

Fiscal Years 2020-2022

**Ascension Borgess Allegan Hospital
Hospital Community Health
Implementation Strategy**

CHNA Survey Conducted Calendar Year 2019*



**Ascension
Borgess Allegan**

Approved by Ascension Borgess Allegan Board of Trustees, April 2020

*Allegan General Hospital
joined Ascension in 9/2019.

Ascension Borgess Allegan Hospital Implementation Strategy

Implementation Strategy Narrative

Overview

Ascension Borgess Allegan Hospital, ABAH, a member of Ascension, is a non-profit Catholic health system. It is our mission to serve all persons with special attention to those who are poor and vulnerable. ABAH is a Critical Access Hospital with an emergency department, rehabilitation services, diagnostics, surgery, and affiliated primary care practices. Located in Allegan, Michigan, the majority of ABAH patients reside in Allegan County, with additional patients living in Van Buren and Barry Counties.

According to the 2018 U.S. Census, Allegan County has an estimate population of 117,327 and is predominantly rural. The population is 51% female and 49% male. The racial demographics were 94.37% White; 7.2% Hispanic or Latino; 2.26% two races or more; 1.4% Black or African American; .56% Asian; and .49% American Indian and Alaska Native. Allegan County's average median household income is \$58,487, and 10.78% of Allegan County is living in poverty.

The federal Affordable Care Act (ACA) requires all not-for-profit hospitals in the country to assess the health of the community. The intent of this assessment is to provide an overall view of the health of the community it serves. This assessment, called the Community Health Needs Assessment (CHNA), provides necessary data and information to hospitals that is invaluable when gaining in-depth knowledge of the community, residents, and patients. This assessment not only takes into consideration local, state and federal data but also assesses the social determinants of health (SDoH) which play a direct role in the health of the community, families and individuals. With the knowledge gained from the CHNA, the hospital is better equipped to fully understand major health needs that extend outside the walls of the hospital.

ABAH identified four distinct environments to assess during the 2019 CHNA process. These indicator groupings focus on upstream social determinants of health (SDoH) and are offered as best practice in research by the Bay Area Regional Health Inequities Initiative (BARHII) model depicting how factors impacting health can be presented through an upstream/downstream model – with upstream inequities that can create unequal living conditions. These unequal conditions then shape how we can approach our health behaviors, which lead to disparities downstream in disease, injury and mortality. Data, both primary and secondary, quantitative and qualitative were collected, analyzed, shared and discussed with community stakeholders representing the populations served in the community using this model with complete transparency and explanation.

Community and key stakeholder surveys were completed.

ABAH also reviewed the Community Conversations report and the Allegan County ALICE report, both reports produced by the Allegan County United Way.

ABAH contracted with Kushion Consulting, LLC. Mary Kushion, owner of Kushion Consulting, brings expertise in data collection, analysis and the CHNA process. Kushion Consulting was brought into the process to conduct data collection and analysis, report the findings to the stakeholders, facilitate the discussion and health issue prioritization process and to produce the CHNA report.

Needs that Will Be Addressed

Based on the process and discussion cited above, ABAH identified the following four priority health needs:

1. Access to Mental Health Services
2. Alcohol and Drug Use
3. Weight/Obesity
4. Transportation

Needs that Will Not Be Addressed

In addition to the four priority areas selected, two other areas were identified but did not garner support for inclusion and development into the implementation plan phase for ABAH. These two areas are as follows:

- Access to Affordable Housing
- Having Enough Money on Which to Live

It is important to state that although ABAH has opted to not address these issues directly, it is certainly supportive and open to continued community and stakeholder discussions and actions that will address both the housing and financial stability for the community it serves.

An action plan follows for each prioritized need, including the resources, proposed actions, planned collaboration, and anticipated impact of each strategy.

Prioritized Need #1: Access to Mental Health Services

Goal: *Improve access to mental and behavioral health services.*

STRATEGY 1: Partner with Ascension Borgess Hospital DeLano Clinic to build capacity at Ascension Borgess Allegan Hospital Psychological Medicine to expand access to behavioral health services by adding additional practitioners and implementing a tele-behavioral health program.

BACKGROUND INFORMATION:

- **Target Population:** Allegan County community members and families with behavioral needs.
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Several factors have been linked to mental health, including race and ethnicity, gender, age, income level, sexual orientation, and geographic location. Other social conditions – such as interpersonal, family, and community dynamics, housing quality, social support, employment opportunities, and work and school conditions – can also influence mental health risk and outcomes, both positively and negatively.
- **Strategy source:** <https://nam.edu/wp-content/uploads/2016/09/Improving-Access-to-Effective-Care-for-People-Who-Have-Mental-Health-and-Substance-Use-Disorders.pdf>

RESOURCES:

- Ascension Borgess Hospital DeLano Clinic behavioral health associates and leadership
- Allegan Borgess Allegan Hospital Psychological Medicine associates
- Ascension Borgess Allegan Hospital leadership and associates
- Ascension Technologies

COLLABORATION:

- Allegan County Community Mental Health

ACTIONS:

1. Design and develop a tele-behavioral health program.
2. Implement a tele-behavioral health program.
3. Hire mental health providers as capacity allows.

