

CHI St. Alexius Health Garrison

2022 Community Health Implementation Strategy

Adopted February 2022



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At-a-Glance Summary

<p>Community Served</p> 	<p>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, 58540, 58735, 58775, 58759, 58779, 58756, 58771, 58770, 58763, 58531, 58716, 58565, and 58567.</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="407 730 1430 890"> <tr> <td data-bbox="407 730 867 890"> <ul style="list-style-type: none"> • Resources to help elderly stay in their home • Depression/Anxiety </td> <td data-bbox="867 730 1430 890"> <ul style="list-style-type: none"> • Drug use and abuse • Alcohol use and abuse </td> </tr> </table>		<ul style="list-style-type: none"> • Resources to help elderly stay in their home • Depression/Anxiety 	<ul style="list-style-type: none"> • Drug use and abuse • Alcohol use and abuse
<ul style="list-style-type: none"> • Resources to help elderly stay in their home • Depression/Anxiety 	<ul style="list-style-type: none"> • Drug use and abuse • Alcohol use and abuse 			
<p>Strategies and Programs to Address Needs</p> 	<p>The hospital intends to take actions and to dedicate resources to address these needs, including:</p> <p>Resources to help elderly stay in their home:</p> <ul style="list-style-type: none"> ○ Investigating existing resources available within the county that provide assistance to the elderly population. ○ Become an advocate to our elderly population by supplying information about the availability of resources either within our county or our own hospital services. <p>Depression/anxiety</p> <ul style="list-style-type: none"> ○ Identify depression/anxiety early. ○ To treat patients who have depression and anxiety <p>Drug use and abuse</p> <ul style="list-style-type: none"> ○ Increase the awareness of the dangers of drug use and abuse in our community. ○ Help secure services for people in need of alcohol and drug treatment. <p>Alcohol use and abuse</p> <ul style="list-style-type: none"> ○ All clinic and hospital patients are assessed for tobacco, alcohol, and drug use. ○ Collaborate with First District Health to provide resources to patients. 			

<p>Area assets and resources potentially available to address needs</p>	<p>The Garrison area has a number of area assets and resources that are potentially available to address</p> <ul style="list-style-type: none"> • Department of Human Services • Qualified Service Providers Agencies • First District Health • McLean County Sheriff’s Department
<p>Planned Collaboration</p> 	<ul style="list-style-type: none"> • Work with the North Dakota Department of Human Services to identify Qualified Service Providers (QSP) agencies in our region. • Hold a Fall Prevention Program in our community. • Promote respite care and adult day care at the hospital. • Explore adding QSP services to our community. • Provide information on available programs, Meals on Wheels, MedicAlert systems, Veteran Services in McLean County. • All clinic and hospital patients are assessed for depression and anxiety at visits. • Offer treatment for depression and anxiety to diagnosed patients. • Offer referrals to Mental Health or Employee Assistance professionals. • Educate public at health fairs and other community events, as available. • Use website, Facebook and other social media outlets to educate the public on the issue with excessive alcohol use and abuse. • All clinic and hospital patients are assessed for tobacco, alcohol, and drug use. • Partner with the McLean County Sheriff’s department and Public Health office on education for students, parents, and community members. • Develop a list of mental health drug and alcohol addiction counselors for referral of patients and community members in need of assistance. • Provide public education on narcotics/opioids and Schedule II drugs. • Educate public at health fairs and other community events, as available. • Use website, Facebook and other social media outlets to educate the public on the issue with excessive alcohol use and abuse.

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

Written comments on this report can be submitted to the CHI St. Alexius Health Garrison 407 3rd Ave SE Garrison, ND 58540.

Our Hospital and the Community Served

About CHI St. Alexius Health Garrison

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

Garrison Memorial Hospital (GMH) is a non-profit hospital located in Garrison, North Dakota. GMH is part of CHI St. Alexius Health, sharing the same board of directors. We have 22 acute/swing beds on our second floor, 26 nursing facility beds on our third floor, and the Garrison Family Clinic (a Rural Health Clinic) is connected to the facility on the first floor.

