

Christian County— Illinois Community Health Needs Assessment



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This report was completed in September 2018 and posted online at
ChooseMemorial.org/MHS-Community-Needs-Assessment

Executive Summary

In 2018, Taylorville Memorial Hospital completed a community health needs assessment (CHNA) for Christian County, Illinois, as required of nonprofit hospitals by the Affordable Care Act of 2010. The hospital completed previous needs assessments in 2012 and 2015.

As an affiliate of Memorial Health System, Taylorville Memorial Hospital (TMH) worked with other affiliate hospitals on the overall timeline and process steps for the CHNA, but completed the assessment independently in collaboration with its local community partners.

In order to help narrow down the multiple needs and issues facing the community to a set of final priorities the hospital would address, Memorial Health System (MHS) hospitals agreed to use the same defining criteria throughout the assessment process. These defining criteria are:

- ▶ Institute of Medicine Triple Aim Impact:
 - Improve the Care of Individuals
 - Improve the Health of Populations
 - Reduce Waste, Variation and Cost
- ▶ Magnitude of the Issue—How wide an issue is this in the community?
- ▶ Seriousness of the Issue—How related is the issue to the mortality (deaths) of those affected?
- ▶ Feasibility—Considering available resources to address the issue, how likely are we to make a significant impact on the issue?

The CHNA included reviewing secondary data on health and socioeconomic indicators for Christian County, primarily through Healthy Communities Institute data on the hospital's website. Data review also included the Illinois Project for Local Assessment of Need (IPLAN), completed by the Christian County Department of Public Health. The health department also served on the Core Team to review data.

Primary data was gathered from a Community Advisory Committee comprised of 12 representatives from community organizations. A community survey was also conducted by the University of Illinois Survey Research Department.

The Community Advisory Group reviewed data, offered additional insights on issues affecting the community and ranked the priorities using the defined criteria.

Final priorities selected are:

- Mental Health
- Substance Abuse

In addition, Memorial Health System convened an Internal Advisory Team to review common priorities identified in all four counties where MHS hospitals completed community health needs assessments.

Two goals from a system-wide perspective are included in the FY2019 implementation strategy.

The Taylorville Memorial Hospital board approved the 2018 community health needs assessment priorities on July 10, 2018. The strategy will be updated for fiscal years 2020 and 2021. The TMH board will approve the report and implementation strategies on Nov. 13, 2018.

Introduction to Memorial Health System



mission

our mission:

**to improve the health of the people
and communities we serve.**

vision

our vision:

**to be a national leader for
excellence in patient care.**

Memorial Health System, one of the leading healthcare organizations in Illinois, is a community-based, not-for-profit corporation dedicated to patient care, education and research. Our highly skilled team has a passion for excellence and is dedicated to providing a great patient experience for every patient every time.

Memorial Health System includes four hospitals: Memorial Medical Center in Sangamon County, Abraham Lincoln Memorial Hospital in Logan County, Taylorville Memorial Hospital in Christian County and Passavant Area Hospital in Morgan County. Memorial Health System also includes Memorial Behavioral Health, Memorial Physician Services and Memorial Home Services. Our more than 7,100 staff members, partnering physicians and hundreds of volunteers are dedicated to improving the health of the communities we have served since 1897. In fiscal year 2017, our hospitals served more than 43,000 inpatients and nearly 573,000 outpatients.

Community health needs assessments (CHNAs) were completed in 2018 in each of the counties where the hospitals are located. These need assessments meet the requirements of federal health reform's Section 9007 of the Patient Protection and Affordable Care Act of March 2010 as well as requirements of the IRS 990 Schedule H report. Memorial Health System hospitals also completed need assessments in 2012 and 2015.

Leadership of Community Benefit and Community Health Need Assessment

An appointed board committee made up of board members, community representatives and senior leadership approves and oversees all aspects of Memorial Health System’s community benefit programs and community health needs assessments. Community benefit and outcomes of the hospital community health needs assessments are included in the Memorial Health System Strategic Plan, which contains five goals:

1. Great Patient Outcomes
2. Great Place to Work
3. Great Partner for Physicians
4. Great Regional Presence
5. Great Financial Stewardship



Under the final goal of Great Financial Stewardship, all MHS affiliates are required to “achieve 100 percent of approved Community Benefit targets.” The MHS Board’s Community Benefit Committee oversight includes:

- ▶ MHS charity care policies
- ▶ Tri-annual community health needs assessment processes for the four MHS hospitals
- ▶ Annual review and approval of CHNA implementation strategies for the four MHS hospitals
- ▶ Annual review of measures of success in meeting the goals of the CHNA implementation strategies

Introduction to Taylorville Memorial Hospital

Taylorville Memorial Hospital (TMH) is a not-for-profit rural critical access hospital located in Taylorville, Illinois. TMH was established in 1906 by the Adorers of the Blood of Christ and has served the citizens of Christian County for over 111 years. TMH operates a 25-bed acute medical/surgical inpatient unit. A wide range of outpatient services are offered at TMH, including:

- ▶ Surgery
- ▶ Physical, occupational and speech therapy services
- ▶ Cardiac and pulmonary rehabilitation
- ▶ Advanced diagnostic imaging
- ▶ Comprehensive emergency services, available 24 hours a day

TMH is fully accredited by The Joint Commission and is a member of the American Hospital Association, the Illinois Hospital Association and Vizient. TMH has been designated as an Emergent Stroke Ready Hospital by the Illinois Department of Public Health. In order to qualify for this designation a hospital is required to have the knowledge and resources to care for an emergent stroke patient 24 hours a day, 7 days a week.

In FY2017, TMH provided the following care to the community:

- ▶ Patient Days of Care: 6,212
- ▶ Discharges: 983
- ▶ Outpatient Visits: 36,894

As a nonprofit community hospital, TMH provides millions of dollars in community support each year, both for its patients and in support of community partnerships. For the past three years, TMH's community benefits have totaled \$16.3 million. (FY18 totals were not available at the time of this report's completion.)

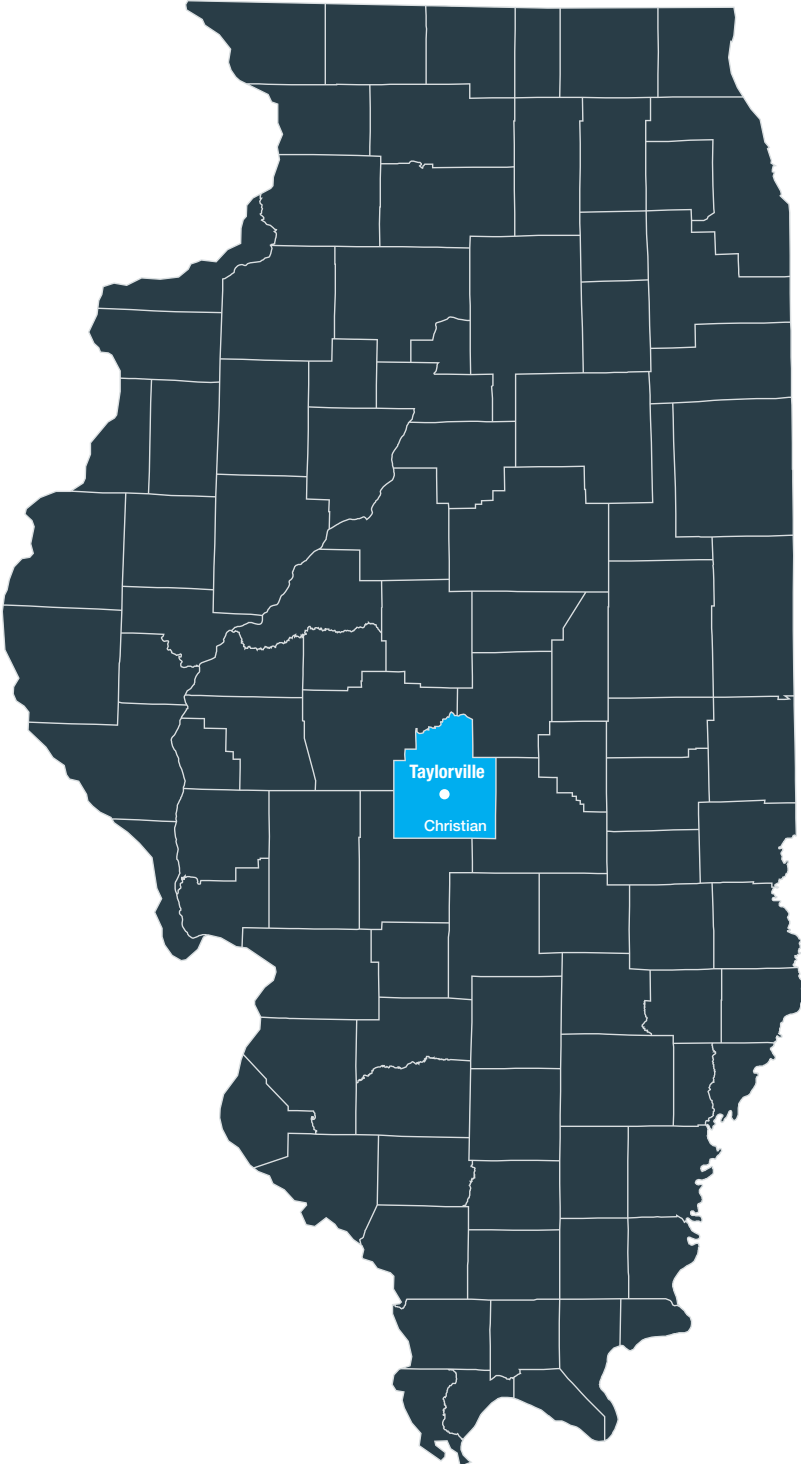
TAYLORVILLE MEMORIAL HOSPITAL COMMUNITY BENEFIT

	FY2015	FY2016	FY2017
Patient Financial Assistance	\$492,000	\$471,000	\$399,000
Unpaid Medicaid	\$5 million	\$3.4 million	\$5.3 million
Other Community Programs	\$481,000	\$395,000	\$434,000
TOTAL COMMUNITY BENEFIT	\$5.9 million	\$4.2 million	\$6.1 million

2018 Community Health Needs Assessment Report

Recent Awards and Recognitions

- ▶ In 2017, TMH was awarded the Most Wired Award by the Hospital and Health Networks' annual Health Care's Most Wired Survey. The survey is an industry-standard benchmark study that measures the level of information technology used in U.S. hospitals and health systems.
- ▶ TMH was recognized in 2017 as one of the America's Best Hospitals for Emergency Care by the Women's Choice Award based in Hollywood, Florida. The award is based on publicly available data from CMS, patient recommendation and satisfaction scores and a national survey of women's priorities when making health choices.
- ▶ Additionally, TMH was recognized for overall excellence in quality by the Chartis Center for Rural Health/iVantage Health Analytics and the National Organization of State Office of Rural Health, placing its performance in the top 25 percent of the nation's rural hospitals.
- ▶ In 2018, Memorial Health System was selected to receive the Outstanding Achievement Award in the IHA Quality Excellence Achievement Award competition. A project executed at Taylorville Memorial Hospital, focusing on reducing workplace violence in the Emergency Department, received the highest score in the state.
- ▶ TMH was included in two Mid-America Service Solutions Supply Chain Management Achievement Awards presented to Memorial Health System. The 2018 Quality Award for Pharmacy recognized a pharmacy distribution process conversion that resulted in \$500,000 in annualized savings. The 2018 Compliance Award recognizes extensive work by MHS Supply Chain and Clinical Value Analysis teams to achieve top performance among the 250 Mid-America Service Solutions member organizations.



Introduction to Christian County, Illinois

Taylorville Memorial Hospital is located in Taylorville, Illinois, near the center of the state and 27 miles southeast of the state capital of Springfield. With a population of 33,755, Christian County is largely rural and agricultural, with corn and soybeans the primary products. Over 20 manufacturing companies are located in the county.

The majority of the patients served by TMH come from Christian County, where the hospital focuses the majority of our community outreach efforts and health improvement initiatives. The hospital employs 332 people, and as one of the major employers in Christian County these jobs directly impact our local economy by increasing consumer spending and by stimulating economic growth.

Fifty-seven percent of Christian County's population lives in an urban setting and 43 percent of the population lives in a rural setting. The largest urban setting is the town of Taylorville (population 10,971), which is also the county seat. Taylorville also has a municipal airport and a Lincoln Land Community College education center.

Other healthcare resources in Christian County include Pana Community Hospital, a rural critical access hospital in the southeast corner of the county, 17 miles from Taylorville. Additional healthcare resources include Springfield Clinic primary care physicians and outreach specialists; Christian County Department of Public Health; Christian County Mental Health Association; Central Counties Health Center, a federally qualified health center; and Taylorville Urgent Care. In the target service area of TMH, there are five dental offices with approximately eight dentists. Of these eight dentists, one accepts Public Aid patients. Christian County is also served by home health and hospice professionals from Memorial Home Services.

Christian County Residents

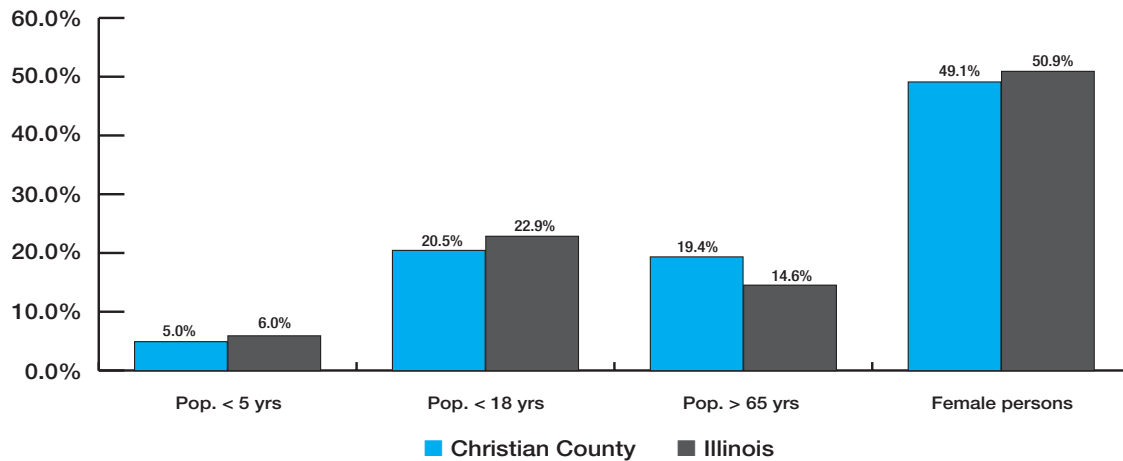
The following statistics, from the U.S. Census Bureau’s Quick Facts, came from the Healthy Communities Institute.

Retrieved from ChooseMemorial.org/Community-Health-Needs-Assessment/HCI?hcn=Demographics.

