



## **ABRAHAM LINCOLN MEMORIAL HOSPITAL Community Health Need Assessment Implementation Strategy FY18 October 1, 2017 – September 30, 2018**

### **Introduction**

Memorial Health System is a not-for-profit healthcare organization located in central Illinois. It 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 Mental Health Centers of Central Illinois, Memorial Physician Services and Memorial Home Services.

Community health need assessments were completed in 2015 in each of the counties where the hospitals are located. These needs assessments meet the federal health reform's Section 9007 of the Patient Protection and Affordable Care Act of March 2010 and requirements of the IRS 990 Schedule H report.

### **Abraham Lincoln Memorial Hospital – Logan County, Illinois**

Abraham Lincoln Memorial Hospital (ALMH) is a 25-bed rural critical access hospital located in Lincoln, Ill., approximately 30 miles northeast of the state capitol of Springfield. ALMH serves the people and communities of Logan and eastern Mason counties and is largely rural, agricultural area. ALMH is the only hospital in the primary service area of Logan County (pop. 30,013). Race/ethnicity includes 89.7% white, 7.9% black and 2.4% other backgrounds. The median household income is \$46,647. Persons age 65 and older make up 16.4% of Logan County's population. 13.2% of all residents live below the federal poverty level, including 17.8% of all children and 5.6% of seniors. There is one Medically Underserved Area (MUA) in Logan County.

Healthy Communities Partnership (HCP) is a community health coalition that was established in 1996. HCP is one of ALMH's initiatives to encourage a broad-based, community approach to addressing a variety of health needs throughout the ALMH service area. Over 30 organizations, churches, private individuals, and businesses are represented in the partnership. The ALMH Foundation employs a manager to lead and oversee HCP efforts. ALMH also funds activities carried out by HCP task forces that have been created to address specific community

needs. HCP agency members include: Logan County Department of Public Health, Lincoln Park District, Department of Human Services, Logan County Housing Authority, Parish Nurses, Logan County Emergency Management Association, Community Action, and the University of Illinois Extension office. Additionally, healthcare providers including Memorial Physician Services, Springfield Clinic, Memorial Behavioral Health, Safe Haven Hospice, Chestnut Health System, and Illinois Institute for Addiction and Recovery are part of the Healthy Communities Partnership.

### **Identified Priority Health Needs: Logan County**

The community health need assessment was carried out in conjunction with Logan County Health Department's IPLAN (Illinois Project for Local Assessment of Needs). IPLAN is required of public health departments by the Illinois Department of Public Health. During the 2015 community health need assessment process, the community identified the following priority health needs:

1. Chronic Disease Management (Diabetes/Cardiovascular Disease)
2. Obesity
3. Increased Drug Use in Teens
4. Pregnant Women Smoking
5. Access to Healthcare
6. Increasing Child Abuse Rate
7. Mental Health
8. Drug Addiction/Heroin Use
9. Teen Birth Rate

Memorial Health System hospitals used the following defined criteria to select final CHNA priorities:

- Triple Aim – improve individual or population health or reduce health care costs
- Magnitude – how many people are affected
- Seriousness – whether the issue contributes to death, disability
- Feasibility – whether we can do something about it

The PEARL “test” was used when scoring feasibility to screen out health problems based on the following feasibility factors:

PEARL

P – Propriety – Is a program for the health problem suitable?

E – Economics – Does it make economic sense to address the problem? Are there economic consequences if a program is not carried out?

A – Acceptability – Will the community accept a program? Is it wanted?

R – Resources – Is funding available or potentially available for a program?

L – Legality – Do current laws allow program activities to be implemented?

**Priorities Not Selected: Logan County**

- Teen Birth Rate was eliminated from further consideration because it does not have as great an overall impact on population health as some of the other needs.
- Increased drug use and increasing child abuse rates are great concerns for our communities, but as a hospital, ALMH is not best equipped to meet that need. However, our local health coalition, Healthy Communities Partnership, will be supporting efforts of our partner organizations, including the promotion of substance-free lifestyles and child abuse awareness.
- The high rate of Logan County women who smoke during pregnancy is alarming. The issue is being addressed by the Logan County Department of Public Health. ALMH will support its efforts through the Healthy Communities Partnership.

**Final Selected Priorities: Logan County**

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, four final priorities were selected:

1. Obesity
2. Chronic Disease Management (Cardiovascular Disease/Diabetes)
3. Access to Healthcare
4. Mental Health

**Implementation Strategy Changes from FY17 to FY18**

The efforts to promote healthy behaviors using the 5210 campaign have been replaced by a CATCH language message throughout the community. This effort will help reinforce the messaging to parents and families outside of school. Therefore goal 3 of the obesity priority has been removed. Additional community promotions have been incorporated into goal 2. Furthermore, goal 2 has been refocused from providing the opportunity for all Logan County schools to be CATCH schools towards a maintenance and support role. An FQHC was successfully opened in FY17 therefore, goal 4 under Access to Care has been removed.