Construction of the hospital began on October 20, 1949, and the 40-bed facility opened its doors in February 1952, admitting its first patient on February 14. Since that time, Garrison Memorial Hospital (GMH) has seen numerous changes. In April of 1967, the convent and chapel with living quarters for the sisters were added to the hospital. January, 1974 saw the third floor of the hospital converted to an intermediate care facility, housing 24 beds. An administrative addition was added in October of 1976 which was later remodeled. GMH assumed management of the Garrison Family Clinic (formerly Medical Arts Clinic) which was designated a Rural Health Clinic in November of 1992. GMH became a part of St. Alexius Medical Center in late 1996 after the GMH board voted to transfer all assets to St. Alexius. This transfer allowed St. Alexius to make capital improvements to GMH. A two-million-dollar remodeling project to make the facility ADA compliant, as well as add a new emergency entrance, was finished in 2001. The hospital applied and was approved for Critical Access

Garrison Memorial Hospital provides the following services directly:

- Physical therapy
- Swing bed
- Respite care
- Acute care
- Emergency care (Level V Trauma Certified)
- Observation care
- Adult day care
- Skilled nursing facility
- Avera eEmergency site
- Radiology services: digital mammography, CT scans (in house), EKG, bone densitometry (dexa scan)
- Cardiac rehab
- 24 hour emergency services
- Garrison family clinic
- Laboratory services
- IV therapy
- Telemedicine

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

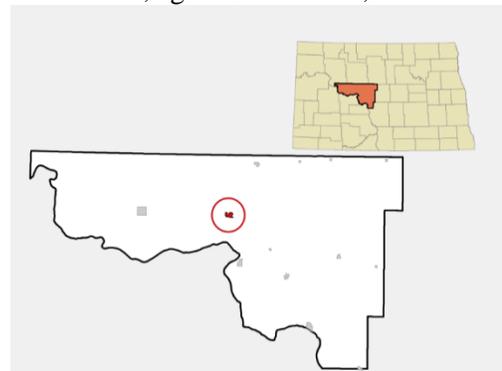
CHI St. Alexius Health Garrison delivers compassionate, high quality, affordable health care and advocates for members of our community who are poor and disenfranchised. In furtherance of this mission, the hospital provides financial assistance to eligible patients who do not have the capacity to pay 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 Garrison serves northern McLean County, portions of southern Ward County, and portions of southern Mountrail County. Zip codes in the service area include: 58540, 58540, 58735, 58775, 58759, 58779, 58756, 58771, 58770, 58763, 58531, 58716, 58565, and 58567. A summary description of the community is below. Additional details can be found in the CHNA report online.

Whether a person is returning to Garrison, North Dakota for a summer visit, considering a chance to come fish or hunt, or thinking about finding a new home, this community comes together to meet expectations. The community's retail, service, and professional businesses offer personal care by experienced and friendly personnel. Garrison schools, churches, and organizations remain strong threads in the basics of community life. Year-round recreation opportunities keep area sportsmen enjoying the current season and looking forward to the next. Special events reward enthusiasts with great memories and growing friendships. Garrison offers all the amenities to make it home: a picturesque location, unbelievable recreation right outside someone's back door, and the comforts of a full-service business district and medical services nearby.

Regarding demographics, McLean County's population from 2010 to 2019 increased by 5.4%. The average number of residents under age 18 (22%) for McLean County comes in 1.5 percentage points lower than the North Dakota average (23.5%). The percentage of residents, ages 65 and older, is almost 10% higher for McLean County (24.2%) than the North Dakota average (15.3%), and the rate of education is about equal for McLean County (92.4%) with the North Dakota average (92.5%). The median household income in McLean County (\$68,529) is higher than the state average for North Dakota (\$63,473).



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 February of 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 at <https://www.chistalexiushealth.org/community-health-need-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:

Following the presentation of the assessment findings and after considering and discussing the findings, all members of the group were asked to identify what they perceived as the top four community health needs. All of the potential needs were listed on large poster boards, and each member was given four stickers to place next to each of the four needs they considered the most significant.