ANTICIPATED IMPACT:

1. By April 2021, patients will be seen via tele-behavioral health program.
2. By April 2022, we will see an increased growth in patient capacity with the addition of the tele-behavioral health program in Allegan.

Alignment with Local, State & National Priorities

| LOCAL / COMMUNITY PLAN: | STATE PLAN: | “HEALTHY PEOPLE 2020” (or OTHER NATIONAL PLAN): |
|--|-------------|---|
| Allegan County Community Mental Health Services Priority Needs and Planned Actions FY19-20 Improve access to mental health services; ABAH CHNA 2019 | | Healthy People 2020: • MHMD-4 Reduce the proportion of persons who experience major depressive episodes (MDEs) • MHMD-9 Increase the proportion of adults with mental health disorders who receive treatment http://www.healthypeople.gov/ |

Prioritized Need #2: Alcohol and Drug Use

Goal: *Improve access to alcohol and drug treatment options.*

STRATEGY 1: Work with Primary Care Providers to better utilize resources available to assist patients with alcohol and drug addictions.

BACKGROUND INFORMATION:

- **Target Population:** Allegan County community members and families with alcohol or drug addictions.
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Several biological, social, environmental, psychological, and genetic factors are associated with substance abuse. These factors can include gender, race and ethnicity, age, income level, educational attainment, and sexual orientation. Substance abuse is also strongly influenced by interpersonal, household, and community dynamics. Family, social networks, and peer pressure are key influencers of substance abuse among adolescents. For example, research suggests that marijuana exposure through friends and siblings was a primary determinant of adolescents’ current marijuana use. Understanding these factors is key to reducing the number of people who abuse drugs and alcohol and improving the health and safety of all Americans.
- **Strategy source:** <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Substance-Abuse/determinants>

RESOURCES:

- Ascension Medical Group leadership, providers and associates
- Ascension Borgess Allegan Hospital leadership

COLLABORATION:

- Allegan County Community Mental Health (ACCMH)
- Arbor Circle of Allegan

ACTIONS:

1. Raise awareness with our providers on what resources are available through ACCMH.
2. Create a standardized process for using the CAGE questionnaire. This questionnaire is a series of four questions that providers can use to check for signs of possible alcohol dependency.

ANTICIPATED IMPACT:

1. By April 2021, develop an awareness plan of ACCMH resources for Ascension Borgess Allegan Hospital/Ascension Medical Group providers.
2. By April 2021, create a standardized process for providers to use CAGE during patient visits and provide the necessary resources for those patients that are identified in needing assistance.

Alignment with Local, State & National Priorities

| LOCAL / COMMUNITY PLAN: | STATE PLAN: | "HEALTHY PEOPLE 2020" (or OTHER NATIONAL PLAN): |
|--------------------------------------|-------------|--|
| Alcohol and drug use; ABAH CHNA 2019 | | Healthy People 2020: https://www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse |

STRATEGY 2: Collaborate with Michigan State University (MSU) Extension Office to provide education about opioid use in rural communities.

BACKGROUND INFORMATION:

- **Target Population:** Allegan County community members and Ascension Borgess Allegan Hospital associates.
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Social and economic factors fundamentally shape risk behavior, access to resources, and the health of drug users. Social risk factors directly and indirectly influence individual drug-use behavior and drug addicts' ability to recover their health. Moreover, social factors contribute to health disparities directly by affecting the availability of resources and access to social support systems in ways that increase marginalization and decrease compliance with treatment and medication.
- **Strategy source:**
https://www.brookings.edu/wp-content/uploads/2018/01/es_20180123_un-burying-the-lead-final.pdf
<https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Substance-Abuse/determinants>

RESOURCES:

- Ascension Borgess Allegan Hospital leadership and associates
- Ascension Borgess Allegan Hospital Pain Management Center
- Ascension Medical Group providers and associates
- Ascension Marketing

COLLABORATION:

- MSU Extension Office

ACTIONS:

1. Host an educational session for Ascension Borgess Allegan Hospital associates on opioid use in rural communities.
2. Host a community educational forum with MSU Extension Office on the impacts of opioid use in rural communities.

ANTICIPATED IMPACT:

1. By September 2020, work with MSU Extension Office to schedule dates for associates and community educational sessions.
2. By May 2021, have held associate and community educational sessions focusing on opioid use in rural communities.

Alignment with Local, State & National Priorities

| LOCAL / COMMUNITY PLAN: | STATE PLAN: | “HEALTHY PEOPLE 2020” (or OTHER NATIONAL PLAN): |
|--------------------------------------|-------------|---|
| Alcohol and drug use; ABAH CHNA 2019 | | Helping to End Addiction Long-term SM Initiative, or NIH HEAL Initiative SM https://heal.nih.gov/ |

Prioritized Need #3: Weight/Obesity

Goal: *Decrease obesity within Allegan County.*

STRATEGY 1: Collaborate with Healthy Allegan County Coalition (HACC) to increase access to weight reduction programs/services for individuals living with excess weight in Allegan County.

