

## Ascension Alabama

### St. Vincent's Chilton Implementation Strategy

#### Implementation Strategy Narrative

##### Overview

Ascension Alabama and its member hospitals conducted the previous Community Health Needs Assessment (CHNA) in fiscal year 2016. The CHNA for fiscal years 2017-2019 (beginning July 1, 2016) addressed health needs of Chilton County and prioritized needs of the communities St. Vincent's Chilton serves. This CHNA cycle for fiscal years 2020-2022 assessed the health priorities for the communities served. The assessment provides a reference for the facility's implementation strategy, ensuring it is aligned with the community needs and the ministry goals of Ascension Alabama. The mission, vision, and values of Ascension Alabama are the key factors influencing the approach and commitment to addressing community health needs through community benefit activity.

Ascension Alabama facilitated the CHNA for its hospital in Chilton County, with system leadership from Mission Integration and Strategy and Business Development providing coordination and oversight. Additionally, representation from system Senior Leadership, Finance, Wellness and the facility President's from each of the hospitals as well as leadership from the respective areas were involved in the process and in developing the subsequent implementation strategies.

The community served for purposes of this CHNA was defined as Chilton County. The primary rationale for selecting this geography included: area served by collaborating entities; areas of populations that included the underserved, low-income and minority groups; potential for collaboration/partnering with other organizations; and availability of health information for the area selected. The process included a review of secondary health data, interviews of community health leaders, a survey of community members and several focus groups with representatives from communities served, with special attention to the vulnerable populations in the service area.

The objectives of the CHNA and subsequent facility specific implementation strategies are:

- 1.) To provide an unbiased comprehensive assessment of Chilton County's health needs;
- 2.) Use the CHNA to prioritize Ascension Alabama's Community Benefit Program strategy; and
- 3.) Fulfill Internal Revenue Service regulations related to 501 (c)(3) non-profit hospital status for federal income taxes.

The process included a review of secondary health data, interviews of community representatives and leaders, a survey of community members and a community focus group to review findings and discern unmet health needs. The collaborating team received input from public health experts including the local health departments.

##### Prioritized Needs

The top three unmet health needs identified for Chilton County, AL, by this Community Health Needs Assessment are:

1. Access to Healthcare
2. Mental Healthcare and Substance Abuse
3. Healthy Living

For Public Use

## Needs That Will Be Addressed

Ascension Alabama will address each of the above needs with at least 2 measurable goals to show improvement in the noted areas of focus.

## Needs That Will Not Be Addressed

Ascension Alabama will address all the needs listed.

## Summary of Implementation Strategy

### Access to Healthcare

#### **GOAL#1: Increase the proportion of persons with a usual primary care provider**

*St. Vincent's Chilton will promote and coordinate community efforts to improve establishment of a medical home for unattached individuals. Focus will concentrate on individuals without a primary care provider or individuals who have not seen a provider in over a year.*

#### **Strategy:**

- The strategy's target population is individuals without a primary care provider or who have not seen a primary care provider in over a year.
- The strategy is supported by evidence found in What Works for Health
- The effort will address barriers to care for any individual without a primary care provider
- The current PCP to individual ratio in the county is 5493:1 according to County Health Rankings.
- There are approximately 8 PCP providers in Chilton County according to County Health Rankings.

#### **Resources and Collaboration:**

- The hospital, revenue cycle partners, community clinics and private practitioners will collaborate to provide appropriate resources for unattached individuals.

#### **Anticipated impact:**

- Develop and implement protocol to connect unattached individuals to primary care medical home by September 1, 2019
- Reduce number of individuals who report no PCP by at least 8% in 3 years as measured by patient access/registration
- Connecting unattached patients aligns with the #1 priority of the State of Alabama Community Health Improvement Plan, is critical for local access for individuals to have consistent place of care and echoes Healthy People 2020/2030's goal AHS-3.

#### **GOAL#2: Increase the number of practicing primary care providers**

*St. Vincent's Chilton will work to recruit and place additional primary care providers in the Chilton County community over the next three years.*

#### **Strategy:**

- The strategy is to add at least three new primary care providers to the community over FY20-22.
- The strategy is supported by evidence found in What Works for Health

## For Public Use

- The effort will address barriers to care by increasing the number of primary care providers available.
- The current PCP to individual ratio in the county is 5493:1 according to County Health Rankings.
- There are approximately 8 PCP providers in Chilton County according to County Health Rankings.

### **Resources and Collaboration:**

- The hospital, physician recruitment, local physician practices will collaborate to ensure the community has an increased number of primary care providers.

