



COMMUNITY HEALTH NEEDS ASSESSMENT
IMPLEMENTATION PLAN
2020-2021

TABLE OF CONTENTS

Introduction	3
Strategy Development	3
Major Health Needs and Priorities	4
Addressing Community Health Needs	4
Mental Health	4
Access to Health Services	7
Nutrition and Weight Status (Wellness and Prevention)	9
Areas Not Addressed in Blessing Hospital Implementation Plan	11
Summary	11
Board Approval	11

BLESSING HOSPITAL

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INTRODUCTION

Blessing Hospital is a 327-bed acute-care hospital in Quincy, Illinois. A not-for-profit, non-tax supported, independent hospital, Blessing is committed to providing compassionate, high-quality care using advanced technology in state-of-the art, comfortable facilities. The hospital is fully accredited by DNV-GL Healthcare. Blessing Hospital is in Adams County, Illinois is located in the western-most point of Illinois along the Mississippi River, just south of the intersection of Southeast Iowa, Northeast Missouri, and Western Illinois.

In 2001, United Way of Adams County, University of Illinois Extension and Adams County Health Department joined forces to conduct a Community Needs Assessment and on-going community planning process to address community health needs. The Blessing Health System joined the collaboration taking an active role in community building efforts in 2008. Adams County adopted the Mobilizing for Action through Planning and Partnerships (MAPP) process developed by the National Association of County and City Health Officials (NACCHO) to guide community building process. This strategic planning tool uses the community's strengths, needs and desires to identify priority health issues and collaborative programming in the primary market of Adams County to address the identified issues.

STRATEGY DEVELOPMENT

The Adams County Community Building Council (CBC) guides the community needs assessment and planning process through the development of programs, partnerships, and collaborations working to address the needs identified in the 2018 CHNA. CBC members are community leaders representing workforce/ businesses, foundations, human service providers, faith, law enforcement, media, education, public health, healthcare-including Blessing Hospital (which is the only local hospital) and outpatient providers, community members, and government. The CBC is co-chaired by staff of Blessing Hospital and the Adams County Health Department. The MAPP assessment process consisting of four components including community assessment, community themes and strengths survey, local public health system assessment and the forces of change assessment was administered beginning in late 2014 and completed in 2017. Community priorities were identified by the Community Building Council members utilizing the data obtained through the needs assessment process. The CHNA which details the processes discussed was completed in 2018.

Reporting to the CBC are six Community Solutions Teams (CST) focusing comprised of community experts in the areas of the strategic priorities. The Community Solutions are charged with establishing goals and work plans to create positive impact on the gaps identified in the CHNA. Blessing Hospital staff are active in either leadership or membership of the CST teams that align with Blessing Hospital's identified focus areas.

MAJOR HEALTH NEEDS AND PRIORITIES

Three top health priorities were identified in order to provide a collective focus for various entities to support efforts resulting in positive, lasting change for Adams County:

1. Health
 - Access to Healthcare
 - Mental Health
 - Substance Abuse
 - Nutrition and Weight Status (Wellness and Prevention)
2. Education
 - Grade Level Reading
3. Financial Stability

ADDRESSING COMMUNITY HEALTH NEEDS

A community strategy for addressing the identified needs was developed through the Community Building Council in order to most effectively utilize the strengths and resources of the various organizations and to address the priorities at a community level. Blessing Hospital identified the following focus areas under the health priority as they most closely align with the organizational goals: access to healthcare, mental health, and nutrition and weight status (wellness and prevention). These priority areas and strategies were determined taking into account the programming, resources and priorities of the hospital.

Following is Blessing Hospital's implementation plan with goals and strategies of the identified health priorities that meet community needs. This implementation plan aligns with the hospital's strategic planning initiatives. Many strategies will be implemented collaboratively recognizing that no one organization affects substantial community change alone, the long-term outcomes identified in this implementation plan will be achieved as community organizations work together for collective impact.

