Ascension St. Clare’s Hospital
An Assessment of Marathon County

Ascension St. Clare’s Hospital is located in Marathon County, Wisconsin. The community health needs assessment (CHNA) was conducted in 2018 and focused on the needs of individuals in Marathon County. Based on this CHNA process, the hospital will focus on the following priority health needs in 2019-2022:

- Mental Health
- Substance Abuse
- Healthy Children/Youth
- Human Trafficking / Sexual Assault / Domestic Violence

Who We Are
Ascension Wisconsin (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.

Our Mission as a Catholic healthcare system: rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually-centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.

Ascension is continuing the long and valued tradition of addressing the health of the people in our community, following in the footsteps of legacy Ministry Health Care. This flows directly from our Catholic Identity. In addition to the community health improvement efforts guided by our CHNA process, we contribute to other needs through our broader community benefit program.

Our Community

Although Ascension St. Clare’s serves Marathon County and surrounding areas, for the purposes of the CHNA, the hospital is focused on the needs of Marathon County. Our “community served” was defined as such because (a) most community health data are available at the county level; (b) most of our assessment partners define their service area at the county level; (c) most of our service area is in Marathon County.
### Demographic Profile of Marathon County

<table>
<thead>
<tr>
<th></th>
<th>Marathon County</th>
<th>Wisconsin</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Population</strong></td>
<td>135,177</td>
<td>5,742,117</td>
<td>316,515,021</td>
</tr>
<tr>
<td><strong>Age 65+</strong></td>
<td>16.4%</td>
<td>15.5%</td>
<td>14.8%</td>
</tr>
<tr>
<td><strong>Race or Ethnicity</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asian</td>
<td>2.0%</td>
<td>1.7%</td>
<td>5.7%</td>
</tr>
<tr>
<td>Black / African American</td>
<td>6.0%</td>
<td>5.7%</td>
<td>12.3%</td>
</tr>
<tr>
<td>Hispanic / Latino</td>
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<td>3.6%</td>
<td>17.1%</td>
</tr>
<tr>
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<td>0.19%</td>
<td>1.2%</td>
</tr>
<tr>
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<td>No Stats</td>
<td>0.2%</td>
</tr>
<tr>
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</tr>
<tr>
<td>White</td>
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<td>88.9%</td>
<td>61.3%</td>
</tr>
<tr>
<td><strong>Highest Level of Education</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
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<td>No High School or GED</td>
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<td>9.4%</td>
<td>12.9%</td>
</tr>
<tr>
<td>High School or GED</td>
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<td>31.9%</td>
<td>27.9%</td>
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<td>Two Years / Associate Degree</td>
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<td>14.7%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Bachelor’s Degree</td>
<td>15.4%</td>
<td>17.4%</td>
<td>17.9%</td>
</tr>
<tr>
<td><strong>Household Annual Income</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than $15,000</td>
<td>8.2%</td>
<td>10.1%</td>
<td>11.9%</td>
</tr>
<tr>
<td>$15,000-$24,999</td>
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<td>10.3%</td>
<td>10.2%</td>
</tr>
<tr>
<td>$25,000-$49,999</td>
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<td>$50,000-$74,999</td>
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<tr>
<td>$100,000+</td>
<td>19.4%</td>
<td>21.5%</td>
<td>24.9%</td>
</tr>
</tbody>
</table>

Sources: U.S. Census (Total Population estimates); LIFE Report of Marathon County: 2017-2019 (all other data)
Our Community Health Improvement Approach

Ascension Wisconsin is committed to using national best practices in conducting the CHNA and implementing community health improvement strategies to assure that our work has a positive, measurable impact on the health of the people in the communities we serve. Our approach relies on the model developed by the County Health Rankings and Roadmaps and the Robert Wood Johnson Foundation, utilizing the determinants of health model as the model for community health improvement.
In addition, we utilize the *Wisconsin Guidebook on Improving the Health of Local Communities*, developed with funding from the University of Wisconsin School of Medicine and Public Health from the Wisconsin Partnership Program. This guidebook builds on the County Health Rankings and Roadmaps’ Action Center.

Based on these resources, our community health improvement strategy rests on the following principles to make our communities a healthy place to live, learn, work and play:

- Work collaboratively to effectively address health issues
- Pay attention to the forces that shape health outcomes, including social and economic determinants
- Focus efforts on populations with a disparate health burden to increase health equity
- Emphasize the powerful impact of policy and system-based approaches on change
- Use strategies with the best evidence of effectiveness
- Identify and track specific, measurable performance indicators
Framework and Data Sources

The assessment was conducted by Ascension St. Clare’s in the summer of 2018. The assessment largely incorporates results of the Marathon County Local Indicators for Excellence (LIFE) process and data. Ascension St. Clare’s participated in the LIFE process. The most recent LIFE Report was published in January 2018.

Data from multiple sources were reviewed:

- **LIFE Report** – Secondary data and local survey results were compiled into a report.
  - Framework: LIFE Report data is sorted into four categories: Prosperous; Healthy; Safe; and Connected. Demographics and survey results also are included.
  - Sources: The original data sources included, but were not limited to: Wisconsin Department of Public Instruction; Marathon County Hunger Task Force; City of Wausau Community Development Authority; United Way’s 2-1-1 service; Wisconsin Department of Health Services and Marathon County Health Department.

