’ anticipated impact and any planned collaboration with other organizations in our community.

|  <b>Health Need: Ability to retain primary care providers (MD, DO, NP, PA)</b> |   |
|---|---|
| Strategy or Program Name  | Summary Description   |
| Increase number of practicing physicians in CHI St. Alexius Health Carrington’s service area with active recruitment plans.                                       | <ul style="list-style-type: none"> <li>• Semi-weekly calls with CHI Recruitment team.</li> <li>• Implementation of a Community Recruitment team to assist with on-site recruitment visits.</li> <li>• Explore opportunities to offer a placement fee to the greater community if a community member brings in a solid recruitment who signs a legally binding contract.</li> <li>• Work with CHI Regional on a “regional strategy” to utilize providers who have special talents in other locations while building a solid family practice care model in Carrington.</li> </ul> |
| Increase number of practicing primary care providers over a four-year period.   | <ul style="list-style-type: none"> <li>• Hiring 1 Internal Medicine physician and 1 Family Practice physician.</li> </ul>   |

**Anticipated Impact:** The hospital’s initiatives to address the ability to retain primary care providers are anticipated to result in: active recruitment of an internal medicine physician to provide respite to

our existing internal medicine physician; improved community involvement and relations in regard to physician recruitment; and transitioning to a regional care model allowing current medical staff to offer increased access to medical services in other small rural communities currently not offering those services. E.g.: endoscopy; joint injections.

**Planned Collaboration:** The hospital will work with its medical staff, recruiters, interested community members and additional local healthcare providers (dental, optometry, public health and chiropractic) to deliver this recruitment and retention strategy.



### Health Need: Attracting and retaining young families

| Strategy or Program Name     | Summary Description  |
|------------------------------|--|
| Attract new, young families. | <ul style="list-style-type: none"> <li>Assist the Choose Carrington workgroup in creating a marketing plan to attract new families.</li> </ul>   |
| Retain new, young families.  | <ul style="list-style-type: none"> <li>Assist the Choose Carrington workgroup and other community groups in their efforts to showcase and create events to engage young families.</li> </ul> |

**Anticipated Impact:** The hospital's strategy to participate in and support the existing Choose Carrington workgroup are anticipated to result in: a marketing plan where Carrington is showcased as an ideal, safe place to work and raise a family with numerous recreational activities and shopping opportunities; and support of numerous community events, both existing and new, where community members are encouraged to participate in healthy social opportunities in which a sense of community is created.

**Planned Collaboration:** The hospital will work with the Choose Carrington workgroup, which consists of numerous community and business stakeholders to deliver this recruitment and retention strategy.



### Health Need: Not enough affordable housing

| Strategy or Program Name              | Summary Description  |
|---------------------------------------|--|
| Creation of a housing resource guide. | <ul style="list-style-type: none"> <li>Various entities receive phone calls for housing in our community, but do not have an all-encompassing, easy to access resource guide.</li> </ul> |

Support local efforts to create a city/county code to enforce equitable standards of living.

- Support existing efforts of concerned citizens regarding creation of either city or county ordinances where reasonable standards of living are created and enforced.

**Anticipated Impact:** Affordable housing is multi-faceted and at times beyond the scope of what a hospital may implement. The hospital will assist in addressing affordable housing by collaboratively working to produce an all-encompassing, easy to access housing resource guide, and assist as needed in providing meeting accommodations to support work towards city and/or county codes regarding reasonable standards of living.

**Planned Collaboration:** The hospital will work with concerned citizens to support this housing strategy.



### Health Need: Availability of resources to help elderly stay in their homes

| Strategy or Program Name                        | Summary Description   |
|---|---|
| Increase awareness of available resources.      | <ul style="list-style-type: none"> <li>• Create a streamlined resource guide that is made widely available throughout the community and the resource agencies listed within the guide.</li> </ul> |
| Increase ease of access to available resources. | <ul style="list-style-type: none"> <li>• Work to ensure those who do not have access to computers or smart phones can still obtain the resource information.</li> </ul>                           |

**Anticipated Impact:** The initiatives to address resources to help elderly stay in their homes are anticipated to result in: identification of resources and an increased knowledge of resources and how to access the resources.