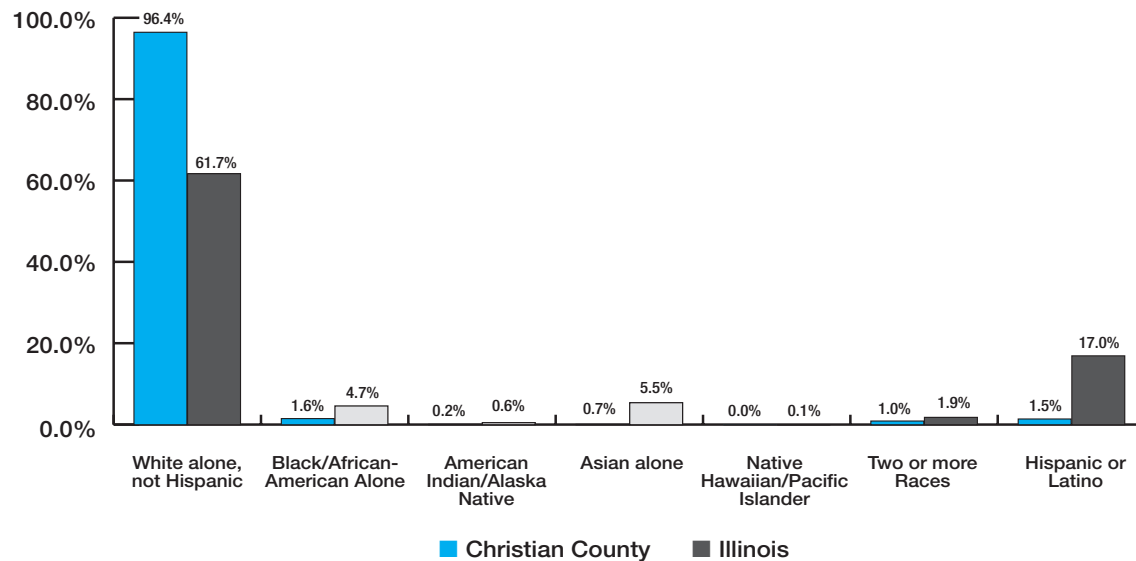
Source: U.S. Census Bureau

Quick Facts, (V2016), revised Sept. 15, 2017.

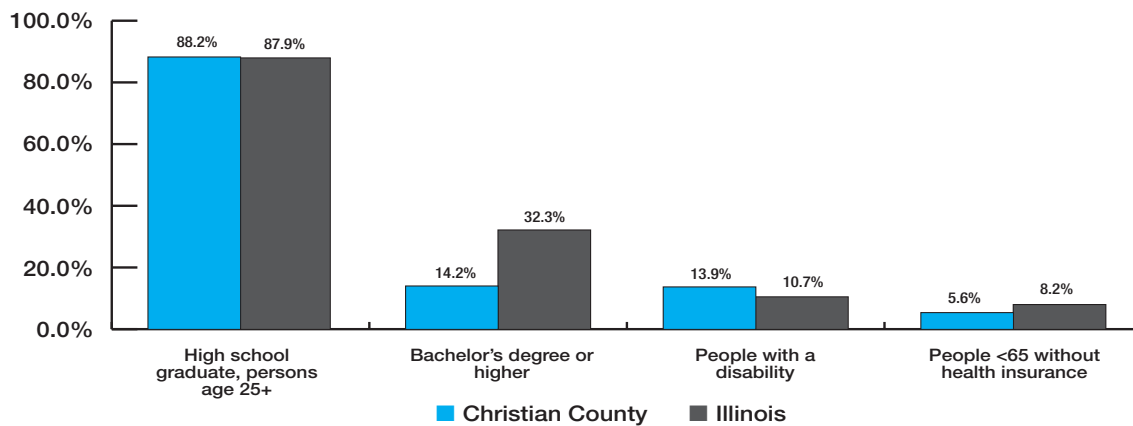
CHRISTIAN COUNTY: WOMEN AND CHILDREN POPULATION



CHRISTIAN COUNTY: RACE AND HISPANIC ORIGIN



CHRISTIAN COUNTY: EDUCATION, DISABILITY, HEALTH INSURANCE



CHRISTIAN COUNTY: INCOME & POVERTY

	Christian County	Illinois
Median household income, 2011-2015	\$45,334	\$57,574
Persons in poverty, percent	14.6%	14.3%
Children living in poverty	21.9%	20.3%

CHILDREN IN POVERTY BY RACE

Black or African-American	Hispanic or Latino	Two or More Races	White, non-Hispanic
63.8%	26.7%	35.9%	21.2%

Healthy Communities Institute. Retrieved March 2, 2017, from ChooseMemorial.org/Community-Health-Needs-Assessment/HCI?hcn=Demographics. Source: U.S. Census Bureau Quick Facts, (V2016), revised Sept. 15, 2017.

Primary/Chronic Diseases and Health Issues of Uninsured, Low-Income and Minority Groups

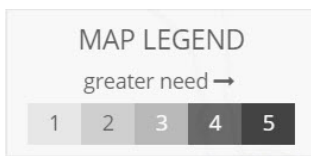
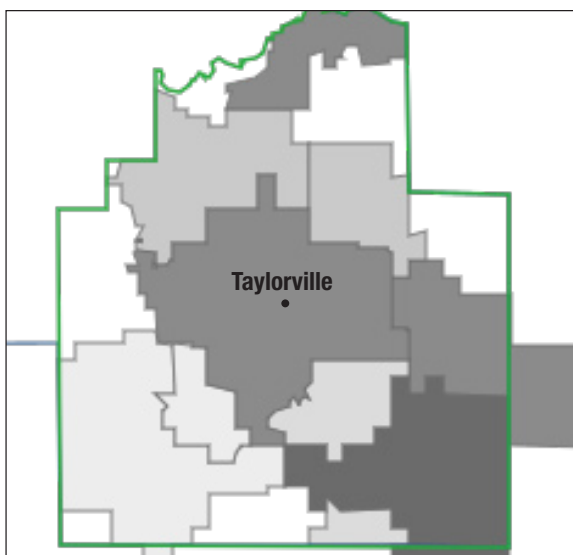
According to reports from two local federally qualified health centers, SIU Center for Family Medicine and Central Counties Health Centers, hypertension, asthma and diabetes are primary and chronic diseases affecting their patients. Mental health is an issue community-wide that is particularly prevalent in this population. Access to dental care continues to be an issue for this population as well.

Areas of Christian County with High Socioeconomic Need

The 2017 SocioNeeds Index, created by Conduent Healthy Communities Institute, is a measure of socioeconomic need that is correlated with poor health outcomes. All zip codes, counties and county equivalents in the United States are given an Index Value from 0 (low need) to 100 (high need). To help find the areas of highest need in Christian County, the selected locations are ranked from 1 (low need) to 5 (high need) based on their Index Value. The areas indicated below represent the target service area of TMH.

In Christian County, two of the top four zip codes with the highest estimated socioeconomic need are 62557 (Pana) and 62547 (Mt. Auburn). These two areas lie outside of Taylorville Memorial Hospital’s service area. 62510 (Assumption) and 62568 (Taylorville) are additional areas of the county identified as areas of high socioeconomic need. Residents living in these areas of the community are at greater risk of being hospitalized for preventable illness or premature death. The zip code with the least estimated socioeconomic needs reduced risk of preventable hospitalizations or premature death is 62546 (Morrisonville).

Christian County Zip Codes Ranked by SocioNeeds



City	Index	Rank
Pana*	72.3	5
Assumption	58	4
Taylorville	53.7	4
Mt. Auburn*	53.5	4
Stonington	45	3
Edinburg	44.9	3
Owaneco	42.8	2
Palmer	32.5	1
Morrisonville	31.9	1

Source: Healthy Communities Institute. Retrieved Aug. 8, 2018. Retrieved from ChooseMemorial.org/Community-Health-Needs-Assessment/HCI?hcn=ocioneeds

*Indicates zip code outside TMH’s service area.

Evaluation of Progress Since the 2015 Community Health Needs Assessment

Priority Topics of 2015 Community Health Needs Assessment

Taylorville Memorial Hospital and the Christian County Department of Public Health (CCDPH) collaborated on the 2015 community health needs assessment conducted in Christian County in conjunction with the CCDPH's IPLAN (Illinois Project for Local Assessment of Needs). IPLAN is required of public health departments by the Illinois Department of Public Health.

With input from the external advisory group, including representatives from public health, social services organizations and those offering care to underserved populations, as well as recommendations from the Memorial Health System Internal Advisory Team, three final priorities selected by Taylorville Memorial Hospital were:

- ▶ Obesity
- ▶ Mental Health
- ▶ Access to Care

The implementation strategy developed for FY2016 was updated annually in FY2017 and FY2018, and approved by the Community Benefit Committee of the Memorial Health System board as well as the hospital board. The MHS Community Benefit Committee also annually reviewed the outcomes of each MHS hospital's CHNA implementation strategy toward meeting the strategic plan goal to achieve 100 percent of approved Community Benefit targets. Complete implementation strategy outcomes for FY2016-FY2018 are included in the appendices. The reports are also online at ChooseMemorial.org/HealthyCommunities.

Obesity

To address obesity, Taylorville Memorial Hospital collaborated with the Memorial Weight Loss & Wellness Center (MWLWC) to conduct a feasibility study regarding the creation of a MWLWC program in Christian County. While it was determined that the weight-loss programs of the MWLWC were not a fit for TMH at this time, a decision was made to implement the certified Diabetes Self-Management Education Program which began in February 2017. Six classes were conducted in FY2017.

In FY2017, Taylorville Memorial Hospital investigated the feasibility of partnering with the Christian County YMCA to implement the Centers for Disease Control and Prevention National Diabetes Prevention Program (DPP). The study was complete and implementation is under development by Taylorville YMCA with an anticipated program launch in 2018.

To further address obesity, in FY2016-18, Taylorville Memorial Hospital offered a Lose to Win challenge to encourage healthy weight-loss. The program had a total of 450 participants in FY2016 with a weight loss total of 3,404 pounds. While the program continues to run, a decision was made not to include the program as part of the FY2017 or FY2018 plans, as Taylorville Memorial Hospital will instead focus on working to implement the CDC Diabetes Prevention Program.

Taylorville Memorial Hospital also supported the Girls on the Run of Central Illinois as part of their efforts to address obesity. Each year, TMH has provided monetary donations to provide financial assistance to girls who wish to participate, as well as collaborating with Girls on the Run program representatives in outreach efforts to identify new sites or opportunities for program health.

In FY2018, Taylorville Memorial Hospital is working to support community health initiatives that encourage healthy behaviors by implementing programs such as CATCH and 5210 messaging. By the end of FY2018, one school had implemented the CATCH program and Taylorville Memorial Hospital had continued efforts to market the 5210 healthy living message to the community.

Mental Health

To address the priority of mental health, the four MHS hospitals (Memorial Medical Center, Abraham Lincoln Memorial Hospital, Passavant Area Hospital and Taylorville Memorial Hospital) offered Mental Health First Aid training for community members in Sangamon, Logan, Morgan and Christian counties. A total of 1,227 people in central Illinois have been trained in Mental Health First Aid through Memorial Health System-sponsored events from September 2016 to June 2018, including 124 people trained by TMH Mental Health First Aid instructors.

In all three fiscal years, Taylorville Memorial Hospital sponsored the Senior Life Solutions program to provide seniors with group mental health therapy and support the development of individualized care plans and objectives under the direction of a clinical psychiatrist. In FY2016 and FY2017, there were no readmissions or returns to Emergency Department from program participants. (FY2018 data was not available at the time this report was written.)

Access to Care

To address access to care, a pediatric dental program was implemented in Christian County to provide dental care to underserved children. Since the beginning of the program in FY2017, \$6,162.80 has been spent helping children receive dental care.

To further address access to care, Taylorville Memorial Hospital worked with SIU School of Medicine to explore establishment of a Federally Qualified Health Center (FQHC) in Christian County. The Central Counties Health Clinic opened a FQHC in Taylorville on July 10, 2017, and TMH collaborated with them to help educate the community regarding their services.

Taylorville Memorial Hospital also continued to work with and support the Christian County Prevention Coalition towards its goal of a community free of youth abuse of alcohol, tobacco and other drugs. TMH hosted the “End the Trend Rally” in September 2017, which was attended by 125 community members. TMH also continues to provide meeting space for Families Anonymous and make Narcan donations to Christian County Sheriff police departments in the towns of Taylorville, Morrisonville, Edinburg and Stonington. By the middle of 2018, at least two opioid overdose patients’ lives had been saved by local police using the donated Narcan.

[Community Feedback Regarding the 2015 CHNA and Implementation Strategy](#)

Taylorville Memorial Hospital made the 2015 CHNA report available on its website at ChooseMemorial.org/HealthyCommunities.

The collaborative CHNA process received broad approval from community members, hospital board members and the media. No written comments were received.

METHODOLOGY

2018 Christian County Community Health Needs Assessment

During the 2015 Christian County Community Health Needs Assessment, Taylorville Memorial Hospital collaborated with the Christian County Department of Public Health. The collaborative process in 2015 was beneficial both to the hospital and the health department, and received positive feedback from the larger community.

Timeline

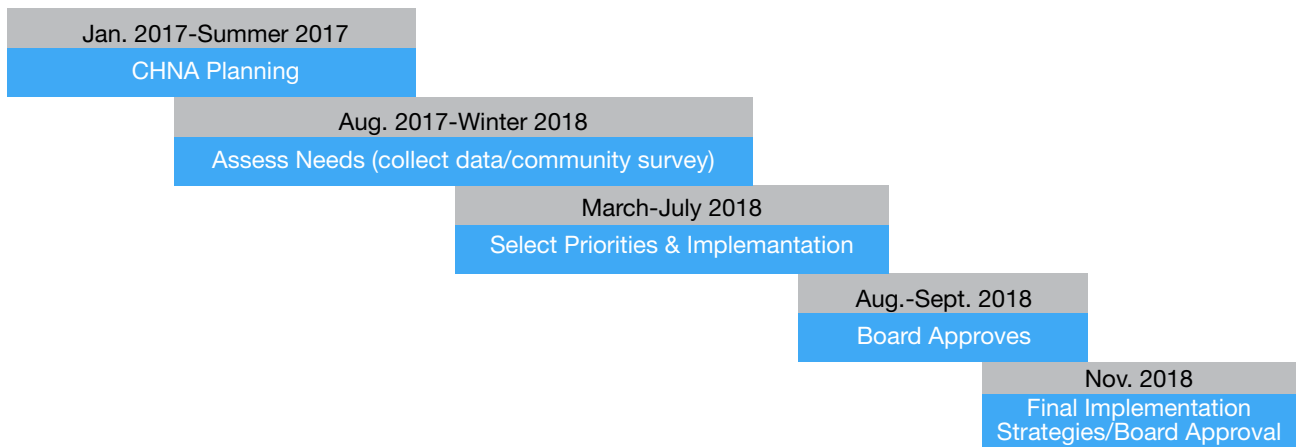
The Christian County CHNA process was completed according to the sequence and timeline that follows:

TIMELINE FOR THE 2018 CHRISTIAN COUNTY COMMUNITY HEALTH NEEDS ASSESSMENT

Timeline	Activity
Sept. – Oct. 2017	<ul style="list-style-type: none"> ▪ Obtained county-specific data from Healthy Communities Institute ▪ Reviewed existing needs assessment ▪ Convened Internal Advisory Group
Nov. 2017 – Feb. 2018	<ul style="list-style-type: none"> ▪ Convened External Advisory Group to review secondary data and narrow priorities to top six ▪ Conducted community survey ▪ UIS analysis
March 2017	<ul style="list-style-type: none"> ▪ Convened External Advisory Group to share outcomes of community survey ▪ TMH and CCDPH identify final priorities
Spring – Summer 2018	<ul style="list-style-type: none"> ▪ Worked on priority implementation plan ▪ Developed and finalized FY2019 implementation plan ▪ Will gain TMH board approval of FY2019 implementation plan in fall 2018.
Fall 2018	<ul style="list-style-type: none"> ▪ Posted CHNA report on TMH website by Sept. 30, 2018. Implementation strategy to be posted in Nov. 2018.

Memorial Health System Hospitals 2018 CHNA Timeline

In addition to the timeline established for the Christian County CHNA, the following overall timeline was established for the four Memorial Health System hospitals to complete the 2018 CHNA process in their respective communities.