- **Marathon County Pulse** – This is a publicly-available web-based platform that compiles Marathon County community health data.
  - Framework: Marathon County Pulse compiles data from multiple sources for a user’s tailored dashboard.
  - Sources: Data are from local, state and national sources, including, but not limited to: Marathon County Youth Risk Behavior Survey (high schools); U.S. Census Bureau; Wisconsin Department of Health Services and Centers for Medicare and Medicaid Services.

- **Healthiest Wisconsin 2020 Baseline and Health Disparities Report** – This publicly-available web-based resource is published by the Wisconsin Department of Health Services.
  - Framework: The report includes data by Healthiest Wisconsin 2020 focus areas as well as by populations.
  - Sources: Data sources include but are not limited to the Department of Health Services (e.g., through the Wisconsin Interactive Statistics on Health database and the Family Health Survey); Department of Public Instruction (Youth Risk Behavior Survey); Centers for Disease Control and Prevention (Behavior Risk Factor Survey) and U.S. Census (American Community Survey).

- **County Health Rankings and Roadmaps** – This publicly-available web-based resource provides population health data by county as well as resources to help improve health.
  - Framework: County Health Rankings and Roadmaps uses a determinants of health model, including categories of health outcomes (morbidity and mortality) and health factors (clinical care, social and economic factors, health behaviors and the physical environment).
  - Sources: County Health Rankings and Roadmaps compiles data from multiple government sources, including, but not limited to: the Behavioral Risk Factor Surveillance System; U.S. Census Bureau; Dartmouth Atlas of Health Care; EDFACTS and the U.S. Department of Housing and Urban Development.

- Electronic medical record data.
Voice of the Community

Ascension St. Clare’s is committed to addressing community health needs collaboratively with local partners. Ascension St. Clare’s and its community partners used the following methods to listen to community members’ thoughts on the strengths and challenges of being a healthy community. These methods provided us with additional perspectives on how to select and address top health issues facing our communities.

Input from Community Leaders
Input was received from community stakeholders primarily through the LIFE process. The LIFE process in Marathon County is a multi-sector, collaborative community effort. The LIFE report is published every two years. Planning for this report began in early 2016. The LIFE effort includes three community stakeholder committees: LIFE Steering Committee, topic-specific subcommittees and Community Advisory Team. Steering Committee and Advisory Team members are listed in the Appendices.

In addition to the input received through the Steering Committee and the subcommittees, the LIFE process included an October 17, 2017, prioritization meeting that involved 40 individuals, including 10 from the Community Advisory Team. The Community Advisory Team reviewed and discussed the data compiled by the subcommittees and then conducted a formal prioritization process. The Steering Committee finalized the priorities based on the Advisory Team recommendations.

The results of this work were published in January 2018 in the 2017 Marathon County LIFE Report. The report includes progress on previous priorities, community strengths and indicator data. The report also includes calls to action in five areas: mental health, substance abuse, bullying, broadband access and future job growth.

Input from Members of Medically Underserved, Low-income and Minority Populations and/or Organizations that Represent those Populations
Ascension Wisconsin is fueled by a commitment to human dignity, the common good, justice and solidarity. We believe the CHNA process must be informed by direct input from persons who experience health disparities based on income and/or race and ethnicity. Some of that input was obtained through the LIFE survey, which oversampled medically underserved, low income and minority individuals. The survey process was conducted by the Survey Research Center at the University of Wisconsin-River Falls in early spring of 2017. The survey was mailed to 2,100 households and oversampled to reach individuals under age 35, households with incomes under $25,000 and minorities of varying ethnicity. Surveys also were available at several non-profit community partners to reach individuals who may have low income, be medically underserved and/or be a member of a minority group.
Additionally, Ascension St. Clare’s leaders participate in local coalitions and boards that represent medically underserved and low-income populations. An understanding of the local circumstances facing medically underserved, low income and minority populations was included in the review of data. Finally, as part of the prioritization process to select the health priorities, strong consideration was given to how individuals who are more vulnerable are impacted by the health issues.

**Input on the Previous CHNA**

No written comments were received regarding the previous CHNA.

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**Priorities for Action**

**Prioritization Process and Criteria**

Ascension St. Clare’s prioritization process included two steps:

- A core team – the Ascension St. Clare’s Community Health Improvement Lead, Ascension Wisconsin Director of Community Health Improvement and the Ascension Wisconsin Regional Manager for Community Health Improvement – reviewed the data, applied the prioritization criteria and made a preliminary recommendation.
- The Ascension St. Clare’s Management Team, including leaders in administration, nursing, finance, operations improvement and human resources, reviewed the recommendation and made a final decision.

Prioritization criteria included:

- Scope of problem (e.g., severity, number of people impacted)
- Health disparities (e.g., by income and/or race and ethnicity)
- Feasibility (e.g., are there known interventions, can we have an impact)
- Momentum/commitment (e.g., political will, community readiness)
- Alignment with others (e.g., local health department priorities)

**Priorities Selected**

The following health issues were selected as the priorities:

- Mental Health
- Substance Abuse
- Healthy Children/Youth
- Human Trafficking / Sexual Assault / Domestic Violence

**Health Needs Not Selected for this Plan**

Ascension Wisconsin understands the importance of all the health needs of the community and is committed to actively participating in improving the health of the communities we serve. For the purposes of this CHNA, we have chosen to focus our efforts on the priorities listed above.
The following health issues were not selected for the reasons described below.

