



Sanford Health of Northern Minnesota
Community Health Needs Assessment
Implementation Strategy
2017-2019

SANFORD[®]
HEALTH

Dear Community Members,

Sanford Bemidji is pleased to present the 2016 Community Health Needs Assessment (CHNA) and Implementation Strategy. There is great intrinsic value in a community health needs assessment when it serves to validate, justify and defend not-for-profit status and create opportunity to identify and address community health issues.

During 2015 members of the community were asked to complete a non-generalizable survey to help identify unmet health needs. Sanford Bemidji worked in partnership with Beltrami County Public Health as we conducted the CHNA. Analysis of the primary research data and secondary research was used to identify health concerns and needs in the community. Community partners and public health leaders assisted with the development of an asset map that lists resources and assets that are available to address each need. A gap analysis and prioritization exercise was also conducted to identify the most significant health needs, and to further address these needs through the implementation strategies that are included in this document.

Sanford Bemidji has set strategy to address the following community health needs:

- Mental Health/Behavioral Health
- Children and Youth

In this report you will find the implementation strategies for 2017-2019, information about what Sanford is doing to address the needs, assets and resources that are available in the community to address the needs, and a discussion on the impact from the 2013 implementation strategies.

At Sanford Bemidji, patient care extends beyond our bricks and mortar. As a not-for-profit organization, ensuring that the benefits of health care reach the broad needs of communities is at the core of who we are. Through our work with communities, we can bring health and healing to the people who live and work across our communities. Together, we can fulfill this mission.

Sincerely,



Bryan Nermoe
President
Sanford Health of Northern Minnesota



Sammi Davidson
Administrative Director
Sanford Bagley Medical Center

Sanford Bemidji Medical Center Implementation Strategies

Priority 1: Mental Health/Behavioral Health

Mental health includes emotional, psychological, and social well-being. It affects how people think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but people with mental health problems can get better and many recover completely.

Sanford has prioritized mental/behavioral health as a top priority and has set strategy to reduce mortality and morbidity from chemical addiction and mental illness, recruit additional psychiatry/psychology providers for the ambulatory care setting, and enhance the level of behavioral health services that are available to patients in the hospital setting.

Priority 2: Children and Youth

According to the American Congress of Obstetricians and Gynecologists, pregnant teens are at higher risk of certain health problems (such as high blood pressure or anemia) than pregnant women who are older. Pregnant teens are more likely to go into labor too early. This is called *preterm* birth. These risks are even greater for teens who are younger than 15 years or for those who do not get prenatal care. Teen pregnancies carry extra health risks to both the mother and the baby. Often, teens don't get prenatal care soon enough, which can lead to problems later on. They have a higher risk for pregnancy-related high blood pressure and its complications. Risks for the baby include premature birth and a low birth weight.

Sanford has prioritized children and youth as a top priority and has set strategy to improve the health of newborns and young children, and to enhance the level of care that is available for high risk infants.

Additionally, Sanford *fit* is an online community health activation initiative created by Sanford Health that provides engaging programs and resources to kids, families, leaders and role models across numerous settings to promote and activate healthy choices. The four key factors of healthy choices, a healthy body and healthy life included in fit are, MOOD – Emotions and Attitudes and RECHARGE – Sleep and Relaxation, FOOD – Mindful nutrition choices, and MOVE – Physical activity levels

Sanford *fit* programs and resources have been enhanced for a number of settings to Captivate, Educate and Activate leaders, influencers and kids to understand what healthy choices are, what they can do and to encourage them to put them in practice. These programs and resources are created for: schools, daycares, after-school, home, community events, on the go and more. www.Sanfordfit.org

**Community Health Needs Assessment
Implementation Strategy for Sanford Bemidji Medical Center
FY 2017-2020 Action Plan**

Priority 1: Behavioral Health

Projected Impact: Reduce mortality and morbidity from chemical addiction and mental health disease

Goal 1: Participate in the planning for development of a community-based continuum of behavioral health services

| Actions/Tactics | Measureable Outcomes | Dedicated Resources | Leadership | Note any community partnerships and collaborations (if applicable) |
|---|---|--|-------------------|---|
| A community partnership is developed for the purpose of planning a “no wrong door” approach to community behavioral health services | A process is developed for referrals to behavioral health services | ER Case Manager, High risk Case Manager, Peer Support Advocate, Behavioral Health Triage Therapist | Joy Johnson | Upper Mississippi Mental Health Center, Beltrami County Health and Human Services |
| Gaps are being identified in the continuum of behavioral health services in the region | Existence of a broad scope of outpatient residential & acute behavioral health services for individuals at various stages of mental illness | | Joy Johnson | Upper Mississippi MHC, Sanford TRF Behavioral Health, Beltrami County |