Christian County Community Health Needs Assessment Core Team Members

TAYLORVILLE MEMORIAL HOSPITAL

- ▶ Kim Bourne, president and CEO
- ▶ Penny Shehadeh, RN, nurse educator
- ▶ Tracy Seaton, RN, director of Nursing

CHRISTIAN COUNTY DEPARTMENT OF PUBLIC HEALTH

- ▶ Nancy Martin, director

The first meeting of the Core Team for the 2018 CHNA process took place November 2017. The group agreed to the proposed timeline and the Intention to Collaborate.

Taylorville Memorial Hospital and Christian County Department of Public Health

Intention to Collaborate on a Community Health Needs Assessment

To be Completed in 2018. Taylorville Memorial Hospital and the Christian County Department of Public Health will collaborate on a community health needs assessment to be completed in each hospital's FY2018 (09/30/2018 for TMH). The Health Department will complete and submit its IPLAN to the Illinois Department of Public Health by September 2018.

- ▶ The overall CHNA process will assist the hospital in meeting the requirements of the Affordable Care Act and Internal Revenue Service and help the health department accomplish its IPLAN process.
- ▶ The geographic area for this joint CHNA will be Christian County.
- ▶ TMH and CCDPH will identify and agree upon pre-established criteria to use when evaluating the needs and opportunities that arise from the CHNA process.
- ▶ TMH and CCDPH will review the priorities from the 2015 CHNA and IPLAN and their implementation strategies. Consideration will be given to whether those priorities are still valid.
- ▶ TMH and CCDPH will identify additional community groups to participate in the CHNA on a community advisory committee. Included in the advisory committee will be representatives from the broader community, particularly from organizations that serve vulnerable and at-risk populations, as well as representatives from rural portions of Christian County.
- ▶ A community survey will be conducted and, depending upon the need for additional information, focus groups will be identified to gain additional insight into particular topics. University of Illinois Survey Research Department will be contracted with to complete the survey and focus groups.

Review of Secondary Data Sources and Analysis

Numerous secondary data sources were consulted. These included:

1. County Health Rankings and Roadmaps
2. Christian County 2016 Community Health Assessment Survey
3. Central Counties Federally Qualified Health Clinic (report made to HRSA)
4. IDPH statistics on incidences of STDs
5. IDPH “Cancer in Illinois” report 2017
6. IDPH Illinois State Cancer Registry data
7. Illinois Youth Survey 2016
8. Conduent Healthy Communities Institute data on Memorial website: health & socioeconomic indicators specific to Christian County [ChooseMemorial.org/HealthyCommunities](https://www.choosememorial.org/healthycommunities)

See the appendices for more information on the secondary data sources consulted.

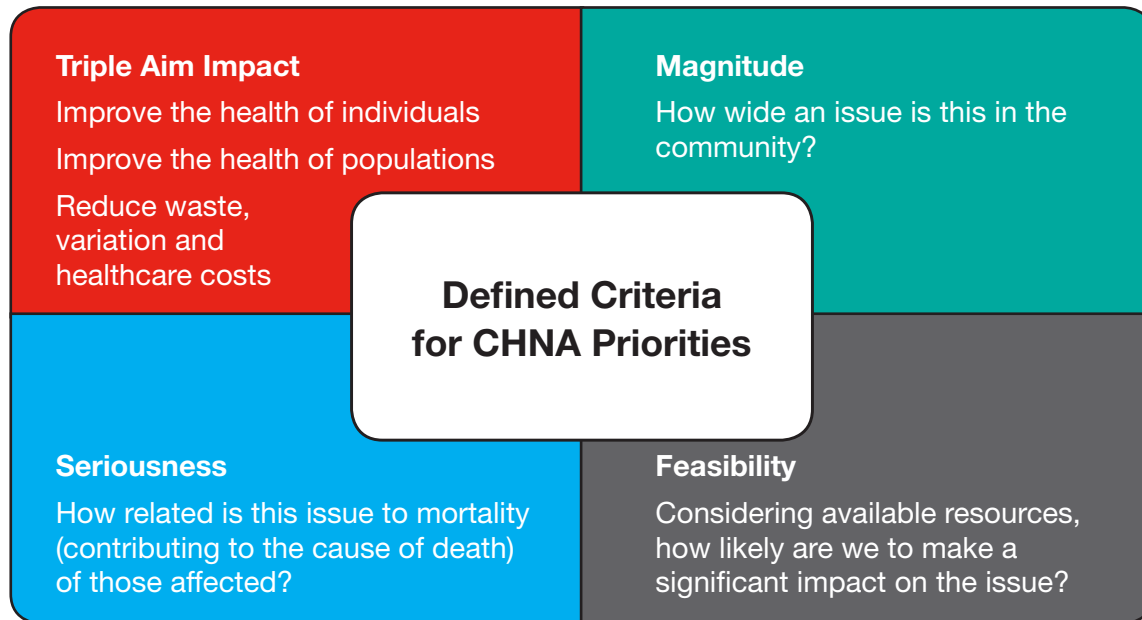
Conduent Healthy Communities Institute Data

The most significant source of secondary data was collected and analyzed through [ChooseMemorial.org/HealthyCommunities](https://www.choosememorial.org/healthycommunities), a web-based community health data platform developed by Conduent Healthy Communities Institute (HCI) and sponsored by Memorial Health System. The site brings non-biased data and reporting tools to one accessible, user-friendly location. The site includes a comprehensive dashboard of more than 100 community indicators covering over 20 topics in the areas of health, determinants of health and quality of life. That data is primarily derived from state and national public secondary data sources. Specific Christian County indicators are compared to other communities, state-wide data, national measures and Healthy People 2020. Many indicators also track change over time or identify disparities.

During the 2018 CHNA, HCI’s data scoring tool for Christian County indicators was used to summarize and compare multiple indicators across the community dashboard and to rank these indicators based on highest need. Comparison scores ranged from 0 (best) to 3 (worst). These indicators were grouped into various topic areas. Members of the CHNA Core Team carefully reviewed all indicators ranked 1.5 or higher, and additionally noted disparities in specific indicators and changes over time to identify community health needs.

Criteria for Determining Need

The following criteria were successfully used during the 2015 CHNA process for determining significant need, and were used again during the 2018 CHNA.



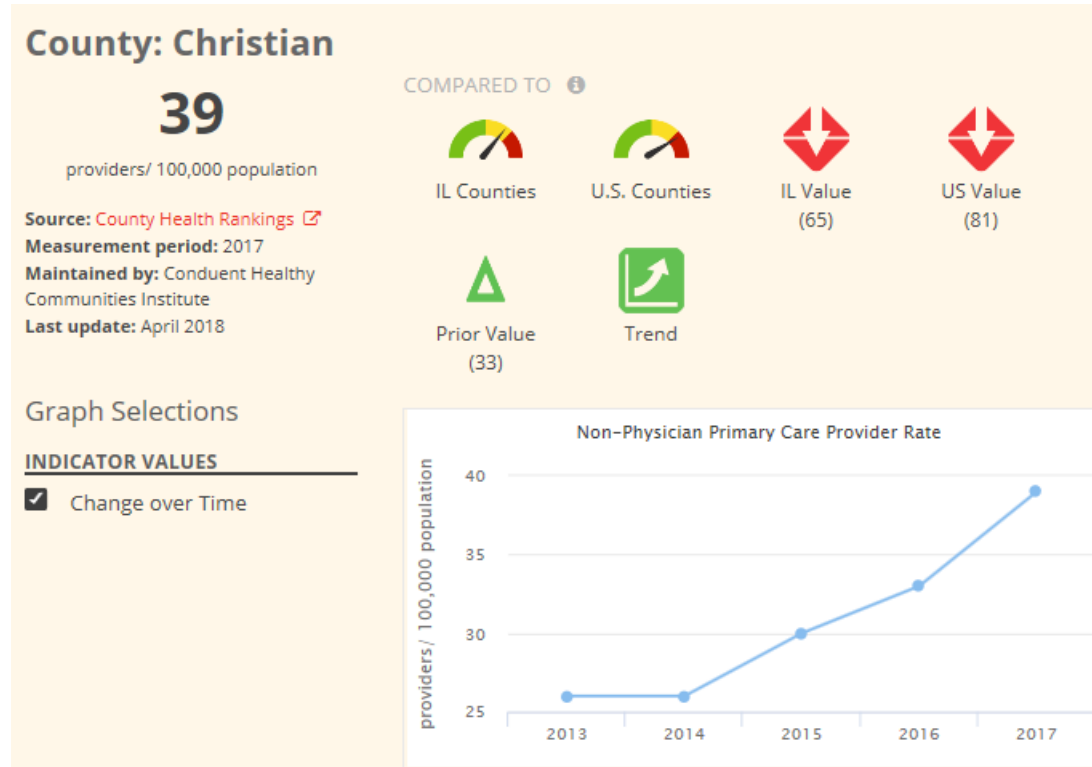
The Core Team reviewed the HCI Data Scoring Tool and discussed each need that scored 1.5 or higher, and also included a review of any disparities noted for those issues. They then discussed all the issues on the basis of Triple Aim, magnitude, seriousness and feasibility. Six categories were identified for further investigation:

- ▶ Cancer
- ▶ Diabetes
- ▶ Obesity
- ▶ Mental health
- ▶ Substance abuse (drugs, alcohol, tobacco)
- ▶ Sexually transmitted diseases

Primary Data Collection and Analysis









Community Advisory Committee

ACCESS TO CARE: NON-PHYSICIAN PRIMARY CARE PROVIDER RATE

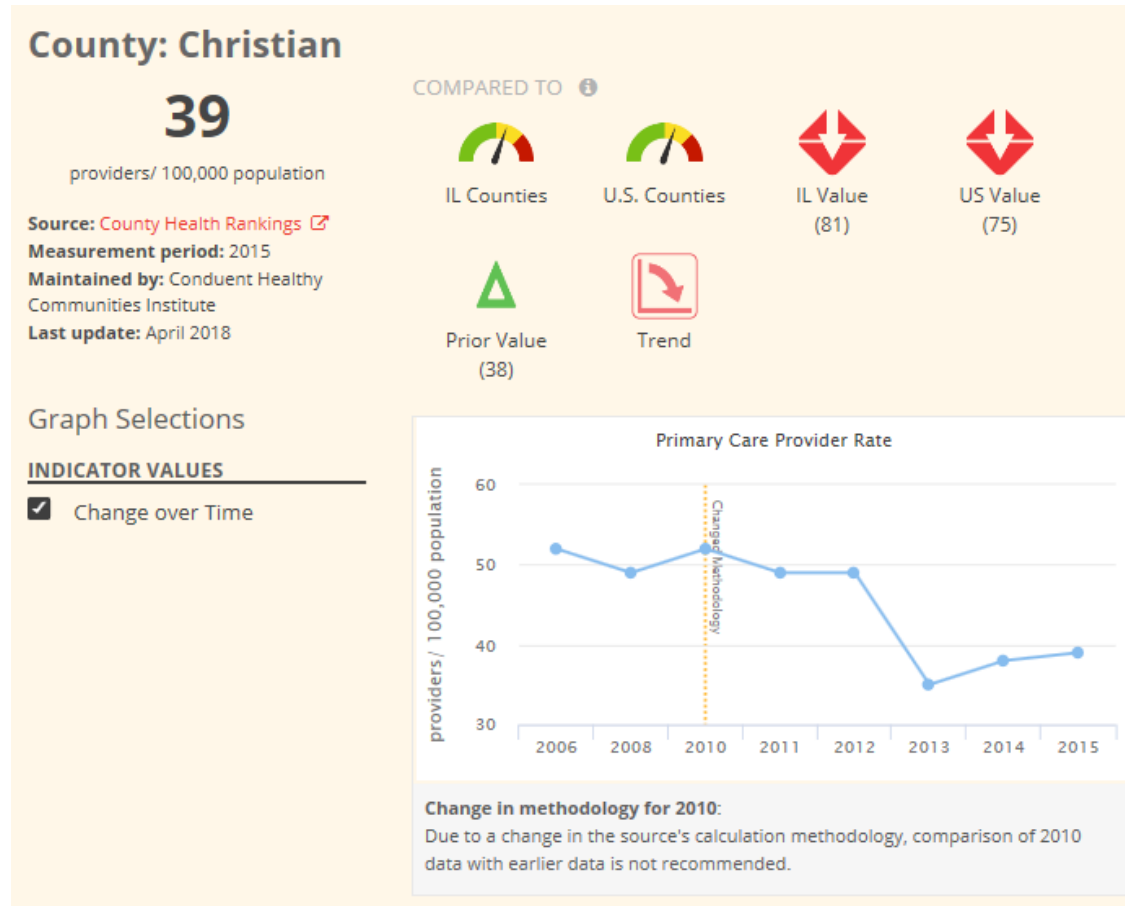


Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

KEY

	The current value is lower than the previously measured value.
	The current value is higher than the previously measured value.
	The current value is higher than the previously measured value.
	The current value is lower than the previously measured value.
	There has been a significant increase over time.
	There has been a significant decrease over time.
	There has been a non-significant increase over time.
	There has been a non-significant decrease over time.

ACCESS TO CARE: PRIMARY CARE PROVIDER RATE



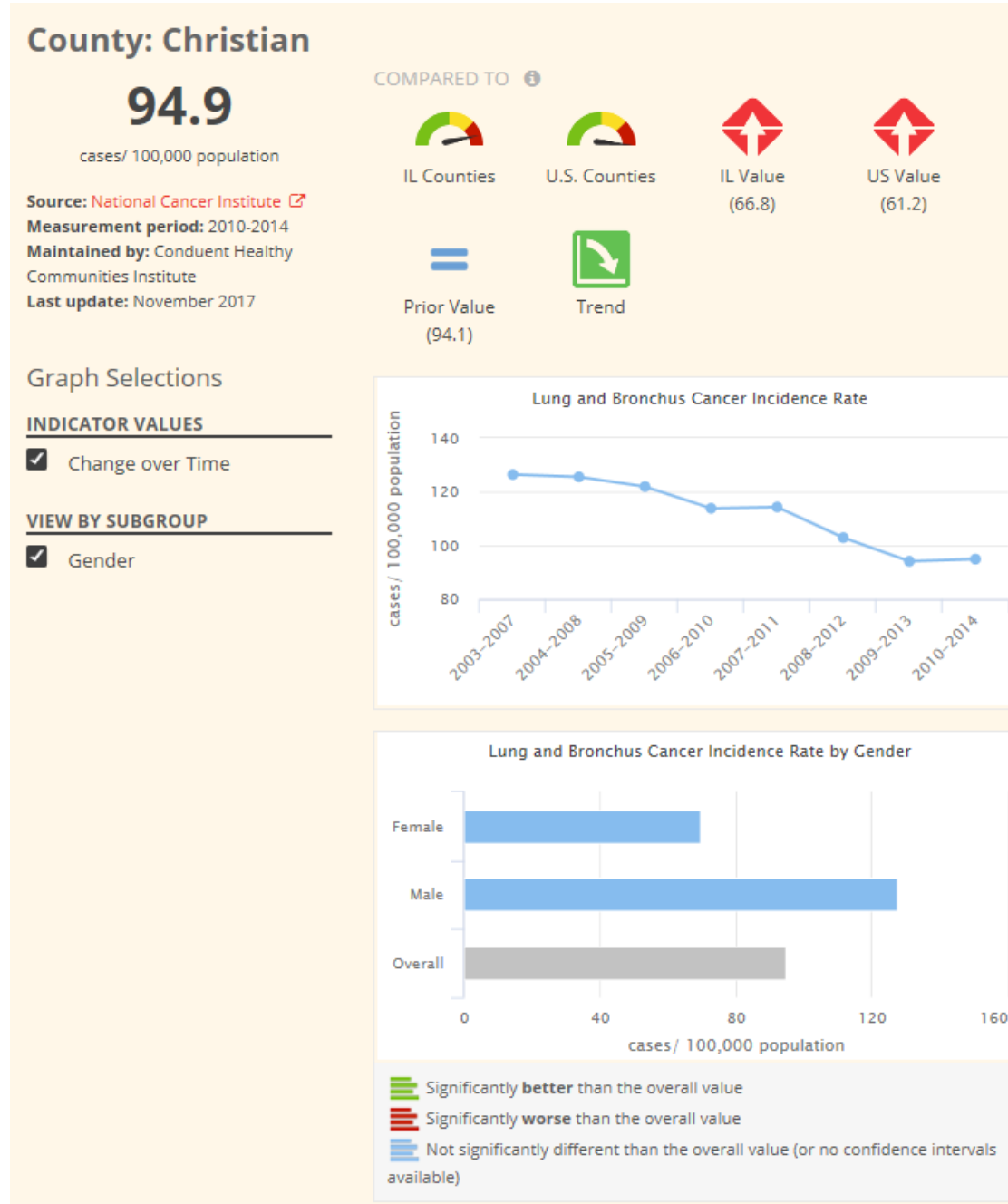
Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