- **Injuries**: Injuries due to falls and motor vehicle accidents are being addressed by current external and/or internal efforts.

- **Economic Issues**: Addressing low income is woven through other priority areas (e.g., Blessings in a Backpack as part of Healthy Child / Youth Development provides food for children whose families have low income). Additionally, Ascension St. Clare’s is represented on community collaborations that address basic needs (e.g., Hunger Coalition).

- **Healthy Weight**: A robust coalition is currently in place to address this issue. Additionally, healthy weight will be addressed in part through other priority areas (e.g., backpack meals for youth).

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**Overview of Priorities**

A description of each priority area, data highlights, and relevant assets/resources are on the following pages.
Mental Health

Why it is Important
Approximately 20 percent of the population experiences a mental health problem during any given year.

Mental health issues are associated with increased rates of risk factors such as smoking, physical inactivity, obesity and substance abuse. As a result, these physical health problems can lead to chronic disease, injury and disability.

Sources: National Institute for Mental Health; Healthiest Wisconsin 2020; Healthy People 2020

Community Challenges and Perceptions
- Schools are struggling to provide mental health services to students.
- LIFE survey respondents report a decrease in the community being ‘welcoming.’
- Almost 47 percent of 2017 LIFE survey respondents are concerned or very concerned with the affordability of mental health and alcohol or drug services/treatment.
- LIFE survey respondents ranked affordability of mental health, alcohol or drug services/treatment seventh of the 21 issues listed.

Source: 2017 Marathon County LIFE report

Individuals Who are More Vulnerable
- In Wisconsin, some groups of people experience higher rates of frequent mental distress (14 or more days of poor mental health in the last 30 days), including individuals who are female, Black or Hispanic or who have low income.

Source: Healthiest Wisconsin 2020 Baseline and Health Disparities Report

Data Highlights

Students Feeling Sad or Hopeless

<table>
<thead>
<tr>
<th></th>
<th>United States 2015</th>
<th>Marathon County 2015</th>
<th>Marathon County 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of students who felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities during the 12 months before the survey.</td>
<td>29.9</td>
<td>21.3</td>
<td>23.6</td>
</tr>
</tbody>
</table>

Percentage of students who felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities during the 12 months before the survey.
Source: 2017 Marathon County Youth Risk Behavior Survey Report

Data Highlights
- Age-adjusted suicide rate per 100,000 population is 14.4 (WI is 14.0; U.S. is 13.2) (2014-16)\(^1\)
  - Rate for men is nearly 4x the rate for women
- High school students reporting increases in suicide risk, feelings of hopelessness and similar indicators\(^2\)
- 37 percent of high school teens have had poor mental health days in past 30 days; 25 percent felt depressed almost every day in a two-week period in the last 12 months\(^2\)
- Mental health provider ratio is worse than the state ratio (2017)\(^1\)

\(^1\) Healthy Communities Institute. Marathon County Pulse. [www.marathoncountypulse.org](http://www.marathoncountypulse.org)
\(^2\) 2017 Marathon County Youth Risk Behavior Survey Report

Local Assets and Resources:
- Northcentral Health Care - inpatient and outpatient mental health treatment facility
- Marathon County Housing and Homeless Coalition
- Marathon County Hunger Coalition
- Catholic Charities - warming center, housing program
- Community Corner Clubhouse - facility for people with mental illness and AODA issues to gather, learn and discover
- United Way of Marathon County
- Prevent Suicide Marathon County Coalition
- Wisconsin Institute for Public Policy and Service (WIPPS)
Substance Abuse

Why it is Important
An estimated 22 million people per year in the U.S. have drug and alcohol problems. Ninety-five percent of them are unaware of their problem.

Approximately 88,000 deaths annually in the U.S. are attributed to excessive drinking (2006-2010).

Drug and alcohol use also can lead to costly physical, mental and public health problems such as teen pregnancy, HIV/AIDS and other STDs.

Sources: Healthy People 2020; Center of Disease Control and Prevention

Community Challenges and Perceptions
- Illegal drug use was the number one concern of LIFE survey respondents.
- 76 percent of LIFE Survey respondents are concerned or very concerned with illegal drug use.
- 65.6 percent of LIFE Survey respondents are concerned or very concerned with prescription drug abuse and misuse.
- 74 percent of LIFE Survey respondents are concerned or very concerned with drinking and driving, compared to 48.4 percent concerned or very concerned about the abuse or misuse of alcohol.
- Vaping is an emerging issue.

Source: 2017 Marathon County LIFE report

Individuals Who are More Vulnerable
- In Wisconsin, there are higher rates of smoking and secondhand smoke exposure for youth and individuals in lower socioeconomic groups (defined by income, education and type of occupation).

