

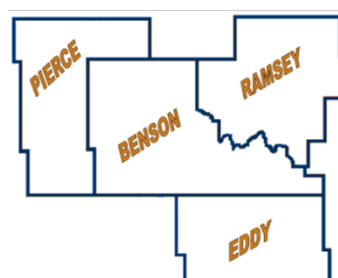
CHI St. Alexius Health Devils Lake and Lake Region District Health Unit

2022 Community Health Implementation Strategy

Adopted October 2022



Devils Lake Hospital








Public Health
Prevent. Promote. Protect.

Table of Contents

At-a-Glance Summary	3
Our Hospital, Health Unit and the Community Served	4
About the Hospital and Health Unit	4
Our Mission	5
Description of the Community Served	5
Community Assessment and Significant Needs	5
Significant Health Needs	6
2022 Implementation Strategy	7
Creating the Implementation Strategy	7
Community Health Strategic Objectives	7
Strategies and Program Activities by Health Need	8-12

At-a-Glance Summary

<p>Community Served</p> 	<p>CHI St Alexius Health, Devils Lake and Lake Region District Health Unit (LRDHU) serve the Benson, Ramsey, Eddy and Pierce counties covering 4,200 square miles and approximately 25,000 people. Three of the four counties border the Spirit Lake Indian Reservation.</p>	
<p>Significant Community Health Needs Being Addressed</p> 	<p>The significant community health needs the hospital and the LRDHU are 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> <ul style="list-style-type: none"> ● Mental Health Services ● Alcohol use/abuse ● Drug and Alcohol use/abuse 	
<p>Strategies and Programs to Address Needs</p> 	<p>The hospital and LRDHU intend to take actions and to dedicate resources to address these needs, including:</p> <ul style="list-style-type: none"> ● The hospital is exploring ways to get telehealth set up for the mental health needs of the community. ● LRDHU is collaborating with and building partnerships with the schools to spread the message of alcohol and drug use and abuse. 	
<p>Anticipated Impact</p> 	<p>Together with our community partners, we hope to provide the resources to help address the disparities among significant health needs noted in our CHNA. The strategy would be to be more widespread with our messages and resources for providing these services.</p>	
<p>Planned Collaboration</p> 	<p>LRDHU has been working with Forward Devils Lake, the City Administrator, broadcasting on the local radio station and newspapers in the community to reach as much as the population as possible.</p>	

Our Hospital, Health Unit and the Community Served

About the Hospital

CHI St. Alexius Health Devils Lake Hospital is a 25-bed critical access hospital that provides a wide array of hospital based health services. This includes an emergency department with a level 5 trauma center as well as a variety of inpatient and outpatient ancillary services. Inpatient services include an intensive care unit, acute care unit, obstetrics unit, and swing bed unit. CHI St. Alexius Health Devils Lake Hospital is the only hospital in east central North Dakota that offers inpatient obstetrics services. Other services include a hospitalist service, inpatient pharmacy, respiratory therapy, general surgery, endoscopy, ophthalmology, podiatry, cardiac rehabilitation, pulmonary rehabilitation, stress testing, clinical laboratory, medical nutrition therapy, occupational therapy, physical therapy, x-ray, fluoroscopy, computed tomography (CT), magnetic resonance imaging (MRI), ultrasound, and fluoroscopy services.

We lease space in the hospital for a 6-chair dialysis unit that is run by Altru Health System. Also, we lease space to The Cancer Center of North Dakota for outpatient chemotherapy infusion services.

About the Health Unit

Lake Region District Health unit (LRDHU) is a four-county, district health unit, providing services to the people of Benson, Eddy, Pierce, and Ramsey counties. Public health services in Ramsey County date back to 1934 when the County Public Health Nurse would perform the annual inspection of school children accompanied by the County Superintendent of Schools. In 1950, Ramsey County joined with Benson County to form the Lake Region District Health Unit. LRDHU is overseen by Dr. Wayman, Health Officer and eight board members, two from each county. Currently LRDHU has 19 employees and one administrator. Normal services are available Monday through Friday from 8:00 am to 12:00 pm and 1:00 to 5:00 pm.

- Hospital location
 - Benson County, Minnewaukan
 - Eddy County, New Rockford
 - Pierce County, Rugby
 - Ramsey County, Ramsey courthouse
- Funded from federal and state grants and local tax dollars
- Major programs
 - **Promotion**
 - Substance Abuse
 - WIC
 - **Prevention**
 - Immunizations
 - Women's Way
 - Family Planning
 - Tobacco Prevention
 - Health Tracks
 - Maternal Child Health and Safety
 - **Protection**
 - Environmental Health
 - Emergency Preparedness

Our Mission

CHI St. Alexius Health, Devils Lake: 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.