ALL CANCER INCIDENCE RATE



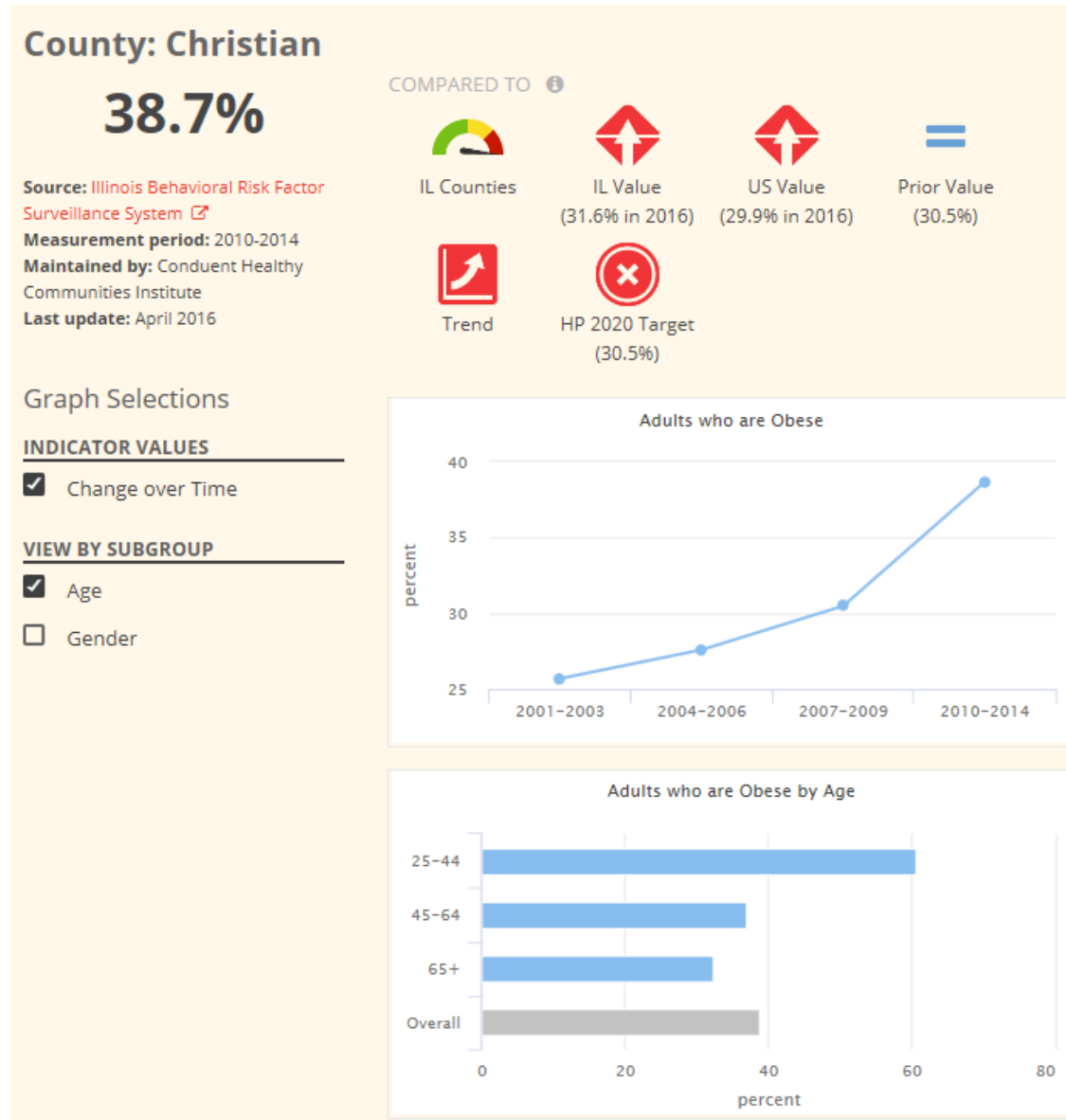
Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

LUNG AND BRONCHUS CANCER INCIDENCE RATE



Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

ADULTS WHO ARE OBESE



Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

AGE-ADJUSTED ER RATE DUE TO MENTAL HEALTH

County: Christian

218.9

ER visits/ 10,000 population 18+ years


Source: Illinois Hospital Association

Measurement period: 2014-2016


Maintained by: Conduent Healthy Communities Institute

Last update: June 2017

COMPARED TO



IL Counties



IL Value
(167.3)

Technical note: Rates were calculated using population figures from the 2010 U.S. Census. Rates based on fewer than 10 emergency room visits or a population of less than 300 are unstable and are not reported. In October 2015, health care facilities began using International Statistical Classification of Diseases and Related Health Problems, 10th Revision (ICD-10) for diagnosis and procedure coding of admissions and visits. Due to the increased specificity for diagnosis and procedure codes with ICD-10, please use caution when comparing prior time periods.

Graph Selections

INDICATOR VALUES

Change over Time

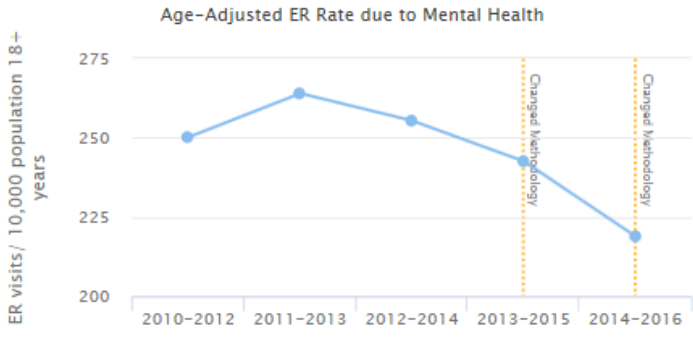
VIEW BY SUBGROUP

Age

Gender

Race/Ethnicity

Age-Adjusted ER Rate due to Mental Health



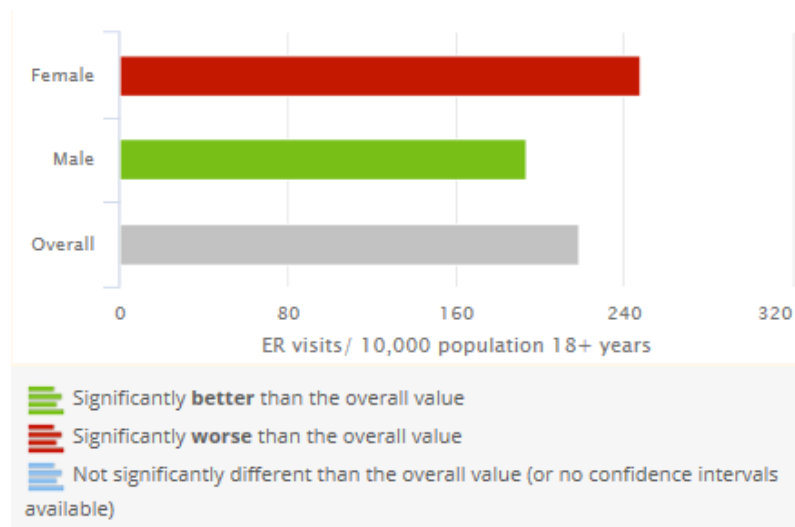
Year Range	ER visits / 10,000 population 18+ years
2010-2012	250
2011-2013	265
2012-2014	255
2013-2015	245
2014-2016	218.9

Change in methodology for 2013-2015:
Due to a change in methodology with the introduction of ICD-10, 2013-2015 should be considered a baseline year for data analysis and is not directly comparable to previous years.

Change in methodology for 2014-2016:
With the introduction of ICD-10 in October 2015, 2014-2016 should be considered a baseline year for data analysis and is not directly comparable to previous time periods due to the increased number of records coded with ICD-10.

Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

AGE-ADJUSTED ER RATE DUE TO MENTAL HEALTH



Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

Primary data was gathered by convening a Community Advisory Committee made up of representatives from organizations that serve low-income, minority and at-risk populations in Christian County.

CHARTER: The Community Advisory Committee of the Christian County 2018 Community Health Needs Assessment exists to help Taylorville Memorial Hospital and Christian County Department of Public Health review existing data and offer insights into community issues affecting that data. The Committee will help identify local community assets and gaps in the priority areas, and will offer advice on which issues are the highest priority.

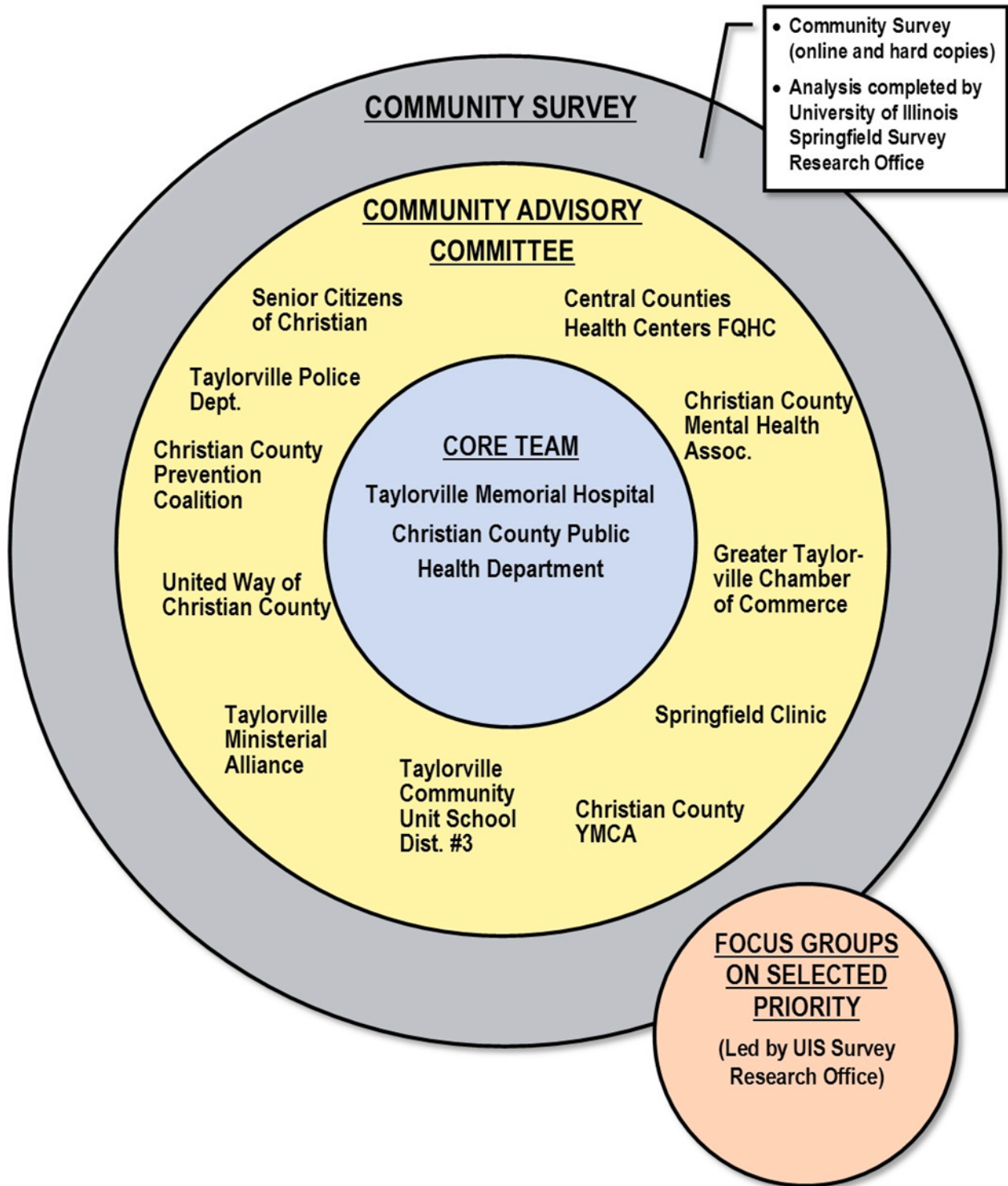
Twelve organizations participated on the Community Advisory Committee.

Organization	Organization Description	Serves
Central Counties Health Center (a federally qualified health center)	CCHC is a community health center which provides the underserved access to primary medical care, general dentistry, healthcare for the homeless and a low-cost pharmacy program. CCHC is open to everyone and offers sliding scale discounts to aid the uninsured. Mission: To provide high-quality, affordable, nondiscriminatory and accessible primary medical and dental care that meets the personalized needs of underserved people in central Illinois.	Underserved and low-income residents
Greater Taylorville Chamber of Commerce	The Greater Taylorville Chamber of Commerce is a public relations firm for Taylorville and its businesses. They reply to inquiries and offer information about the community.	Residents and visitors
Christian County Mental Health Association	The Christian County Mental Health Association (CCMHA) is a nonprofit citizens' organization that develops, supports and promotes education and advocacy programs for those with disabilities. The mission of the CCMHA is to identify the needs of persons with disabilities in Christian County and to provide high-quality, community-based mental health, educational, developmental, residential, rehabilitation and employment services to support those persons and address their needs.	Residents with mental health needs; particular assistance for low-income and vulnerable individuals

Springfield Clinic	Springfield Clinic Taylorville has six providers and six mid-levels. They are a rural health clinic and serve those who have Medicare, public aid and the uninsured.	All residents
Taylorville Ministerial Alliance	The Taylorville Ministerial Alliance provides emergency assistance for lodging, food and gas. Various outreach services are provided to individuals and the surrounding communities, including Nokomis.	Low-income, vulnerable and homeless individuals
Christian County YMCA	The Christian County YMCA is a values-based, not-for-profit organization that has served the people of Christian County since 1980. The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA serves all ages and does not deny services to anyone based on an inability to pay. The facility includes a wellness center, gymnasium, family aquatic center and racquetball courts.	All county residents
Taylorville Community Unit School District #3	<p>Taylorville Community Unit School District #3 is a public school district serving 2,555 pre-K through 12th-grade students. The district encompasses 272 square miles and is the 17th largest geographical school district in Illinois. The district serves the communities of Mt. Auburn, Stonington and Taylorville in Christian County.</p> <p>The mission of Taylorville Community Unit School District #3 is to have each student acquire knowledge, skills and values for lifelong learning in a changing world through cooperative efforts of a caring staff, an involved family and a supportive community.</p>	School-aged children
Christian County Prevention Coalition	The Christian County Prevention Coalition works to create a community free of abuse of alcohol, tobacco and other drugs by mobilizing the community through education, support of programs that reduce the risk or enhance protection, advocating changes in local policies that beneficially decrease risk and modify settings and promoting positive family communication.	All residents

Taylorville Police Department	The Taylorville Police Department works to enforce the law and prevent crime. They aim to protect residents and provide a safe environment for the community.	All Taylorville residents
United Way of Christian County	United Way of Christian County is a nonprofit organization serving 28 local member agencies across Christian County. These 28 agencies provide a variety of services to the county. The programs and services offered by these agencies provide relief benefits to those suffering from disaster, medical emergency, physical and mental abuse, depression and illness and family turmoil, as well as to provide food to families. The mission at United Way of Christian County is to improve the organized capacity of people to care for one another.	Residents suffering from a variety of issues (including vulnerable/underserved and low-income residents)
Senior Citizens of Christian County	Senior Citizens of Christian County offers senior transportation, both in town and out of town. Trained staff offers seniors and disabled adults assistance with Medicare/Medicaid enrollment/counseling and Medicare Part D. Meals on Wheels, elder fraud and abuse education/prevention (TRIAD), tax preparation assistance and legal services are also available.	Area senior citizens
Gateway Foundation	The Gateway Alcohol and Drug Treatment Center provides assistance to 11 sites in Illinois. Men, women and youth are all treated.	Residents suffering from addiction

Christian County 2018 Community Health Needs Assessment



Identification of Priorities

The CHNA Core Team met two times with the Community Advisory Committee, once prior to the Christian County Community Survey, to identify issues to include on the community survey.