Goal 2: Offer psychiatry and psychology services in the ambulatory setting

| Actions/Tactics | Measureable Outcomes | Resources | Leadership | Note any community partnerships and collaborations - if applicable |
|---|--|-------------------------|-------------------|---|
| Recruit additional providers to Sanford Bemidji Clinic | Number of added providers | Celia Beck, Bill Stoner | Bill Stoner | Work with existing community providers, CBHH and Horizon Health |
| Expand availability to telemedicine psychiatry within the hospital and clinic | Additional hours of psychiatry coverage for mental health patients | Psychiatrist | Joy Johnson | Sanford Thief River Falls Behavioral Health |

Goal 3: Enhance the level of behavioral health services available to patients hospitalized at SBMC

| Actions/Tactics | Measureable Outcomes | Resources | Leadership | Note any community partnerships and collaborations - if applicable |
|--|--|----------------------|-------------------|---|
| Hire or contract behavioral health experts to provide early assessment | Early diagnosis and initiation of treatment and transfer | Assessment resources | Joy Johnson | |

Priority 2: Children and Youth

Projected Impact: Improved health of newborns and young children

Goal 1: Reduce the number of infants born addicted to opioids

| Actions/Tactics | Measureable Outcomes | Resources | Leadership | Note any community partnerships and collaborations - if applicable |
|--|-------------------------------|--|-------------------|--|
| Develop case management resources to work with women who are pregnant or at risk of pregnancy and are opioid users | Women assigned a case manager | First Steps to Healthy Babies (Prime West grant) | Lisa Johnson | Work with County and tribes |
| Coordinate Medical Assisted Therapy options available for pregnant women | Pregnant women receiving MAT | Community CD providers | Lisa Johnson | Working with Upper Mississippi Mental Health Center on chemical dependency program development |

Goal 2: Enhance the level of care available for high risk infants born in Sanford Bemidji Medical Center

| Actions/Tactics | Measureable Outcomes | Resources | Leadership | Note any community partnerships and collaborations - if applicable |
|---|--|------------------------|------------------------------------|---|
| Develop gap analysis for establishing a Level II NICU | Completed analysis | Staff time | OB/peds manager & pediatricians | |
| Educate staff to assure clinical competency for Level II care | Hours of training provided | Staff time | OB/peds manager pediatricians | |
| Develop other support services needed to obtain Level II NICU | Availability of support programs such as therapies, nutrition, ventilator management, etc. | Capital and staff time | OB/peds manager, pharmacy, therapy | |

Goal 3: Improve the availability for programs for youth across the community

| Actions/Tactics | Measureable Outcomes | Resources | Leadership | Note any community partnerships and collaborations - if applicable |
|---|--|-------------------------------|-------------------|---|
| Provide Sanford <i>fit</i> Program to the local schools and communicate the sanfordfit.org website broadly to patients and community groups | Sanford <i>fit</i> is available to all students and families in the area through classroom and fit website | Sanford <i>fit</i> leadership | Sanford leaders | Local schools and classroom teachers Child care leaders |

Community Health Needs Assessment Key Findings

The following needs were brought forward for prioritization:

- Economics – affordable housing
- Transportation - availability of public transportation
- Children and Youth – crime, bullying, cost and availability of quality infant care, services for at-risk youth, school absenteeism and dropout rates, cost of quality child care
- Aging – cost and availability of long term care and availability of memory care, resources for caregivers, resources to help the elderly stay in their homes, understanding advanced care directives
- Safety – child abuse and neglect, crime, the presence of street drugs and alcohol in the community, presence of drug dealers in the community, domestic violence, presence of gang activity, elder abuse, child abuse and neglect, safe places for outdoor youth activities, sex trafficking
- Health Care Access – access to affordable health insurance, affordable health care, affordable prescription drugs, affordable dental insurance, affordable vision insurance, use of the emergency department for primary care, availability of non-traditional hours, timely access to physician specialists, and coordination of care
- Physical Health – cancer, chronic disease, obesity, poor nutrition and inactivity
- Mental Health – depression, stress, substance use and abuse, other psychiatric diagnosis
- Preventive Health – flu vaccines