**FY18 IMPLEMENTATION STRATEGY**

<b>PRIORITY: OBESITY</b>	
<b>Reasons for priority selection</b>	<p>Abraham Lincoln Memorial Hospital’s 2015 community health need assessment identified obesity as a top priority through its data collection and analysis, and community advisory group.</p> <p>30.4 percent of Logan County adults are obese. Source: Illinois Behavioral Risk Factor Surveillance System. The percentage has increased from 19.5 percent in 2001.</p>

	Healthy People 2020 reports a current percentage of 33.9 percent of persons aged 20 years and older were obese in 2005-2008. The Healthy People 2020 target is 30.5%. Low-income preschool children are also increasingly becoming obese from 13.4 percent in 2008 to 15.4 percent in 2011.
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**Goal 1: Expand access to the Memorial Weight Loss and Wellness Center (MWLWC) program in Logan County and eastern Mason County**

<b>Target Population</b>	Adults who are overweight who live in Logan County
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<b>Objective</b>	Expand access to the Memorial Weight Loss and Wellness Center by developing strategy to implement the program at Abraham Lincoln Memorial Hospital in Logan County.
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**Strategy Selected:** Healthy People 2020 objectives highlight the need for increased intervention by physicians with patients in the areas of nutrition and weight status (NWS).

- NWS-6.1: Increase the proportion of physician office visits made by patients with a diagnosis of cardiovascular disease, diabetes, or hyperlipidemia that include counseling or education related to diet and nutrition. (Baseline: 20.8 percent of physician visits in 2007; Target = 22.9 percent/10 percent improvement)
- NWS-6.2: Increase the proportion of physician office visits made by adult patients who are obese that include counseling or education related to weight reduction, nutrition or physical activity. (Baseline: 28.9 percent of physician visits in 2007; Target = 31.8 percent/10 percent improvement)

Memorial’s Weight Loss and Wellness Center is based on the nationally recognized, evidence-based model of Geisinger Health System. Memorial’s program includes a medical (non-surgical) weight loss program; accredited bariatric surgery program; diabetes services; outpatient nutrition services; and fitness. It provides physicians a comprehensive resource to refer their patients to for individualized counseling and education. There is no other program offering this specialized approach in central Illinois.

**Programs/resources hospital will commit:** Abraham Lincoln Memorial Hospital will provide leadership to assess expansion of the program, the facility for the program, staffing, training and financial support.

**Collaborative partners:** Memorial Medical Center, Memorial Physician Services, Springfield Clinic, SIU School of Medicine, Healthy Communities Partnership.

Activity	Timeline	Anticipated Results	FY18 Outcomes
1. ALMH will continue to serve patients	FY18	<ul style="list-style-type: none"> <li>• MWLWC at ALMH will average 30 active patients per month.</li> </ul>	Average of 37 active patients per month.

2. ALMH will collaborate with MWLWC to execute a marketing and communication plan	FY18	<ul style="list-style-type: none"> <li>ALMH will achieve 40 physician referrals in year three of the program (FY18). Increase awareness of the new service to residents of Logan County.</li> </ul>	ALMH received 57 physician referrals in FY18
3. ALMH will collaborate with MWLWC to collect outcome variables on enrolled patients.	FY18	<ul style="list-style-type: none"> <li>Medical weight loss patients at ALMH will achieve, on average, 3% weight loss after 6 months in the program.</li> </ul>	3.92% weight loss for patients in the program for 6 months
<b>Short term indicators &amp; source</b>	Program implemented and begins seeing patients.		Complete
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>Medical weight loss patients who complete at least 6 months of programming, on average, will achieve 5% weight loss.</li> <li>Bariatric surgical patients will achieve, on average, 45% excess weight loss at one year post-op.</li> </ul>		<ul style="list-style-type: none"> <li>Medical Weight Loss patients lose on average 5% total body weight</li> <li>Bariatric surgical patients lost on average 64.2% of EBW lost for 12-month post op patients</li> </ul>

**Goal 2: Provide every CATCH school in the ALMH service support to best implement the CATCH (Coordinated Approach to Child Health) program.**

<b>Target Population</b>	School-aged children (K-8) in Logan and eastern Mason County.
<b>Objective</b>	Create a healthy school environment where the healthy choice is the easy choice.
<p><b>Strategy Selected:</b> The CATCH program is an evidence-based program to prevent childhood obesity and launch kids and communities toward healthier lifestyles. CATCH impacts a child’s nutrition, level of physical activity and classroom environment and community. CATCH has the largest evidence base of any obesity prevention program. CATCH is based on the Center for Disease Control’s Whole Child model in which health education, school environment, and family/community involvement work together to support youth in a healthy lifestyle.</p>	
<p><b>Programs/resources hospital will commit:</b> Abraham Lincoln Memorial Hospital will provide leadership through the management of Healthy Communities Partnership to recruit and implement the program with participating schools. ALMH will also purchase the necessary curriculum, including physical education equipment, to all schools willing to implement CATCH.</p>	