### **Anticipated impact:**

- By June 2022, # of Primary Care Providers in Chilton County will increase from 8 to 11.
- By June 2022, # of specialty care providers and # of specialty appointments available in Chilton County will increase by 10%
- Increasing the number of primary care providers aligns with the #1 priority of the State of Alabama Community Health Improvement Plan to increase access. It is critical for the local community to offer residents local places of care. Healthy People 2020/2030's goal AHS-4 addresses the need for increased number of primary care providers.

## **Mental Healthcare and Substance Abuse**

### **GOAL #1: Increase the proportion of adults and children with mental health disorders who receive treatment**

*St. Vincent's Chilton realizes the need to promote mental health and substance abuse treatment in the community. To address this, St. Vincent's Chilton will improve and increase referrals and treatment of individuals with mental health and/or substance abuse disorders.*

### **Strategy:**

- Connect adults and children with mental health disorders to treatment options.
- Target population is individuals with diagnosed mental health disorders who are currently without a mental health provider
- The strategy is supported by evidence found in What Works for Health
- The rate of mental healthcare providers to individuals in Chilton County is 2448:1 according to County Health Rankings

### **Resources and Collaboration:**

- The hospital will provide assistance and collaboration with local mental healthcare providers and PIRC (Psychiatric Intake and Response Center for Children) to connect individuals with treatment
- Ascension Alabama will provide mental health first aid training to assist community members with identifying potential mental health concerns

### **Anticipated impact:**

- By FY22, >40% of identified patients with mental health disorders will be connected with provider.
- By FY22, 60 individuals in the community will be trained in mental health first aid.
- Connecting individuals to mental healthcare providers aligns with the State of Alabama Community Health Improvement Plan by assisting to increase the infrastructure for mental health promotion and echoes Healthy People 2020/2030's goal MHMD-9.

## **GOAL #2: Increase access to alcohol and/or illicit drug treatment**

*St. Vincent's Chilton realizes the need to promote mental health and substance abuse treatment in the community. To address this, St. Vincent's Chilton will improve and increase referrals and treatment of individuals with mental health and/or substance abuse disorders.*

### **Strategy:**

- Connect individuals with suspected or diagnosed substance abuse to treatment.
- Target population is individuals with substance abuse concerns who are not currently under treatment
- The strategy is supported by evidence found in What Works for Health
- According to County Health Rankings, Chilton County had 16 drug-overdose deaths in 2018 and 15% of individuals report excessive drinking
- Chilton County is underserved with mental healthcare and substance abuse provision

### **Resources and Collaboration:**

- The hospital will identify local resources for substance abuse treatment for all payors
- The hospital will assist and collaborate with local substance abuse treatment providers to connect individuals with treatment as well as the Recovery Resource Center
- Ascension Alabama will provide physician and staff education related to substance abuse

### **Anticipated impact:**

- By FY22, all employed physicians and Emergency Department physicians will implement referral protocol for individuals with substance abuse disorder.
- By FY22, >40% of patients identified with substance abuse disorder will be referred for treatment.
- Connecting individuals with substance abuse treatment aligns with the State of Alabama Community Health Improvement Plan by assisting to reduce prevalence of individuals with substance abuse disorders and reduce the number of deaths associated with drug and alcohol use. It also echoes Healthy People 2020/2030's goal SA-8.

## **Healthy Living**

### **GOAL #1: Increase the proportion of individuals who are aware of the symptoms of and how to respond to a heart attack**

*St. Vincent's Chilton realizes the need to promote CPR awareness and training to individuals in the greater community with an intentional focus on individuals in key positions who might not otherwise have access to the training. Heart disease is the leading cause of death in Chilton County.*

### **Strategy:**

- Provide CPR training to the community, especially individuals who work in schools and other community groups.
- The strategy is informed by best practices promoted by American Heart Association
- According to Healthy People 2020, less than 40% of the general population are aware of the early warning signs and symptoms of a heart attack and how to get emergency assistance.

### **Resources and Collaboration:**

- The hospital will provide CPR classes to the public at no or significantly reduced cost.

For Public Use

- Ascension Alabama will collaborate with local American Heart Association to ensure education and awareness of heart disease.

**Anticipated impact:**

- By FY22, 200 community members will be trained and certified in CPR.
- Cardiovascular disease is the leading cause of death in Alabama and Chilton County. This strategy echoes Healthy People 2020/2030's goal HDS-16.