**Planned Collaboration:** The hospital will support Foster County Public Health and key stakeholders as they work on the strategies to address availability of resources to help elderly stay in their homes.



### Health Need: Adult and youth alcohol use and abuse

| Strategy or Program Name   | Summary Description   |
|--|---|
| ADULT - Reduce the acceptability of underage drinking among youth by adults in Foster County | <p>Implement a Social Host Ordinance and Liability Law in Foster County</p> <ul style="list-style-type: none"> <li>• Create talking points on need for Social Host and local media campaign</li> <li>• Meet 1:1 with local policy makers to educate about local conditions and need for improved policy</li> <li>• Educate community on local conditions, statistics and need for improved policy through local media campaign</li> </ul> |

|   |   |
|---|---|
| <p>YOUTH - Reduce the occurrence of underage drinking for youth ages 12-20 in Foster County</p> | <ul style="list-style-type: none"> <li>• Continue to promote Tip 411</li> </ul> <p>Implement a Teen Party Ordinance</p> <ul style="list-style-type: none"> <li>• Create talking points on need for Teen Party Ordinance and local media campaign</li> <li>• Meet 1:1 with local policy makers to educate about local conditions and need for improved policy</li> <li>• Educate community on local conditions, statistics and need for improved policy through local media campaign</li> <li>• Involve youth with messaging and conversations</li> <li>• Continue to promote Tip 411</li> </ul> |
|---|---|

**Anticipated Impact:** The initiatives to address adult and youth alcohol use and abuse are anticipated to result in: a decrease the percentage of community members that agree or strongly agree that drinking among teenagers is acceptable, and a decrease of Carrington and Midkota High School students reported that they had consumed alcohol on at least one day during their life.

**Planned Collaboration:** The hospital will support Foster County Public Health and key stakeholders as they work on the strategies to address adult and youth alcohol use and abuse.

# Program Digests

The following pages include Program Digests describing key programs and initiatives that address one or more significant health needs in the most recent CHNA report. The digests include program descriptions and intervention actions, statements of which health needs are being addressed, any planned collaboration, and program goals and measurable objectives.

|  <b>Increase the number of practicing physicians in CHI St. Alexius Health Carrington’s service area through active recruitment plans over 4 years.</b> |   |
|--|---|
| Significant Health Needs Addressed   | <ul style="list-style-type: none"> <li>√ Ability to retain primary care providers (MD, DO, NP, PA)</li> <li>□ Attracting and retaining young families</li> <li>□ Not enough affordable housing</li> <li>□ Availability of resources to help elderly stay in their homes</li> <li>□ Adult and youth alcohol use and abuse</li> </ul>   |
| Program Description  | <p>CHI St. Alexius Health Carrington desires to increase the number of practicing physicians in CHI St. Alexius Health Carrington’s service area over the next 4-5 years. CHI St. Alexius Health Carrington will add value to its active recruitment plans in order to reduce physician burnout and retain its current primary care providers.</p>  |
| Community Benefit Category   | A3. Healthcare Support Services   |
| Planned Actions for 2019 - 2021  |   |
| Program Goal / Anticipated Impact  | <p>CHI St. Alexius Health Carrington’s goal is to hire 1 Internal Medicine physician and 1 Family Practice physician over the next 4-5 years. Hiring additional physicians will reduce current physician burnout and increase the likelihood to retain its current primary care providers.</p>  |
| Measurable Objective(s) with Indicator(s)  | <ul style="list-style-type: none"> <li>• Semi-weekly calls with CHI Recruitment team.</li> <li>• Implementation of a Community Recruitment team to assist with on-site visits.</li> <li>• Explore opportunities to offer a placement fee to the greater community if a community member brings in a solid recruitment who signs a legally binding contract.</li> <li>• Work with CHI Regional on a “regional strategy” to utilize providers who have special talents in other locations while building a solid family practice care model in Carrington.</li> </ul> |
| Intervention Actions for Achieving Goal  | <ul style="list-style-type: none"> <li>• Phase 1: Actively recruit one Internal Medicine Physician to assist with patient care that offers additional resources for complex patient care. (FY 2020-till IM is found).</li> </ul>  |