<b>Collaborative partners:</b> Local schools and members of Healthy Communities Partnership, a local community coalition that includes the Logan County Department of Public Health.			
Activity	Timeline	Anticipated Results	FY18 Outcomes
<ol style="list-style-type: none"> <li>1. School staff will be trained in CATCH as needed.</li> <li>2. CATCH schools will continue to incorporate CATCH language, classroom lessons, and CATCH PE practices into daily practices.</li> <li>3. ALMH will provide support to CATCH schools to ensure the program works toward best practices.</li> <li>4. The CATCH message will be taken community-wide to promote a CATCH community.</li> </ol>	<p>10/2017</p> <p>FY18</p> <p>FY18</p> <p>FY18</p>	<ul style="list-style-type: none"> <li>• School staff, parents and students will be introduced to CATCH philosophy.</li> <li>• Students will participate in CATCH PE, learn the CATCH language, and participate in CATCH-sponsored activities that promote healthy choices.</li> <li>• ALMH staff will support schools to become self-sufficient in their implementation of CATCH and support health promotion efforts on each campus.</li> <li>• The CATCH language will be incorporated into the Wellness Expo and other community events with an effort to “CATCHIFY” Logan County and make the healthy choice the easy choice throughout our service area.</li> </ul>	<p>Q1-Q4</p> <ul style="list-style-type: none"> <li>• CATCH Training provided to all schools.</li> <li>• CATCH schools are incorporating CATCH philosophy into school environment.</li> <li>• CATCH activities supported by ALMH Foundation staff and resources.</li> <li>• County-wide CATCH messaging launched via marketing campaign and events.</li> </ul>
<b>Short term indicators &amp; source</b>	Maintain existing CATCH schools impacting over 3,000 students.		<p>Q1-Q4</p> <ul style="list-style-type: none"> <li>• 1 elementary school added, 1 after school program and 3 daycares designated as CATCH schools/programs. Over 3,200 students now being reached with CATCH messaging.</li> </ul>
<b>Long term indicators &amp; source</b>	Schools will continue CATCH program into the future.		<p>Q1-Q4</p> <ul style="list-style-type: none"> <li>• Schools continued to launch CATCH school activities in Fall 2018.</li> <li>• Wellness Policies established at CATCH schools to impact snacks at schools and water intake.</li> </ul>

**Goal 3: Increase the number of mothers in Logan and eastern Mason Counties who breastfeed their infants**

<b>Target Population</b>	Newborns in Logan and eastern Mason County.		
<b>Objective</b>	To encourage new mothers to breastfeed children exclusively until the recommended 6 months of life.		
<b>Strategy Selected: Breastfeeding Promotion Program:</b> A mounting body of evidence suggests that breastfeeding may also play a role in programming non-communicable disease risk later in life including protection against overweight and obesity in childhood.			
<b>Programs/resources hospital will commit:</b> Abraham Lincoln Memorial Hospital will provide the space, staff (certified lactation consultant), supplies and volunteers to offer a free, weekly breastfeeding support group to the community. ALMH will also provide management staff for Healthy Communities Partnership and funding to support breastfeeding promotion in Logan County.			
<b>Collaborative partners:</b> Members of the Healthy Communities Partnership (Logan County Department of Public Health (Women, Infants and Children program, YMCA, Community Action, and others), Springfield Clinic and Memorial Physician Services.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY18 Outcomes</b>
1. Maintain certified lactation consultants on staff to facilitate the support group. 2. Market the program to the community.	FY18	<ul style="list-style-type: none"> <li>• Support from healthcare providers in Logan County via referrals and education.</li> <li>• Increased breastfeeding rates.</li> <li>• Marketing campaign to promote breastfeeding/normalize breastfeeding.</li> </ul>	Q1-Q4 <ul style="list-style-type: none"> <li>• 8 certified lactation counselors and 1 International Board Certified Lactation Consultant.</li> <li>• Communication tool developed for local physicians to enhance communication with new mothers regarding breastfeeding resources.</li> </ul>
<b>Short term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>• At least 5 mothers and their babies will attend the weekly support groups.</li> <li>• Partners will refer new mothers to the group.</li> </ul>		FY18: Average of 15 mother/infant couplets attending weekly support group.
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>• Increase in breastfeeding rates, as measured by community partners' participation data.</li> </ul>		Breastfeeding initiation rates at ALMH increased from 64.1% in FY17 to 71.2% in FY18.

#### Goal 4: Improve access to outdoor trails for physical activity

<b>Target Population</b>	Residents of Logan County.
<b>Objective</b>	To support establishment of an outdoor trail system for non-motorized activity.

<p><b>Strategy Selected:</b> Enhance access to places for physical activity through a change in our built environment through the establishment of walking trails and safe bike routes. Continue to provide support to local officials in order to encourage a county wide trail system for active transportation and safe recreational opportunities.</p> <p><b>Programs/resources hospital will commit:</b> Abraham Lincoln Memorial Hospital will provide the staff, supplies and space via Healthy Communities Partnership to help lead the project and advocate within the community.</p> <p><b>Collaborative partners:</b> Members of the Healthy Communities Partnership (Logan County Department of Public Health, YMCA, Community Action, Lincoln Park District), and local government leadership (Logan County Regional Planning Commission).</p>			
Activity	Timeline	Anticipated Results	FY18 Outcomes
1. Promote the ALMH campus trail to the community.	FY18	<ul style="list-style-type: none"> <li>Increased physical activity on the new trail to reach over 2000 miles walked annually.</li> <li>Serve as a benchmark for future trail initiatives throughout the county and act as a trailhead/ landmark.</li> </ul>	<ul style="list-style-type: none"> <li>Trail is completed and open for public use.</li> </ul>
<b>Short term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>Electronic tracker will count public use of the trail monitored by ALMH staff with the anticipation that the general public will use the trail. Counts will be taken quarterly.</li> </ul>		<ul style="list-style-type: none"> <li>Q1-Q4: A total of 11,113 laps tracked in FY18.</li> </ul>
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>Increased physical activity level reported in Illinois Youth Survey.</li> <li>Increases in the number of people using the trail.</li> </ul>		<ul style="list-style-type: none"> <li>IYS survey completed in spring 2018 showed a 10% increase in 12<sup>th</sup> graders reporting 60 minutes of activity at least 4 days per week.</li> <li>Trail use increased from 4,452 in FY17 to 11,113 in FY18.</li> </ul>

<b>Goal 5: Support Girls on the Run of Central Illinois</b>	
<b>Target Population</b>	Girls in grades 3-8 and their families in Logan County
<b>Objective</b>	The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.
<b>Strategy Selected:</b>	



Childhood obesity has both immediate and long-term health impacts. Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and are more likely than normal weight peers to be teased and stigmatized which can lead to poor self-esteem. Overweight and obese youth are more likely than normal weight peers to be overweight or obese adults and are therefore at risk for the associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. Childhood obesity has more than tripled in the past thirty years. Healthy eating and regular physical activity can lower the risk of becoming obese.