How Sanford is Addressing the Needs

| Identified Concerns | How Sanford Bemidji is Addressing the Needs |
|--|---|
| <p>Economics</p> <ul style="list-style-type: none"> • Availability of affordable housing | <p>SBMC is continuing to provide affordable HUD housing to seniors. Will refer issue to the Bemidji Housing and Redevelopment Authority.</p> |
| <p>Transportation</p> <ul style="list-style-type: none"> • Availability of public transportation | <p>SBMC has developed a business plan for a transportation service for patients to eliminate that as a barrier to accessing health care services. Currently referring patients to county transportation program and UMMHC transportation service.</p> |
| <p>Aging</p> <ul style="list-style-type: none"> • Cost of long term care • Availability of long term care • Availability of resources for caregivers making decisions • Availability of memory care • Availability of resources to help the elderly stay in their homes • Availability of resources for grandparent caregivers for grandchildren • Understanding of advanced care directives | <p>SBMC is working collaboratively with other area aging service providers (assisted living, SNFs, etc.) to coordinate care for the aging population to assist in transitions from levels of care.</p> <p>Social workers, case managers and discharge planners work collaboratively with area service providers to assure safe discharges are possible and appropriate resources are found.</p> |

| Identified Concerns | How Sanford Bemidji is Addressing the Needs |
|--|---|
| <p>Children and Youth</p> <ul style="list-style-type: none"> • Youth crime • Bullying • Availability/ cost of activities for children and youth • Availability/cost of quality infant care • Teen pregnancy • Availability of services for at-risk youth • School dropout rates • School absenteeism • Cost of quality childcare | <p>SBMC will refer issues to Growing Bemidji, an area collaborative working to develop community-based solutions to improve the health and well-being of youth in our region.</p> <p>SBMC has chosen children and youth as an implementation strategy for 2017-2019.</p> |
| <p>Safety</p> <ul style="list-style-type: none"> • Child abuse and neglect • Crime • Presence of street drugs, prescription drugs and alcohol • Presence of drug dealers • Domestic violence • Presence of gang activity • Elder abuse • Child abuse and neglect • Safe places for outdoor youth activities • Sex trafficking | <p>SBMC provides extensive financial support to the area agency that serves sexually assaulted and abused women and children. Referring those clients to this program.</p> <p>SBMC has developed and trained a security force that works together with area law enforcement to assure a safe environment on the SBMC campus.</p> <p>SBMC will refer other issues related to crime, violence, drug trafficking and use, and abuse and neglect to county and city law enforcement.</p> |
| <p>Health Care</p> <ul style="list-style-type: none"> • Access to affordable health insurance • Access to affordable health care • Access to affordable prescription drugs • Cost of affordable dental insurance • Use of emergency services for primary care • Cost of affordable vision insurance • Timely access to mental health/behavioral health providers | <ul style="list-style-type: none"> • Walk-in clinic hours are being expanded to offer alternatives to emergency room care. • Over-users of ER services are being connected with primary care providers. • Prescription drugs are available to those with an inability to pay at a free or reduced rate. • Will refer dental access issues to Northern Dental Access Clinic. • Expanding mental health services in clinics and SBMC to offer psychiatric Telehealth services. • SBMC is working collaboratively with Beltrami County, Upper Mississippi Mental Health Center and several other community agencies to develop a county-wide continuum of care to meet behavioral health needs of the county. • Promoting video and on-line visits 24/7 to health plan members. |

| Identified Concerns | How Sanford Bemidji is Addressing the Needs |
|--|--|
| <ul style="list-style-type: none"> • • Availability of non-traditional hours • Timely access to physician specialists • Coordination of care between providers and services | <ul style="list-style-type: none"> • SBMC is working collaboratively with other area service providers to coordinate care. Social workers, case managers and discharge planners work collaboratively with area service providers to assure safe discharges are possible and appropriate resources are found. • SBMC offers charity care to patients unable to pay for their medical treatment. Sanford's community care policy defines qualifications and financial counselors are available assist patients in completing any documents required to qualify for free or subsidized care per the policy. These same individuals assist patients in enrolling in any public programs for which they qualify. A financial counselor is also employed in our oncology program to assist uninsured or underinsured cancer patients receive reduced rates for chemotherapy medications. |
| <p>Physical Health</p> <ul style="list-style-type: none"> • Cancer • Inactivity • Obesity Chronic disease • Poor nutrition | <ul style="list-style-type: none"> • SBMC is planning community cancer center construction in Bemidji in 2017-18 that would provide integrated comprehensive cancer services all under one roof. • Nutrition counseling and obesity management programs are being expanded. • Exercise programming for employees, past patients and the elderly is being offered in the community. |
| <p>Mental Health</p> <ul style="list-style-type: none"> • Depression • Suicide • Underage drug use and abuse • Drug use and abuse • Alcohol use and abuse • Underage drinking • Stress • Other psychiatric diagnosis • Dementia and Alzheimer's • Smoking and tobacco use/smokeless tobacco use | <p>SBMC is working collaboratively with Beltrami County, Upper Mississippi Mental Health Center and several other community agencies to develop a county-wide continuum of care to meet behavioral health needs of the county. Programming would encompass acute and crisis needs, detoxification, community-based care options, as well as other support programs.</p> <p>SBMC has identified Mental Health/Behavioral Health as an implementation strategy for 2017-2019.</p> |
| <p>Preventive Health</p> <ul style="list-style-type: none"> • Flu shots | <p>Offering flu shots for all volunteers and staff at no cost. Expanded access to flu shots at retail pharmacy sites.</p> |

