

## AMITA Health St. Alexis Medical Center Hoffman Estates

### Implementation Strategy FY2020-2022

#### Implementation Strategy Narrative

##### Overview

AMITA Health St Alexis Medical Center Hoffman Estates (AHSAMCHE) is a state-of-the-art facility that offers the latest in surgical services and is a Level III Neonatal Intensive Care Unit with 318 licensed beds. SAMCHE services the 616,396 residents living in the village of Hoffman Estates and surrounding Northwest Region. Many patients served by SAMCHE are non-Hispanic White and Asian American. AMITA Health St Alexis Medical Center Hoffman Estates is recognized as a Blue Distinction Center in bariatric surgery, maternity services, spinal surgery and joint replacement. SAMCHE has received a five-star rating from the Centers for Medicare and Medicaid Services (CMS) and is recognized as a Baby-Friendly birth facility by Baby-Friendly USA, Inc. SAMCHE is also a Level II Trauma Center and has a Commission on Cancer Three-year Accreditation.

In 2018 and 2019, AMITA Health St. Alexis Medical Center Hoffman Estates participated in the Alliance for Health Equity (AHE), facilitated by the Illinois Public Health Institute. Together, the Alliance developed a collaborative Community Health Needs Assessment (CHNA) for Cook County. The link to our Collaborative Community Health Needs Assessment for Chicago and Suburban Cook County can be found at [allhealthequity.org/2019-chna-reports/](http://allhealthequity.org/2019-chna-reports/). This cover document for that CHNA provides more information about the service area of AHSAMCHE, its existing programs, and its specific needs within the context of the needs identified and prioritized in its service area.

This plan was adopted October 2019.

## Needs That Will Be Addressed

These prioritized health needs were selected in coordination with community residents and stakeholders through dedicated workgroups, focus groups, and 5,934 survey responses. They represent where AHSAMCHE will focus its community health efforts over the next three years, although it also offers programs serving health needs beyond these four prioritized issues.

- Social and Structural Determinants of Health
- Access to Care, Community Resources, and Systems Improvements
- Mental Health and Substance Use Disorders
- Chronic Condition Prevention and Management

## Needs That Will Not Be Addressed

AMITA Health St Alexius Medical Center Hoffman Estates will not directly address the following focus areas/priorities identified in the 2019 CHNA:

- Economic Vitality and Workforce Development
- Education and Youth Development
- Housing, Transportation, and Neighborhood Environment
- Violence and Community Safety, Injury, including Violence-related injury
- Trauma-Informed Care
- Maternal and Child Health

While critically important to overall community health, these specific priorities did not meet internally determined criteria that prioritized addressing needs by either continuing or expanding current programs, services, and initiatives to steward resources and achieve the greatest community impact. For these areas not chosen, there are service providers in the community better resourced to address these priorities. AMITA Health will work collaboratively with these organizations as appropriate to ensure optimal service coordination and utilization.

## Summary of Implementation Strategy

- **Social and Structural Determinants of Health, Access to Care Community Resources and Systems Improvements**
  - **Strategy:** Aunt Bertha (Search & Connect): Connecting people in need with the programs that serve them with dignity and ease. Through this public directory providers, staff, the public and community partners are able to search a vetted and updated directory of social services on our website, connecting to (i.e. food, housing, transportation, health, etc.). This directory provides a need based customized list of services for patients and provide the hospitals with various reports related to the needs. Additionally, the tool helps to address the social and structural determinants of health such as poverty, access to community resources, education and housing that are underlying root causes of health inequities.
  - **Resources & Collaboration:** AMITA Health Community Resource Directory; Aunt Bertha, Community Based Organization, Faith Based Organizations, Front Line Associates
  - **Anticipated Impact:** Increase the number of direct referrals between patients and community organizations to reduce patient/community social determinants of health.
  