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|-----------------------|---|
|                       | <ul style="list-style-type: none"> <li>Phase 2: Work with community members/marketing to dispel the rumors Advanced Practice Providers e.g.: Nurse Practitioners and Physician Assistants are not able to care for most of the Carrington Medical Center’s population of patients. (FY 2020-2022)</li> <li>Phase 3: Recruitment of one additional Internal Medicine or Family Practice Physician in order to transition to a regional care model allowing current Medical Staff to offer services in other small rural communities currently not offering these types of services. E.g.: endoscopy; joint injections. Etc. (FY 2020-2024).</li> </ul> |
| Planned Collaboration | CHI St. Alexius Health Carrington will work collaboratively with CHI resources and community stakeholders to support these efforts to increase the number of practicing physicians in CHI St. Alexius Health Carrington’s service area.   |

 **Retaining young families**

|                                    |   |
|------------------------------------|---|
| Significant Health Needs Addressed | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ability to retain primary care providers (MD, DO, NP, PA)</li> <li><input checked="" type="checkbox"/> Attracting and retaining young families</li> <li><input type="checkbox"/> Not enough affordable housing</li> <li><input type="checkbox"/> Availability of resources to help elderly stay in their homes</li> <li><input type="checkbox"/> Adult and youth alcohol use and abuse</li> </ul> |
| Program Description                | CHI St. Alexius Health Carrington will assist the Choose Carrington workgroup and other community groups in their efforts to showcase and create events to engage young families. Each community event requires several individuals from the community to volunteer at and promote the events. Some of the events are established while others are being redesigned or hoped to be created for the first time.  |
| Community Benefit Category         | A4. Social and Environmental Improvement Activities   |

**Planned Actions for 2019 - 2021**

|                                   |   |
|-----------------------------------|---|
| Program Goal / Anticipated Impact | CHI St. Alexius Health Carrington will assist the Choose Carrington workgroup and other community groups with their goal of creating events to engage young families. Each community event requires several individuals from the community to volunteer at and promote the events. Some of the events are established while others are being redesigned or hoped to be created for the first time. Anticipated impact is the fostering of community relationships amongst young families, so they feel a sense of belonging in our community. |
|-----------------------------------|---|

|  |   |
|--|---|
| <b>Measurable Objective(s) with Indicator(s)</b> | <p>The objective is to help the Choose Carrington group and other community organizations promote and run their family friendly events. Quantifiable indicators include participation in the Choose Carrington group meetings where oversight of upcoming family friendly events is discussed, and assistance is offered when needed for the events.</p>  |
| <b>Intervention Actions for Achieving Goal</b>   | <p>Annual family friendly events in the community, either existing or in creation stages, include:</p> <ol style="list-style-type: none"> <li>1. Chamber Family Golf Day – held annually this event has recently adapted to being family friendly.</li> <li>2. Live @ 5 – Live music and appetizer events held three times per year for community members to socialize.</li> <li>3. Movies in the park – Portable projector screen and family friendly movies played twice per year in the city park.</li> <li>4. Youth track meet – held annually for youth who have completed Kindergarten through 6<sup>th</sup> grade.</li> <li>5. Bike parade – establish an annual or bi-annual bike parade to engage families with youth in healthy activities.</li> <li>6. Play days at the Courthouse Park – upon successful renovation of the Courthouse Park from the previous CHNA results, regularly scheduled play days will be offered to encourage families to be active in the newly renovated park environment.</li> <li>7. Fair activities – annual youth kickball tournament to provide a safe afterhours environment once the carnival rides close.</li> <li>8. Establish meet-n-greet opportunities at the local hospital/clinic where young families can meet providers and learn about the healthcare services available locally.</li> <li>9. Chamber of Commerce Welcome Bag – evaluate the contents and reach of the Chamber’s Welcome bag. Encourage Chamber members to create engaging information about their businesses for new residents to receive. Evaluate how new residents are identified so as many new residents as possible receive the Welcome bag.</li> <li>10. Create an annual Community Picnic to provide socializing opportunities amongst residents.</li> <li>11. Creation of a community resource guide for new families to become involved in community organizations.</li> </ol> |
| <b>Planned Collaboration</b>                     | <p>CHI St. Alexius Health Carrington and the Choose Carrington workgroup will work collaboratively to support these efforts to recruit young families to Carrington.</p>  |