- Drug use and abuse (including prescription drugs)
- Alcohol use and abuse
- Availability of resources to help elderly stay in their homes
- Depression/anxiety

Significant Needs the Hospital Does Not Intend to Address

Other Needs Identified in the CHNA but Not Addressed in this Plan –The Hospital will not address the following health need 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 three priority health needs identified above.

Attracting and retaining young families

We choose not to pursue this need as recruiting and retaining young families is more of an economic development initiative than a healthcare initiative.

2022 Implementation Strategy

This section presents strategies and program activities the hospital intended 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 Garrison 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.

Although a CHNA and strategic implementation plan are required by hospitals and local public health units considering accreditation, it is important to keep in mind the needs identified, at this point, will be broad community-wide needs along with healthcare system-specific needs. This process is simply a first step to identify needs and determine areas of priority. The second step will be to convene the steering committee, or other community group, to select an agreed upon prioritized need on which to begin working. The strategic planning process will begin with identifying current initiatives, programs, and resources already in place to address the identified community need(s). Additional steps include identifying what is needed and feasible to address (taking community resources into consideration) and what role and responsibility the hospital, clinic, and various community organizations play in developing strategies and implementing specific activities to address the community health need selected.

Community engagement is essential for successfully developing a plan and executing the action steps for addressing one or more of the needs identified.

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.



Health Need: Availability of Resources to help the elderly stay in their home

Strategy or Program Name	Summary Description
Working in conjunction with partners listed	<ul style="list-style-type: none"> • Work with the North Dakota Department of Human Services to identify Qualified Service Providers (QSP) agencies in our regions • Hold a Fall Prevention Program in our community
	<ul style="list-style-type: none"> • Promote respite care and adult day care at the hospital
	<ul style="list-style-type: none"> • Explore adding QSP services to our community
	<ul style="list-style-type: none"> • Provide information on available programs, Meals on Wheels, MedicAlert systems, Veteran Services in McLean County

Anticipated Impact: They do have the capability to do telehealth visits in their home due to the pandemic. Health at Home came to the medical staff meeting to inform medical providers of the services they provide to keep patients in their homes.

Planned Collaboration: Information will be made available in conjunction with Health at Home, Meals on Wheels, MedicAlert, First District Health, and Veteran Services.



Health Need: Depression/Anxiety

Strategy or Program Name	Summary Description
Working in conjunction with partners listed	<ul style="list-style-type: none"> All clinic and hospital patients are assessed for depression and anxiety at visits.
	<ul style="list-style-type: none"> Offer treatment for depression and anxiety to diagnosed patients Offer referrals to Mental Health or Employee Assistance professionals
<p>Anticipated Impact: Increased awareness of available services for treatment of mental health issues including depression and anxiety.</p>	

Planned Collaboration: CHI St. Alexius Health Garrison will work with available mental health services and employee assistance programs to provide services to community members in need.



Health Need: Alcohol/Drug use and abuse

Strategy or Program Name	Summary Description
Working in conjunction with partners listed	<ul style="list-style-type: none"> Educate public at health fairs and other community events, as available. Use website, Facebook and other social media outlets to educate the public on issues with excessive alcohol use and abuse.
	<ul style="list-style-type: none"> All clinic and hospital patients are assessed for alcohol and drug use. Provide public education on narcotics/opioids and Schedule II drugs. Partner with the McLean County Sheriff's department and Public Health office on education for students, parents, and community members Develop a list of mental health drugs and alcohol addiction counselors for referral of patients and community members in need of assistance.

Anticipated Impact: Improve services provided to community members that suffer from alcohol and/or drug abuse through collaboration with public health, the local school, and information provided at health fairs.

Planned Collaboration: CHI St. Alexius Health Garrison will work in collaboration with Public health, local school with information to educate the public on the issues with excessive alcohol and drug use.

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.

