



# Ascension Wisconsin Community Health Improvement Plan

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2019-2022

## Ascension NE Wisconsin - St. Elizabeth Campus Ascension NE Wisconsin - Mercy Campus Community Health Improvement Plan – Implementation Strategy

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### Introduction

Ascension NE Wisconsin - St. Elizabeth Campus and Ascension NE Wisconsin - Mercy Campus are part of Ascension Wisconsin. Ascension Wisconsin ([ascension.org/wisconsin](http://ascension.org/wisconsin)) operates 24 hospital campuses, more than 100 related healthcare facilities and employs more than 1,300 primary and specialty care clinicians from Racine to Eagle River. Serving Wisconsin since 1848, Ascension is a faith-based healthcare organization committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. As one of the leading non-profit and Catholic health systems in the U.S., Ascension operates 2,600 sites of care – including 151 hospitals and more than 50 senior living facilities – in 21 states and the District of Columbia.

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### Prioritized Significant Health Needs

The campuses conducted a community health needs assessment (CHNA) in Summer 2018. Based on the data reviewed, community input and the prioritization process, the following priorities were selected:

- Healthy Weight
  - Mental Health
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### Implementation Plan

This implementation plan is part of a broad community effort to address the priority health needs in the community and achieve long-term impact. As such, this plan includes collaborative efforts as well as hospital-specific initiatives. The campuses participate in collaborative efforts through several coalitions; those coalitions are described in each health priority section. Several coalitions are regional, including Outagamie and Winnebago Counties, as well as Calumet County. Through this regional effort, some data are collected and reported regionally.

## Healthy Weight

**Goal:** Increase the proportion of residents who have a healthy diet and regular physical activity

### Long-Term Performance Indicators:

- By June 30, 2023, decrease the percent of adults in the tri-county area who were inactive in the last 30 days from 12 percent (Winter 2018) to 10 percent.
- By June 30, 2023, increase the percent of adults who fall in the healthy weight range from 33 percent (Winter 2018) to 35 percent.
  - Source for all: Fox Valley Community Health Improvement Coalition (FVCHIC) Community Health Survey

For healthy weight strategies, the hospital campuses consistently participate in several coalitions. Those coalitions, including the member organizations, are listed below.

- Weight of the Fox Valley (WOTFV): Members include business/organization leaders, health departments, hospital systems, community foundation, schools, restaurant industry and community members.
- East Central Wisconsin Regional Planning Commission (ECWRPC): Members include law enforcement, health departments, hospital systems and community members.
- Rural Health Initiative: Members include health departments, hospital systems and community members.

### Strategy 1: Awareness, Education and Training

Ascension St. Elizabeth and Ascension Mercy campuses will engage in several initiatives to promote nutrition and physical activity education to children and adults within Outagamie and Winnebago Counties. Those initiatives include: Weight of the Fox Valley (WOTFV), the East Central Wisconsin Regional Planning Commission (ECWRPC), the Rural Health Initiative (RHI) and continuing to promote breastfeeding.

- WOTFV is a tri-county initiative with a shared vision of working together to achieve and maintain a healthy weight at every age. WOTFV has four work groups centered on active communities, early care and education, food system and worksites. The goal is to add two more work groups: healthcare and schools. By the end of 2016, 12 local municipalities in the tri-county region voted to support a resolution that brings awareness to the shared vision of the WOTFV -- a community that achieves and maintains a healthy weight at every age.
- ECWRPC is a non-profit organization serving eight counties to improve health by incorporating health impact at all levels of city and county planning. Examples of this work in the region include wayfinding signage on the local trail systems and Safe Routes to School.
- RHI is a non-profit organization focused on the concerns and barriers related to today's farm families' health and safety, especially healthy weight and mental health. In addition to conducting routine health checks, the RHI annually identifies an intervention for a year-long focus (e.g., portion sizes, fruit and beverage consumption or sweetened/sugary beverages).

- Ascension St. Elizabeth and Ascension Mercy campuses will continue to focus on improving breastfeeding rates and provide support and education for families served at the hospital campuses and in the community. Breastfeeding is an evidence-based strategy for reducing the likelihood of obesity and other health risks over the lifetime.

**Ascension St. Elizabeth and Ascension Mercy campuses will:**

- Continue healthy eating/lifestyle education for youth and adults in the community
- Utilize healthy eating/lifestyle displays to promote healthy weight at community events/organizations/worksites (e.g., at cooking demonstrations)
- Provide funding for the Rural Health Initiative
- Provide funding for the Weight of the Fox Valley
- Provide funding for East Central Wisconsin Regional Planning Commission
- Promote breastfeeding by offering patients education, information and counseling to women throughout pre- and post-natal care
- Promote breastfeeding in community settings such as workplaces, child care centers and community-based events

**Collaborative Partners:**

- WOTFV
- ECWRPC
- RHI

**Resources Committed:**

- Funding
- Staff time

**Medium-Term Indicators:**

- By June 30, 2022, maintain breastfeeding initiation rates of women giving birth at Ascension St. Elizabeth and Ascension Mercy campuses.
- By June 30, 2022, through the ECWRPC, two municipalities will adopt new policies around active environments/structures.
- By June 30, 2022, through the Rural Health Initiative, improvement will be demonstrated for each selected annual intervention (e.g., sugary beverages, portion sizes, fruit and vegetable consumption).