**GOAL #2: Increase the proportion of individuals who receive counseling about nutrition and/or diet.**

*St. Vincent's Chilton will improve the health and wellness of Chilton County by providing access to nutrition counseling to the community. With cardiovascular disease and cancer as the two leading causes of death in Chilton County, proper understanding of diet and nutrition is critical to improving health and wellness.*

**Strategy:**

- Provide diet and nutrition counseling to individuals who have not previously received this service.
- The strategy is supported by best practices promoted by What Works for Health.
- According to County Health Rankings the adult obesity rate in Chilton County is 35%.

**Resources and Collaboration:**

- The hospital will collaborate with local non-profit service providers, physician practices, local clinics, and Chamber of Commerce to promote nutrition counseling. The hospital will work closely with registered dietitians to provide information and resources.
- St. Vincent's Chilton will provide coordination and resources to promote fresh food consumption.

**Anticipated impact:**

- By FY22, St. Vincent's Chilton will have provided 60 nutrition consults to individuals who have never received diet/nutrition counseling previously.
- Individuals receiving counseling will report increased fruit and vegetable consumption as well as increased knowledge of appropriate portion sizes within 30 days of consult.

**GOAL #3: Increase the proportion of families who engage in leisure-time physical activity**

*St. Vincent's Chilton will improve the health and wellness of residents of Chilton County by promoting and increasing available leisure-time physical activity for families in the community. With cardiovascular disease and cancer as the two leading causes of death, physical activity is critical to improving health for individuals.*

**Strategy:**

- Increase number of community, family friendly events that promote physical exercise/activity.
- The strategy is informed by best practices promoted by What Works for Health.
- According to County Health Rankings the adult obesity rate in Chilton County is 35%.
- According to County Health Rankings 31% of Chilton County residents report physical inactivity.

**Resources and Collaboration:**

- The hospital will collaborate with the local YMCA, Fresh Air Family Organization, Parks and Recreation and Chilton Senior Center to promote events and activities for the community to exercise.

**Anticipated impact:**

- By FY22, Chilton County will have reduced the rate of physical inactivity by 5%.
- Events and participation related to physical activity will increase by 20% by FY22.

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 Healthcare**

**GOAL:** Increase the proportion of persons with a usual primary care provider

**Action Plan**

<b>STRATEGY 1:</b> Implement a protocol to connect unattached individuals to primary care providers
<p><b>BACKGROUND INFORMATION:</b></p> <ul style="list-style-type: none"> <li>• The strategy’s target population is individuals without a primary care provider or who have not seen a primary care provider in over a year.</li> <li>• The strategy is informed by evidence found in What Works for Health</li> <li>• The effort will address barriers to care for any individual without a primary care provider</li> <li>• The current PCP to individual ratio in the county is 924:1 according to County Health Rankings.</li> </ul>
<p><b>RESOURCES &amp; COLLABORATION:</b></p> <ul style="list-style-type: none"> <li>• The hospital, revenue cycle partners, community clinics and private practitioners will collaborate to provide patient-appropriate resources for unattached individuals.</li> </ul>
<p><b>ACTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Determine system-wide alert system and protocol to notify staff of unattached individuals interfacing with hospital and community events</li> <li>2. By 12/2019 staff will implement protocol to connect individuals to primary care provider</li> <li>3. Monthly meetings will include data and monitoring as agenda item to ensure progress</li> </ol>
<p><b>ANTICIPATED IMPACT:</b></p> <ol style="list-style-type: none"> <li>I. Develop and implement protocol to connect unattached individuals to primary care medical home.</li> <li>II. Reduce number of individuals who interface with the hospital who list no PCP by 8% over 3 years.</li> </ol>

**Alignment with Local, State & National Priorities**

<b>OBJECTIVE:</b>	<b>LOCAL / COMMUNITY PLAN:</b>	<b>STATE PLAN:</b>	<b>“HEALTHY PEOPLE 2030” (or OTHER NATIONAL PLAN):</b>
-------------------	--------------------------------	--------------------	--

I, II	Connecting unattached individuals to a medical home is critical for health management	Aligns with Priority 1, Access to Healthcare, in State of AL Community Health Improvement Plan (AL-CHIP)	Aligns with Healthy People 2020/2030 (AHS-3)
-------	---	--	--

## Prioritized Need #1: Access to Healthcare

**GOAL:** Increase the number of practicing primary care providers

### Action Plan

**STRATEGY 1:** Add at least three new primary care providers to the community over FY 20 – FY 22

#### BACKGROUND INFORMATION:

- The strategy is supported by evidence found in What Works for Health
- The effort will address barriers to care by increasing the number of primary care providers available.
- The current PCP to individual ratio in the county is 5493:1 according to County Health Rankings.
- There are approximately 8 PCP providers in Chilton County according to County Health Rankings.