 CHNA Implementation Plan for Fiscal Year 2019-2021	
Significant Health Needs Addressed	<ul style="list-style-type: none"> <input type="checkbox"/> Ability to recruit and retain primary care providers <input type="checkbox"/> Youth drug use and abuse <input type="checkbox"/> Adult Obesity and Overweight
Program Description	<p>Need 1: Ability to recruit and retain primary care providers (MD, DO, PA, NP) – CHI St. Alexius Health has been successful at retaining primary care providers in Garrison. All MDs, PAs, and FNPs have been with the facility for a minimum of 6 years. The hospital has utilized the State and Federal Loan Repayment Program (SLRP), which includes 50% federal/state funding and 50% local match funding to assist primary care providers in paying their loans. CHI St. Alexius Health Garrison continues to offer rural rotation in the hospital and clinic to physicians and advanced practice providers. To retain and recruit RNs and LPNs, CHI St. Alexius Health Garrison has implemented retention bonuses for hitting one, three, and five years of service. The hospital has also partnered with Bismarck State College and the Dakota Nursing Program to use CHI St. Alexius Health Garrison as a training site for LPNs and Associate Degree RNs. The program has been very successful in filling several nursing positions, and more positions will be added in the future.</p> <p>Need 2: Youth drug use and abuse – CHI St. Alexius Health Garrison held a health fair at the Garrison City Auditorium. Partnering with First District Health Unit and the McLean County Sheriff’s Department, education was offered on the harmful effects of vaping, tobacco use, and alcohol and drug use. Drug education focused specifically on prescription opioid abuse. Local high schools (from Garrison, Max, and White Shield) were invited to attend and take part in educational events on these topics.</p> <p>Need 3: Adult obesity and overweight – A health fair was held at the Garrison City Auditorium. Booths were present about healthy diets and wellness activities to help individuals lose weight.</p>
Community Benefit Category	<p>The community benefit requirement is a long-standing requirement of nonprofit hospitals and is reported in Part I of the hospital’s Form 990. The strategic implementation requirement was added as part of the ACA’s CHNA requirement. It is reported on Part V of the 990. Not-for-profit healthcare organizations demonstrate their commitment to</p>

	<p>community service through organized and sustainable community benefit programs providing:</p> <ul style="list-style-type: none"> • Free and discounted care to those unable to afford healthcare. • Care to low-income beneficiaries of Medicaid and other indigent care programs. • Services designed to improve community health and increase access to healthcare.
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Planned Actions for 2019 - 2021

Program Goal / Anticipated Impact	<p>Need 1: Maintain CHI St. Alexius Health Garrison hospital and clinic designations as a National Health Service Core site. This allows our primary care providers access to loan repayment on student loans along with a commitment of service.</p> <p>Need 2: Hold health fairs at Garrison City Auditorium, partner with first district health and the McLean County Sheriff’s Department. Provide education on the harmful effects of vaping, tobacco use, and alcohol and drug use.</p> <p>Need 3: Health Fair was held where booths presented about healthy diets and wellness activities to help individuals lose weight.</p>
Measurable Objective(s) with Indicator(s)	<p>Retaining our current number of providers by the loan repayment program. Organize events to keep the youth in a safe environment and help increase the awareness of the dangers of alcohol/drug use and abuse in our community. Provide education on health risks of obesity, create and design opportunities for choosing a healthier lifestyle and dietary options.</p>
Intervention Actions for Achieving Goal	<p>Continue to collaborate with all partners to maintain the goals we achieved.</p>
Planned Collaboration	<p>Partners will include: National Health Service Core, ND SLRP Program Managers, Hospital Association and Auxiliary Boards, First District Health, and the McLean County Sheriff’s Department.</p>

Hospital Board and Committee Rosters

- Tod Graeber Administrator, CHI St. Alexius Health Garrison
- Mandi Wilcox Administrator Assistant, CHI St. Alexius Health Garrison
- Stu Merry Mayor, City of Garrison
- Amy Heer RN, First District Health Unit
- Nick Klemisch Superintendent, Garrison Public School
- Shannon Staehr Manager, Krauses Supermarket