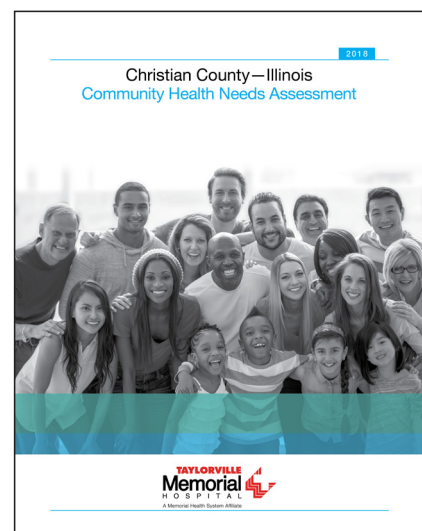
Dec. 12, 2017 – The first meeting introduced the purpose of the CHNA and the process that would take place. Taylorville Memorial Hospital and Christian County Department of Public Health provided an overview of outcomes of the 2015 CHNA and implementation strategies for the hospital and the health department's IPLAN. During this meeting, social determinants of health were discussed. The committee received an overview of the many sources of secondary data consulted, and were introduced to the identified categories of need. The committee was asked to provide input on community need based on their experience and the persons served by their organizations. The committee was also asked whether there were any significant priorities they were aware of that should be considered in addition to those already identified; no further significant issues were noted.

Six final priorities were identified to include on the Christian County Community Survey to start in January 2018. These priorities are:

- ▶ Cancer
- ▶ Diabetes
- ▶ Obesity
- ▶ Mental health
- ▶ Substance abuse (drugs, alcohol, tobacco)
- ▶ Sexually transmitted disease

Christian County Community Survey – Jan. 12-Feb. 12, 2018

Taylorville Memorial Hospital contracted with the University of Illinois at Springfield Survey Research Department to conduct the Christian County Community Health Needs Assessment Survey. The survey took place online. Because everyone does not have computer access, paper copies of the survey were made available to various community organizations, such as the Christian County Senior Citizens Center, Central Counties Health Clinic FQHC, Taylorville Public Library, the YMCA and the Taylorville Fire Department. Printed copies were also available at the Christian County Department of Public Health and the front lobby of Taylorville Memorial Hospital.



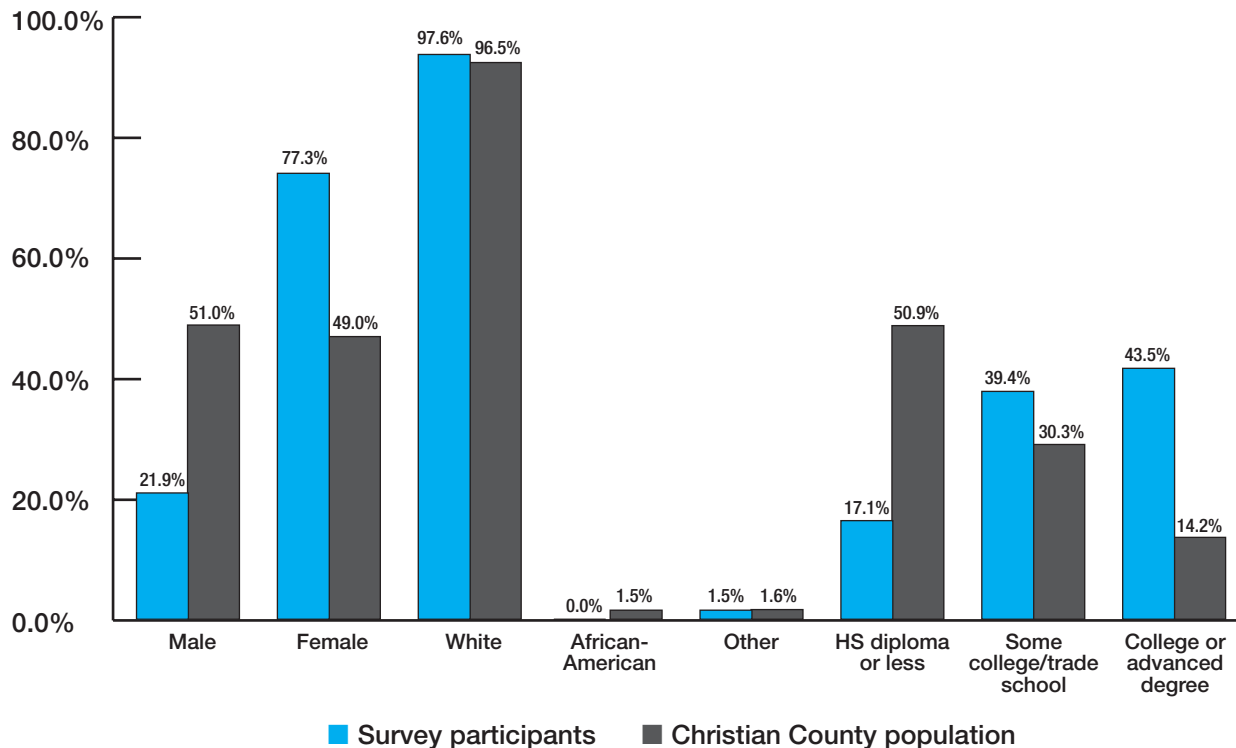
The Communications teams from Taylorville Memorial Hospital and Memorial Health System worked to create a communication plan and promote the survey. The survey was promoted through press releases to all media outlets throughout the county, as well as email and personal contacts with a wide range of community and social services organizations. Interviews were conducted by local radio stations, as well as public service announcements on the radio. Promotion was also included on hospital social media outreach, as well as internal communications for employees of the hospitals and health department.

Survey Results

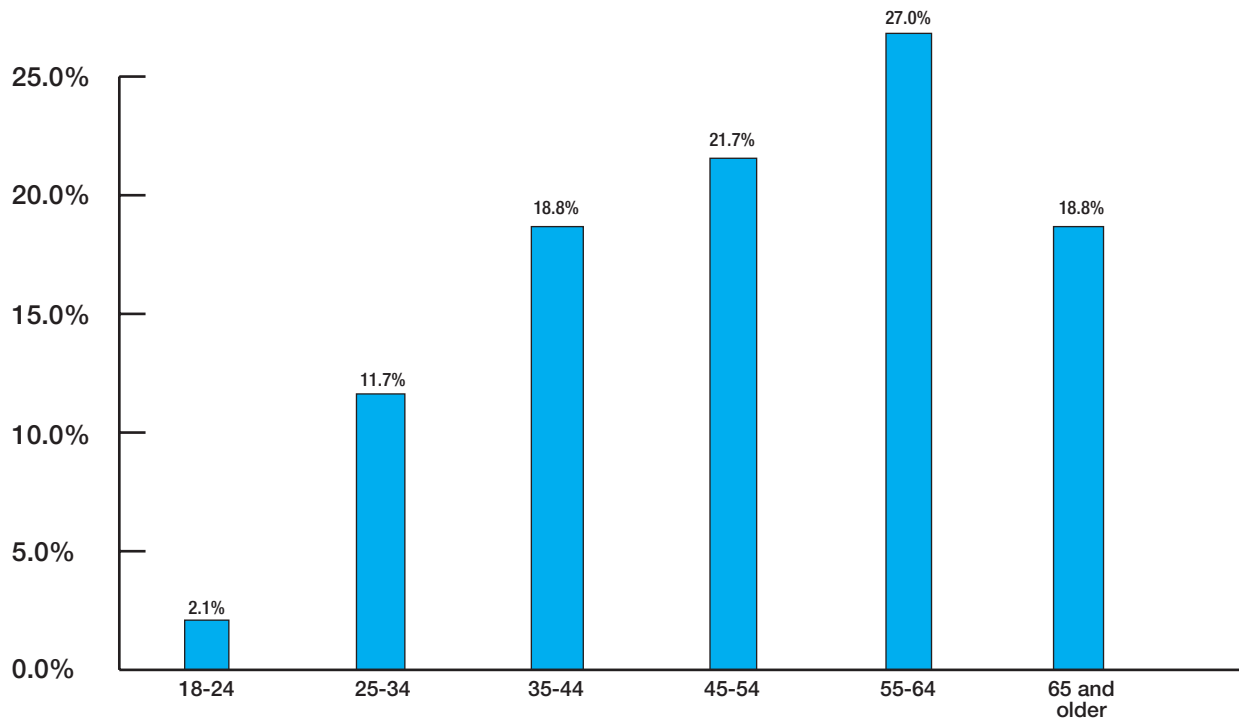
A total of 702 individuals completed the survey: 543 surveys were submitted online and 159 respondents returned printed surveys. Of note, Taylorville residents completed 468 surveys, county residents who do not reside in Taylorville completed 136 surveys and 98 surveys were completed by residents outside of Christian County.

See appendices for a copy of the survey and the topline report from UIS Survey Research.

FIGURE 1: SURVEY SAMPLE COMPARED TO POPULATION

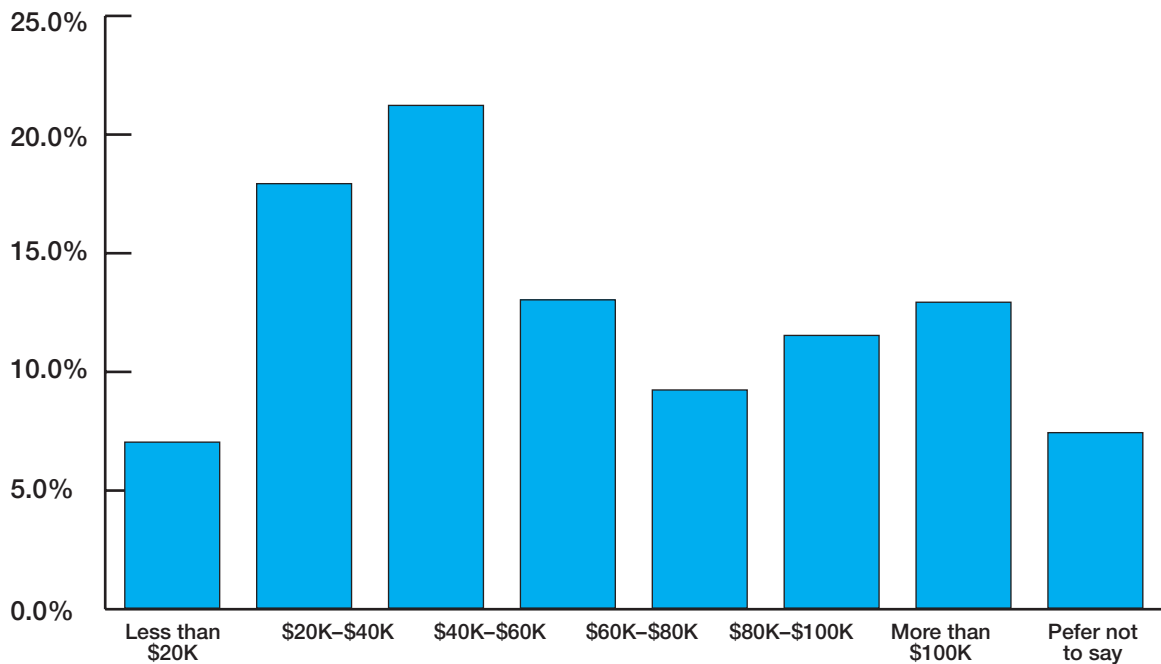


AGES OF PARTICIPANTS



■ Survey response

INCOME

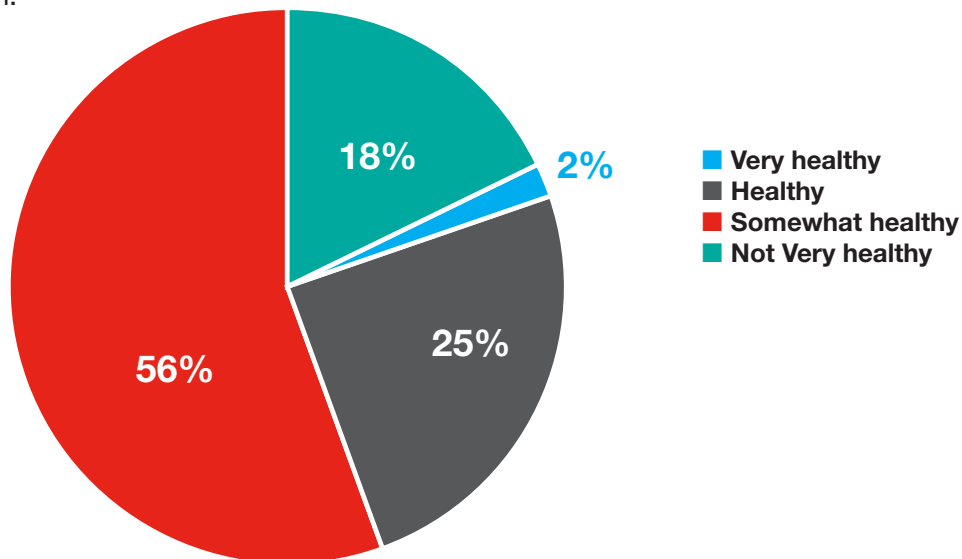


■ Income

Note: Median family income for Christian County is \$47,417.

HOW WOULD YOU RATE THE HEALTH OF CHRISTIAN COUNTY?

Note: There were not significant demographic differences in how people responded to this question.



OVERALL PRIORITY RANKING - ALL RESPONDENTS

Top Health Priorities	Percentage Ranking in Top 3
1. Substance abuse/Drugs	76.6%
2. Cancer	56%
3. Mental health	54.7%
4. Obesity	48.7%
5. Diabetes	37.5%
6. STDs	8%

DO YOU THINK THE RESIDENTS OF CHRISTIAN COUNTY HAVE DIFFICULTY GAINING ACCESS TO MEDICAL CARE?

	# of responses
Yes	41.3% (278)
No	58.7% (395)
Refused	(29)

IF YES, PLEASE SELECT FROM THE LIST BELOW WHAT OBSTACLES MAKE IT DIFFICULT TO RECEIVE MEDICAL CARE.