Abraham Lincoln Memorial Hospital will support the Girls on the Run program, a transformational, physical activity based youth development program for girls in grades 3-8. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

**Programs/resources hospital will commit:** Abraham Lincoln Memorial Hospital will provide staff, education of staff, community promotion of the program, and financial support.

**Collaborative Partners:** Girls on the Run, Northwest School, Chester East Lincoln, Central Elementary School and other participating schools.

Activity	Timeline	Anticipated Results	FY18 Outcomes
1. Monetary Donation	FY18	ALMH support will assist growth of Girls on the Run in Logan County.	ALMH provided \$5,000 sponsorship to Girls on the Run.
2. Outreach to potential school and host sites in collaboration with Girls on the Run program representatives to identify new sites.	FY18	Maintain participation of at least four Logan County schools during 2017-2018 school year.	Q1-Q4: 2 schools served as GOTR sites in Fall 2017 and 4 schools served as GOTR sites in spring 2018.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	As a result of the Girls on the Run program season and 5k race event, 75% or more of GOTR participants and their families will report that the program positively impacted their attitude toward exercise. Measurement: Girls on the Run survey of participants and their families.		80% of GOTR participants and their families reported that the program positively impacted their attitudes toward exercise.
<b>Long term indicators &amp; source</b>	Growth of the Girls on the Run program in Logan County to additional schools, as measured by Girls on the Run.		The Girls on the Run Program has grown school participation from 1 school in 2013 to 6 school sites in FY18.

<b>Goal 6: Implementation of The ALMH Market</b>			
<b>Target Population</b>	Logan County residents and eastern Mason County residents		
<b>Objective</b>	The goal of The ALMH Market is to increase access to fresh, local produce and promote healthy behaviors.		
<p><b>Strategy Selected:</b> Obesity has both immediate and long-term health impacts. With over 66% of the adult population in Logan County dealing with overweight and obesity rankings, it's imperative that a variety of strategies are employed to decrease obesity rates. While opportunities for activity play a critical part in producing healthy outcomes, it is also vital to increase fruit and vegetable consumption. Farmers markets lead to healthier communities. Furthermore, The ALMH Market is a wellness destination that encourages healthy behaviors with programming that feature fitness classes, health screenings, cooking demonstrations and a children's education program that encourages children to learn about the food system and try new produce.</p> <p><b>Programs/resources hospital will commit:</b> Abraham Lincoln Memorial Hospital will provide staff, community promotion of the program, and financial support.</p> <p><b>Collaborative Partners:</b> Logan County Fairgrounds, a variety of local fitness professionals, and local farmers.</p>			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY18 Outcomes</b>
1. The Market will be open Saturdays May – September.	FY18	Weekly attendance of no less than 200 people at The Market.	Q1-Q4: The ALMH Market opened May 12, 2018. Average weekly attendance to The ALMH Market was 940.
2. Free health screenings including blood glucose, lipid profile, blood pressure and BMIs.	FY18	Screenings will be held monthly during The Market season (five times).	Q1-Q4: Free health screenings were available to the public on 10 Saturdays. A total of 904 screenings were provided.
3. Power of Produce program will engage children in healthy eating.	FY18	At least 20 POP Club activities will be offered over the course of The Market season to provide education to children ages 5-12 about the food system and healthy eating.	Q1-Q4: POP Club activities were provided every week of The Market for a total of 21 activities.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Attendance at The Market. Estimated pounds of produce sold. Market dollars earned by children participating in the Power of Produce Club. Market dollars provided as part of a SNAP matching program.		Over \$50,422 was spent in produce (approx. 25,000 lbs.). \$4,357 market dollars were provided as part of a SNAP matching program. Over \$1,600 market tokens were

		provided to children participating in the POP Club.
<b>Long term indicators &amp; source</b>	Decreased BMIs and increased consumption of fruits and vegetables as reported on the Illinois Youth Survey.	The 2018 Illinois Youth Survey showed a 10% decrease in self-reported BMI of 30+ in 8 <sup>th</sup> graders and 9% decrease in 10 <sup>th</sup> graders as compared to 2016.

<b>PRIORITY: MENTAL HEALTH</b>	
<b>Reasons for priority selection</b>	<p>Mental Health was identified by the community as a top priority in the community health need assessment. Community data shows very high rates of emergency department utilization and hospitalization for both adult and pediatric populations.</p> <p>According to the Illinois Department of Public Health, suicides in Logan County have increased from 1 in 2008 to 5 in 2011.</p> <p>Healthy People 2020 objectives for Mental Health &amp; Mental Disorders (MHMD)</p> <ul style="list-style-type: none"> <li>• MDHD-6 Increase the proportion of children with mental health problems who receive treatment</li> <li>• MDHD-9 Increase the proportion of adults with mental health disorders who receive treatment</li> </ul> <p>MDHD-10 Increase the proportion of persons with co-occurring substance abuse and mental disorders who receive treatment for both disorders</p>