Source: Healthiest Wisconsin 2020

Data Highlights

Marathon County

Note: Unintentional poisonings are largely due to drug overdoses.
Source: Wisconsin Department of Health Services, Healthy Communities Institute. Marathon County Pulse, www.marathoncountypulse.org

Data Highlights
- Drug overdose is the number one cause of injury-related deaths for individuals age 15-64\(^1\)
- Drug charges have more than doubled from 2010 to 2016\(^1\)
- Almost 25 percent of Marathon County adults drink excessively (Wisconsin is 25.3 percent; U.S. is 16.9 percent)\(^2\)
- Youth\(^3\):
  - 26.1 percent of youth report having at least one drink of alcohol in the last 30 days
  - 7.6 percent of youth have used marijuana in the past 30 days (up from 5.6 percent in 2015)
  - 8.9 percent of youth have used cigarettes in the last 30 days
- In Wisconsin, drug- and alcohol-related deaths are increasing\(^4\)

\(^1\) 2017 Marathon County LIFE Report
\(^2\) Behavioral Risk Factor Surveillance System, cited in www.chna.org
\(^3\) 2017 Marathon County Youth Risk Behavior Survey Report
\(^4\) 2017 Marathon County Pulse

Local assets and resources:
- AOD Partnership - working together to reduce alcohol and other drug abuse
- Northcentral Health Care - inpatient and outpatient mental health treatment facility
- Marathon County Health Department
- Catholic Charities
- Community Corner Clubhouse
- Wisconsin Institute for Public Policy and Service - WIPPS
Healthy Children and Youth

Why it is Important
Early and middle childhood experiences impact future “cognitive, social, emotional, language and physical development, which in turn influences school readiness and later success in life.”

Source: Healthy People 2020

Community Challenges and Perceptions
- Schools are “struggling with managing mental health of children as a result of childhood trauma.”
- The Youth Risk Behavior Survey results provide rich community data.

Source: 2017 Marathon County LIFE Report

Individuals Who are More Vulnerable in Marathon County
- The infant mortality rate for babies who are two or more races is more than twice the rate of infants who are white.
- Hispanic and Asian moms are more likely to have <12 years of education.
- Asian moms are less likely to get early prenatal care.
- Asian, Hispanic and multi-racial families are disproportionately likely to be living in poverty.

Source: 2017 Marathon County LIFE Report

Local Assets and Resources:
- Northcentral Health Care - inpatient and outpatient mental health treatment facility
- The Women’s Community - specialized services for domestic violence and sexual assault
- Marathon County Housing and Homelessness Coalition
- Marathon County Hunger Coalition
- Blessings in a Backpack - nourishment for low-income youth
- Marathon County Early Years Coalition
- Hope Life Center - pregnancy testing, options counseling, testing and treatment for STDs, abortion recovery support, pregnancy and early parenting education and adoption information
- United Way of Marathon County

Data Highlights

<table>
<thead>
<tr>
<th>Mortality Rates</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
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<tr>
<td>Marathon County</td>
<td>6.6</td>
<td>3.7</td>
<td>3.8</td>
<td>3.1</td>
<td>6.8</td>
</tr>
<tr>
<td>Wisconsin</td>
<td>6.3</td>
<td>5.7</td>
<td>6.2</td>
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<td>U.S.</td>
<td>6.1</td>
<td>6.0</td>
<td>6.9</td>
<td>5.8</td>
<td>-</td>
</tr>
</tbody>
</table>

Note: Rates are measured as number of infant deaths (infant <365 days) per 1,000 live births. Due to small numbers in Marathon County, large swings in the data are expected.

Source: Wisconsin Department of Health Services, cited in the 2017 Marathon County LIFE Report

Data Highlights
- Child maltreatment is higher in Marathon County than in Wisconsin
- Infant mortality increased in 2015 after being flat for several years
- Child mortality rate in Marathon County is higher than for Wisconsin (2015)
- 15.6 percent of children in Marathon County live in poverty
- Kids are hungry: 36.8 percent of Marathon County public school students are receiving free and reduced-price lunch (2015-16)
- Youth:
  - 26.1 percent of students had at least one alcoholic drink in the past month
  - 15.1 percent used marijuana at least once in their lifetime
  - 23.6 percent felt so sad or hopeless every day for two or more consecutive weeks, they stopped doing normal activities
  - 31.5 percent described their mental health as not good for at least three days in the past month

1 2017 Marathon County LIFE Report
2 2017 Marathon County Youth Risk Behavior Survey Report
Human Trafficking / Sexual Assault / Domestic Violence

Why it is Important
“Human trafficking is the act of recruiting, harboring, transporting, providing or obtaining a person for compelled labor or commercial sex acts through the use of force, fraud or coercion.” Human trafficking and intimate partner violence can impact physical health (e.g., injuries, reproductive health issues, chronic pain and addiction) and mental health (e.g., stress-related disorders, depression and anxiety).

Sources: Catholic Relief Services; U.S. Department of Health and Human Services; National Coalition Against Domestic Violence

Community Challenges and Perceptions
- 80 percent of LIFE survey respondents were concerned about family violence or abuse of adults and/or children.
- Education for law enforcement is strong.

Source: 2017 Marathon County LIFE report

Individuals Who are More Vulnerable
- 75 percent of victims of human trafficking globally are women and girls.
- Victims of domestic violence are from all walks of life, varying, for example, in age, education, income and ethnicity.