	# of responses
Lack of transportation	15.0% (103)
No insurance/Underinsured	27.9% (191)
Unable to pay copays/Deductibles	21.2% (145)
No doctor or provider available	20.4% (140)
Lack of timely appointment availability	12.1% (83)
Language barriers	0.4% (3)

PLEASE LIST ANY HEALTH PROBLEMS THAT WE MAY HAVE MISSED.

	# of responses
Substance abuse	3.7% (4)
More Qualified physicians	14.8% (16)
Mental health	10.2% (11)
Infectious disease	4.6% (5)
Eldercare	3.7% (4)
Dental care	3.7% (4)
Education	5.6% (6)
None/N.A.	10.2% (11)
Other	19.4% (21)

Highlights from the Survey Comments

The survey tool allowed participants to provide input on the issues they selected as priorities. Hundreds of responses were received. Below are some summary comments for each issue.

Substance Abuse: 76.6% selected as a top-three issue

- ▶ Lack of treatment options
- ▶ Lack of tobacco prevention and cessation programs

Cancer: 56% selected as a top-three issue

- ▶ Belief that Christian County has a high prevalence rate for cancer

Mental Health: 54.7% selected as a top-three issue

- ▶ Frequent open-ended responses about the lack of mental health providers and services in the county

- ▶ “I think as an educator I see that we have a tremendous need for mental health care within our community. It is worrisome the number of students I see daily that are struggling with anxiety and depression but lack the ability to have proper counseling and medical care. As a parent with a child diagnosed with ADHD and general anxiety, we have to travel to Springfield frequently to see his counselor and pediatrician to address these needs.”

Obesity: 48.7% selected as a top-three issue

- ▶ Need for healthier food options instead of fast food restaurants

Diabetes: 37.5% selected as a top-three issue

- ▶ No comments

Sexually Transmitted Diseases: 8% selected as a top-three issue

- ▶ No comments

Determining Significant Health Needs in Christian County

The Christian County Community Advisory Committee convened for its final meeting on March 29, 2018. The committee received a detailed review of the outcomes of the community survey as listed above.

Committee members engaged in discussion on the following topics for each of the six issues from the community survey:

- ▶ Assets—What community resources are available to address these issues?
- ▶ Gaps—Are there gaps in services or resources to address these issues?
- ▶ Are there any populations disproportionately affected by disparities in these issues?
- ▶ Are there inequities in available resources?
- ▶ Do any of these issues seem especially appropriate for a collaborative approach?

Identified Available Community Resources/Gaps

1. Substance abuse
2. Cancer
3. Mental health
4. Obesity
5. Diabetes
6. Sexually transmitted diseases

The top six priorities were reviewed and the Community Advisory Committee began a discussion in order to prioritize these top needs. The discussion included how each of these priorities connect with the various organizations, what impact these priorities have on the populations the other agencies serve and the related issues and obstacles that need to be considered in regard to each priority. The Community Advisory Committee discussion mostly focused on how TMH's defined criteria of Triple Aim, magnitude, seriousness and feasibility related to each of the six priorities.

Also at this meeting, the TMH Community Advisory Committee identified community assets and gaps in detail on each of the top six priorities to assist in the ranking process.

Substance Abuse

ASSETS

- Christian County Prevention Coalition
- Christian County Problem Solving Court
- Christian County Mental Health
- Liberty Counseling

GAPS

- Lack of treatment options
- Lack of tobacco prevention and cessation programs

Cancer

ASSETS

- State-of-the-art mammography and CT scanning
- Relay for Life
- CUPS for the Cure program to fund mammograms

Mental Health

ASSETS

- Christian County Prevention Coalition
- Christian County Problem Solving Court
- Christian County Mental Health
- Mental Health First Aid classes

GAPS

- Stigma and public perception
- Lack of licensed professionals
- Lack of treatment beds

Obesity

ASSETS

- Lose to Win program
- Girls on the Run
- CATCH program
- YMCA

GAPS

- Lack of healthy options at restaurants
- Healthy foods are more expensive

Diabetes

ASSETS

- Support groups at hospital
- Education groups at hospital
- Public health screenings

GAPS

- Lack of motivation by public affected

Sexually Transmitted Diseases

ASSETS

- Christian County Public Health testing and education available

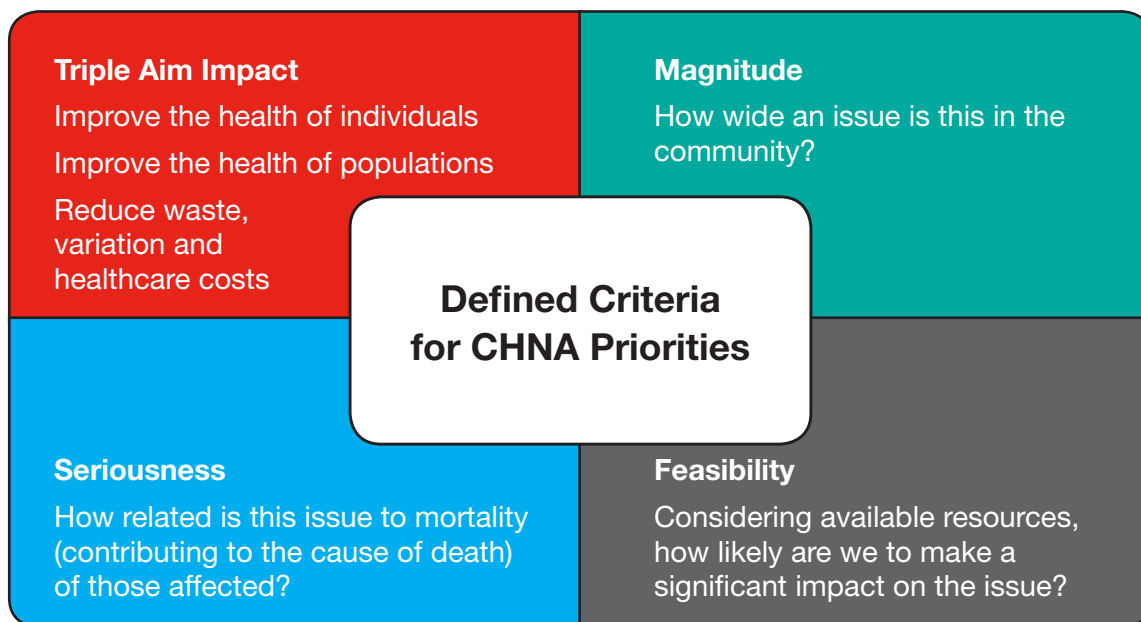
GAPS

- Lack of education of youth

Community Advisory Committee Recommendations

At the end of the assets and gaps discussion, the group used the nominal group technique, multi-voting process to prioritize the top six needs, taking into consideration the impact of Triple Aim, magnitude, seriousness and feasibility. The Advisory Committee prioritized the needs in the order below:

1. Mental health
2. Substance abuse
3. Obesity
4. Cancer
5. Diabetes
6. Sexually transmitted diseases



Using the Defined Criteria, the Community Advisory Committee recommended the following as the top priorities for Christian County:

1. **Mental health**
2. **Substance abuse**

Taylorville Memorial Hospital Internal Advisory Committee

Taylorville Memorial Hospital convened an Internal Advisory Committee on March 29, 2018. The Internal Advisory Committee included:

- ▶ Kim Bourne, president and CEO
- ▶ Tracy Seaton, RN, Director of Nursing
- ▶ Penny Shehadeh, RN, nurse educator

The purpose of this committee was to provide input from a clinical and operational perspective and recommend final priorities. The Committee reviewed the CHNA process to date, including secondary and primary data, the role of the Community Advisory Committee, the outcomes of the Christian County Community Survey and the final priority recommendations of the Community Advisory Committee.

The Internal Advisory Committee looked at significant data relating to the priorities selected by the Community Advisory Committee and discussed what they saw from a clinical and operational perspective. This group ultimately agreed with the final recommended priorities of the Community Advisory Committee and recommended that these be adopted as the priorities for the Taylorville Memorial Hospital CHNA implementation strategy for FY2019-21.

Taylorville Memorial Hospital's Final Prioritized Significant Health Needs for Christian County

Mental Health

Mental Health was ranked as a high priority among the TMH Internal Advisory Committee and the TMH Community Advisory Committee.

Triple Aim

Improve health of individuals

Depression is a chronic disease that negatively affects a person's feelings, behaviors and thought processes. The Center for Medicare Services states that patients with depression and other mental health disorders often experience significant barriers to care, such as provider shortages, stigma attached to the diagnoses and lack of transportation. Even those with the most severe depression can improve with treatment, including medications, therapy and other methods. Providing awareness, intervention and access to mental health care would improve the mental health of the individuals in Christian County.

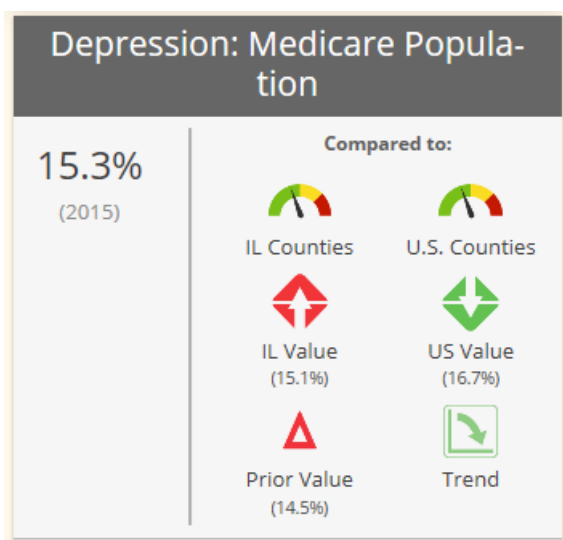
Reduce waste, variation and healthcare costs

Many patients who cannot get access to care are forced to seek care outside of the county, if they can afford it, or resort to the emergency room. Fewer residents suffering the effects of undiagnosed or untreated mental illness would likely result in savings on related healthcare costs, disability benefits and lost earnings, thereby improving the local economic climate.

Improve the health of the population

As noted previously, patients with depression and other mental health disorders can face barriers to accessing care. However, once they receive treatment, patients often experience improved quality of life and report greater satisfaction at home and at work. Increased access to care and awareness of mental health would improve not only the well-being of these individuals, but also the population of Christian County as a whole.

DEPRESSION: MEDICARE POPULATION



Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

Magnitude

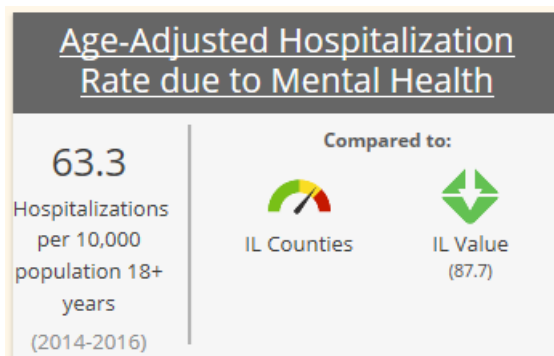
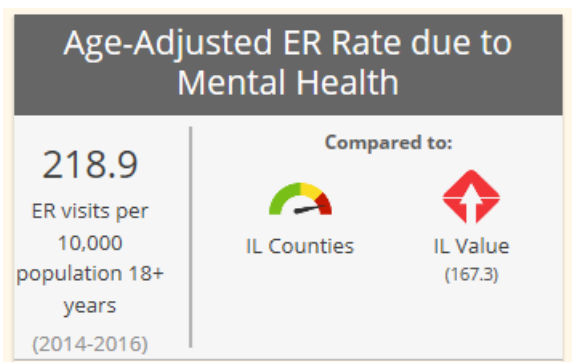
According to Healthy Communities data, the rate of Medicare patients who are treated for depression continues to rise and the knowledge that access is limited indicates that there may be additional residents suffering from mental illness but not seeking treatment. Additionally, reporting from members of the CHNA Advisory Group, the lengthy wait time to access psychiatric care and the limited access to psychiatric care locally indicate a problem that is of larger magnitude than this one study proves.

Seriousness

According to the National Alliance on Mental Illness, 1 in 5 adults experiences a mental health condition every year. One in 25 adults live with a serious mental illness such as schizophrenia or bipolar disorder. In addition to the person directly experiencing a mental illness, family, friends and communities are also affected. Fifty percent of mental health conditions begin by age 14 and 75 percent of mental health conditions develop by age 24. The normal personality and behavior changes of adolescence may mimic or mask symptoms of a mental health condition. Early engagement and support are crucial to improving outcomes and increasing the promise of recovery.

Feasibility

The willingness of community agencies to work together to improve mental health awareness and services locally helps give Taylorville Memorial Hospital an opportunity to create an impactful improvement in mental health care in Christian County.



Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

Substance Abuse

Substance abuse was ranked as a high priority among the TMH Community Advisory Committee and the TMH Internal Advisory Committee.

Triple Aim

Improve health of individuals

According to CountyHealthRankings.org, there were 20 deaths due to drug overdoses in Christian County in 2017. It has become a county-wide epidemic with increased abuse of prescription opioids, heroin and synthetic drugs. Providing awareness, intervention and access to addiction recovery services would improve the health of individuals in Christian County.

Reduce waste, variation and healthcare costs

Many of the patients who suffer from substance abuse who cannot get access to care are forced to seek care outside of the county, if they can afford it, or resort to the Emergency Room. There is no local treatment center. Fewer residents suffering from substance abuse would likely result in savings on related healthcare costs, lower the crime rate and result in a safer community.

Improve the health of the population

Feedback collected from the Christian County Community Health Needs Assessment showed how increased abuse of prescription opioids, heroin and synthetic drugs has impacted not only the users of illegal drugs, but also their family, friends and the county as a whole. An increase in access to intervention and recovery services would greatly benefit the population of Christian County.

Magnitude

Due to the high death rate and the lack of local treatment centers, it is a fair assessment to say that substance abuse is a high priority and has a significant impact on this community.