## Attracting young families

|   |   |
|---|---|
| Significant Health Needs Addressed        | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ability to retain primary care providers (MD, DO, NP, PA)</li> <li>✓ Attracting and retaining young families</li> <li><input type="checkbox"/> Not enough affordable housing</li> <li><input type="checkbox"/> Availability of resources to help elderly stay in their homes</li> <li><input type="checkbox"/> Adult and youth alcohol use and abuse</li> </ul>   |
| Program Description                       | <p>CHI St. Alexius Health Carrington will assist the Choose Carrington workgroup as they work to attract new families to Carrington. The focus is to highlight Carrington as an ideal, safe place to work and raise a family with numerous recreational and wellness activities and shopping opportunities.</p>   |
| Community Benefit Category                | <p>A4. Social and Environmental Improvement Activities</p>  |
| <b>Planned Actions for 2019 - 2021</b>    |   |
| Program Goal / Anticipated Impact         | <p>The Choose Carrington workgroup desires to create a marketing plan to attract new families to Carrington. The plan will highlight Carrington as an ideal, safe place to work and raise a family with numerous recreational and wellness activities and shopping opportunities.</p>   |
| Measurable Objective(s) with Indicator(s) | <ul style="list-style-type: none"> <li>● A semi-annual alumni mailing highlighting the community and encouraging alumni to return to Carrington.</li> <li>● A social media presence to showcase the appeal of living in Carrington – Instagram (double the current 160 followers), Facebook (increase the current 358 page likes to 550 page likes), and You Tube Channel (create a You Tube channel and post videos twice per year)</li> <li>● Presence at regional college hiring fairs to recruit recent graduates into key economic job opportunities in Carrington.</li> <li>● Bring the North Dakota State University Extension’s Marketing Hometown America training program to Carrington.</li> </ul> |
| Intervention Actions for Achieving Goal   | <ul style="list-style-type: none"> <li>● Development of a semi-annual alumni mailing.</li> <li>● Contribute content to establish an active social media presence to showcase the appeal of living in Carrington.</li> <li>● Recruit business representatives and gather information to attend regional college hiring fairs.</li> <li>● Recruit business and community representatives to participate in the North Dakota State University Extension’s Marketing Hometown America training program.</li> </ul>  |

|                       |   |
|-----------------------|---|
| Planned Collaboration | CHI St. Alexius Health Carrington and the Choose Carrington workgroup will work collaboratively to support these efforts to recruit young families to Carrington. |
|-----------------------|---|



### Housing resource guide

|                                    |   |
|------------------------------------|---|
| Significant Health Needs Addressed | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ability to retain primary care providers (MD, DO, NP, PA)</li> <li><input type="checkbox"/> Attracting and retaining young families</li> <li>✓ Not enough affordable housing</li> <li><input type="checkbox"/> Availability of resources to help elderly stay in their homes</li> <li><input type="checkbox"/> Adult and youth alcohol use and abuse</li> </ul> |
| Program Description                | Various entities receive phone calls for housing in our community, but do not have an all-encompassing, easy to access resource guide. CHI St. Alexius Health Carrington will work with Foster County Public Health to increase awareness of available housing resources.   |
| Community Benefit Category         | A1. Community Health Education  |

### Planned Actions for 2019 - 2021

|   |  |
|---|--|
| Program Goal / Anticipated Impact         | The activity goal is to create a housing resource guide to help community organizations connect people with housing resources.   |
| Measurable Objective(s) with Indicator(s) | A completed resource guide distributed widely to the public, community organizations and resource agencies.  |
| Intervention Actions for Achieving Goal   | <ul style="list-style-type: none"> <li>• Gather and compile information from work groups/resources that already exist to be included in the resource guide.</li> <li>• Compare local resource list with other similar sized communities in our area to see if any additional resources can be added.</li> <li>• Raise awareness of resources with use of radio, newspaper and social media.</li> </ul> |
| Planned Collaboration                     | CHI St. Alexius Health Carrington and Foster County Public Health will work collaboratively to complete this program and produce a final resource guide.   |