**Strategy 2: Advocacy/System Change**

From July 2019 – June 2022, Ascension Medical Group Wisconsin will implement standardized processes statewide according to the U.S. Preventive Services Task Force Guidelines for healthy weight/Body Mass Index (BMI). This will include routine screening, referral mechanism and sources for treatment, electronic medical record (EMR) reminders and the creation of tools.

**Ascension Wisconsin will:**

- Build automatic reminders/alerts into the electronic medical record system
- Identify sources for referral for management or treatment
- Create referral pathways
- Develop provider and patient tools to guide the process
- Implement the routine screening statewide

**Resources Committed:**

- Staff and provider time

**Medium-Term Indicator:**

- By June 30, 2022, healthy weight screening systems/protocols will be in place in 90 percent of Ascension Medical Group Wisconsin primary care clinics.

## Mental Health

**Goal:** Reduce suicides in Outagamie and Winnebago counties

**Long-Term Performance Indicators:**

- By June 30, 2025, reduce suicide rates:
  - Outagamie County – from 16.4 per 100,000 (2017) to 0
  - Winnebago County – from 14.7 per 100,000 population (2017) to 0
    - Source for all: Wisconsin Department of Health Services, Wisconsin Interactive Statistics on Health

For mental health strategies, the hospital campuses consistently participate in two coalitions. Those coalitions, including the member organizations, are listed below.

- Zero Suicide: Members include law enforcement, health departments, hospital systems, direct mental health service providers and community members.
- Question, Persuade, Refer (QPR) Advisory Board: Members include Samaritan Counseling; Community for Hope which provides resources, training and education in Winnebago County; Catalpa Health, which provides mental health direct services to youth; Lawrence University; Prevent Suicide Fox Cities and community members.

### Strategy 1: Awareness, Education and Training

Ascension Mercy and Ascension St. Elizabeth campuses will collaborate to implement awareness, education and training efforts in communities, organizations and schools. Those efforts will include Question, Persuade, Refer (QPR) training, Zero Suicide and Sources of Strength.

- QPR is a nationally recognized best practice method for suicide prevention and education. Trainings are provided to help community members understand how to question a person about suicide, how to persuade them to get help and how to refer them to the appropriate resources.
- Zero Suicide is a systematic approach and organizational commitment to safer suicide prevention care in health and behavioral health care systems.
- Sources of Strength is a best practice youth suicide prevention project designed to harness the power of social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying and substance abuse.

**Ascension St. Elizabeth and Ascension Mercy campuses will:**

- Actively participate in suicide prevention coalitions
  - Zero Suicide coalition meetings
  - QPR Advisory Board/QPR Leadership Team
- Provide funding for Zero Suicide coalition (primarily for QPR training materials)
- Promote QPR training internally and externally
- Collaborate with N.E.W. Mental Health Connection to expand Sources of Strength into more schools
- Be represented on local mental health agency boards

**Collaborative Partners:**

- Zero Suicide coalition
- QPR Advisory Board
- N.E.W. Mental Health Connection
- Prevent Suicide Fox Cities

**Resources Committed:**

- Funding
- Staff time
- Facilities (e.g., hosting trainings or meetings)
- Printing of materials

**Medium-Term Indicators:**

- By June 30, 2022, 90 percent of QPR trainees feel competent in asking the important questions. (Source: Internal evaluation; FY18 = 82 percent.)
- By June 30, 2022, increase the number of organizations that adopt the Zero Suicide model and integrate the suicide prevention strategies into their organizational policies/procedures from 20 (2018) to 30.
- By June 30, 2022, increase the number of high schools in Outagamie, Winnebago and Calumet counties that implement the Sources of Strength Program from 13 (2018-19 school year) to 20.

**Strategy 2: Services and Support**

Ascension Mercy and Ascension St. Elizabeth campuses will provide screenings and services to patients, students, individuals and their families affected by mental illness. Those efforts will include school-based mental health services and support groups.

- School-based mental health programs
  - Providing Access To Help (PATH) is a school-based behavioral therapy program within the Oshkosh School District.
  - RISE UP (formerly known as HOST) is a school-based behavioral therapy program within the Appleton School District.
- Support groups
  - Support groups are coordinated by the National Alliance for Mental Illness (NAMI). NAMI is a national non-profit organization with a Fox Valley chapter that supports and empowers everyone affected by mental illness and the vision to live in a stigma-free community that supports and promotes mental health and recovery.