#### RESOURCES & COLLABORATION:

- The hospital, physician recruitment, local physician practices will collaborate to ensure the community has an increased number of primary care providers.

#### ACTIONS:

4. Recruit and credential at least 1 PCP per year for 3 years
5. Work with existing primary care providers to increase recruitment and visibility in community
6. Locate areas with little to no access to primary care and coordinate with PCP to provide access
7. Increase specialty provider access to community

#### ANTICIPATED IMPACT:

- III. By June 2022, # of Primary Care Providers in Chilton County will increase from 8 to 11.
- IV. By June 2022, # of specialty care providers and # of specialty appointments available in Chilton County will increase by 10%.

### Alignment with Local, State & National Priorities

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	"HEALTHY PEOPLE 2030":
III, IV	Increasing number of PCP in Chilton county is high priority with the large patient: provider ratio that currently exists. Specialty care closer to patient residents will help with access.	Aligns with Priority 1 - Access to Healthcare in State of AL Community Health Improvement Plan (AL-CHIP)	Aligns with Healthy People 2020/2030 (AHS-4)

## Prioritized Need #2: Mental Healthcare and Substance Abuse

**GOAL:** Increase the proportion of individuals with mental health disorders who receive treatment

### Action Plan

<p><b>STRATEGY 1:</b> Connect adults and children with mental health disorders to treatment options</p>
<p><b>BACKGROUND INFORMATION:</b></p> <ul style="list-style-type: none"> <li>• Target population is individuals with diagnosed mental health disorders who are currently without a mental health provider</li> <li>• The strategy is supported by evidence found in What Works for Health</li> <li>• The rate of mental healthcare providers to individuals in Chilton County is 2448:1 according to County Health Rankings</li> </ul>
<p><b>RESOURCES &amp; COLLABORATION:</b></p> <ul style="list-style-type: none"> <li>• The hospital will collaborate with local mental healthcare providers and PIRC (Psychiatric Intake and Response Center at Children’s of Alabama) to connect patients with treatment</li> <li>• Ascension Alabama will provide mental health first aid training to assist community members with identifying potential mental health concerns</li> </ul>
<p><b>ACTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Connect community members with diagnosed mental health disorder to mental healthcare provider</li> <li>2. Develop and produce mental healthcare provider resource guide</li> <li>3. Track PHQ-9 for primary care patients to show improvement</li> <li>4. Provide Mental Health First Aid Training for community</li> </ol>
<p><b>ANTICIPATED IMPACT:</b></p> <p>V. By FY22, &gt;25% of identified patients with mental health disorders will be connected with provider.</p>

**STRATEGY 1:** Connect adults and children with mental health disorders to treatment options

VI. By FY22, 60 individuals in the community will be trained in mental health first aid.

**Alignment with Local, State & National Priorities**

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	“HEALTHY PEOPLE 2030”:
V, VI	Access to Mental Health is a local priority	State of Alabama CHIP includes strengthening mental health access	Aligns with goals MHMD-9 and MHMD-5

**Prioritized Need #2: Mental Healthcare and Substance Abuse**

**GOAL:** Increase access to alcohol and/or illicit drug treatment

**Action Plan**

**STRATEGY 1:** Connect individuals with suspected or diagnosed substance abuse to treatment.

**BACKGROUND INFORMATION:**

- Target population is individuals with substance abuse concerns who are not currently under treatment
- The strategy is supported by evidence found in What Works for Health
- According to County Health Rankings, Chilton County had 16 drug-overdose deaths in 2018 and 15% of individuals report excessive drinking
- Chilton County is underserved with mental healthcare and substance abuse provision

**RESOURCES & COLLABORATION:**

- The hospital will identify local resources for substance abuse treatment for all payors
- The hospital will assist and collaborate with local substance abuse treatment providers to connect patients with treatment
- Ascension Alabama will provide physician and staff education related to substance abuse

**ACTIONS:**

5. Physician education (CME) on substance abuse
6. Staff education on substance abuse
7. Refer patients with suspected or diagnosed substance abuse to treatment facilities

**STRATEGY 1:** Connect individuals with suspected or diagnosed substance abuse to treatment.

- 8. Follow up with patients to verify engagement with substance abuse provider
- 9. Identify local resources for substance abuse treatment for all payors

**ANTICIPATED IMPACT:**

- VII. By FY22, all employed physicians and Emergency Department physicians will implement referral protocol for patients with substance abuse disorder.
- VIII. By FY22, >25% of patients identified with substance abuse disorder will be referred for treatment.