<b>Goal 1: Implement Mental Health First Aid training in Logan County.</b>	
<b>Target Population</b>	Community at large
<b>Objective</b>	Step in early to stop the trajectory of issues that lead to mental health issues and the need for psychiatric intervention by providing community education to improve mental health literacy, early identification, peer intervention, and referral of community members to available resources if needed.
<b>Strategy Selected:</b> Mental Health First Aid (MHFA) is an evidence-based program that offers a five-day intensive training session to community members to become certified MHFA trainers. These certified trainers in turn go out in the community to provide an eight-hour education session to community members such as teachers, police, first responders, churches, youth leaders and others to teach them how to identify mental health issues, how to refer people to resources, and encourage community support of those struggling with issues that may contribute to mental illness. The Substance Abuse and Mental Health Services Administration (SAMHSA), the federal agency that leads public	

health efforts to advance the behavioral health of the nation, endorses MHFA and recently established grant funding for MHFA as part of the President’s initiative to increase access to mental health services. MHFA is on the National Registry of Evidence Based Practices (NREPP). All interventions on the registry have been independently assessed and rated for quality of research and readiness for dissemination. MHFA has been shown to increase understanding of mental health disorders, knowledge of available resources, and confidence in and likelihood to help and individual in distress,

**Commitment of Resources:** Memorial Medical Center will commit funding to bring a trainer from the national program to Springfield to train up to 30 local community members. Memorial will provide the conference center, promotion of the event, and provide funding for an ongoing program coordinator and tracking of results.

**Collaboration:** Memorial will collaborate with Mental Health Centers of Central Illinois, Abraham Lincoln Memorial Hospital, Passavant Area Hospital, Taylorville Memorial Hospital, SIU School of Medicine, local school districts, area social service providers and the University of Illinois Springfield

Activity	Timeline	Anticipated Results	FY18 Outcomes
1. MHFA Coordinator will maintain an ongoing list of community partners and agencies to receive training.	FY18	Certified MHFA instructors have a list of potential audiences in each community to teach a MHFA course.	Completed. We have a resource list on our portal with potential agencies organized by county. This list has been distributed to each affiliate marketing/ communication person, as well as available to all MHFA Instructors via the Instructor Portal.
2. Promote the program to service area community.	FY18	ALMH in collaboration with Memorial Behavioral Health have a localized communication plan to create awareness of and promote available MHFA courses.	The service has been promoted to the community and targeted populations.
4. Hold at minimum three MHFA community trainings by certified MHFA instructors in each county, for a total of 12 courses.	FY18	Increased number of individuals in each community trained as mental health first aiders.	Q1-Q4: Six trainings were held in Logan County including one Youth Mental Health First Aid training. A total of 24 trainings were held by Memorial Health System in FY18.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>Number of individuals becoming certified trainers from MHS sponsored certification training</li> </ul>		FY18: 42 people trained in Logan County.

	<ul style="list-style-type: none"> <li>• Number of MHS sponsored community training events</li> <li>• Number of community members trained as mental health first aiders</li> <li>• Source: MHFA data collection tool</li> </ul>	<ul style="list-style-type: none"> <li>• Number of individuals becoming certified trainers from MHS sponsored certification training: 27 = total trained in program 20 = active during FY 2018, 2 = new instructors for 2019 17 = MHS sponsored training events 546 = MHFAiders trained in fiscal year 2018, 1438 = trained to date, since program’s inception</li> <li>• Source: MHFA national web-site</li> </ul>
<p><b>Long term indicators &amp; source</b></p>	<ul style="list-style-type: none"> <li>• Among instructors and first aiders, increases in: mental health literacy, awareness of available resources, and confidence in assisting individuals in distress</li> <li>• Source: Survey of community members trained as instructors and first aiders.</li> </ul>	<ul style="list-style-type: none"> <li>• Out of a sample of 44 FY18 participants (N=44), the median and mean scores (on a scale of 1-5) for each of the below activities indicates a high training impact for MHFA:</li> <li>• Recognize the signs that someone may be dealing with a mental health challenge or crisis – Median=5.0, Mean=4.71</li> <li>• Reach out to someone who may be dealing with a mental health challenge – Median=5.0, Mean=4.75</li> <li>• Ask a person whether s/he is considering killing her/himself – Median=5.0, Mean=4.68</li> <li>• Actively and compassionately listen to a person in distress – Median=5.0, Mean=4.66</li> <li>• Offer a distressed person basic “first aid” level of information and reassurance about mental health problems – Median=5.0, Mean=4.65</li> <li>• Assist a person who may be dealing with a mental health problem or crisis to seek professional help – Median=5.0, Mean=4.72</li> <li>• Assist a person who may be dealing with a mental health problem or crisis to connect</li> </ul>

		with appropriate community, peer, and personal supports – Median=5.0, Mean=4.68
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**Goal 2: Deploy Meaningful Opportunities for Success and Achievement through Service Integration for Children (MOSAIC) Program in Lincoln.**

**Target Population** School-aged children in Logan County.

**Objective** To provide increased access to mental health screenings for children, earlier in their school experience, in order to lower the incidence of mental illness in children and decrease severity of difficulties faced in school and throughout their lives.

**Strategy Selected:** Children’s mental health issues are common but often under-recognized and undertreated. Services are fragmented and families are often unaware of the wide range of community resources and how to link successfully to them. The result, all too often, is that children and families fall through the cracks, receiving services and support only after a crisis occurs.

