



Sanford Health Network
Community Health Needs Assessment
Implementation Strategy
2017-2019

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HEALTH

Dear Community Members,

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

- Mental health
- Physical Health

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 Vermillion, 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,



Timothy J. Tracy
Chief Executive Officer
Sanford Vermillion Medical Center

Implementation Strategies

Priority 1: Mental Health

Depression is a common but serious illness that can interfere with daily life. Many people with a depressive illness never seek treatment. But the majority, even those with the most severe depression, can get better with treatment. County Health Rankings for Clay County indicate that 11% of the residents have fair or poor mental health.

Sanford has prioritized depression as a top priority and has set strategy to perform assessments for depression and to improve PHQ-9 scores for patients who are diagnosed with depression. The goal is to improve PHQ-9 scores for patients with depression. The measurable outcome is the percentage of patients with major depression or dysthymia and an initial PHQ-9 score greater than nine whose six-month PHQ-9 score is less than five.

Goal: Increase mental health services in the Vermillion community.

Sanford Vermillion has set forth the following strategies and actions to increase the availability of mental health services in the Vermillion community. First, Sanford Vermillion would like to try to increase their mental health counselor from part-time status to full-time status to offer more hours to patients. This may involve bringing on another part-time counselor. Sanford Vermillion would also like to look into partnering with Sanford USD Medical Center to provide for a prevention counselor position to help increase the number of patients seen through that program.

Sanford Vermillion has already added a Certified Nurse Practitioner who specializes in psychiatry to its outreach clinic services and she sees psychiatric patients of all ages monthly at the Sanford Clinic Vermillion. It may be possible to increase the number of outreach visits per month she does in Vermillion if demand increases.

Sanford Vermillion also has the equipment and medical staff credentialed to provide psychiatry outreach services via telemedicine services through our facility and Sanford USD Medical Center as another strategy to increase availability of services in the community.

Priority 2: Physical Health

Poor nutrition and eating habits can lead to obesity and many physical health problems for the community such as diabetes, high cholesterol and hypertension. Sanford Vermillion, through its Health Coach program, providers, dietitian and wellness programs, will be implementing several programs and community education sessions with the goal of improving the physical health of the Vermillion community.

Goal: Improve community's nutrition, physical health and reduce obesity in community.

Sanford Vermillion has established several strategies to improve the Vermillion community's physical health. To reduce obesity in children in the Vermillion community, Sanford Vermillion has

been working with the Vermillion School District on implementing the Sanford Health *fit* initiative, <http://sanfordfit.org/> a childhood obesity prevention initiative. This initiative continues to grow and mature as we work to refine the offerings and enable broad replication and meaningful use. Supported by clinical experts of Sanford Health, *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. Sanford's *fit* initiative has come a long way since its inception in 2010. Through *fit* we are actively working to promote healthy lifestyles in homes, schools and throughout the community by way of technology, engaging programs and utilizing key role models in a child's life.

Sanford Vermillion has also added Sanford *Profile* to its outreach monthly services at Sanford Clinic Vermillion for weight loss consultation and products. Created by Sanford Health researchers and physicians, Sanford *Profile* is a weight loss program where certified coaches customize a program of nutrition and activity so members achieve the results they want.

Sanford Vermillion will also encourage the Vermillion community to engage in all forms of exercise and sponsor/host local events such as Great Strides walking program and biking/walking to work programs.

The Health Coach at Sanford Clinic Vermillion has also been working with the diabetic and hypertension patients proactively to ensure they come in for their health maintenance visits and labs on a timely basis. Sanford has set strategies to provide optimal diabetic care and to measure outcomes for systolic and diastolic blood pressures, LDL cholesterol, Hemoglobin A1c, tobacco use and aspirin use for people living with diabetes.

Sanford has also set strategies to address hypertension through standardized protocol, frequent blood pressure monitoring, and referral as appropriate for patients with hypertension. Outcome measures include a blood pressure of less than 140/90 for all ages 18-59 and for age 60+ with diabetes, vascular or renal disease. For patients age 60 or older without diabetes, vascular or renal disease the goal is blood pressure of 150/90.

We will also continue to provide a number of opportunities for the Vermillion community to attend and obtain free or reduced health screenings at local health fairs and screening events that we hold throughout the year at various events in the Vermillion community including our own annual Health Fair.