**Alignment with Local, State & National Priorities**

<b>OBJECTIVE:</b>	<b>LOCAL / COMMUNITY PLAN:</b>	<b>STATE PLAN:</b>	<b>“HEALTHY PEOPLE 2030”:</b>
VII, VIII	With 16 drug overdose deaths in 2018, this impacts the local community	Aligns with goal to reduce prevalence of individuals with substance abuse disorders	Healthy People 2020/2030 – SA - 8

**Prioritized Need #3: Healthy Living**

**GOAL:** Increase the proportion of individuals who are aware of the symptoms of and how to respond to a heart attack.

### Action Plan

**STRATEGY 1:** Offer CPR training to the community, especially individuals who work in schools and other community organizations.

**BACKGROUND INFORMATION:**

- The strategy is informed by best practices promoted by American Heart Association
- According to Healthy People 2020, less than 40% of the general population are aware of the early warning signs and symptoms of a heart attack and how to get emergency assistance.

**RESOURCES & COLLABORATION:**

- The hospital will provide CPR classes to the public at no or significantly reduced cost.
- Ascension Alabama will collaborate with local American Heart Association to ensure education and awareness of heart disease.

**ACTIONS:**

10. Offer CPR training sessions to the community
11. Provide CPR classes at local public and private schools

**ANTICIPATED IMPACT:**

IX. By FY22, >90 community members will be trained and certified in CPR.

### Alignment with Local, State & National Priorities

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	“HEALTHY PEOPLE 2030”:
IX	Cardiovascular disease is the leading cause of death Chilton County	Cardiovascular disease accounts for the leading cause of death in Alabama	Healthy People 2020/2030 HDS - 16

### Prioritized Need #3: Healthy Living

**GOAL:** Increase the proportion of individuals who receive counseling about nutrition and diet

**Action Plan**

**STRATEGY 1:** Provide diet and nutrition counseling to individuals who have not previously received this service

**BACKGROUND INFORMATION:**

- The strategy is supported by best practices promoted by What Works for Health.
- According to County Health Rankings the adult obesity rate in Chilton County is 35%.

**RESOURCES & COLLABORATION:**

- The hospital will collaborate with local non-profit service providers and Chamber of Commerce to promote nutrition counseling. The hospital will work closely with registered dietitians to provide information and resources.
- St. Vincent’s Chilton will provide coordination and resources to promote fresh food consumption.

**ACTIONS:**

12. Offer at free and/or reduced cost nutrition classes/counseling
13. Work with local produce providers to increase access to fresh fruits and vegetables
14. Reach out to Chilton Senior Center and other civic groups to promote service

**ANTICIPATED IMPACT:**

- X. By FY22, St. Vincent’s Chilton will have provided 60 nutrition consults to individuals who have never received diet/nutrition counseling previously.
- XI. Individuals receiving counseling will report increased fruit and vegetable consumption as well as increased knowledge of appropriate portion sizes within 30 days of consult.

**Alignment with Local, State & National Priorities**

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	“HEALTHY PEOPLE 2030”:
X, XI	Cardiovascular disease is the leading cause of death Chilton County. Obesity rate in Chilton County is 35%	Cardiovascular disease accounts for the leading cause of death in Alabama. Healthy eating will promote disease management and healthy habits	Healthy People 2020/2030 NWS-6, NWS-8,

### Prioritized Need #3: Healthy Living

**GOAL:** Increase the proportion of families who engage in leisure-time physical activity

#### Action Plan

**STRATEGY 1:** Increase number of community, family friendly events that promote physical exercise/activity

**BACKGROUND INFORMATION:**

- The strategy is info-supported by best practices promoted by What Works for Health.
- According to County Health Rankings the adult obesity rate in Chilton County is 35%.
- According to County Health Rankings 31% of Chilton County residents report physical inactivity.

**RESOURCES & COLLABORATION:**

- The hospital will collaborate with the local YMCA, Fresh Air Family Organization, Parks and Recreation and Chilton Senior Center to promote events and activities for the community to exercise.

**ACTIONS:**

15. Increase number of physical activities offered in community
16. Promote parks and recreation facilities in community
17. Co-sponsor family friendly events in the community that promote physical activity

**ANTICIPATED IMPACT:**

- XII. By FY22, Chilton County will have reduced the rate of physical inactivity by 3%.
- XIII. Events and participation related to physical activity will increase by 20% by FY22.

#### Alignment with Local, State & National Priorities

OBJECTIVE:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	"HEALTHY PEOPLE 2030":
XII, XIII	Cardiovascular disease is the leading cause of death Chilton County. Obesity rate in Chilton County is 35%	Cardiovascular disease accounts for the leading cause of death in Alabama. Physical activity can prevent heart disease and obesity.	Healthy People 2020/2030 PA-1