Our focus will be to work comprehensively with Lincoln Junior High to support and expand mental health and school integration. Integration of community resources will occur with the many school-based initiatives that already exist to support healthy social development. Specifically, the teachers will complete the Social, Academic, and Emotional Behavior Risk Screener (SAEBRS), which is a universal screening to detect potential social, emotional and academic issues. The school social worker will contact the families of any students who show elevated scores. The school social worker will offer in-school MOSAIC services through the MBH Behavioral Health Consultant (BHC). The teachers, parents, students, school social worker, and other school staff can also refer students for MOSAIC services. In addition to the costs of the screening, it is anticipated that a BHC will be embedded two days each week within the Lincoln Junior High School to provide consultation, early intervention and crisis intervention services.

**Commitment of Resources:** Abraham Lincoln Memorial Hospital Foundation (ALMHF) will fund the hiring of a Behavior Health Consultant two days per week during the school year. ALMHF will also purchase supplies and equipment for the BHC and the screening tools for LJHS students.

**Collaboration:** The MOSAIC Project in Lincoln will consist of four primary partners; Tri-County Special Education Association, Lincoln School District 27, Abraham Lincoln Memorial Hospital, and Memorial Behavioral Health.

Activity	Timeline	Anticipated Results	FY18 Outcomes
1. The ALMH Foundation will approve a grant to provide funding to Memorial Behavioral Health to fund MOSAIC in Lincoln upon request.	FY18	Funding will be secured by partners for project implementation.	FY18: Behavioral Health Consultant assigned to Lincoln Junior High with funding provided by the ALMH Foundation.

2. Behavioral Health Consultant will be retained.	FY18	BHC will serve LJHS students upon identification.	FY18: Behavioral Health Consultant provided services to students identified as high-risk.
3. Screening tools will be purchased.	11/2017	Teachers will begin screening students.	FY18: Lincoln Junior High School students were screened with teacher facilitation.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>• 75% of the students enrolled on the first day of school at LJHS will be screened.</li> <li>• 100% of children with an extremely elevated screen will have the opportunity to receive a mental health assessment with the MOSAIC BHC.</li> <li>• 100% of children who, based on the mental health assessment, warrant individual or family treatment, will be offered treatment with the MOSAIC clinician.</li> </ul>		FY18: <ul style="list-style-type: none"> <li>• 95% of the students enrolled on the first day of school at LJHS were screened.</li> <li>• 53 (15% of enrolled) children were identified at high risk and 100% of children with an extremely elevated screen were provided an opportunity to receive services from the MOSAIC BHC.</li> </ul>
<b>Long term indicators &amp; source</b>	<ul style="list-style-type: none"> <li>• Families, children, and school personnel should experience a system of care that is easy to access and responsive to their particular needs.</li> <li>• Greater collaboration and communication among those professionals who are educating and providing behavioral support will result in a decreased stigma associated with seeking mental health services, dramatically improve attendance at appointments, and result in better outcomes for children, families, teachers, and the community.</li> </ul>		<ul style="list-style-type: none"> <li>• Children received services without barriers of time and transportation.</li> <li>• Behavioral Health Consultant was able to consult with teachers and work with parents to provide whole student services.</li> </ul>

<b>PRIORITY: ACCESS TO HEALTHCARE</b>	
<b>Reasons for priority selection</b>	Abraham Lincoln Memorial Hospital's 2015 community health need assessment identified access to healthcare as a top priority through its data collection and analysis, and community advisory group.

<b>Goal 1: Provide access to pharmaceutical assistance</b>			
<b>Target Population</b>	Low-income patients of the ALMH Emergency Department or Inpatient Care who cannot afford medications causing chronic problems.		
<b>Objective</b>	Provide up to \$10,000 in prescription assistance in order to prevent patients from needing to return to the hospital or doctor.		
<b>Strategy Selected:</b> To reduce the number of ER visits directly related to lack of medication, assistance will be provided to patients as deemed appropriate by ER staff.			
<b>Program/Resources hospital will commit:</b> Staff to assess the patient's needs and work with local pharmacy to pay for medications.			
<b>Collaborative Partners:</b> Local pharmacy.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY18 Outcomes</b>
1. Upon discharge, ALMH staff will provide approval for medication renewal at a local pharmacy.	FY18	Fewer return visits to the Emergency Department/Acute Care Department.	FY18: \$6,074
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Provide at least \$3,000 in assistance.		Met by Q2.
<b>Long term indicators &amp; source</b>	Meet needs of patients entering the emergency room to assist them in controlling health conditions that can cause readmission.		Patient assistant provided.

<b>Goal 2: ALMH will serve as a clinical site for affiliated healthcare education programs as requested.</b>	
<b>Target Population</b>	Future healthcare providers.
<b>Objective</b>	Host students requiring clinical experience for their educational requirements.
<b>Strategy Selected:</b> Provide clinical education for nursing and allied health students in order to support completion of their degrees and increase the supply of healthcare professionals to provide care in the community.	



<b>Programs/resources hospital will commit:</b> Staff to oversee and facility to provide clinical experience to students.			
<b>Collaborating partners:</b> Heartland Community College			
Activity	Timeline	Anticipated Results	FY18 Outcomes
1. Serve as a clinical site.	FY18	Students will observe and complete clinicals in areas of Radiology, Acute Care and Rehabilitation.	FY18: 288 hours for radiology students 238 hours for laboratory students 805 hours for nursing students
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Hours completed. Source: Department Managers		Completed.
<b>Long term indicators &amp; source</b>	Hours completed. Source: Department Managers		Completed.