- **Mental Health and Substance Use Disorders**
  - **Strategy:** Mental Health First Aid: In response to a demonstrated system and state-wide need of addressing barriers to accessing and utilizing mental health services, AMITA Health Alexian Brothers Medical Center Elk Grove Village and its community partners implemented an evidence-based program, Mental Health First Aid (MHFA), to reduce the stigma associated with mental illness and improve the coordination of mental health care throughout a six county service area. MHFA trains community residents and first responders to recognize, respond, and seek assistance for signs of mental illness and substance abuse.
  - **Resources & Collaboration:** AmeriCorps, Community-based organizations (CBOs), Faith-based organizations (FBOs), First responders/law enforcement, Mental Health First Aid USA, Trilog, Linden Oaks, Ecker Center,
  - **Anticipated Impact:** A reduction in self-reporter poor mental health days as a result of greater identification of those in need of help.
  
- **Chronic Condition Prevention and Management**
  - **Strategy:** Diabetic Programs (Self-Management & Prevention): In response to continued need to reduce the number of individuals with Type II diabetes as well as to lower the hospitalization rate of those diagnosed with Type II diabetes, AMITA Health is committed to providing additional programming for diabetic programming in the community.
  - **Resources & Collaboration:** Community-based organizations (CBOs), Faith-based organizations (FBOs), TouchPoint, YMCAs
  - **Anticipated Impact:**

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

## Prioritized Need #1: Social and Structural Determinants of Health, Access to Care, Community Resources and Systems Improvements

**GOAL:** Increasing access to care and community resources to reduce social and structural determinants of health.

### Action Plan

**STRATEGY 1:** Improve access by referring social service organizations to the underserved and most vulnerable in the communities that we serve from the **AMITA Health Community Resource Directory (formerly Aunt Bertha)**.

#### BACKGROUND INFORMATION:

- **Target population:** Low-income and underserved population in the communities we serve
- **Briefly describe if/how the strategy addresses social determinants of health, health disparities and challenges of the underserved:** This is a community-wide software platform, to connect community residents to available social services in their community. Connecting people and programs in searching for free or reduced cost services such as medical care, food, job training, transportation, housing, legal, and more. In our CHNA, the community identified the top two things needed for a healthy community: access to health care and mental health services as well as access to community services.
- **Strategy source:** AMITA Health Community Resource Directory  
[www.amitahealth.org/patient-resources/community-resources](http://www.amitahealth.org/patient-resources/community-resources)

#### RESOURCES:

- AMITA Health Community Resource Directory  
[www.amitahealth.org/patient-resources/community-resources](http://www.amitahealth.org/patient-resources/community-resources)

#### COLLABORATION:

- Aunt Bertha
- Community-based organizations (CBOs)
- Faith-based organizations (FBOs)
- Front Line Associates

#### ACTIONS:

1. AMITA Health partnering with Aunt Bertha to provide the software platform
2. Internal associates identified to become train the trainers and training session provided
3. Training sessions provided to our community-based organizations and faith-based organizations
4. Programs not found in the platform are entered under “Suggest a Program”
5. Create and implement a communication plan for residents in the communities we serve

#### ANTICIPATED IMPACT/OBJECTIVES:

**I. Short term objective (Process Objective):** By the end of 2019, there will be at least 25 community-based organizations and faith-based organizations trained with the AMITA Health Community Resource Directory.

**STRATEGY 1:** Improve access by referring social service organizations to the underserved and most vulnerable in the communities that we serve from the **AMITA Health Community Resource Directory (formerly Aunt Bertha)**.

**II. Medium term objective (Impact Objective):** By 2020, there will be at least 10,000 social service resources in the directory to assist the low-income residents of the communities that we serve.

**III. Long term objective (Outcome Objective):** By 2022, there will be a 25% increase in the number of referrals through the AMITA Health Community Resource Directory.