Sources: International Labour Organization as cited on the Polaris website; National Coalition Against Domestic Violence

Data Highlights

Number of Individuals Seen by Sexual Assault Nurse Examiner (SANE) Nurses at Ascension St. Clare’s Hospital

Data Highlights
- 43 percent increase in reported sexual assaults in Marathon County compared to seven percent increase in the Midwest
- 574 domestic abuse arrests in 2016
- 1,811 adults and children were served by The Women’s Community, a non-profit organization serving victims of sexual assault and domestic violence in Marathon County (2016)
- 86 completed cases through the Sexual Assault Nurse Examiner (SANE) program at Ascension St. Clare’s Hospital 2017-18 (fiscal year; 12 months)
  - 43 percent were ages 18 and under
  - 23 percent were ages seven and under

Local Assets and Resources:
- Sexual Assault Nurse Examiners (SANE) in place at Ascension St. Clare’s Hospital
- Law Enforcement - Marathon County and local
- The Women’s Community - a non-profit organization serving victims of sexual assault and domestic violence in Marathon County
Results of the Previous CHNA Process

Our previous CHNA process was completed in June 2016. The priority health issues selected and addressed were:

- Mental Health
- Substance Abuse
- Early Childhood Development
- Human Trafficking / Sexual Assault / Domestic Violence

An evaluation of the impact to date of our efforts to address those issues can be found in the Appendices.

Next Steps

Having identified the priority health needs to be addressed, next steps include:

- Collaborating with community partners through local coalitions
- Developing a three-year implementation strategy
- Creating a more specific annual action plan during each year of the implementation strategy
- Integrating the health priorities and implementation strategy into organizational strategic planning and resource investments and allocations

Approval

This community health needs assessment (CHNA) report was adopted by the Board of Directors of Ascension St. Clare’s Hospital, Inc., on April 30, 2019, and by the Ascension Wisconsin Board on May 16, 2019.

Public Comments/Feedback

We welcome feedback from community members on this plan. Please see our public website for the email address for submitting comments.
Appendices
Appendix 1: Progress Report on Results of Previous CHNA Process

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

At the writing of this report, data is available for the first two years of the previous CHNA and is summarized below. Once final data is available, an evaluation report will be completed for the entire period of implementation.

Health priorities identified in the preceding CHNA were:

- Mental Health
- Substance Abuse
- Early Childhood Development
- Human Trafficking / Sexual Assault / Domestic Violence
Several strategies/efforts described below address more than one health priority area. Those strategies/efforts are included under all relevant priority areas.

**Mental Health**

- **Results for Year One:**
  - Ascension St. Clare’s contributed $5,094 for a teacher in-service on Adverse Childhood Experiences (ACEs). ACEs are serious childhood traumas (emotional/physical/sexual abuse and neglect, substance abuse, mental illness, etc.) that result in toxic stress that can harm a child's brain. Attendees were provided information on how to understand ACEs, help children identify feelings and manage emotions and create safe physical and emotional environments at home, in school and the community. More than 450 teachers attended the event.
  - Ascension St. Clare’s contributed $5,000 toward the Marathon County Youth Risk Behavior Survey (YRBS) report that was released in May 2016.
  - Ascension St. Clare’s contributed $3,840 to the Period of Purple Crying program, an abusive head trauma injury prevention program that educates new parents about crying babies. Ascension St. Clare’s Family Birth Center staff were trained on the program and began implementation in April 2017.
  - Ascension St. Clare’s contributed $10,000 to the Raise Great Kids program. Raise Great Kids ([www.raisegreatkids.org](http://www.raisegreatkids.org)) is a web-based resource for parents and those who care for and about young children. The site provides expertise, advice, tips and ideas about the issues that matter most as parent and child move through the early years. The site was developed by the Marathon County Early Years Coalition; Ascension St. Clare’s is part of the Coalition.
  - Ascension St. Clare’s contributed $2,500 to the Community Corner Clubhouse, an accredited psychosocial rehab program that provides a safe, supportive environment to enrich the lives of mental health consumers in gaining independence and building self-confidence by providing meaningful work opportunities for growth.
  - Ascension St. Clare’s contributed $10,000 to Beyond Shelter. This program utilizes the Housing First approach, which involves moving individuals experiencing long-term street homeless directly into housing and then linking them to support services, either on-site or in the community.
  - Ascension St. Clare’s contributed $2,500 to the Boots to Work Program. This program provides steel-toed work boots for members of the community who would be unable to obtain gainful employment due to the barrier of affordability of proper and required footwear.
  - Ascension St. Clare’s contributed $2,000 to Assessing and Managing Suicide Risk (AMSR), a one-day training workshop for behavioral health professionals. The six and a half-hour training program is based on the latest research and is designed to help participants provide safer suicide care. There were 60 people in attendance (capacity).
  - Ascension St. Clare's has representation on Healthy Marathon County, the Partnership for Healthy Aging and the Marathon County Behavioral Health Committee.
• Results for Year Two:
  
  o Ascension St. Clare’s contributed $1,000 toward the Marathon County Youth Risk Behavior Survey (YRBS) report video series. The follow-up videos give data from the report a face, a voice and a human story. The video has opened a window into the experience of youth - what they want each other to know; what they want adults to understand and what is on their minds about the critical issues raised by the survey. Focus areas from the Marathon County Teen series to be promoted include: mental health and stress; class; race and ethnicity; drugs and alcohol; relationships; resilience; coping and social media.
  
  o Ascension St. Clare’s is represented on three active Marathon County coalitions for the following activities and outcomes:
    
    ▪ Housing and Homeless Coalition: The mission is to collaboratively raise community awareness to end homelessness by maximizing and strengthening existing resources, defining need, developing new relevant solutions and creating a seamless delivery of services to end homelessness in Marathon County. Goals are prevention, shelter system, supportive services, community awareness, coordinated responses and affordable housing planning.
      
