

**Avera Holy Family Hospital (AHFH) Community Health Implementation Plan
2019**

Priorities	Contributing Factors	AHFH Strategies	AHFH Activities
Mental Health Services	<p>Severe psychological trauma</p> <p>Emotional, psychological or sexual abuse</p> <p>Loss of a loved one</p> <p>Genetic and environmental factors</p> <p>Substance abuse</p>	<p>Promote public awareness of mental health issues</p> <p>Identify resources to address mental health concerns</p> <p>Determine gaps in programs/services that address mental illness</p>	<p>Establish a network of community partners to assess needs and determine actions to address mental health issues in Emmet County</p> <p>Provide education which will assist community members acquire basic knowledge and skills needed to respond to individuals who are experiencing emotional distress and to potentially prevent a medical emergency through early intervention</p> <p>Implement mental health screening tools and protocols as recommended by Avera's Zero Suicide Committee</p> <p>Promote awareness of adverse childhood experiences, their impact on children and the importance of prevention strategies and trauma informed interventions</p> <p>Collaborate with Emmet County Public Health and Estherville Lincoln Central School District to achieve the HRSA Mental Health Grant deliverables by designated timelines</p> <p>Implement Senior Life Solutions, an intensive outpatient treatment program designed to meet the unique needs of adults 65 years of age and older who are struggling with symptoms of depression and anxiety related to aging</p>

			Collaborate with Avera McKennan to implement e-triage which will provide mental health therapists who will assess needs and determine/provide treatment options through telemedicine
Urgent/Convenient Healthcare	<p>Need for more flexible and convenient hours of service</p> <p>Desire for decreased wait times and greater efficiency</p> <p>Concern regarding cost of care</p>	Collaborate with medical staff to determine options for expanding services to allow more flexible and convenient hours of service to the community	<p>Determine what hours of service will best address the need for greater flexibility and convenience of urgent care</p> <p>Project cost of expanded services</p> <p>Recruit additional providers to staff urgent/convenient healthcare services</p>
Cardiovascular Disease/Hypertension	<p>Obesity</p> <p>Hypertension</p> <p>High Cholesterol</p> <p>Smoking</p>	<p>Raise awareness of the factors that contribute to heart disease and measures to prevent disease</p> <p>Ensure people at risk have access to diagnosis and appropriate treatment</p> <p>Promote healthy eating and physical activity</p> <p>Encourage smoking cessation</p>	<p>Continue to promote and conduct Planet Heart screenings</p> <p>Offer 5,2,1,0 education to families in the community</p> <p>Engage Emmet County Public Health and other community partners in initiatives to prevent heart attack and stroke</p> <p>Educate community members on the signs of heart attack and stroke and the importance of seeking prompt treatment</p> <p>Disseminate health information through the local media</p>
Early Detection of Cancer	<p>Older age</p> <p>A personal or family history of cancer</p> <p>Tobacco use</p> <p>Alcohol consumption</p> <p>Obesity</p> <p>Some types of viruses</p> <p>Ultraviolet radiation from the sun</p>	<p>Promote awareness of contributing factors and signs and symptoms of cancer</p> <p>Encourage screening for early detection of cancer</p>	<p>Provide educational sessions to increase awareness of cancer risks and screening options</p> <p>Increase the use of social media to inform the community of cancer risks and available screening options</p>

			<p>Collaborate with Emmet County Public Health to promote HPV vaccinations for preteen and teens</p> <p>Continue to send reminder letters informing patients when their next mammogram is due</p> <p>During October Mammography Awareness Month conduct a "Pink Hair Because You Care Campaign" in order to raise money to assist patients with limited resources cover the cost of mammography services</p> <p>Participate in "Avera's Don't Be Whiney Protect Your Hiney" colorectal cancer awareness campaign</p> <p>Offer low dose lung cancer screening for eligible patients</p>
Obesity	Physical Activity	<p>Raise awareness regarding the impact obesity has on quality of life, incidence of disease & medical complications, and healthcare costs.</p> <p>Collaborate with Emmet County Public Health, Emmet County Wellness Coalition and other community partners to promote physical activity and wellness.</p>	<p>Provide health education sessions for the community</p> <p>Support community sponsorship of physical activity and wellness events</p> <p>Disseminate health information through the local media</p>
	Poor Eating Habits	<p>Raise awareness regarding the impact that poor eating habits have on health and wellness</p> <p>Collaborate with Emmet County Public Health, Emmet County Wellness Coalition and other community partners to promote healthier eating habits</p>	<p>Conduct the Lifestyle Challenge (weight loss and exercise program) annually</p> <p>Conduct the Avera/RWC Lifestyle Challenge Part II "Staying Well" annually</p>

Needs Not Addressed and Why

Needs	Why
Low immunization rates	Competing priorities and projects
Lack of access to dental care	Lack of professional resources; Competing priorities and projects
Lack of parenting skills	Better addressed by another community partner
Alcohol and drug abuse	Lack of professional resources; Competing priorities and projects

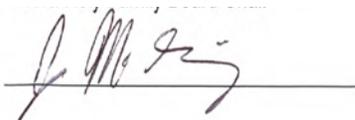
APPROVAL

The Community Health Implementation Plan was approved by the Avera Holy Family Board of Trustees on September 26, 2019.

The Community Needs Steering Committee will allocate resources and assign responsibility for implementation of plan activities to designated department leaders. The Senior Administrative Team will monitor achievement of the strategies and activities outlined in the community health needs implementation plan. As noted in the plan, Emmet County Public Health and other community partners will collaborate with Avera Holy Family to address the community health priorities identified in the 2019 Community Health Needs Assessment.

Written copies of the final report are available by contacting the CHNA Coordinator at 712-362-6448. The implementation plan is also available for review on Avera Holy Family's website.

Avera Holy Family Board Chair



Date

9/26/19