### Alignment with Local, State & National Priorities

(Long-Term Outcomes for Prioritized Need #1)

STRATEGY:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	NATIONAL PLAN:
AMITA Health Community Resource Directory	In our CHNA, the community identified the top two things needed for a healthy community: access to health care and mental health services as well as access to community services.		<p>HP 2030:</p> <p>AHS-2030-05 Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary medical care</p> <p>AHS-2030-07 Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary prescription medicines</p> <p>SDOH-2030-03 Reduce the proportion of persons living in poverty</p>

## Prioritized Need #2: Mental Health and Substance Use Disorders

**GOAL:** Improving mental health and decreasing substance abuse.

**STRATEGY 1:** Provide the Mental Health First Aid (MHFA) trainings to the communities that we serve

### BACKGROUND INFORMATION:

- **Target population:** The faith-based organizations, school, and those who are interested in the MHFA trainings
- **Briefly describe if/how the strategy addresses social determinants of health, health disparities and challenges of the underserved:** Just as CPR training helps a person with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a person assist someone experiencing a mental health crisis such as contemplating suicide. In both situations, the goal is to help support an individual until appropriate professional help arrives. Mental Health First Aiders learn a single 5-step action plan known as ALGEE, which includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other support. Participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of illness on individuals and families, and learn about evidence-supported treatment and self-help strategies
- **Strategy source:** Mental Health First Aid USA <https://www.mentalhealthfirstaid.org/>

### RESOURCES:

- Mental Health First Aid USA <https://www.mentalhealthfirstaid.org/>

### COLLABORATION:

- AmeriCorps
- Community-based organizations (CBOs)
- Faith-based organizations (FBOs)
- First Responders/Law Enforcement
- Mental Health First Aid USA
- Trilogy
- Linden Oaks
- Ecker Center

### ACTIONS:

1. Identify CBOs and FBOs to have the MHFA trainings

**STRATEGY 1:** Provide the Mental Health First Aid (MHFA) trainings to the communities that we serve

2. Identify the dates and locations of the trainings
3. Confirm with our collaborative partners for the lead instructor
4. Order the continental breakfast and lunch for all the participants
5. Train at least 10 participants per session
6. Follow-up with each participant after training completed

**ANTICIPATED IMPACT/OBJECTIVES:**

- I. Short term objective (Process Objective):** By the end of 2019, there will be at least 2 MHFA (Youth and/or Adult) trainings in the communities that we serve.
- II. Medium term objective (Impact Objective):** By 2020, 50% of the participants will have made a referral for someone to a mental health resource.
- III. Long term objective (Outcome Objective):** By 2022, there will be a reduction in the number of poor mental health days reported by the communities that we serve.

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

(Long-Term Outcomes for Prioritized Need #2)

STRATEGY:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	NATIONAL PLAN:
Mental Health First Aid (MHFA)	According to the County Health Rankings, residents of Cook County reported 3.6 poor mental health days compared to Illinois that had 3.5 days and nationally at 3.1 days.	In IL, the suicide death rate (2015) is at 10.3% compared to 13.3 nationally	<p>According to the National Behavioral Health Council, more than 2 million individuals have been trained in Mental Health First Aid (MHFA). Additional funding to ensure MHFA training is available to police officers, teachers and other critical audiences in every community is critical.</p> <p>Mental disorders are among the most common causes of disability. The resulting disease burden of mental illness is among the highest of all diseases. In any given year, an estimated 18.1% (43.6 million) of U.S. adults ages 18 years or older suffered from any mental illness and 4.2% (9.8 million)</p>

suffered from a seriously debilitating mental illness. Neuropsychiatric disorders are the leading cause of disability in the United States, accounting for 18.7% of all years of life lost to disability and premature mortality. Suicide is the 10th leading cause of death in the United States, accounting for the deaths of approximately 43,000 Americans in 2014

HP2030:

MHMD-2030-01 Reduce the suicide rate

MHMD-2030-03 Increase the proportion of children with mental health problems who receive treatment

MHMD-2030-04 Increase the proportion of adults with serious mental illness (SMI) who receive treatment



## Prioritized Need #3: Chronic Condition Prevention and Management

**GOAL:** Preventing and reducing chronic conditions, with a focus on risk factors.

**STRATEGY 1:** Provide a **Diabetes Prevention Program (DPP)** or **Diabetic Self-Management Program (DSMP)** Program for those at risk, those with pre-diabetes and those with type II diabetes.