1. Mental Health

The burden of mental illness in the United States is among the highest of all diseases and mental disorders are among the most common causes of disability. Mental health is essential to a person's well-being, healthy family and interpersonal relationships, and the ability to live a full and productive life. People, including children and adolescents, with untreated mental health disorders are at high risk for many unhealthy and unsafe behaviors, including alcohol or drug abuse, violent or self-destructive behavior and suicide.

Adams County Community Mental Health Goals
<ul style="list-style-type: none"> • Increase community knowledge of mental health symptoms and community resources and improve skills of community members in engaging with people who have mental health disorders or emotional crisis.
<ul style="list-style-type: none"> • Increase the proportion of primary care facilities that provide mental health treatment onsite or by paid referral
<ul style="list-style-type: none"> • Increase the proportion of children with mental health problems who receive treatment.
<ul style="list-style-type: none"> • Increase the proportion of adults with mental disorders who receive treatment.
<ul style="list-style-type: none"> • Increase the proportion of persons with co-occurring substance abuse and mental disorders who receive treatment for both disorders.
<ul style="list-style-type: none"> • Increase depression screening by primary care providers.
Adams County Community Mental Health Objectives
<ul style="list-style-type: none"> • Decrease the percentage who report feeling depressed, sad, or blue 1 or more days in the past month. Target: 35% by 2020; Baseline: 37.5%; Data Source: BRFSS
<ul style="list-style-type: none"> • Decrease the percentage who report they stopped activities sometime in the past 12 months due to sadness. Target: 6% by 2020 Baseline: 9.6% Data Source: BRFSS
<ul style="list-style-type: none"> • Decrease the percentage of 10th graders who have considered attempting suicide. Target: 15% by 2020; Baseline: 24%; Data Source: IYS
<ul style="list-style-type: none"> • Decrease the percentage of 10th graders who report they stopped activities every day for two weeks or more due to sadness; Target: 25% by 2020; Baseline: 35%; Data Source: IYS

Collaborative Partners (The collaborative partners make up the CBC Mental Health Solution Team):

- SIU Health Care Quincy Family Medicine
- Transitions of Western Illinois
- Blessing in-patient psych unit
- Cornerstone: Foundations for Families
- Quincy Catholic Charities
- Lutheran Child & Family Services
- Recovery Resources

Blessing Hospital Mental Health Strategy:

Blessing Hospital develops an internal strategy that aligns with the identified community goals and objectives. The overall goal of Blessing Hospital's behavioral health strategy is to increase access to behavioral health providers by 10%, increase visits to behavioral health services by 15%, increase visits to the rural health clinics by 10%, to reduce the utilization of emergency room visits by 5%, and to increase telehealth visits for outpatient behavioral health by 20%. Tactics utilized to achieve this goal include:

- Recruitment - add additional therapists, psychologists, PMHNP, and psychiatrists
- Marketing/ social media tactics to continue efforts of promoting behavioral health services
- Explore alternative behavioral health services vs. ER utilization including a partial hospitalization program and a living room concept
- Implement walk- in/open access for therapy and psychiatry
- Increase telehealth usage for behavioral health services including the rural clinics
- Integrate mental health services into all primary care settings

2. Access to Health Services

A person's ability to access health services has a profound effect on every aspect of his or her health. People without medical insurance are more likely to lack a usual source of medical care, such as a Primary Care Provider, and are more likely to skip routine medical care due to costs, increasing their risk for serious and disabling health conditions. When they do access health services, they are often burdened with large medical bills and out-of-pocket expenses