Bemidji 2016 CHNA Asset Map

| Identified concern | Community resources that are available to address the need |
|--------------------------------|--|
| <p>Economics</p> | <p>Housing Resources:</p> <ul style="list-style-type: none"> • Northwoods Rentals – 218-308-7930 • Bi-County Community Action Program – 218-751-4631 <p>Low Income Housing Resources:</p> <ul style="list-style-type: none"> • Rent assistance - Bi-County Community Action Program – 218-751-4631 • Delton Manor Apts. – 218-759-2523 • Red Pine Estates – 763-541-9199 • Baker Housing – 218-333-6280 • Pine Tree Estates – 218-759-1118 • Churches United – 218-444-1380 (provides financial assistance to low income looking for housing) <p>Employment Resources:</p> <ul style="list-style-type: none"> • MN WorkForce Center – 218-333-8200 • Experience Works – 218-631-3483 • Northwest Indian OIC – 218-759-2022 • Occupational Development Center – 218-751-6001 • Search Resources – 218-759-9787 • Always There Staffing – 218-444-6533 <ul style="list-style-type: none"> • Doherty Staffing – 218-759-9787 • Major employers: <ul style="list-style-type: none"> ○ Sanford Health ○ Bemidji Public School ○ Bemidji State University ○ Beltrami County ○ Anderson Fabrics ○ Knife River Materials ○ Nortech systems, Inc. ○ Norbord Minnesota ○ Paul Bunyan Communications ○ Potlatch ○ City of Bemidji ○ Synergy Solutions |
| <p>Transportation</p> | <p>Transportation resources:</p> <ul style="list-style-type: none"> • Bemidji Bus Lines – 218-751-5311 • Bemidji Cab – 218-759-1368 • Living at Home Caregivers – 218-732-3137 • 1st City Taxi – 218-444-8294 • Bemidji Medi-Van – 218-751-8912 • Hertz Rental – 218-751-0063 • North Air Care – 218-333-7026 • Paul Bunyan Transit – 218-751-8765 • Northwood Interfaith Caregivers – 218-534-4432 • Touching Hearts at Home – 218-333-8509 • Soaring Eagles Transportation – 218-751-7000 • Sparrow Transport Services – 218-444-5265 • Medi-Van – 800-422-0976 |
| <p>Aging population</p> | <p>Adult Day Services – 218-751-1324</p> <p>ARC United – 218-759-0097 (support for children & adults with disabilities)</p> |