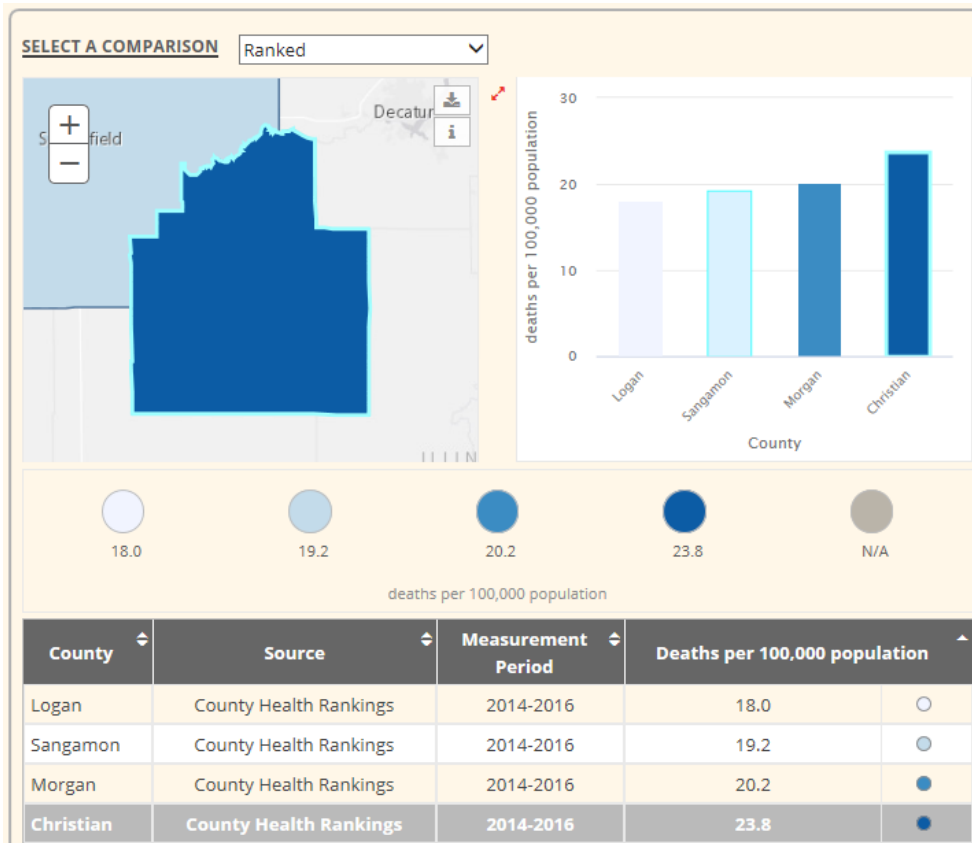
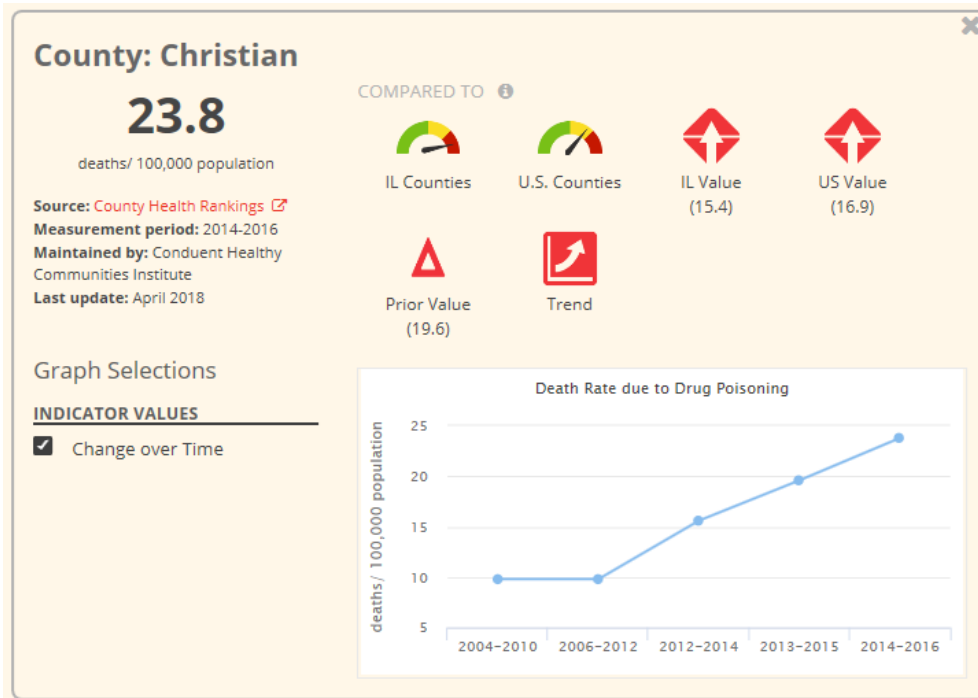
Seriousness

Considering that substance abuse has such an impact on the health and crime rates, it is fair to say it is a serious issue that needs to be addressed.

Feasibility

With support of the local healthcare community and law enforcement officials and access to evidence-based programs designed to help individuals with substance abuse issues, the feasibility of making an impact in substance abuse rates is strong.

DEATH RATE DUE TO DRUG POISONING



Source: Healthy Communities Institute. Retrieved March 28, 2018, from ChooseMemorial.org/Community-Health-Needs-Assessment/Community-Snapshot.

Non-Prioritized Significant Health Needs

Of the top needs ranked in priority by the Community Advisory Committee, these four were ultimately not selected:

Cancer

Obesity

Diabetes

Sexually Transmitted Diseases

THE REASON THESE NEEDS WERE NOT SELECTED ARE:

- ▶ Cancer was not selected because it was not ranked by the Community Advisory Committee as having a high priority and there is little opportunity to make an additional impact beyond the assets already available in the community.
- ▶ Obesity and diabetes were eliminated from further consideration because advisory group members felt that efforts to improve treatment of obesity would also impact the incidence of diabetes. TMH already devotes significant resources to addressing diabetes education and support. The decision was made to apply additional resources to the other selected priorities.
- ▶ Sexually transmitted disease was not selected because it consistently ranked low on the list of priorities both with the community and the Community Advisory Committee.

New Community Health Needs Assessment Implementation Strategy

Taylorville Memorial Hospital is developing a new CHNA implementation strategy that it will implement in FY2019-FY2021. This strategy will be approved by the TMH board in November 2018 and will be posted to its website. Because the strategy will be approved after this CHNA report is completed and posted to our website, the new implementation strategy is not included in this document. However, it will be available on the website by Nov. 30, 2018, at ChooseMemorial.org/HealthyCommunities.

Focus Groups

Three focus groups on the topics of substance abuse and mental health were conducted in Christian County by the University of Illinois Springfield Survey Research Department after the survey was complete. They were held at the Taylorville Fire Station. A stakeholder focus group was held on May 30 and two community focus groups were held on May 30 and June 20.

In attendance at the stakeholder session were the Kincaid police chief, Taylorville police chief and a representative from the local newspaper, as well as personnel from the Taylorville Fire Department, Taylorville High School, Christian County Probation Office, The Sharpe House (a home for men struggling with addiction) and Prairie Center Against Sexual Assault.

In attendance at the community member sessions were families affected by drug abuse, local clergy, a representative from the Shadow Home (a faith-based residential program for women and children), a graduate of the problem-solving court and members of the Christian County Prevention Coalition.

Due to the length of this report, the entire transcripts are not included. They are available on request from Kim Bourne at Bourne.Kim@mhsil.com or 217-824-1600.

Sharing Community Health Needs Assessment Outcomes with the Community

This CHNA report, following approval by the Memorial Health System Board, will be posted online at ChooseMemorial.org/HealthyCommunities by Sept. 30, 2018, prior to the completion of FY18.

The Communications department of Memorial Health System will issue press releases, share information on social media and distribute this information in other ways. The public will be aware that the complete 2018 CHNA report, as well as the CHNA FY2019 implementation strategy for Taylorville Memorial Hospital, are available at ChooseMemorial.org/HealthyCommunities.

Additionally, the MHS board's Community Benefit Committee will receive annual updates on the success in meeting the measures of the CHNA implementation strategy, and will subsequently approve implementation strategies to address substance abuse and mental health for FY2020 and FY2021.

Questions about Taylorville Memorial Hospital's Christian County 2018 Community Health Needs Assessment or implementation strategies may be directed to:

Kim Bourne, TMH president and CEO
Bourne.Kim@mhsil.com | 217-824-1600

2018 Christian County Community Health Needs Assessment

Appendix

Attachments

- ▶ Secondary Data Sources
- ▶ 2018 Christian County CHNA Survey Outcomes
- ▶ UIS Focus Group Outcomes

Secondary Data Sources

County Health Rankings and Roadmaps <http://www.countyhealthrankings.org/>

Christian County 2016 Community Health Assessment Survey

Central Counties Federally Qualified Health Clinic (report made to HRSA)

Illinois Department of Public Health statistics on incidence of STDs

<http://www.idph.state.il.us/health/std/>

Illinois Department of Public Health “Cancer in Illinois” report 2017

<http://www.idph.state.il.us/cancer/statistics.htm>

IDPH Illinois State Cancer Registry data <http://dph.illinois.gov/data-statistics/epidemiology/cancer-registry>

Illinois Youth Survey 2016 <https://iys.cprd.illinois.edu/results>

Environmental Systems Research Institute market profile <https://www.esri.com>

Conduent Healthy Communities Institute data on Memorial website: health & socioeconomic indicators specific to Christian County ChooseMemorial.org/HealthyCommunities

National Cancer Institute <https://www.cancer.gov/>

Taylorville Memorial Hospital

2018 Christian County Community Health Need Assessment Report

Appendix



Christian County 2018 Community Health Need Assessment Survey

Conducted by the University of Illinois Springfield Survey Research Office on behalf of Taylorville Memorial Hospital and the Christian County Health Department

Thank you very much for taking time out of your day to take this survey. The data gathered through this survey will help Taylorville Memorial Hospital and the Christian County Health Department identify and address health and quality-of-life issues in your community.

This set of questions is for analysis purposes only. This information will not be used to identify you as a participant. The information is important to ensure that we have responses from all members of your community.

In what year were you born? _____

Do you consider yourself Hispanic or Latino/a?

- Yes No

Do you consider yourself....*Please check all that apply.*

- White
 Black or African American
 Asian
 Native Hawaiian or Pacific Islander
 American Indian or Alaska Native
 Other, please specify: _____

What is your gender?

- Male Female Other, please, specify: _____ Prefer not to say

What is your disability status?

- Do not have a disability Have a disability

What is your highest level of education?

- Less than high school Some college
 Some high school 4 year college degree
 High school diploma or equivalent More than 4 year college degree
 Trade or technical school beyond high school

What is your zip code? _____

Please provide us with your household's income last year before taxes:

- Less than \$20,000 \$40,001-60,000 \$80,001- \$100,000 Retired
 \$20,000-40,000 \$60,001-80,000 More than \$100,000 Prefer not

to say

From the following options, please rank these health problems (1-6) that have a significant impact on your community, with 1 having the most impact, 6 having the least impact.

- _____ Cancer
_____ Diabetes
_____ Obesity
_____ Mental Health
_____ Substance Abuse – Drugs
_____ Sexually transmitted diseases

Do think residents of Christian County have difficulty gaining access to medical care?

- Yes No

If yes, please select from the list below what obstacles make it difficult to receive medical care (*Please check all that apply*).

- Lack of transportation
 No insurance/underinsured
 Unable to pay co-pays/deductibles
 No doctor or provider available
 Lack of timely appointment availability
 Language barriers

How would you rate the health of Christian County?

- Very healthy Healthy Somewhat healthy Not very healthy

Please list any health problems that we may have missed.

UIS Survey Outcomes Executive Summary

Executive Summary

The Survey Research Office was asked by Taylorville Memorial Hospital and the Christian County Department of Public Health to collect, record, and analyze public input for the 2018 Christian County Community Health Needs Assessment. This was done through survey responses completed by Christian County residents. The survey was available to residents online, while paper surveys were made available at various locations throughout the county. The following report includes detailed information on both of these data sources.

Overall, Christian County residents have a variety of health concerns ranging from specific illnesses affecting neighbors and family members to concerns about mental health and substance abuse. The survey listed six health problems – cancer, diabetes, obesity, mental health, substance abuse (for the purpose of this report defined as drugs, alcohol and tobacco use) and sexually transmitted diseases – and asked residents in Christian County to rank them according to their impact upon the health of the community. The results were as follows: substance abuse, cancer, mental health, obesity, diabetes and STDs.

Substance Abuse

Nearly two-thirds (65.5 percent) of survey respondents ranked substance abuse as having the most significant impact on the health of the county, marking it as a one or two out of six choices. In fact, 76.6 percent of Christian County residents chose substance abuse/drugs as one of their top three health concerns. The lack of treatment facilities in Christian County was referenced in the open-ended questions. One respondent stated, “Drug use is on the rise and many children and teenagers are struggling living in households with parental drug use.” Another respondent stated about tobacco use in the county, “There is a lack of prevention and cessation programs.”

Cancer

Just under 40 percent (39.7) of survey respondents ranked cancer as having the most significant impact on the health of the county, meaning they ranked it as a one or two out of the six possible choices. Just over 56 percent of the respondents ranked cancer as one of their top three choices. Two respondents commented in the open-ended questions that they felt the prevalence of cancer seemed higher for the county. Said one, “Mt Auburn II in Christian County has a high rate of cancer,” while another added, “Christian County has a higher occurrence of cancer than the state average. It would be beneficial to conduct studies of environmental.”

Mental Health

Nearly one-third (32.1 percent) of survey respondents ranked mental health as having a significant impact (one or two) on the county, with 54.7 of respondents ranking it as a top three choice. This subject was also frequently mentioned in the open-ended survey responses, specifically the lack of providers.

- Christian County Mental Health is a huge issue for the immediate area. I believe they are still the only provider for persons with public assistance payments and the access to the actual psychiatrist is extremely limited. Their patients stand in line and are herded in like cattle for a two-minute, one-on-one conversation in a conference room for a med check-up and change. I am not on public assistance but I attended with my sister once and was appalled at the process.
- Unfortunately, with so many students that are low-income or from one-parent homes, traveling to Springfield for mental health care is an issue; I have lived in this community for 32 years and have seen a steady decline in the mental health of our residents - children and adults. CCMH does a great job serving the community, but there is a need for additional mental health providers, especially for children and adolescents.
- I think as an educator I see that we have a tremendous need for mental health care within our community. It is worrisome the number of students that I see daily that are struggling with anxiety and depression but lack the ability to have proper counseling and medical care. As a parent with a child diagnosed with ADHD and general anxiety, we have to travel to Springfield frequently to see his counselor and pediatrician to address these needs.

Obesity

Thirty percent of Christian County residents rank obesity as having a significant impact (choosing it as a one or two) on the health of Christian County, while just under half (48.7 percent) rank it in their top three. While obesity was not mentioned often in the open-ended questions, there were a few comments about the lack of healthy food options in Christian County due to the poverty rate as well as lack of nutrition knowledge. Shared one respondent, “Lack of quality food choices for those on very limited budgets...Lack of education regarding healthy living,” while another added, “Need options other than fries and soda and fast food in general.” Said another resident, “Obesity [is] the cause of many of the health problems in Christian County—cancer, stroke, heart disease, COPD, etc. There is a lack of ...healthy food options.”

Diabetes

Just over 18 percent of respondents ranked diabetes as having significant impact (choosing it as a one or two) on the health of the county, while 37.5 percent rank it in their top three. Surprisingly, it was not mentioned in the open-ended responses.

Sexually transmitted diseases (STDs)

Just 4 percent rank STDs as having a significant impact (choosing it as a one or two) on the health of Christian County and only 8 percent rank STDs in their top three. In fact, 64.2 percent rank STDs as having the least significant impact on the health of the county.

**TAYLORVILLE MEMORIAL HOSPITAL COMMUNITY HEALTH NEEDS
ASSESSMENT**

**Analysis of Public Input from Focus Groups - Christian County
Conducted by UIS Survey Research Office**



Report submitted on August 3, 2018

Project Methodology

The Survey Research Office (SRO) was contacted by Taylorville Memorial Hospital, part of the Memorial Health System (MHS) to collect, record, and analyze public input for the FY2018-2021 Community Health Needs Assessment. After conducting a survey of Christian County residents, the results of the survey were detailed in a report issued to Taylorville Memorial Hospital (March 12, 2018). Based on the results of that report along with input from the hospital's CHNA Steering Committee, substance abuse was chosen as the focus for the community discussion and the community benefits program to follow.

The two goals for the community group discussions were: (1) to identify the causes of addiction and to identify the obstacles that would prevent progress and (2) to find solutions using the existing services in Christian County and to determine what services are still needed. To find these answers, the SRO conducted three focus groups in Taylorville. The CHNA Core Group developed a list of topics to be discussed at the focus groups though the final scripts were developed solely by the SRO staff. The topics discussed at the focus groups include the following:

- Barriers in receiving substance abuse treatment in Christian County
- Causes for substance abuse unique in their community
- The connection between substance abuse issues and mental health issues
- Points of access to substance abuse treatment and mental health care
- The services that are available and the services still needed
- Solutions – What can the hospital do to make the greatest impact?
- Helping to rebuild an addict into a healthy person
- The special challenges of living in a rural area

The twenty-two participants were involved in one of the three focus groups. They were recruited by staff at Taylorville Memorial Hospital. The following details the specific methodology for each of the focus groups.