Access to Health Services Community Goals
<ul style="list-style-type: none"> • Decrease the number of children without health coverage.
<ul style="list-style-type: none"> • Increase the proportion of people with a usual primary care provider.
<ul style="list-style-type: none"> • Reduce the proportion of individuals who are unable to obtain or delay in obtaining necessary medical care, dental care, or prescription medicines.
<ul style="list-style-type: none"> • Increase the proportion of persons who have had a routine check-up in the past year.
<ul style="list-style-type: none"> • Increase knowledge of individual insurance plan benefits.
<ul style="list-style-type: none"> • Expand on diversity knowledge and needs.
<ul style="list-style-type: none"> • Increase knowledge of services available in Adams County.
Access to Healthcare Services Community Objectives
<ul style="list-style-type: none"> • Increase the number of individuals who have health care coverage. Target: 95% by 2020; Healthy People 2020 Objective: 100%; Baseline: 90.1%; Data Source: BRFSS
<ul style="list-style-type: none"> • Increase the proportion of people with a usual primary care provider. Target: 90% by 2020; Healthy People 2020 Objective: 95%; Baseline: 89.8%; Data Source: BRFSS
<ul style="list-style-type: none"> • Increase the proportion of persons who have had a routine check-up in the past year. Target: 80% by 2020; Baseline: 72.8%; Data Source: BRFSS
<ul style="list-style-type: none"> • Reduce the proportion of individuals who are unable to obtain or delay in obtaining necessary medical care, dental care, or prescription medicines. Target: 4.5% (doctor), 10% (dentist), 8% (prescriptions) by 2020; Healthy People 2020 Objective: 4.2% (medical care), 5.0% (dentist), 2.8% (prescriptions); Baseline: 10.2% (doctor), 12.8% (dentist), 9.2% (prescriptions); Data Source: BRFSS (dental and prescription data from previous BRFSS)

Collaborative Partners (The collaborative partners make up the Access To Care Community Solutions Team):

- Adams County Health Department
- Blessing Community Outreach Clinic
- Transitions of Western Illinois
- SIU Quincy Family Practice
- United Way
- Salvation Army
- Catholic Charities
- Other Social Service Agencies
- Adams County Medical Society
- Unmet Needs Committee

Blessing Hospital Access to Services Strategy:

Blessing Hospital develops an internal strategy that aligns with the identified community goals and objectives. The overall goal to address access to care is to improve access to primary and specialty care services for community members by improving availability and accessibility of the healthcare services.

Tactics utilized to achieve this goal include:

- Complete 40% of critical recruitment plan for physicians to include both primary care and specialists
- Target 250 telemedicine visits per month
- Continue to provide care coordination services to 2,000 patients annually to enhance the ability of community members to efficiently and effectively access healthcare services. Blessing Hospital has a care coordination department that provides services to patients in the outpatient setting. Care coordination includes helping individuals make appointments with their health care provider; assisting with transportation to appointments; talking to clients after appointments to help them follow their provider's plan of treatment; providing appointment reminders; providing disease education; serving as an advocate for the client when needed; and making sure they are connected to all appropriate health and support programs.
- Development and enhancement of five identified service lines to offer comprehensive and coordinated access to specialty services
- Financial Assistance Program/Eligibility Determination: Blessing has financial assistance specialists that assist patients in determining eligibility for Medicaid and if the patient does not qualify for Medicaid they assist them in obtaining Blessing Financial Assistance. The Blessing Financial Assistance program is very generous in paying for medical visits, testing, etc. for eligible patients which greatly enhances access to care for the low income population.
- Outreach services to the homeless and other disadvantaged populations.

3. Nutrition and Weight Status (Wellness and Prevention)

Good nutrition, physical activity, and healthy body weight are essential parts of a person's overall health and well-being. Together, these can help decrease a person's risk of developing serious health conditions, such as high blood pressure, high cholesterol, diabetes, heart disease, stroke, and cancer. A healthy diet, regular physical activity, and maintaining a healthy weight are critical to improving health as well as to manage chronic conditions so they do not worsen over time.

Nutrition and Weight Status (Wellness and Prevention) Goals
<ul style="list-style-type: none"> • Increase the proportion of individuals not consuming sugary-sweetened beverages.
<ul style="list-style-type: none"> • Increase the proportion of individuals reporting their children consume 5 or more fruits and vegetables per day.
<ul style="list-style-type: none"> • Increase the proportion of children spending less than 2 hours per day engaging in screen time.
<ul style="list-style-type: none"> • Increase the proportion of individuals engaging in one hour or more of physical activity per day.
<ul style="list-style-type: none"> • Increase the proportion of physician office visits that include counseling or education related to nutrition or weight.
<ul style="list-style-type: none"> • Increase the proportion of worksites that offer nutrition or weight management classes or counseling.
<ul style="list-style-type: none"> • Increase the proportion of individuals who utilize the community/tower gardens.
Nutrition and Weight Status (Wellness and Prevention) Objectives
<ul style="list-style-type: none"> • Reduce the proportion of adults who are obese. Target: 28% by 2020; Healthy People 2020 Objective: 30.6%; Baseline: 32.6%; Data Source: BRFSS
<ul style="list-style-type: none"> • Reduce the amount of screen time by youth to 2 hours a day; Target: 30 % of 8th graders have 2 hours or less of screen time other than for school work by 2020; Baseline: 55%; Data Source IYS