| Identified concern | Community resources that are available to address the need |
|--------------------|--|
| | <p>Caregiver Resources:</p> <ul style="list-style-type: none"> • Northwoods Caregivers – 218-333-8264 • Touching Hearts at Home – 218-333-8509 • Caregiver Support Group- 218-333-8264 <p>Memory Care resources:</p> <ul style="list-style-type: none"> • Sanford Health Trillium Memory Care – 218-751-0220 <p>LTC resources:</p> <ul style="list-style-type: none"> • Havenwood Care Center – 218-444-1745 • Sanford Health Nielson Place – 218-751-0220 • Touch of Home – 218-444-2775 • Cedar Cottage – 218-444-1745 • Eldercare – 218-444-4999 • REM Northstar – 218-444-7093 • Goldpine Home – 218-444-4346 • Windsong Catering Living apartments – 218-333-6211 • Good Samaritan – 218-444-2008 • Long Lake Loon Lodge – 218-586-2925 • Sanford Health WoodsEdge – 218-751-0220 • Clubb House – 218-444-9684 • Colleen’s Caring Hands – 218-333-8852 <p>Resources to help seniors stay in their homes:</p> <ul style="list-style-type: none"> • Northwoods Caregivers - 218-333-8264 • Touching Hearts – 218-333-8509 • Sanford Health care Accessories – 218-759-9391 • Walgreens – 218-333-4032 • Iverson Drug – 218-444-3000 • HealthStar Home Health – 218-210-2100 • Sanford Home Health/Hospice – 218-333-5665 • Bi-County CAP (weatherization, repair, home services) – 218-751-4631 • Circle of Life Home Care Anishinaabe (personal care for Native Americans) – 218-751-2943 • Mobile Service Team through Bemidji Evang. Covenant Church (assists with practical needs, repairs, etc.) – 218-751-3699 • Parish Nursing <ul style="list-style-type: none"> ○ Bemidji Evangelical Covenant Church - 218-751-3699 ○ Bemidji United Meth Church – 218-751-3503 ○ New Salem Luth Church – 218-586-2262 ○ People’s Church – 218-444-8240 ○ St. Phillip’s Catholic – 218-444-4262 |
| Children and Youth | <p>Beltrami Co. Sheriff – 218-333-9111</p> <p>Bemidji Police – 218-333-9111</p> <p>Teen Pregnancy resources:</p> <ul style="list-style-type: none"> • Birthright – 218-751-9237 • Evergreen Youth & Family Services – 218-308-9008 • Northwoods Pregnancy Care Center – 218-444-3035 • Sanford Health Clinic – 218-751-5430 • Evergreen Young Parents – 218-309-9011 |

| Identified concern | Community resources that are available to address the need |
|--------------------|---|
| | <p>Activities for youth & children:</p> <ul style="list-style-type: none"> • Alano Club – 218-444-2525 • Boys & Girls Club – 218-444-4171 • Boy Scouts – 800-939-5811 • Girl Scouts – 218-751-4886 • Headwaters Science Center – 218-444-4472 • Kinship North Mentoring Program - 218-308-9012 • Park District – 23 parks • Sanford Center • Gillette Recreation Center • Bemidji Curling Club • Evenson Memorial Baseball field • Bemidji Soccer Fields • Paul Bunyan Playhouse • Headwaters School of Music • Bemidji Public Library <p>Child Poverty resources:</p> <ul style="list-style-type: none"> • Sanford Health Community Care Program – 218-751-5430 • Habitat for Humanity – 218-751-4649 • Salvation Army – 218-751-9111 • Village of Hope – 218-751-0722 • Bemidji Soup Kitchen – 218-444-6847 • Food Shelf – 218-444-6580 • Evergreen Youth Services – 218-751-8223 • MAC (Mothers & Children) – 218-333-6856 • SNAP – 218-333-8300 • Goodwill – 218-759-2147 • 7th Day Adventist Center – 218-751-1985 • St. Philip’s Clothing Depot – 218-444-3835 • Twice But Nice – 218-751-4241 • TK’s Closet – 218-444-8406 • American Red Cross – 218-444-9490 • Restore – 218-444-6398 • Beltrami Co. Family Health Public Health – 218-333-8140 <p>Daycare Resources:</p> <ul style="list-style-type: none"> • Child Care Assistance Program – 218-333-8300 • Head Start/Early Head Start - 218-333-3961 • Bi-Cap Head Start – 218-751-4631 • TLC Preschool – 218-444-4442 <ul style="list-style-type: none"> • Little Rascals Daycare – 218-444-4816 • Calvary Lutheran Preschool – 218-751-1893 • Bethel Child Care Center – 218-444-4746 • Heartland Christian Academy Preschool – 218-751-1751 • Kandi Land Learning Center – 218-444-5437 <p>ARC United – 218-759-0097 (support for children & adults with disabilities)</p> <p>Activities for Youth:</p> <ul style="list-style-type: none"> • Boys & Girls Club – 218-444-4171 • Girl Scouts – 218-751-4886 • Headwaters Science Center – 218-444-4472 |