Educating the community on healthy nutrition will be another strategy that Sanford Vermillion will be implementing by working with our dietitian to provide healthy cooking classes to focused audiences such as our diabetic registry patients, offerings to children/parents and encouraging the community the increase their consumption of fruits and vegetables though participation with Bountiful Basket or local food co-ops.

Community Health Needs Assessment

Implementation Strategy for Vermillion Medical Center

FY 2017-2019 Action Plan

Priority 1: Mental Health

Projected Impact: Increased opportunities for adults and pediatrics to obtain mental health services in the Vermillion community

Goal 1: Increase Mental Health Services in the Vermillion community

Actions/Tactics	Measureable Outcomes	Resources	Leadership	Note any community partnerships and collaborations - if applicable
Increase SVMC mental health counselor status to 1 FTE	Number of patients seen	Mental Health Counselor	SVMC	
Partner with USD on paying for a prevention counselor position	Number of patients seen		SVMC	University of South Dakota
Education sessions held at the high school level; i.e. DARE	Reduction in underage citations		SVMC	Vermillion School District Resource Officer- Sheriff
Add CNP to psychiatry outreach services at Sanford Vermillion at least once per month	Increase number of psychiatry outpatient visits	SC Psychiatry	SVMC	
Offer psychiatry telemedicine services at Sanford Vermillion	Increase the number of psychiatry outpatient visits and consults	SC Psychiatry	SVMC	

Priority 2: Physical Health

Projected Impact: Reduction in obesity, hypertension and high cholesterol and overall improvement in physical health condition

Goal 1: Improve community’s nutrition, physical health and reduce obesity in community

Actions/Tactics	Measureable Outcomes	Dedicated Resources	Leadership	Note any community partnerships and collaborations (if applicable)
Provide monthly cooking classes to our diabetic registry patients	Number of attendees; healthy lifestyle changes	Dietician	SVMC	Aramark
Safe bike to work/school program	Number of children biking to work; number of employees	Athletic Trainer	SVMC	Vermillion School District; Vermillion Parks & Rec
Fund Sanford <i>fit</i> kids program with local schools	Increased activities for youth and reduction in pediatric obesity	Fund <i>fit</i> kids Program Coordinator	SVMC	Vermillion School District
Increase fruits & veggies through Bountiful Basket or co-ops	Number of members in co-ops	Dietitian	SVMC	Vermillion Chamber; Farmers Market
Walk to work program for Sanford Vermillion employees	Number of in-town employees walking to work	Wellness Committee	SVMC	
Children’s healthy cooking classes with parents	Number of attendees	Wellness Committee	SVMC	HyVee United Way
Provide Sanford Health Fair with free and reduced screenings; healthy education	Number of attendees	Wellness Committee	SVMC	USD Medical School
Add Sanford <i>Profile</i> outreach services at least monthly at Sanford Vermillion	Number of Sanford <i>Profile</i> clients in the Vermillion community	SC staff	SVMC	Sanford <i>Profile</i>

Community Health Needs Assessment Key Findings

The top assessed needs from the 2016 primary and secondary research include:

- Economics
- Aging
- Children and Youth
- Safety
- Healthcare
- Physical Health
- Mental Health

Addressing the Needs Sanford Vermillion Medical Center

Identified Concerns	How Sanford Vermillion is Addressing the Needs
Economics <ul style="list-style-type: none"> • Availability of affordable housing 	<ul style="list-style-type: none"> • Bliss point addition of lots/new homes; Mickelson Avenue lots available • New apartment developments throughout Vermillion • Referral to Vermillion Housing & Development Commission (HUD) • Congregate Care/Senior Living apartments at Dakota Gardens • Sanford Vermillion Care Center – nursing home
Aging <ul style="list-style-type: none"> • Cost of long term care • Availability of memory care 	<ul style="list-style-type: none"> • Referral to state legislatures • 12-bed dementia locked unit at Sanford Vermillion Care Center (SVCC) & 54 general 54 LTC beds • Sanford Arts & Music/Memory Program at SVCC • Alzheimer’s Support Group • Requested Assisted Living Feasibility Study & Community Forum
Children and Youth <ul style="list-style-type: none"> • Bullying 	<ul style="list-style-type: none"> • Referral to Vermillion School Boards • SVMC staff volunteer at schools through Junior Achievement • Sanford <i>fit</i> program for kids at schools
Safety <ul style="list-style-type: none"> • Presence of street drugs and alcohol in the community • Child abuse and neglect 	<ul style="list-style-type: none"> • DARE program in Vermillion schools • SE CASA • Community education/involvement – seeking resources/referrals • Law enforcement
Health Care <ul style="list-style-type: none"> • Access to affordable health insurance • Cost of affordable vision insurance 	<ul style="list-style-type: none"> • Referral to state legislatures • Sanford Health Plan • Sanford Vermillion supports SD expansion of Medicaid program to under- and uninsured • SVMC/SVC accepts most insurance plans & participates in Medicaid/Medicare program