Lake Region Public Health Unit: The mission of Public Health is to make a positive impact on the health and welfare of the community by preventing the spread of disease, promoting good health, and protecting the environment.

Description of the Community Served

The demographic information in table 1 provides information on Ramsey, Benson, Pierce, and Eddy Counties compared to North Dakota rates and national benchmarks on various topics, ranging from individual health behaviors to the quality of healthcare.

A summary description of the community and additional details can be found in the CHNA 2022 report online.

- Along with the hospital, the economy is based on agri-business, service industries, and retail trade. Ramsey County is 1,186 square miles of rural land located in northeast North Dakota. It is bordered by Benson, Towner, Cavalier, Walsh, and Nelson Counties. Ramsey is divided into 36 townships with the seat of county government located in Devils Lake. The racial makeup of the counties was 83.0% White with 10.6% of the population being Native American.
- CHI St. Alexius Health Devils Lake Hospital is in a frontier area and is licensed as a critical access hospital with a provider-based health clinic. Devils Lake is in northeast North Dakota. Two major cities in North Dakota, Minot and Grand Forks, are less than two hours from Devils Lake.

Demographic Information

Table 1 summarizes general demographic and geographic data about Eddy and Foster Counties.

	Ramsey County	Benson County	Eddy County	Pierce County	North Dakota
Population (2019)	11,519	6,832	3,975	2,287	762,062
Population change (2010-2019)	0.6%	2.6%	-8.8%	-4.1%	13.3%
People per square mile (2010)	9.6	4.8	4.3	3.8	9.7
Persons 65 years or older (2019)	20.3%	14.4%	23.8%	23.7%	15.7%
Persons under 18 years (2019)	23.3%	35.2%	22.8%	23.4%	23.6%
Median age (2019 est.)	40.7	30.5	45.8	45.8	35.1
White persons (2019)	83.7%	41.6%	92.2%	92.6%	86.9%
High school graduates (2019)	91.9%	86.3%	93.3%	89.4%	92.6%
Bachelor's degree or higher (2019)	26.4%	16.2%	21.0%	26.2%	30.0%
Live below poverty line (2019)	12.3%	23.3%	11.6%	10.0%	10.6%
Persons without health insurance, under age 65 years (2019)	8.6%	12.7%	8.4%	9.4%	8.1%
Persons without health insurance, under age 65 years (2016)		12.4%	6.3%	6.8%	8.1%

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 health-related social needs that have an impact on health and well-being.

Significant Health Need	Description	Intend to Address?
Drug/Alcohol use & abuse (Youth & Adults)	LRDHU’s Tobacco and Substance Abuse Coordinator and the two Devils Lake City Police Departments’ School Resource Officers (SRO) developed a substance abuse prevention team. They also worked closely with the Students Against Destructive Decisions (SADD) group from the high school on the prevention team. If students were caught with vaping or other tobacco products in school, they were reported to the SRO and to the Tobacco and Substance Abuse Coordinator, who is a certified Tobacco Treatment Specialist, for punishment and treatment that increased per offense.	●
Depression/anxiety (Youth & Adult)	In an open-ended question, respondents were asked what single issue they feel is the biggest challenge facing their community. Mental healthcare and providers.	●
Child Care	Not enough available for people to work. The shortage of childcare services will not be addressed in this implementation plan. It is being addressed by other agencies in the community.	
Availability of mental health services/Suicide prevention	The lack of mental health and addiction treatment services in the community for all ages was expressed by many respondents of the CHNA survey. Many indicated that there are limited professionals or appointments, and only a “band aid” is being applied instead of addressing the actual problem. Thus, CHI Devils Lake will be exploring avenues to help the combat the mental health needs of the greater Devils Lake Area. Some aspect would include telehealth to reach those needs.	●

Significant Needs the Hospital Does Not Intend to Address

The shortage of childcare services will not be addressed in this implementation plan. It is being addressed by other agencies in the community such as the Economic Development Cooperation and the City Council. This significant need is beyond the mission, capacity, and services of both the hospital and the Health Unit.

2022 Implementation Strategy

This section presents strategies and program activities that the hospital and the Health Unit intend 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 and the Health Unit may amend the plan as circumstances warrant, such as changes in community needs or resources to address them.

Creating the Implementation Strategy

The hospital and the Health Unit are dedicated to improving community health and delivering community benefit with the engagement of their management teams, boards, clinicians, and staff, and in collaboration with community partners.

Hospital and health system participants included CHI St. Alexius Health Devils Lake Hospital, School Superintendent, and local law enforcement.