| Identified concern | Community resources that are available to address the need |
|--|---|
| | <p>Resources for at-risk youth:</p> <ul style="list-style-type: none"> • Evergreen Kinship North – 218-751-8223 • Evergreen Youth Crisis Center – 218-751-4332 • Timber Bay – 218-766-9997 • Integrative Health & Wellness – 218-444-3161 |
| <p>Crime/ Safety</p> | <p>Beltrami Co. Sheriff – 218-333-9111</p> <p>Bemidji Police – 218-333-9111</p> <p>Child Abuse/Neglect resources:</p> <ul style="list-style-type: none"> • Beltrami Co. Child Protection – 218-333-4223 • Children’s Mobile Crisis Team – 800-422-0045 • Native American Youth Hotline – 877-209-1266 <p>Elder Abuse resources:</p> <ul style="list-style-type: none"> • Northwoods Coalition for Family Safety – 218-444-1395 • Peacemaker Resources – 218-444-8048 • Support Within Reach – 218-444-9524 • Family Advocacy Center of No. MN – 218-333-6011 • House of Hospitality – 218-751-0722 • Nokomagiisis – 218-444-0735 • Sexual Assault Program - 218-444-9524 • Domestic Violence Hotline – 218-444-1395 • Timber Bay House – 218-751-9783 <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> • Bemidji Area Program for Recovery – 218-444-5155 • Lake Region Chemical Dependency – 218-444-5750 • AA Program • NA Program • Oshki Manidoo – 218-751-6553 • Restore House – 218-444-9420 <p>Domestic Violence resources:</p> <ul style="list-style-type: none"> • Northwoods Coalition for Family Safety – 218-444-1395 • Peacemaker Resources – 218-444-8048 • Support Within Reach – 218-444-9524 • Family Advocacy Center of No. MN – 218-333-6011 • House of Hospitality – 218-751-0722 • Nokomagiisis – 218-444-0735 • Sexual Assault Program - 218-444-9524 • Domestic Violence Hotline – 218-444-1395 • Timber Bay House – 218-751-9783 |
| <p>Cost/ Access to Health care</p> | <p>Reduced cost dental services:</p> <ul style="list-style-type: none"> • Northern Dental Access Center – 218-333-6856 <p>Clinics:</p> <ul style="list-style-type: none"> • Sanford Health Clinic – 218-751-5430 • Indian Health Clinic – 218-444-0452 • Beltrami Co. Public Health – 218-333-8100 <p>Mental Health resources:</p> <ul style="list-style-type: none"> • Sanford Behavioral health – 218-333-5000 • Hope House Community Support Program – 218-444-6748 • Upper Mississippi Mental Health Center – 218-751-3280 |

| Identified concern | Community resources that are available to address the need |
|--------------------|--|
| | <ul style="list-style-type: none"> • ARC United Housing Access Services – 218-368-5719 • Beltrami Co. Health & Human Services – 2318-333-4223 • Suicide Prevention Program – 218-308-3008 • BSU Counseling (for enrolled students) – 218-755-2053 • Bridges Housing Program for people with mental illness – 218-444-4522 • Center for Psychiatric Care – 701-732-2500 • Claire Rafferty, LICSW – 219-444-6262 • Community Behavioral Health Hospital – 218-308-2400 • 24-hr. Crisis Line – 800-422-0045 • Evergreen Youth & Family Services – counseling – 218-751-8223 • Great River Psychological Services – 218-444-6912 • Integrative Health & Wellness – 218-444-3161 • Journey – 218-333-8930 • National Alliance for Mental Illness (monthly meetings) – 218-214-1681 • Nightlights Family Support Group – 218-751-8153 • Northern Psychological Services – 218-759-2825 • North Homes, Inc. – 218-751-0282 • Region II Mental Health Initiative (monthly meetings) – 218-333-4223 • Stellher (outpatient therapy) – 218-766-1114 • Tamara Mason (outpatient therapy) – 218-444-0899 • Veteran’s Support Group – 218-755-6360 • Wellness in the Woods – 218-472-3091 • Wildgen, Wilimek & Assoc. – 218-751-0887 • Woodvale Psychological Services – 218-586-4057 <p>Foster care beds for adults in crisis:</p> <ul style="list-style-type: none"> • Spruce Woods – 218-444-9757 • MSOCS – 218-755-2619 • Cardinal of MN – 218-755-9530 • UMMHC Programs for Addiction Recovery – 218-751-3280 <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> • Bemidji Area Program for Recovery – 218-444-5155 • Lake Region Chemical Dependency – 218-444-5750 • AA Program • NA Program • Oshki Manidoo – 218-751-6553 • Restore House – 218-444-9420 • UMMHC Programs for Addiction Recovery – 218-751-3280 |
| Physical Health | <p>Nutrition Education resources:</p> <ul style="list-style-type: none"> • Sanford Dietitians • MedSave Nutrition Counselor – 218-759-1222 • Beltrami County Extension nutrition courses – 218-444-5722 • I Can Prevent Diabetes courses – 218-444-5722 • Beltrami Co. Family Health Public Health – 218-333-8140 <p>Farmer Markets:</p> <ul style="list-style-type: none"> • Bemidji Area Farmers Market – 800-251-1689 • Bemidji Natural Choice Farmers Market – 218-556-4761 • Ter-Lee Gardens – 218-694-2934 <p>Physical Activity/Fitness/Obesity resources:</p> <ul style="list-style-type: none"> • Park District facilities – 218-333-1860 • Bemidji School District facilities – 218-333-3100 • Bemidji Baptist Christian School facilities – 218-751-9311 • Heartland Christian Academy facilities – 218-751-1751 |