      • Beyond Shelter - The second Beyond Shelter Home has now opened. The house is a three-bedroom, one-bathroom home in Wausau. The program has housed 10 men; nine still reside in the home.
    
    ▪ Marathon County Hunger Coalition: The mission is to expand, identify, promote and implement long-term sustainable solutions addressing the problem of hunger. In 2017, the Coalition responded to 151,447 requests for food assistance.
    
    ▪ Boots to Work: Boots to Work served 149 individuals by providing them with steel-toed boots in FY18. All 149 were able to accept employment and began working.
    
    ▪ Community Corner Clubhouse served 201 members in FY18. They received 60 health screens, 6,780 hours in service coordination and employment for 150 members. Eighty seven percent of Clubhouse members worked an average of 15 hours per week.
      
      • Hope House, part of Community Clubhouse, housed five people during the grant cycle, with one person graduating to independent housing and sobriety.
    
  o Ascension St. Clare’s is represented on Healthy Marathon County, the Partnership for Healthy Aging, and the Marathon County Behavioral Health Committee.
  
  o The Period of Purple Crying program continued in FY18. Funding for ongoing support in the program is available through the Foundation of Ascension St. Clare’s.
**Substance Abuse**

- **Results for Year One:**
  - Ascension St. Clare’s participates in the Marathon County AOD Partnership and the Healthy Marathon County Board. In FY17, the Healthy Marathon County Board sent an educational letter to state legislators about the impact of alcohol and other drugs in Marathon County. Additionally, the Board hosted a meeting to educate six elected officials about the issue.
  - Ascension St. Clare’s contributed $1,000 to the Wisconsin Institute for Public Policy and Service (WIPPS) substance abuse conference held on May 16, 2017. More than 300 individuals attended (e.g., physicians, nurses, health system administrators, school staff, government officials, mental health/substance abuse counselors, law enforcement, clergy and others). Both the attendance and conference evaluation results confirmed the need for the education. The presentations were recorded and made available for further educational opportunities.
  - Ascension St. Clare’s contributed $1,000 toward a Screening, Brief Intervention and Referral to Treatment (SBIRT) four-hour training through Prevent Suicide Marathon County. This training is an evidence-based approach to screening and early intervention for substance use disorders and people at risk for developing substance use disorders. There were two training sessions, with 220 people attending.
  - Ascension St. Clare’s contributed $7,000 toward the Pushback Against Drug Abuse community assessment on medication drug abuse. The assessment is catalyst for community conversations and increased training opportunities, as well as policy discussions around what individuals, systems and the community can do to address medication abuse through a variety of prevention, treatment and enforcement strategies.
  - Ascension St. Clare’s contributed $25,000 to Start Right. Start Right provides family support and coaching for families in Marathon County from pregnancy to age five. Start Right goals include: children will be healthy; children will be safe in their family home; children will experience nurturing relationships with their parents and children will be 'school ready' when they begin school.

- **Results for Year Two:**
  - In five years, AOD trends have shifted mainly from heroin and prescription opiate abuse, to include methamphetamines, cocaine and other synthetics. To continue to bring the community the most relevant information, Ascension St. Clare’s provided a grant to update the current 'push back against drugs' materials, including those that tell people how to identify/report drug activity, identify/intervene drug use and for prevention/resiliency building.
  - Ascension St. Clare’s provided funding for Recovery Coaching. The training was held February 11-14, 2018, with 22 participants. Upon completion of this training, there are now 75 people trained in central Wisconsin. The impact of providing recovery coaches has been successful with 3-5 new referrals a week from various partners.
  - Ascension St. Clare’s continued to fund Start Right ($25,000).
Healthy Childhood