BACKGROUND INFORMATION:

- **Target Population:** Allegan County community members
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** A number of factors affect a person’s ability to eat a healthful diet, stay physically active, and achieve or maintain a healthy weight. The built environment has a critical impact on behaviors that influence health. For example, in many communities, there is nowhere to buy fresh fruit and vegetables, and no safe or appealing place to play or be active. These environmental factors are compounded by social and individual factors—gender, age, race and ethnicity, education level, socioeconomic status, and disability status—that influence nutrition, physical activity, and obesity. Addressing these factors is critically important to improving the nutrition and activity levels of all Americans; only then will progress be made against the Nation’s obesity epidemic and its cascading impact on health.
- **Strategy source:** <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Nutrition-Physical-Activity-and-Obesity/determinants>

RESOURCES:

- Ascension Borgess Allegan Hospital leadership and associates
- Ascension Borgess Allegan Foundation
- Ascension Borgess Allegan Hospital Registered Dietitians and Food & Nutrition staff

COLLABORATION:

- HACC

ACTIONS:

1. Ascension Borgess Allegan Hospital Registered Dietitians represent hospital on HACC subcommittee.
2. Ascension Borgess Allegan Foundation Director represented on HACC committee and subcommittee.
3. Participate in HACC community events to bring awareness and access to healthy options.

ANTICIPATED IMPACT:

1. By September 2020, work with HACC to implement community events focused around health and wellness to help reduce obesity in Allegan County.

Alignment with Local, State & National Priorities

| LOCAL / COMMUNITY PLAN: | STATE PLAN: | “HEALTHY PEOPLE 2020” (or OTHER NATIONAL PLAN): |
|---|---|--|
| Allegan County Health Department Community Health Improvement Plan 2019 Weight and obesity; ABAH CHNA 2019 | Michigan Healthy Eating and Physical Activity Strategic Plan: 2010-2020 | Healthy People 2020 https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status |

Prioritized Need #4: Transportation

Goal: *Increase access to transportation options for Allegan County residents.*

STRATEGY 1: Promote to Ascension Borgess Allegan Hospital associates the funding options available through the Ascension Borgess Allegan Foundation to assist patients with transportation needs.

BACKGROUND INFORMATION:

- **Target Population:** Ascension Borgess Allegan Hospital associates, leadership and providers.
- **How the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Transportation is an important SDoH in rural communities. The availability of reliable transportation options impacts a person’s ability to access appropriate and well-coordinated healthcare, purchase nutritious food, and otherwise care for him or herself. Rural populations most likely to need transportation services to maintain their health and well-being include: the elderly; people with disabilities; low-income individuals and families; veterans and people with special healthcare needs, who often must travel long distances to access care.

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|---|
| <ul style="list-style-type: none"> • Strategy source: https://www.ruralhealthinfo.org/topics/transportation |
| <p>RESOURCES:</p> <ul style="list-style-type: none"> • Ascension Borgess Allegan Foundation • Ascension Borgess Allegan Hospital leadership and associates • Ascension Medical Group providers and associates |
| <p>COLLABORATION:</p> <ul style="list-style-type: none"> • Allegan Taxi Service • Allegan County Transportation • Life EMS/Ambucab • Community Action of Allegan County • The Rapid • Lyft/Uber or Other Ride-Sharing Platform |
| <p>ACTIONS:</p> <ol style="list-style-type: none"> 1. Leverage Ascension Borgess Allegan Foundation funds to establish a Transportation budget for patient transportation needs. 2. Create flyers and internal communications to promote available funds and transportation options to Ascension Borgess Allegan Hospital associates, leaders and providers. 3. Fundraise to support ongoing transportation needs for patients. |
| <p>ANTICIPATED IMPACT:</p> <ol style="list-style-type: none"> 1. By January 2021, identify all available transportation options for Allegan County residents, including patients. 2. By March 2021, distribute informational flyers to Ascension associates, leaders and providers to promote available funds for patient transportation needs. |

Alignment with Local, State & National Priorities

| LOCAL / COMMUNITY PLAN: | STATE PLAN: | “HEALTHY PEOPLE 2020” (or OTHER NATIONAL PLAN): |
|--|---|---|
| Lack of transportation; ABAH CHNA 2019 | MDHHS Michigan Strategic Opportunities for Rural Health Improvement – A State Rural Health Plan 2008-2012 | Healthy People 2020 target: 100% of adults will have health insurance. Health and Health Care (which includes Access to Health Care and Access to Primary Care) is one of the five key determinant areas in the “place-based” organizing framework, reflecting 5 key areas of SDoH. AHS-1.1; AHS-3; AHS-5.1; AHS-6.1 http://www.healthypeople.gov/ |