## Community resource guide

|   |  |
|---|--|
| Significant Health Needs Addressed        | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ability to retain primary care providers (MD, DO, NP, PA)</li> <li><input type="checkbox"/> Attracting and retaining young families</li> <li><input type="checkbox"/> Not enough affordable housing</li> <li>✓ Availability of resources to help elderly stay in their homes</li> <li><input type="checkbox"/> Adult and youth alcohol use and abuse</li> </ul>  |
| Program Description                       | <p>CHI St. Alexius Health Carrington will work with Foster County Public Health to increase awareness of available resources for the elderly and their families that may help the elderly stay in their homes versus moving out of town, or out of their home to an assisted living facility. Several resources already exist, but knowledge and communication of those resources can be improved.</p>   |
| Community Benefit Category                | A1. Community Health Education   |
| <b>Planned Actions for 2019 - 2021</b>    |  |
| Program Goal / Anticipated Impact         | <p>To have a streamlined resource guide that is made widely available throughout the community and to the resource agencies listed within the guide. This guide can serve as a connecting point for the elderly with resources that may enable them to stay in their home for a longer period.</p>   |
| Measurable Objective(s) with Indicator(s) | <p>A completed resource guide distributed widely to the public, community organizations and resource agencies.</p>   |
| Intervention Actions for Achieving Goal   | <ul style="list-style-type: none"> <li>• Gather and compile information from work groups/resources that already exist to be included in the resource guide.</li> <li>• Compare local resource list with other similar sized communities in our area to see if any additional resources can be added.</li> <li>• Raise awareness of resources with use of radio, newspaper, social media, and visits to senior center.</li> <li>• Research different types of communication needed for homebound individuals to be aware of available resources.</li> </ul> |
| Planned Collaboration                     | <p>CHI St. Alexius Health Carrington and Foster County Public Health will work collaboratively to complete this program and produce a final resource guide.</p>  |



## ADULT - Reduce the acceptability of underage drinking among youth by adults in Foster County

|                                    |  |
|------------------------------------|--|
| Significant Health Needs Addressed | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ability to retain primary care providers (MD, DO, NP, PA)</li> <li><input type="checkbox"/> Attracting and retaining young families</li> </ul> |
|------------------------------------|--|

|  |  |
|--|--|
|  | <ul style="list-style-type: none"> <li>❑ Not enough affordable housing</li> <li>❑ Availability of resources to help elderly stay in their homes</li> <li>√ Adult and youth alcohol use and abuse</li> </ul>  |
| <b>Program Description</b>                       | Foster County Public Health is working to implement a Social Host Ordinance and Liability Law in Foster County. This effort builds on their alcohol prevention work in Foster County. It is supported by CHI St. Alexius Health Carrington in terms of data gathering and staff participation in the Healthy Communities Coalition, a part of Public Health’s alcohol prevention work oversight structure.                   |
| <b>Community Benefit Category</b>                | A4. Social and Environmental Improvement Activities  |
| <b>Planned Actions for 2019 - 2021</b>           |  |
| <b>Program Goal / Anticipated Impact</b>         | The program goal is to decrease the percentage of community members that agree or strongly agree that drinking among teenagers is acceptable from 20.5% in 2015 to 10% in 2019 and beyond. (ND CRS, 2019).   |
| <b>Measurable Objective(s) with Indicator(s)</b> | <ul style="list-style-type: none"> <li>• Host discussions on need for Social Host and local media campaign</li> <li>• Educate local policy makers on local conditions and need for improved policy</li> <li>• Educate community on local conditions, statistics and need for improved policy</li> <li>• Continue Tip 411 program</li> </ul>  |
| <b>Intervention Actions for Achieving Goal</b>   | <ul style="list-style-type: none"> <li>• Creation of talking points for discussions on need for Social Host and local media campaign</li> <li>• Meet 1:1 with local policy makers to educate about local conditions and need for improved policy</li> <li>• Local media campaign to educate community on local conditions, statistics and need for improved policy</li> <li>• Continue to promote Tip 411 program</li> </ul> |
| <b>Planned Collaboration</b>                     | Foster County Public Health leads alcohol education and prevention work through previous and existing grants. Collaborators on this effort include CHI St. Alexius Health Carrington and key community stakeholders.   |