Focus Group of Christian County Stakeholders (May 30, 2018)

Staff with Taylorville Memorial Hospital invited stakeholders who currently provide services for Christian County residents. The SRO was not involved in the recruiting. Lunch was provided. Eleven individuals participated in this focus group representing the following agencies: Christian County Probation Department, First Presbyterian Church, Christian County Health Department, Kincaid Police Department, Breeze-Courier, Christian County Prevention Coalition, The Sharpe House, Prairie Center Against Sexual Assault, Taylorville Fire Department, Taylorville Police Department, and Taylorville High School. This focus group was held at the Taylorville Fire Department in the community room.

Focus Group of Christian County Parents (May 30, 2018)

Staff with Taylorville Memorial Hospital invited community members interested in participating in the group. The SRO was not involved in the recruiting. Four individuals participated in this focus group. The focus group was held at the Taylorville Fire Department in the community room and a meal was provided.

Focus Group of Christian County Adults (June 20, 2018)

Staff with Taylorville Memorial Hospital invited community members interested in participating in the group. The SRO was not involved in the recruiting. Seven individuals participated in this focus group. The focus group was held at the Taylorville Fire Department in the community room and a meal was provided.

Summary of Findings**Executive Summary**

The summary report is based on the key findings that were discussed in the three focus groups. With a few exceptions, the message was consistent among the groups. In general, there is a lack of services in Christian County for those seeking substance abuse treatment. The county has many assets to help those with an addiction but more is needed. Limited outpatient counseling services are available, but no services exist for detoxification or residential treatment. Many feel a large part of the solution is prevention and that by working with the youth of the county, substance abuse rates will gradually decrease. It was stressed that a significant risk factor for addiction is having a childhood trauma, so creating services to assist the youth in this area would be beneficial. Additionally, support services such as sober living homes, particularly for females, and family therapy services would be valuable in meeting this need.

Christian County has a history of being proactive with issues of substance abuse. The county began a drug court in 2011, and the estimate is that as high as 75 percent of the graduates have not been re-arrested. In 2004 the Christian County Prevention Coalition was first organized, The mission and purpose of the Christian County Prevention Coalition is “to work for a community free of abuse by our youth of alcohol, tobacco, and other drugs by mobilizing the community through education, support of programs that reduce risk or enhance protection, advocating changes in local policies that beneficially decrease risk and modify settings, and promoting positive family communication.” In the past few years the group has become reenergized in its fight to decrease substance abuse in the county. The group is also responsible for maintaining and distributing the Christian County Resource Guide. Additionally, the Kincaid, Taylorville, and Edinburg Police Departments have started Safe Passage, a program where an addict can present themselves along with all of their drugs and paraphernalia at the police department, and staff from the police department will help them find a treatment facility. The participants in the focus groups were pleased that the hospital has chosen substance abuse as their focus and are eager to see their contribution.

Lack of services

There are only a few points of access to substance abuse treatment to residents of Christian County. Outpatient services are limited though available, but for those needing residential treatment, there are few choices and the wait for admission can be weeks. However, with three county police departments all involved in Safe Passage, the need for immediate placement is even more crucial. Shared one officer, “There are treatments out there. You just have to go out further. I had good luck with taking them

directly to Peoria and to Rockford, but if the hospital can somehow start or get some kind of grant to start a treatment detox.” Too often, when an addict comes to the police department stating he/she needs help, the police department cannot find immediate placement and the person is sent home, missing out on a crucial opportunity to help someone get sober. Shared one officer, “If I can’t get them in that day then getting them to come back is pretty slim. I’ve been lucky. It’s a lot of work but we make phone calls and somebody will get them and drive them and they’re okay. Once they walk out it’s our biggest problem.” Several stakeholders shared that with the increase in drug addiction comes an increase in thefts and other crimes. Reported one participant, “The biggest problem here is the methamphetamine. There’s also an uptake of other drugs. Which results in more crime.” Added another, “The system is broken when it comes to resources - it’s a daily fight. One good thing about the county is that we all get along very well. When it comes to drug dealers we all bounce around back and forth to get them. For addicts, our thefts are up. Everything is up because of the addicts and when they want help, it’s too long.”

Sometimes an addict cannot get immediate placement because he/she first needs medical detox, a service that is difficult to find. One stakeholder stated, “I’d like to see the hospitals [have a temporary placement], especially medical detox. They come in dope sick. Let Memorial hold on to them for three or four days and give us a chance to find them a bed. But that doesn’t happen.” One stakeholder shared the fire department usually see overdoses of meth and heroin. He added, “Once we went to a house in the morning for an overdosed person and that evening we got a call for their spouse. Same issue, 10-12 hours a part. It’s a vicious cycle.” Reported another, “Yeah we spend 80% of the time on 5% of the people.”

Several participants stated they would love to see the hospital open a wing for substance abuse to help those who need detox as well as those from Safe Passage who need temporary placement while waiting for admission to a residential program. Stated one stakeholder, “Is it possible to have a rehab facility here? That might be a big thing to ask for but go big or go home. The closest one is Springfield and while that’s not too far it is when you don’t have transportation or no one to help you when you’re ready to take that step.” Other stakeholders discussed the close connection between substance abuse and mental illness. One stated about Christian County, “I think substance abuse and mental health are the two biggest needs,” while another added:

The biggest issue is long term treatment for mental health and substance abuse. They’re so full with people that [when someone] wants to get help they can’t and then we see those people and get them the treatment they need to hopefully make corrections to prevent whatever is starting from the high school. There is an uptick in the mental health issue that we’ve seen in the past year or two. Substance abuse in high school is one of the biggest issues

Another participant followed. “I agree with everything that’s been said so far. Definitely substance abuse and mental health issues are rising dramatically. Treatment is still an issue. People aren’t allowed to stay long enough and we can’t meet the need immediately or at all. Everything inpatient is outside the county.”

It is clear from stakeholder comments that many wish to see the hospital provide substance abuse treatment, both inpatient and outpatient, as well as increased mental health care. Included in this addition would be increased hospital staff, particularly in the ED, and adding full-time psychiatry and more counselors to help those patients with a dual diagnosis. Christian County already has an amazing framework of services to help those seeking sobriety. Many of the participants in the groups have experience with these services, either with themselves or through a family member. While they are appreciative for these services in their community, several stated that more is needed. The participants are excited to see Memorial get involved and are hoping the hospital can collaborate with the Christian County Prevention Coalition and others to increase the scope of services.

Possible solutions:

- Create a detox wing at the hospital.
- Create a short-term “holding” facility at the hospital to assist the Safe Passage program.
- Increase availability of out-patient treatment by opening a treatment facility.
- Increase hospital/ED staff to provide more treatment services.
- Increase access to mental health services to help with those dealing with a dual diagnosis.

Services for youth

Many participants stated they would like to see more services available for the youth of the community, particularly in education, awareness, and prevention. Some worry that other prevention programs begin at too late an age. Stated one participant, “If you don’t start in junior high and go into high school, you already lost them, “ while others feel, as seen in the quote on page 5, that many of the problems residents have with substance abuse start while they’re still in school. Several brought up the fact that when a child doesn’t receive treatment for Adverse Childhood Experiences (ACES), it can greatly increase the likelihood they will become an addict. In fact, research done by Kaiser-Permanente has shown that children who are exposed to adverse and traumatic events and do not receive appropriate and timely care can go on to suffer many consequences throughout their lifetime such as disrupted neurodevelopment; social, emotional, and cognitive impairment; adoption of risky behaviors such as drug use; disease, disability and social problems; and too often an early death. Shared one participant about children growing up in abusive homes, “The trauma that they have as kids - they don’t know how to stop the cycle. For example, somebody is trying to do something nice for them, but they don’t know how to react because nobody has never done anything nice for them. They do what they do best to make you mad. If you grew up that way, it is not a good situation because it is harder to change when you are older. “

Many feel that education on good self-care should be a part of the prevention curriculum. As one participant commented, “Doing an assembly at school is not going to cut it. It’s really not.” Moreover, many participants stated that they feel increasing availability of mental health providers to children, through such services as Memorial Behavioral Health’s MOSAIC program and Christian County Mental

Health, will help to reduce the number of future addicts. Several brought up that they feel the school environment is more stressful now than it used to be. Stated one, “There are so many demands on kids, now, in education. When I went to high school, it was fun, to be honest. I looked forward to school. I can’t even tell how many kids I talked to. Even the straight A kids that are going places, did not find their experience in school that pleasurable.” Some felt that an increase in bullying is a big problem and has caused some kids to turn to drugs and alcohol to cope. Shared one participant, “

You are never given the tools on how to cope with it. That’s why I think so many kids turn to self-medication through alcohol or drugs because they take it and they are calm again. You have some kids who can’t get off the path. You have some kids who say they will never do it again, but it starts really young. I don’t think that the schools do a very good job of addressing the issues of mental health. I think it has a horrible stigma around it, but it is so prevalent. I think there are so many kids with anxiety and depression, and they are not going to ask for help.

Some feel that if the kids are confident in themselves and have been shown how to develop good self-worth, this will allow more to positively cope with stress and ultimately lead to a decreased number of addicts. As one participant stated, “Prevention is important. Over time, you might be able to measure it, but over a course of a year, it’s kind of hard to see if [substance abuse] has decreased.”

Finally, participants discussed the generational nature of substance abuse, and how many individuals in dysfunctional homes are either given drugs or turn to drug use to cope with their home life. Shared one participant, “I speak on my behalf that I was given drugs at a very young age by my abusers. And when that happens, you don’t even know any difference or realize that’s not the norm.” Another added, “They [children] see so many people that they trust, they watch their mom or dad use drugs as a problem-solving technique. They are going to do it as well.’

Additionally, some brought up the inundation of opioids in society and the fact that children have too much access to opioids through their parents’ or grandparents’ prescriptions. Reported one participant, “We have an auction company as well as a real estate company. We go into these houses and the drugs are everywhere. If they throw them away somewhere, someone is going to get them. We turn them in, but I just think that educating the people on what the drugs are and its side effects are important as well.” The consensus of the participants is that in order to deter future addiction, education and prevention programs need to start at an early age to make kids aware that prescription drugs can be as dangerous and addictive as illegal drugs.

Possible solutions:

- Screen all students for ACES and introduce mental health self-care into school curriculum.
- Provide counseling and psychiatric services for youths, with special emphasis on ACES treatment.
- Promote youth prevention programs starting in the younger grades to educate and begin to change the societal norms about drug use and break generational cycles.
- Promote good mental health in Christian County schools by educating students on how to deal with stress and bullying, and train kids on how to develop a healthy self-worth.

Support services

In addition to substance abuse counseling, individuals in recovery often need help with many other aspects of their lives. As discussed in the groups, the characteristics that make a healthy and balanced person includes things like education, employment, housing, access to medical care, access to healthy foods, exercise, and faith and spirituality. Many of the participants, who are themselves in recovery, shared that getting vocational help and finding employment was a key aspect in their recovery. Others shared that when they became sober they needed help with everything because emotionally they were still a child and did not have appropriate life skills. One participant shared:

We are actually doing a mentoring program now for past graduates from drug court where you take on a new member. We are talking about putting a folder together with other agencies plus more. You know which dentist take certain insurances or medical cards. Things like that. Unfortunately, they are so focused on making sure that they hit their meeting correctly, making sure that they don't go back to jail. Some people don't even know how to call a dentist. They never made a doctor's appointment. They don't know that they can get a little bit of housing help with their utility bills and things like that through outreach programs. We are really trying to put more together than just that.

This is why for so many in recovery sober living facilities are so crucial. A person in recovery can stay for months, focusing solely on rebuilding their life with supportive people around them that can assist in the process. While a sober living house for men exist in Taylorville (The Sharp House) sober living facilities are particularly in short supply for females, who often have trouble finding services. SHADOW Home is a residential, faith based program for women and their children in Taylorville, but it is not the right fit for all women.

Several of the participants shared they have family members in recovery, and that prior to discovering their loved one was an addict, they did not know the signs and symptoms of addiction and they were not aware that they were enabling the addiction through their actions. Shared one mother:

I had a son who was addicted to methamphetamine for quite a few years. He has been clean for six years now, and I didn't even know what that was until that happened. I went to some support things, and I found out that I was enabler through counseling with him. I was an enabler. Actually an addict woke my eyes up. He said to me that I love him to death. That I was literally loving him to death, and I was doing just that. I stopped everything. He hit bottom, and he got help. Finding out that you are an enabler first because I didn't even know what that was. So, I think a lot of is just educating the public on what an enabler is and what are these medicines.

Several shared that going to counseling to learn coping skills for themselves as well as learning how to support their person in recovery was crucial to the healing of the family and to a successful sobriety for their loved one. Many shared they would like to see the hospital provide family therapy. As one participant reported:

One of the things that we have found in Families Anonymous, while working with the families themselves, is that it is a lot easier for the addict to get help if the parents or the family members are willing to get help too. We have been in that situation. In the sense of realizing, we started to get help. Then, our daughter started recognizing that we were doing something about it and that she wanted to too. Otherwise there is that divide where they think that we are so much better than they are and they start doing their own thing. Whereas, it's the whole family system really. I don't know any family that don't have problems, and when we get to that point, then there is more of a willingness for everybody else to get help too.

Moreover, they feel that increased education and awareness for the general public about addiction and its warning signs would also be beneficial. Many families know their loved one is an addict but have no idea how to help them. Stated one participant:

Nine out of ten times when a family member does say that they can't do this anymore, they have no idea on what to do in the first place, and that is a terrible feeling for them. But if we can give them resources on what to expect, give them some suggestions to make it more comfortable, it can possibly detour a relapse. Give them a list of resources in town such as a list of people they can call if their loved one really wants to use, outpatient, list of mental health providers, and a list of people who have volunteered to help family members who are family members of addicts. Just those resources. Connecting with other family members who have experienced the same thing.

Possible solutions:

- Increase access to more sober living facilities, especially for females.
- Offer family therapy and support services.
- Increase education and awareness.
- Provide case managers to assist with vocational skills/employment and other needs.

Other Needs: Poverty/ Transportation

While Christian County is not one of the poorer counties in the state –it ranks 37 poorest out of 102- it does have some poor residents. The median family income for Christian County is \$56,983, compared to the state average of \$76,227 while the per capita income is \$23,822 while for the state it is \$31, 502. Additionally, 23.14 percent of the county's population has Medicaid insurance, compared to the state rate of 21 percent (US Census Bureau, American Community Survey, 2012-2016). Though there is not a correlation between drug use and income level per se, it is known that poverty is a risk factor for substance abuse. Additionally, poverty often limits transportation options. Christian County's rural location in combination with residents living in poverty lead to issues with transportation. Often a family cannot afford a vehicle or if they have one, they cannot afford money for gas. This makes having treatment facilities close to home even more crucial. Furthermore, most addicts have lost their license so it makes it very difficult as they often need to travel out of the county for treatment.

Appendix A. Stakeholder participants

NAME	ORGANIZATION
Laura Cooper	Probation Department
Michael Evanchak	Presbyterian Church
Shannon Brauer	Christian County Health Department
Dwayne Wheeler	Kincaid Police Department
Kim Paisley	Breeze-Courier/Christian County Prevention Coalition
Dennis Metsker	The Sharpe House/Christian County Prevention Coalition
Erin Domonousky	Prairie Center Against Sexual Assault
Jody Clark	Prairie Center Against Sexual Assault
Andy Goodall	Taylorville Fire Department
Brian Hile	Taylorville Police
Matthew Hutchison	Taylorville High School

Full transcripts of the focus group discussions are available by contacting Kim Bourne, TMH President and CEO, at Bourne.Kim@mhsil.com or 217-824-1600.