| Identified concern | Community resources that are available to address the need |
|-------------------------------------|--|
| | <ul style="list-style-type: none"> • St. Mark's Lutheran School facilities – 218-444-9635 • St. Philip's School facilities – 218-444-4938 • Anytime Fitness – 218-444-5529 • InCharge Fitness – 218-444-8138 • Snap Fitness – 218-444-9163 • No X Q S Fitness – 218-308-3101 • Knock-Out Fit Club – 218-444-3897 • Curves – 218-759-8402 • Northern Fitness – 218-766-2228 • Fusion Dance & Fitness Center – 218-444-4599 • Gym Bin – 218—444-3547 • CrossFit Bemidji – 218-407-2162 <p>Chronic Disease resources:</p> <ul style="list-style-type: none"> • Sanford Better Choices, Better Health <p>Diabetes resources:</p> <ul style="list-style-type: none"> • Sanford Bemidji Diabetes Clinic – 218-333-4670 • Diabetes Self-Management Program – 218-759-5579 <p>Cancer resources:</p> <ul style="list-style-type: none"> • Sanford Bemidji Cancer Center – 218-333-2810 • American Cancer Society – 218-444-2810 • Embrace cancer survivorship program – 218-333-5000 • Cancer concerns & Connections Support Group – 218-751-8343 |
| Mental Health/ Behavioral Health | <p>Mental Health resources:</p> <ul style="list-style-type: none"> • Sanford Behavioral health – 218-333-5000 • Hope House Community Support Program – 218-444-6748 • Upper Mississippi Mental Health Center – 218-751-3280 • ARC United Housing Access Services – 218-368-5719 • Beltrami Co. Health & Human Services – 2318-333-4223 • Suicide Prevention Program – 218-308-3008 • BSU Counseling (for enrolled students) – 218-755-2053 • Bridges Housing Program for people with mental illness – 218-444-4522 • Center for Psychiatric Care – 701-732-2500 • Claire Rafferty, LICSW – 219-444-6262 • Community Behavioral Health Hospital – 218-308-2400 • 24-hr. Crisis Line – 800-422-0045 • Evergreen Youth & Family Services – counseling - 218-751-8223 • Great River Psychological Services – 218-444-6912 • Integrative Health & Wellness – 218-444-3161 • Journey – 218-333-8930 • National Alliance for Mental Illness (monthly meetings) - 218-214-1681 • Nightlights Family Support Group - 218-751-8153 • Northern Psychological Services – 218-759-2825 • North Homes, Inc. – 218-751-0282 • Region II Mental Health Initiative (monthly meetings) – 218-333-4223 • Stellher (OP therapy) – 218-766-1114 • Tamara Mason (outpatient therapy) – 218-444-0899 • Veteran's Support Group – 218-755-6360 • Wellness in the Woods – 218-472-3091 • Wildgen, Wilimek & Assoc. - 218-751-0887 • Woodvale Psychological Services – 218-586-4057 |

| Identified concern | Community resources that are available to address the need |
|--------------------|---|
| | <p>Foster care beds for adults in crisis:</p> <ul style="list-style-type: none"> • Spruce Woods – 218-444-9757 • MSOCS – 218-755-2619 • Cardinal of MN – 218-755-9530 • UMMHC Programs for Addiction Recovery – 218-751-3280 <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> • Bemidji Area Program for Recovery – 218-444-5155 • Lake Region Chemical Dependency – 218-444-5750 • AA Program • NA Program • Oshki Manidoo – 218-751-6553 • Restore House – 218-444-9420 • UMMHC Programs for Addiction Recovery – 218-751-3280 |
| Preventive health | <p>Clinics:</p> <ul style="list-style-type: none"> • Sanford Health Clinic – 218-751-5430 • Indian Health Clinic – 218-444-0452 • Beltrami Co. Family Health Public Health – 218-333-8140 |

Demonstrating Impact

The 2013 Community Health Needs Assessment served as a catalyst to lift up obesity and mental health services as implementation strategies for the 2013-2016 timespan. The following strategies were implemented.