**Ascension St. Elizabeth and Ascension Mercy campuses will:**

- Provide funding for both school-based mental health programs (PATH and RISE UP)
- Promote school-based mental health programs
- Provide funding for NAMI support groups
- Promote support groups

**Collaborative Partners:**

- Catalpa Health
- United Way Fox Cities
- NAMI
- Samaritan Counseling

**Resources Committed:**

- Funding
- Staff time
- Facilities (e.g., hosting trainings or meetings)
- Printing of materials

**Medium-Term Indicator:**

- By June 30, 2022, 20 percent of high school students in the tri-county area (i.e., Calumet, Outagamie and Winnebago) will report in the past year they felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. (Source: Youth Risk Behavior Survey. Baseline: 25 percent (2018).)

**Strategy 3: Advocacy/System Change**

From July 2019 – June 2022, Ascension Medical Group Wisconsin will implement standardized processes statewide according to the U.S. Preventive Services Task Force Guidelines for depression. This will include routine screening, referral mechanisms and sources for treatment, EMR reminders and the creation of tools.

**Ascension Wisconsin will:**

- Build automatic reminders/alerts into the electronic medical record
- Identify sources for referral for management or treatment
- Create referral pathways
- Develop provider and patient tools to guide the process
- Implement the routine screening statewide

**Resources Committed:**

- Staff and provider time

**Medium-Term Indicator:**

- By June 30, 2022, depression screening and remission systems/protocols will be in place in 90 percent of Ascension Medical Group Wisconsin primary care clinics.



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## Plan to Evaluate the Strategies

Ascension Wisconsin is committed to making a positive, measurable impact on the health of the people in the communities we serve. To that end, we evaluate the strategies we implement to address the health needs of the community.

We use a logic model, an approach that is nationally recognized for program evaluation. Logic models provide methods for documenting the following:

- **Inputs:** Resources needed to implement the strategies
- **Outputs:** Actions taken, the number of programs/tactics implemented and the number of people reached
- **Outcomes:** Measures of the impact of the programs/strategies, such as changes in learning, actions or conditions

To be specific about the outcomes for which we will be accountable, we set SMART metrics – metrics that are Specific, Measurable, Achievable, Realistic and Time-related.

### Evaluation Schedule/Process

At the beginning of the three-year cycle:

- Establish SMART metrics for medium-term (three-year) indicators for each strategy
- Establish SMART metrics for long-term (beyond three years) indicators for each priority area

At the beginning of each fiscal year in the three-year cycle:

- Establish SMART metrics for short-term (fiscal year) indicators for each strategy
- Establish action steps and output indicators for each strategy

Quarterly each fiscal year:

- Report actions completed
- Report the status of each strategy/priority

At the end of each fiscal year:

- Report on results for short-term and output indicators
- Describe accomplishments and analyze results

At the end of the three-year cycle:

- Report on results for medium-term indicators for each strategy
- Describe and analyze results
- Incorporate results into next Community Health Needs Assessment

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## Health Needs Not Selected for this Plan

Ascension Wisconsin understands the importance of all the health needs of the community and is committed to being an active participant in improving the health of the people in the communities we serve. For the purposes of this CHNA, we have chosen to focus our efforts on the priorities listed above.

Alcohol misuse/substance abuse was not selected in this CHNA cycle. Addressing alcohol and substance abuse at the community level is a collaborative undertaking. At this time, community momentum and partnerships on this issue are limited. As opportunities arise to substantively and collaboratively address substance abuse in Outagamie and Winnebago Counties, the campuses will participate.

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## Next Steps

This implementation plan outlines a three-year community health improvement process. Each year within this timeframe, we will:

- Participate actively in community coalitions focused on the health priorities
- Create an annual action plan with specific steps for that year
- Set and track annual performance indicators for each strategy
- Track progress toward medium-term performance indicators
- Report progress toward the performance indicators to the board
- Share actions taken to address the needs with the community at large

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## Approval

This implementation plan report was adopted by the Board of Directors of Ascension NE Wisconsin, Inc., on April 23, 2019, and by the Ascension Wisconsin Board on May 16, 2019.

**Addendum: Summary of Strategies by Hospital Facility**

| Priority/Strategy                 | Starting Page Number |                         |
|-----------------------------------|----------------------|-------------------------|
|                                   | Ascension Mercy      | Ascension St. Elizabeth |
| <b>Healthy Weight</b>             |                      |                         |
| Awareness, Education and Training | 3                    | 3                       |
| Advocacy/System Change            | 4                    | 4                       |
|                                   |                      |                         |
| <b>Mental Health</b>              |                      |                         |
| Awareness, Education and Training | 6                    | 6                       |
| Services and Support              | 7                    | 7                       |
| Advocacy/System Change            | 8                    | 8                       |
|                                   |                      |                         |

To learn more about Ascension Wisconsin, visit [ascension.org/wisconsin](http://ascension.org/wisconsin)



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