## YOUTH - Reduce the occurrence of underage drinking for youth ages 12-20 in Foster County

|   |  |
|---|--|
| Significant Health Needs Addressed        | <ul style="list-style-type: none"> <li>❑ Ability to retain primary care providers (MD, DO, NP, PA)</li> <li>❑ Attracting and retaining young families</li> <li>❑ Not enough affordable housing</li> <li>❑ Availability of resources to help elderly stay in their homes</li> <li>✓ Adult and youth alcohol use and abuse</li> </ul>  |
| Program Description                       | <p>Foster County Public Health is working to implement a Teen Party Ordinance in Foster County. This effort builds on their alcohol prevention work in Foster County. It is supported by CHI St. Alexius Health Carrington in terms of data gathering and staff participation in the Healthy Communities Coalition, a part of Public Health’s alcohol prevention work oversight structure.</p>   |
| Community Benefit Category                | A4. Social and Environmental Improvement Activities  |
| <b>Planned Actions for 2019 - 2021</b>    |  |
| Program Goal / Anticipated Impact         | <p>Program goals: 58.1% of Carrington High School students reported that they had consumed alcohol on at least one day during their life (REA ND YRBS, 2017). Decrease that number from 58.1% in 2017 to 50% in 2019 YRBS – results pending 2019.</p> <p>62.1% of Midkota High School students reported that they had consumed alcohol on at least one day during their life (REA ND YRBS, 2017). Decrease that number from 62.1% in 2017 to 55% in 2019 YRBS – results pending 2019.</p>  |
| Measurable Objective(s) with Indicator(s) | <ul style="list-style-type: none"> <li>● Provide talking points on need for Teen Party Ordinance and local media campaign</li> <li>● Educate local policy makers about local conditions and need for improved policy</li> <li>● Educate community on local conditions, statistics and need for improved policy</li> <li>● Represent voices of the youth with messaging and conversations</li> <li>● Continue Tip 411 program</li> </ul>  |
| Intervention Actions for Achieving Goal   | <ul style="list-style-type: none"> <li>● Create talking points on need for Teen Party Ordinance and local media campaign</li> <li>● Meet 1:1 with local policy makers to educate about local conditions and need for improved policy</li> <li>● Local media campaign to educate community on local conditions, statistics and need for improved policy</li> <li>● Involve youth representatives with messaging and conversations</li> <li>● Continue to promote Tip 411 program</li> </ul> |

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**Planned Collaboration**

Foster County Public Health leads alcohol education and prevention work through previous and existing grants. Collaborators on this effort include CHI St. Alexius Health Carrington and key community stakeholders.

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## Hospital Board and Committee Rosters

Timothy J Bopp, MD  
Bone & Joint

Michael Cassidy, MD  
CHI St. Alexius Health Dickinson

Kevin Dahmen, MD  
CHI St. Alexius Health Bismarck

Jeffrey Drop  
Catholic Health Initiatives

John W Giese  
Wells Fargo

Shiraz Hyder, MD  
CHI St. Alexius Health Bismarck

Mike Lefor  
DCI Credit

Sr. Thomas Welder  
University of Mary

Tessa Marburger, MD  
CHI St. Alexius Health Williston

Sr. Nancy Miller  
Annunciation Monastery

John Mongeon  
Brady, Martz & Associates, P.C.

Todd Preszler, MD  
CHI St. Alexius Health Bismarck

Kurt Schley  
CHI St. Alexius Health Bismarck

Pat Sogard  
American State Bank and Trust

Julie Traynor, RN  
Lake Region State College