2013 Community Health Needs Assessment Bemidji Implementation Strategy

1. Implementation Strategy: Mental Health Services

Three-Year Plan (January 2012 - January 2015)

- Completion of full integration of behavioral health services or access to behavioral health outreach in all regional clinic sites in the Bemidji region
- Complete presentation of outcomes of first three years of integrated behavioral health services
- Implement integrated behavioral health into new clinics
- Completion of American Indian Behavioral Health Service serving the Bemidji region
- Develop behavioral health programming for hospital patients, particularly in the emergency, medical and intensive care units, in collaboration with existing community-based behavioral health providers.

2. Implementation Strategy: Obesity

Three-Year Plan (January 2012 - January 2015)

- Develop a comprehensive weight management program within the Bemidji region using an interdisciplinary team inclusive of medical, nutrition, behavioral health and fitness professionals, as well as weight loss surgery services.
- Implement Sanford Frontiers weight management program within the Bemidji Region.
- Actively participate with community wellness, fitness and healthy living entities to promote and support fitness and active living by sponsoring walking, screening and educational programs.
- The 2013 strategies have served a broad reach across our community and region. The impact has been positive and the work will continue into the future through new or continued programming and services.

Impact of the Strategy to Address Mental Health Services

Behavioral health services have been integrated into all primary care settings through behavioral health screening, PHQ-9 screening and two behavioral health triage therapists. Additionally, a peer support advocate was added to assist those with chemical addition in accessing desired interventions.

A grant was also awarded to Sanford Bemidji Medical Center to, with the assistance of case managers, create prevention and early intervention strategies for pregnant women who are opioid users. The impact of this grant has been to develop collaborative relationships with the Red Lake tribe and Beltrami County to help identify and intervene in order to minimize the impact on newborns.

Additional recruitment of psychology/psychiatry staff is in process. In advance of successful recruitment, telemedicine psych services are now offered to hospital and clinic patients.

Mental health services for the elderly were improved at Sanford Bemidji Senior Behavioral Health Unit with the addition of social work, activities services, and added mental health specialists.

An additional impact is the addition of high-risk case managers and emergency department care managers to assist with the identification and referral of high-risk patients.

Impact of the Strategy to Address Obesity

Sanford Bemidji Medical Center has developed a medical weight loss program inclusive of medical oversight, nutrition counseling, psychological counseling and exercise programming. The interdisciplinary program includes bariatric surgery for those who need surgical intervention.

An intensive behavioral management program with intense nutritional counseling was added to serve Medicare patients.

The Sanford Health *fit* initiative, a childhood obesity prevention initiative, continues to grow and mature as we work to refine the offerings and enable broad replication and meaningful use. Supported by the clinical experts of Sanford Health, *fit* educates, empowers and motivates families to live a healthy lifestyle through a comprehensive suite of resources for kids, parents, teachers and clinicians. *fit* is the only initiative focusing equally on the four key contributing factors to childhood obesity: Food (nutrition), Move (activity), Mood (behavioral health), and Recharge (sleep). Through *fit* we are actively working to promote healthy lifestyles in homes, schools, daycares, our clinical settings, and throughout the community by way of technology, engaging programs, and utilizing key role models in a child's life. In 2016 a new *fit* initiative will be available for 20,000 classroom teachers. The classroom curriculum has numerous modules that teachers can access and implement in part or comprehensively.

Profile by Sanford is a personalized retail weight loss program designed by Sanford Health physicians and scientists to be simple, effective and sustainable. With a certified *Profile* coach, personalized meal plans and smart technology to track progress, members see real results. Each weight loss plan is designed with a focus on nutrition, activity and lifestyle.

The enterprise obesity initiative addressed education for providers and education for patients and community members. The first annual Sanford obesity symposium was held in 2014. Over 400 health care professionals from the region and beyond registered for the 2014 and the 2015 symposium. The

purpose of the symposium is to enhance the knowledge and competence of participants by providing an update on the latest research associated with the prevention, treatment and management of obesity. The target audience includes primary care physicians, pediatricians and specialty care providers, advanced practice providers, licensed registered dietitians, nurses, and other interested health care professionals.

The symposium is an opportunity to provide prevention and treatment practice guidelines for the adult and pediatric population. The planning committee includes several published providers who are sought after nationally and internationally for their expertise.

Sanford is taking a comprehensive and multi-faceted approach to obesity prevention and treatment. The impact is demonstrated through the lives of our community members who have had positive outcomes because of our programs and services.



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