The programs and initiatives described here were selected based on existing programs with in the LRDHU and CHI St. Alexius Health Devils Lake. The Substance Abuse and Tobacco Prevention Coordinator from LRDHU will continue to expand her partner program providing access to appropriate skills and resources.

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 and LRDHU 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: Drug/Alcohol Use & Abuse (Youth)					
Anticipated Impact (Goal)	Decrease the use of alcohol, tobacco, and other substance abuse in youth.				
Strategy or Program	Summary Description	Strategic Objectives			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
Not In My House program	<ul style="list-style-type: none"> Parents take a pledge their homes will be an environment where students can thrive, monitor their own alcohol levels to notice if it's being consumed by minors, and their house won't be available for social hosting of a party involving alcohol. 	•	•	•	•
Responsible Beverage Training	<ul style="list-style-type: none"> Provides education to servers to provide and catch fake identification that is used by minors in the purchasing of alcohol. Partnering with law enforcement to conduct random compliance checks of business that are checking identification for purchase of alcohol. Use forensic scanners for fake id's. 	•	•	•	•
Alcohol Misuse Education	<ul style="list-style-type: none"> Refer users of alcohol to Celebrate Recovery or AA meetings. Partnering with SADD groups to provide resources on the dangers of underage drinking. 	•	•	•	•
AL-Teen	<ul style="list-style-type: none"> Program of AA that provides resources, education, and peer support of child of alcoholics. 	•	•	•	•

 Health Need: Drug/Alcohol Use & Abuse (Youth)					
In Depth	<ul style="list-style-type: none"> Conduct a 4-week counseling group session on the dangers of vaping, signs of addiction, visions of the future with and without addiction to tobacco and other vaping products. Conduct school presentations with the same messaging and adopted to the wants and needs of the individual schools. 	•	•	•	•
My Life, My Quit	<ul style="list-style-type: none"> Helping to enroll youth in a text message-based counseling tobacco cessation program. 	•	•	•	•
Planned Resources	LRDHU will provide a Substance Abuse & Tobacco Prevention Coordinator, communications, resources, grants, and program management to help achieve these goals.				
Planned Collaborators	LRDHU will partner with Parents Lead, Devils Lake Police Department, American Lung Association, and the various school districts in our service area to deliver on these strategies and programs.				

 Health Need: Drug/Alcohol Use & Abuse (Adults)					
Anticipated Impact (Goal)	Decrease alcohol, tobacco, and other substance abuse in adults.				
Strategy or Program	Summary Description	Strategic Objectives			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact



Health Need: Drug/Alcohol Use & Abuse (Adults)

Responsible Beverage Training	<ul style="list-style-type: none"> Provides education to servers of alcohol to prevent the overserving of alcohol. 	•	•	•	•
Alcohol Misuse Education	<ul style="list-style-type: none"> Refer to Human Service Center for a substance abuse evaluation when approached by someone asking for help. Provide information via radio and social media on when and where Celebrate Recovery and AA meeting are being held. 	•	•	•	•
Tobacco Cessation	<ul style="list-style-type: none"> Adverting on radio, digital billboard, and social media availability to quit the use of products with the assistance of nicotine replacement therapy. Provide counseling and nicotine replacement therapy for those requesting assistance in quitting product usage. To start quarterly support groups to provide peer support in the effort to quit product usage. Continue to participate in national campaign weeks to reduce product usage. 	•	•	•	•
ND Quits	<ul style="list-style-type: none"> Help enroll users in a state funded phone to communicate with usage in cessation support. 	•	•	•	•
Planned Resources	LRDHU will provide a Substance Abuse & Tobacco Prevention Coordinator, communications, resources, grants, and program management to help achieve these goals.				
Planned Collaborators	LRDHU will partner with the Human Service Center and the Devils Lake Police Department to deliver on these strategies and programs.				

Health Need: Depression/anxiety (Youth & Adult) and Availability of mental health services/Suicide prevention					
Anticipated Impact (Goal)	Securing additional mental health resources for the community serves by the hospital, for both patients and community members overall.				
Strategy or Program	Summary Description	Strategic Objectives			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
Telehealth External Programs	<ul style="list-style-type: none"> Explore areas to help reach the patients that are admitted to the hospital in need of emotional care. The hospital would look into contracts or partnerships that have mental health services already set up. 	•	•	•	•
CHI Internal Telehealth Programs	<ul style="list-style-type: none"> The CHI Midwest Division has begun work in providing mental health resources rural health, specifically. The exploration of seeing if these resources would work for the Devils Lake facility. 	•	•	•	•
Planned Resources	Telehealth mental services both within the CHI Midwest Division, as well as possibly looking at other areas that cover such mental health needs.				
Planned Collaborators	CHI Midwest Division.				