- Results for Year One:
  - Ascension St. Clare’s contributed $25,000 to Start Right. Start Right provides support and parent coaching for families throughout Marathon County from pregnancy to age five. The overall goal of the program is to prevent child abuse and neglect. The program focuses on developing safe, healthy, nurtured and school-ready children and parents who are connected to community resources to support healthy parenting. Start Right has four program components - First Steps, Step by Step, Stepping Stones and Stepping Out. Data for calendar 2016:
    - First Steps – 156 women received services, with 127 women receiving three or more visits
    - First Steps – Families with Newborns – 159 families received one or more home visits
    - Step by Step – Parenting Education and Support – 229 children received intensive home visiting services
    - Stepping Stones – 158 family coaching sessions or warmline sessions
    - Stepping Out – 96 percent of parents reported being more knowledgeable about community resources
  - Ascension St. Clare’s contributed $5,200 to Cribs for Kids. This program works through the Marathon County Start Right program to ensure that every newborn has a safe place to sleep. In a three-month follow-up call, 96 percent of families contacted reported always putting their baby to sleep appropriately on their back.
  - Ascension St. Clare’s is increasing its commitment to breastfeeding and supporting mother/infant bonding. Scientific evidence shows that babies who are breastfed are at lower risk for many diseases and have better health outcomes. The hospital is completing several steps to earn the “Baby Friendly” Hospital designation. The program has reached 75 percent of staff training completion.
  - Ascension St. Clare’s contributed $5,000 to D.C. Everest Rolling Readers. This program encourages students to read during the summer months to retain their reading proficiency. This initiative was expanded in 2016 to include Blessings in a Backpack with bags that consisted of seven breakfasts, lunches and snacks. More than 600 books were distributed at six sites in the summer of 2016.
  - Ascension St. Clare’s contributed $10,000 to the Raise Great Kids program (www.raisegreatkids.org), a web-based resource for parents and those who care for and about young children. It includes experts, advice, tips and ideas about the issues that matter most as parent and child move through the early years. Raise Great Kids is available 24/7 from before the baby is born until he or she is ready to run through the doors on the first day of school.
  - Ascension St. Clare’s contributed $15,000 to Blessings in a Backpack. This program provides elementary school children who are on the federal Free and Reduced-Price Meal Program with a backpack of food to take home on weekends during the school year. Students receive a backpack each Friday with easy-to-prepare meals and snacks. Students return the
backpacks on Monday mornings nourished and ready to learn. During the 2016-17 school year, food was sent home in backpacks more than 36,000 times. The program was expanded to serve one additional school, increasing the total number of participating schools to 13.

- Ascension St. Clare’s implemented the Fitastic program, a component of United Way’s Healthy Right from the Start. The Fitastic program offers school children from K-5th grade with opportunities to learn about the importance of good nutrition and maintaining healthy eating habits through exposure to healthy and diverse fruits and vegetables. Approximately 300 students from five schools participated in the Fitastic program. Eighty two percent of Fitastic participants increased their knowledge and 'liked' a new fruit/vegetable.

- Results for Year Two:
  - The Family Birth Center manager has reported that 100 percent of early elective deliveries (i.e., deliveries before 39 weeks gestation) have been eliminated.
  - Ascension St. Clare’s contributed $25,000 to Start Right. Data for calendar 2017:
    - First Steps – 124 women received services, with 96 women receiving three or more visits
    - First Steps – Families with Newborns – 128 families received one or more home visits
    - Step by Step – Parenting Education and Support – 211 children received intensive home visiting services
    - Stepping Stones – 215 Family coaching sessions or warmline sessions
    - Stepping Out – 97 percent of parents reported being more knowledgeable about community resources
  - Ascension St. Clare’s contributed $10,000 to Blessings in a Backpack. During the 2017-18 school year, two additional schools were added to the local program resulting in participation by more than 1,100 students at 16 local elementary and middle schools.

**Human Trafficking / Sexual Assault / Domestic Violence**

- Results for Year One:
  - Ascension St. Clare’s contributed $15,000 to the Women's Community. The Ascension St. Clare’s grant to the Women's Community ensures comprehensive services are available for families who reside in the shelter while seeking lives away from violence. It also ensures the Women's Community’s ability to meet the growing need of non-shelter clients and emergency response. The funds support 20 hours per week for a shelter staff to cover shelter shifts, provide in-house support to families living in the shelter and 24-hour on-call response.
    - Ascension St. Clare’s contributed $600 to the Self Esteem Project at the Women's Community.
  - Ascension St. Clare’s is actively engaged in addressing human trafficking in the area. In addition to contributing $15,000 to the Women's Community, which addresses human trafficking, two Ascension St. Clare’s representatives are on the Human Trafficking Sexual Abuse Response Team (SART) and one Ascension Wisconsin representative is on the Women's Community Board of Directors.
- Ascension St. Clare’s supports training for all Sexual Assault Nurse Examiner (SANE) nurses, who are registered nurses with specialized education and additional clinical preparation, to help meet the needs of victims of sexual assault, domestic violence, strangulation, elder abuse, child abuse and neglect. They are trained to provide medical treatment, collect and maintain the chain of evidence, provide emotional support and arrange for any follow-up support that may be needed. Ascension St. Clare’s has 10 SANE associates.
  - SANE-trained associates provided four educational sessions to 330 students in FY17. The sessions focused on sexual assault prevention and healthy relationships.
  - The Foundation of Ascension St. Clare’s contributed $4,032 toward SANE training in FY17. The SANE team has completed more than 25 trainings, testimonies and education to other SANE providers and clinics (e.g., Ascension St. Michael's Hospital in Stevens Point, Department of Justice in Baldwin, Memorial Hospital in Neillsville, Aspirus Hospital in Wausau and Wisconsin Emergency Nurses Association Conference).
  - Ascension St. Clare’s committed $1,500 toward the October 2017 Domestic Abuse Conference.
  - Ascension St. Clare’s contributed $3,840 toward The Period of Purple Crying program.