**Goal 3: Provide free baseline neurological testing to athletes in order to better treat concussions if one should occur while participating in a sport.**

**Target Population** | Athletes aged 10 and up.

**Objective** | Provide better knowledge for physicians when making a decision to return a concussed player to his/her sport.

**Strategy Selected:** Head injuries are on the rise for athletes at all levels of play. An estimated 4 to 5 million concussions occur annually, with increases emerging among middle school athletes. Logan County is a very sports-driven community with several youth programs and school sports. The ImPACT test was developed by clinical experts who pioneered the field, ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most-widely used and most scientifically validated computerized concussion evaluation system. ImPACT provides trained clinicians with neurocognitive assessment tools and services that have been medically accepted as state-of-the-art best practices -- as part of determining safe return to play decisions.

**Programs/resources hospital will commit:** ALMH will provide staff and equipment to conduct the testing. ALMH will also offer education to increase awareness of concussion issues, and promote this free service to the community.

**Collaborative Partners:** All Logan County and eastern Mason County schools serving children aged 10 and up, youth sports organizations, YMCA, local universities/colleges and Lincoln Park District. MHS graphics team to develop promotional materials.

Activity	Timeline	Anticipated Results	FY18 Outcomes
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1. Provide schools, teams, organizations and individuals' baseline screening.	FY18	ALMH will continue its efforts to provide baseline screening to Logan County athletes ages 10 and up.	ALMH provides ongoing free baseline screenings.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Number of athletes who have been screened; goal is 100 athletes screened. SOURCE: ALMH Athletic Trainers		FY18: 933 baseline screenings conducted and 38 post-injury screenings conducted.
<b>Long term indicators &amp; source</b>	Number of athletes who have been screened. Long term goal will be 30% of all students participating in athletic programs at local schools and colleges. SOURCE: ALMH Trainers		FY18: 95% of student athletes at participating schools completed the screening.

<b>PRIORITY: CHRONIC DISEASE MANAGEMENT (DIABETES AND CARDIOVASCULAR DISEASE)</b>	
<b>Reasons for priority selection</b>	Abraham Lincoln Memorial Hospital's 2015 community health need assessment identified chronic disease management as a top priority through its data collection and analysis and community advisory groups. In 2009, 9.9 percent of adults have been diagnosed with diabetes in Logan County, an increase of 2.3% since 2006. Logan County has eight new cases of diabetes per 1,000 population aged 18 to 84 years old in the past 12 months as reported in 2006-2008 (age adjusted to the year 2000 standard population). Healthy People 2020 has a target of 7.2 new cases per 1,000 population aged 18 to 84 years old. Hyperlipidemia leads to atherosclerosis, heart disease and acute pancreatitis. Since 2009, individuals receiving Medicare in Logan County have had an 8.6 percent increase in those being treated for hyperlipidemia. Also, since 2001, there has been a 5.5% increase in the percentage of Logan County adults who have been told they have high blood pressure. The number of Logan County Medicare individuals being treated for atrial fibrillation represents a higher rate than 75% of counties in the United States.

<b>Goal 1: Provide diabetes education and support</b>	
<b>Target Population</b>	People with diabetes and caregivers.
<b>Objective</b>	Improve access to education for better control of diabetes through a support group that encourages diabetic lifestyle choices.

**Strategy Selected:** Diabetes is a leading cause of death in the United States. Obesity increases the risk of diabetes. Losing weight and maintaining a healthy weight helps to prevent and control diabetes and other health conditions. According to the Centers for Disease Control and Prevention, more than 25 million people have diabetes, including both diagnosed and undiagnosed cases. This disease can have a harmful effect on most of the organ systems in the human body; it is a frequent cause of end-stage renal disease, non-traumatic lower-extremity amputation, and a leading cause of blindness among working age adults. Persons with diabetes are also at increased risk for ischemic heart disease, neuropathy, and stroke.

**Programs/resources hospital will commit:** Abraham Lincoln Memorial Hospital will provide the funding of the facilitator, space and supplies to hold the support group meetings. Additionally, ALMH will promote the meetings to the public.

**Collaborative partners:** Memorial Physician Services for referrals, Healthy Communities Partnership members for awareness and referrals.

Activity	Timeline	Anticipated Results	FY18 Outcomes
1. ALMH will collaborate with Memorial Physician Services and to discuss referrals to the support group and training	FY18	<ul style="list-style-type: none"> <li>Referring physicians in Logan County will refer patients to the support group.</li> </ul>	ALMH has promoted services, training and support group opportunities to MPS staff and physicians.
2. CDE will determine schedule and topics.	10/2017	<ul style="list-style-type: none"> <li>Relevant topics will be developed for support groups.</li> </ul>	Monthly support group meetings are established and publicized.
3. ALMH will host monthly, free diabetes support groups	FY18	<ul style="list-style-type: none"> <li>Participants will learn important skills to assist their control blood glucose levels.</li> </ul>	Support groups are held monthly.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Support groups will be held monthly. Participation will increase through improved promotion, referrals.		Complete.
<b>Long term indicators &amp; source</b>	Support groups attendance will increase by 25%. Source: Sign-in Sheets		FY18: Attendance has increased an average of 30% in FY18 to 6 people per event.

**Goal 2: Women’s Education Event**

**Target Population** | Women living in Logan County

**Objective** | Increase awareness of chronic disease prevention.

**Strategy Selected:** Provide education to women on nutrition, physical activity and other preventative behaviors to be healthy role models and advocates for their families’ health.