### BACKGROUND INFORMATION:

- **Target population:** Individuals identified with the risk factors for pre-diabetes or those who are in need of an intervention to prevent the onset of diabetes and for those who have been diagnosed with pre-diabetes as well as those who are routinely hospitalized for uncontrolled Type II diabetes.
- **Briefly describe if/how the strategy addresses social determinants of health, health disparities and challenges of the underserved:** According to the Centers for Disease Control and Prevention (CDC), an astounding 1 in 3 adults have prediabetes and 9 out of 10 adults do not know that they have pre-diabetes. In Illinois, approximately 1.3 million (12.5% of the population) adults have diabetes, but roughly 341,000 of those do not know they have diabetes, which can lead to high hospitalization. Diabetes is the seventh leading cause of death nationally and in Illinois. By making healthy lifestyle changes, an individual can cut their chance of getting type 2 diabetes by 50%.
- **Strategy source:** Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program is an evidence based program: <https://www.cdc.gov/diabetes/prevention/index.html>; Center for Disease Control and Prevention (CDC) Diabetic Self-Management Program Stanford University developed course: <https://www.cdc.gov/learnmorefeelbetter/programs/diabetes.htm>

### RESOURCES:

- Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program is an evidence based program: <https://www.cdc.gov/diabetes/prevention/index.html>
- Center for Disease Control and Prevention (CDC) Diabetic Self-Management Program Stanford University developed course: <https://www.cdc.gov/learnmorefeelbetter/programs/diabetes.htm>
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) <https://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp>

### COLLABORATION:

- Community-based organizations (CBOs)
- Faith-based organizations (FBOs)
- Touchpoint
- YMCAs

### ACTIONS:

1. Identify those with the risk factors for pre-diabetes, those with pre-diabetes and/or those with hospitalizations for uncontrolled diabetes.
2. Schedule a pre-assessment with Certified Diabetes Educator (CDE) or outpatient dietitians.
3. Provide one-on-one initial assessments will be scheduled with our CDE and our Registered

**STRATEGY 1:** Provide a **Diabetes Prevention Program (DPP)** or **Diabetic Self-Management Program (DSMP)** Program for those at risk, those with pre-diabetes and those with type II diabetes.

4. Enrolment in designated program depending on patient/community member need (s).
5. Conduct follow-ups at 3-month, 6-month, and annually
6. Provide a monthly support group after completion of the program

**ANTICIPATED IMPACT/OBJECTIVES:**

**I. Short term objective (Process Objective):** By the end of May 2020, there will be at least 200 individuals assessed for the Diabetes Prevention Program or Diabetic Self-Management Program.

**II. Medium term objective (Impact Objective):** By the end of the program, at least 50% will have an improvement in their health indicators which includes A1c, Lipid Panel, BP, BMI, weight, or knowledge survey.

**III. Long term objective (Outcome Objective):** By 2022, there will be a 10% reduction of the individuals diagnosed with pre-diabetes in service area; by 2022 there will be 5% reduction in hospitalizations for uncontrolled diabetes.

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

(Long-Term Outcomes for Prioritized Need #3)

Strategy:	LOCAL / COMMUNITY PLAN:	STATE PLAN:	NATIONAL PLAN:
Diabetes Prevention Program (DPP) or Diabetic Self-Management Program (DSMP)	Diabetes identified as the second top health issue in CHNA	Diabetes is the seventh leading cause of death in Illinois. In Illinois, approximately 1.3 million (12.5% of the population) adults have diabetes, but roughly 341,000 of those do not know they have diabetes, which can lead to high hospitalization.	<p>National Diabetes Statistics Report, 2017:</p> <ul style="list-style-type: none"> <li>- Total: 84.1 million adults aged 18 years or older have prediabetes (33.9% of the adult US population)</li> <li>- 65 years or older: 23.1 million adults aged 65 years or older have prediabetes</li> </ul> <p>HP2030: D-2030-01 Reduce the annual number of new cases of diagnosed diabetes in the population</p> <p>D-2030-08 Increase the proportion of persons with</p>

diagnosed diabetes who ever  
receive formal diabetes  
education