- Results for Year Two:
  - Ascension St. Clare’s contributed $15,000 to the Women’s Community. The Ascension St. Clare’s grant supports 20 hours per week for a shelter staff to cover shelter shifts, provide in-house support families living in the shelter and 24-hour on-call response.
  - Ascension St. Clare’s is actively engaged in addressing human trafficking in the area. In addition to contributing $15,000 to the Women’s Community, which addresses human trafficking, two Ascension St. Clare’s representatives are on the Human Trafficking Sexual Abuse Response Team (SART) and one Ascension Wisconsin representative is on the Women’s Community Board of Directors.
  - Ascension St. Clare’s supports training for all SANE nurses. There are eight trained SANE nurses at Ascension St. Clare’s.
    - SANE-trained associates provided two educational sessions to 170 students in FY18. The sessions focused on sexual assault prevention and healthy relationships.
    - SANE-trained associates also provided training/education to law enforcement officers, including one SANE one-hour training to 60 law enforcement officers and three two-hour strangulation information trainings for 258 law enforcement officers.
    - SANE staff provided education/training to nursing students at Mid-State Technical College in Wisconsin Rapids and Northcentral Technical College in Wausau. A SANE informational booth was provided at the Greenheck Health Fair and Central Wisconsin Summit on Child Maltreatment conference in Marshfield.
    - The Foundation of Ascension St. Clare’s contributed $3,289 toward SANE training in FY18. The SANE team has completed more than 16 trainings, testimonies, education to other SANE providers and clinics.
    - SANE reported 86 cases in FY18: 78 percent females, 43 percent children, 23 percent under the age of seven.
  - Ascension St. Clare’s contributed $3,840 toward The Period of Purple Crying program.
Appendix 2: Community Leaders/Stakeholders

Listed below are the community leaders who provided input about the needs of the community.

LIFE Steering Committee
- Michael Beck, U.S. Workstories
- Benjamin Bliven, Wausau Police Department
- Julie Burmesch
- Sandi Mae Cihlar, Marathon County Board
- Rene Daniels, North Central Wisconsin Workforce Development Board
- Brett Davis, Aspirus Arise
- Paul Dobbratz
- Tara Draeger, Aspirus, Inc.
- Amy Forst, Homme Heights, Inc.
- Becky Frisch, Marathon County Conservation, Planning, and Zoning Department
- Jessie Hlad, United Way of Marathon County
- Ralph Ilick, Marathon County Public Library
- Jeff Lindell, Wausau School District
- Cindy Mueller
- Scott Parks, Marathon County Sheriff’s Department
- Patti Shafto-Carlson, Ascension St. Clare’s Hospital
- Jeff Sargent, United Way of Marathon County
- Amanda Tabin, United Way of Marathon County
- Joan Theurer, Marathon County Health Department
- Jim Warsaw, Marathon County Development Corporation
- Jeannie Worden, Northcentral Technical College

Advisory Team
- Kristine Gilmore, DC Everest School District
- Eric Giordano, WIPPS
- Brian Gumness, B.A. and Esther Greenheck Foundation
- Melissa Langbehn, WAOW TV-9
- Carrie Murray, Aspirus, Inc.
- Lee Shipway, Peaceful Solutions
- Ray Slatton, Greater Wausau Christian Services
- Adrianna Truax, North Central Technical College Students
- Shanna Yonke, Ruder Ware
- Shannon Young, Wausau School District

Additionally, approximately 100 dedicated, community focused volunteers participated on eight LIFE subcommittees, researching and shaping the indicators that form the report. Subcommittee members are listed in the LIFE Report and several of them represent medically underserved and low-income populations. Through its community survey, the LIFE process also purposefully reached out to individuals who may be medically underserved, low income or minority individuals by oversampling and having the surveys available at multiple non-profit agencies.
## Appendix 3: Crosswalk Between This CHNA Report and 501(r) Requirements

<table>
<thead>
<tr>
<th>Required Content from Section 501(r) Rules</th>
<th>Found in this Section</th>
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<tbody>
<tr>
<td>Definition of the community served and how it was determined</td>
<td>Our Community</td>
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<tr>
<td>Description of the process and methods used to conduct the assessment:</td>
<td>Framework and Data Sources</td>
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<tr>
<td>- Data and other information used in the assessment</td>
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<tr>
<td>- Methods of collecting and analyzing the data/information</td>
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<tr>
<td>- Any parties collaborated with or contracted with</td>
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<tr>
<td>Description of how the hospital solicited and accounted for input from persons who</td>
<td>Voice of the Community</td>
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<tr>
<td>represent the broad interests of the community</td>
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<tr>
<td>- Summary of the input</td>
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<tr>
<td>- How it was provided</td>
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<td>- Over what period of time</td>
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<td>- Names of organizations providing input</td>
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<td>- Include at least one governmental public health department</td>
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<tr>
<td>- Summary of nature and extent of their input</td>
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<tr>
<td>- Description of populations being represented (medically underserved, low-income,</td>
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<tr>
<td>minority)</td>
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<td>- Note any written input received on the prior CHNA</td>
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<tr>
<td>Prioritized description of the significant health needs identified</td>
<td>Priorities for Action</td>
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<tr>
<td>Description of the process and criteria used in prioritizing</td>
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<tr>
<td>Description of potential resources identified to address the needs</td>
<td>Overview of Priorities</td>
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<tr>
<td>Evaluation of the impact of the actions taken since completing the last CHNA to</td>
<td>Appendix: Progress Report on Results of Previous CHNA Process</td>
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<td>address the significant health needs in that CHNA</td>
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To learn more about Ascension Wisconsin, visit ascension.org/wisconsin