Collaborative Partners (Community partners make up the Nutrition And Weight Status (Wellness and Prevention Community Solutions Team):

- Quincy Family YMCA
- Pioneering Healthy Communities
- Nu-Fit fitness center
- Grocery stores
- Quincy Medical Group
- WIC
- Salvation Army Kroc Center
- School districts (Quincy and county, public and parochial)
- Blessing Hospital

Blessing Hospital Wellness and Prevention Strategy:

Blessing Hospital develops an internal strategy that aligns with the identified community goals and objectives. Blessing Hospital has a goal of helping patients to promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights as an important component of a population health strategy:

- Development of community garden
- Expansion of bariatric surgery options for community residents
- Community Education and Screenings: Blessing Health Systems and its affiliated organizations have long been dedicated to community outreach programs, investing millions of dollars in recent years to these efforts. There are available speakers, educational opportunities, and support groups. Most utilized are the numerous free or low cost screenings, some of which are provided more than once a year and can be provided onsite for companies or local clubs. The screenings include: blood pressure, cancer (colorectal, oral, prostate, and skin), cardiac risk assessment, carotid, cholesterol, depression, glucose, kidney, peripheral vascular disease, and mammograms.
- Friends of the Trails community based initiative: Blessing Hospital has supported this project through personnel resources for planning and by providing financial support. Friends of the Trails' mission is to collaborate, promote, and educate the community on the multi-use trail system and greenways while providing organizational and fundraising capacities to supplement and lessen the burden of the City of Quincy, Quincy Park District, and Adams County. The goal is to complete the Quincy Greenways and Trails Plan and assist in the development of the Adams County Trails Plan in an attempt to meet the following objectives: provide free, health-related recreational opportunities for which families can participate together; allow safer access to our existing parks; provide linkage throughout the community for all socioeconomic populations; increase educational opportunities for children and adults to learn bike safety; increase educational opportunities for motorists through public awareness and media coverage; and enhance the economic benefits for the community.

AREAS NOT ADDRESSED IN BLESSING HOSPITAL IMPLEMENTATION PLAN

The remaining priority areas are not being directly addressed by Blessing Hospital although we continue to support the initiatives and have representation on most all of the community solution teams. The reason that Blessing Hospital is not working on these directly is that they don't fit within the strategic priorities of the health system and there are other entities within the community better equipped to address these important community priorities:

- Substance abuse- This initiative is led by the Adams County Health Department and focuses on social norms of underage drinking.
- Education (grade level reading) – This initiative is led by representatives from the Regional Office of Education and the Quincy Public Library and has placed its focus on early learning in the first five years of life- critical state for brain development that impacts future success in school and into adulthood.
- Financial stability- This initiative is led by the Great River Economic Development Foundation and the Work Force Investment Board of Illinois and focuses its' efforts on increasing work readiness and financial literacy skills of youth and adults.

SUMMARY

Blessing Health System staff has a strong presence on each of the teams addressing topics of health needs identified in the 2018 CHNA. The Community Building Council, Access to Healthcare Community Solutions Team, Nutrition and Weight Status (wellness and prevention) Community Solutions Team, and the Access to Health Care Community Solution Team are all currently led or co-led by Blessing Health System staff. The majority of the other teams have representation from staff of the Blessing Health System. This alignment of Blessing Hospital with the Community Building structure is key to continuing the efforts of identifying specific objectives toward which our community will work in the coming years.

BOARD APPROVAL

The implementation strategy was reviewed and approved by the Blessing Hospital Board of Trustees at its' July, 2020 meeting.