- Increase awareness of chronic disease including cardiovascular disease and diabetes that are increasing at higher rates due to the obesity epidemic.

**Programs/resources hospital will commit:** Abraham Lincoln Memorial Hospital will provide staff, space, and supplies to host women for community education. ALMH will also provide staff and funding to promote the event to the community.

**Collaborative Partners:** This event will take place in partnership with the ALMH Auxiliary.

Activity	Timeline	Anticipated Results	FY18 Outcomes
<ol style="list-style-type: none"> <li>1. Reserve date and room for event.</li> <li>2. Obtain speakers and materials for event.</li> <li>3. Create promotional materials and execute a marketing campaign.</li> <li>4. Hold the event.</li> </ol>	FY18	<ul style="list-style-type: none"> <li>• Date established, facility reserved.</li> <li>• Speakers and activities identified.</li> <li>• Marketing materials created and distributed.</li> <li>• Increase awareness of healthy behaviors for women.</li> </ul>	<p>Ladies Night Out was held March 23, 2018.</p> <p>Topics included increasing healthy behaviors, education regarding sugar intake and increasing mindfulness and resilience in everyday life.</p>
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Number of individuals who attended the event, with a goal of 65. A survey will be conducted to measure awareness healthy behaviors and commitment toward making a change.		Over 170 women attended the event.
<b>Long term indicators &amp; source</b>	Participants will incorporate what they learned into their lifestyle – follow-up participant survey administered by ALMH staff.		A post-event survey reported: 90% are trying to improve or actively incorporating more healthy behaviors.

**Goal 3: Wellness Expo Including Free Cholesterol and Pulse Oximeter Screenings**

**Target Population** | Public in Logan County

**Objective** | Increase awareness of chronic disease prevention.

**Strategy Selected:**

- Provide health education to participants through community education by promoting and inspiring a culture of health in Logan County.
- Provide free cholesterol screenings to event attendees.

<p><b>Programs/resources hospital will commit:</b> Abraham Lincoln Memorial Hospital will provide staff, meeting space, and supplies to coordinate the event. ALMH will also provide staff and funding to promote the event to the community. At the event, ALMH staff will provide expert advice regarding diabetes, cardiovascular health and obesity along with the supplies and staff to conduct free screenings.</p>			
<p><b>Collaborative Partners:</b> Logan County Department of Public Health and the Lincoln Park District</p>			
Activity	Timeline	Anticipated Results	FY18 Outcomes
<ol style="list-style-type: none"> <li>1. Reserve date and location for event.</li> <li>2. Obtain vendors, screeners and volunteers for event.</li> <li>3. Create promotional materials and execute a marketing campaign.</li> <li>4. Hold the event.</li> </ol>	<p>10/ 2017</p> <p>12/2017</p> <p>12/2017</p> <p>2/2018</p>	<ul style="list-style-type: none"> <li>• Date established, facility reserved.</li> <li>• Vendors confirmed.</li> <li>• Marketing materials created and distributed.</li> <li>• Increase awareness of healthy behaviors.</li> <li>• At least 400 individual will attend the event.</li> <li>• At least 50 individuals will have a cholesterol screening and receive diabetes education.</li> </ul>	<p>Complete:</p> <p>Event was held February 17, 2018 from 9am-1pm. Over 650 people attended the event. 89 free lipid profiles and blood sugar screenings were provided.</p>
<p><b>MEASURES:</b> What will we measure to know the program is making a difference?                  Count of participants will be taken at the event.                  A survey will be taken at the event to identify the information gained by participants.</p>			
<b>Short term indicators &amp; source</b>	Number of individuals who attended the event, goal 400.		Over 650 attended the event.
<b>Long term indicators &amp; source</b>	Participants will follow up with attendance at diabetes support group or DSME classes.		Complete.

<p><b>Goal 4: Offer free blood pressure screenings to increase awareness of blood pressure results.</b></p>	
<b>Target Population</b>	Logan County and eastern Mason County residents
<b>Objective</b>	Increase awareness of blood pressure in residents and identify potential opportunities for early intervention.
<p><b>Strategy Selected:</b>                  Provide free community blood pressure screenings at ALMH on a weekly basis so that individuals can easily monitor this important health indicator. Patients are educated about results and encouraged to provide monitored blood pressure results to their primary care physician when a need arises or as part of monitoring their health status.</p>	

<b>Programs/resources the hospital will commit:</b> The screening takes place at ALMH and is promoted and conducted by ALMH staff and volunteers.			
<b>Collaborative partners:</b> Local organizations that promote the service including Kiwanis and Rotary Clubs.			
<b>Activity</b>	<b>Timeline</b>	<b>Anticipated Results</b>	<b>FY18 Outcomes</b>
1. Reserve the room and secure the volunteer for the screenings	10/2017	Secure the room and screening staff.	Blood pressure screenings conducted weekly at ALMH.
2. Promote the screenings through local media	FY18	Community awareness of the free service. Average 10 screenings per week.	FY18: 610 screenings conducted.
<b>MEASURES:</b> What will we measure to know the program is making a difference?			
<b>Short term indicators &amp; source</b>	Attendance at the screenings (approx. 700 screenings per year). Source: Volunteer Sign-In Sheets		
<b>Long term indicators &amp; source</b>	Attendance at the screenings. Source: Volunteer Sign-In Sheets		

Approved by Abraham Lincoln Memorial Hospital Board on August 16, 2017