Identified Concerns	How Sanford Vermillion is Addressing the Needs
<ul style="list-style-type: none"> • Access to affordable health care • Cost of affordable dental insurance coverage 	<ul style="list-style-type: none"> • SVMC/SVC financial assistance program for self-pay and under insured • SVMC provides 250+ employees with competitive benefit package - health/vision/dental coverage • SVMC free/reduced cost screenings at health fairs, etc. • Direct Cost Labs
<p>Physical Health, Poor Nutrition and Eating Habits</p> <ul style="list-style-type: none"> • Inactivity and lack of exercise • Obesity <ul style="list-style-type: none"> • 59.1% of respondents report they are overweight or obese Only 38.4% report having 3 or more vegetables/day • Only 25.2% report having 3 or more fruits/day • 50% report moderate exercise at least 3x/week • High Cholesterol • Hypertension 	<ul style="list-style-type: none"> • Welcome Table • Vermillion Food Pantry • Sanford <i>fit</i> program for kids • Sanford <i>Profile</i> outreach weight loss program at SVMC • City expanded bike path • USD Wellness Center; Anytime Fitness • Sanford Great Strides Program • Sanford weight lifting/exercise equipment donation to school district • SCV Health Coaching – diabetes, hypertension, asthma • SVMC & HyVee dietitians services • Vermillion backpack program • Healthy Cooking classes by dietitian • Partnering with community for brown bag lunches on nutritional topics • Partner with Vermillion Recreation on sponsoring community activities • Sanford Vermillion annual Health Fair • Sanford free blood pressure screenings • Relay for Life participation/Sanford Vermillion team
<p>Mental Health</p> <ul style="list-style-type: none"> • Underage drug use and abuse • Underage drinking • Stress • Alcohol use and abuse <ul style="list-style-type: none"> • binge drinking • Drug use and abuse 	<ul style="list-style-type: none"> • SVMC Psychiatry Outreach program with CNP on-site once per month • SVMC Psychiatry telemedicine program • SVMC part time Mental Health counselor • SE CASA • Community MH Counselors – Deb Gapp; Lewis & Clark Behavioral Health • USD Counseling Department & Education department programs • DARE program in schools • AA programs/meetings in community • SVMC representative on USD Alcohol & Suicide Prevention Committee

Vermillion Asset Mapping

Identified concern	Community resources that are available to address the need
Economics	<p>Vermillion Housing Authority - 605-677-7192 / 605-677-7191</p> <p>CCCS of LSS – SD (housing counseling agency) - 605-330-2700</p> <p>Low income apartments:</p> <ul style="list-style-type: none"> • Applewood Court Apts. 605-352-8536 • Cressman Court Apts. 605-348-5656 • Oakwood Apts. 605-624-9557 • Walnut St. Apts. – 605-624-4419 <p>Apartments:</p> <ul style="list-style-type: none"> • University Rentals 605-624-8001 • Clark’s Landing 605-209-7122 • Dakota View 605-624-5642 <p>Mobile homes:</p> <ul style="list-style-type: none"> • Mobile Home Renting 605-610-0006 • Westgate Mobile Homes 605-624-3625 <p>Real estate agencies:</p> <ul style="list-style-type: none"> • Premier Real Estate 605-624-2646 • Dakota Realty 605-624-4476 • Maloney Real Estate 605-624-3333
Aging population	<p>SD Department of Social Services - 605-367-5444</p> <p>Sanford Dakota Gardens - 605-677-3500</p> <p>SESDAC (group home) - 605-624-2952 / 605-624-0061 (2 locations)</p> <p>Home Care:</p> <ul style="list-style-type: none"> • Heartland Home Care 605-624-5900 • Sanford Visiting Nurses Assn. 605-624-1912 <p>Sanford HME – 605-624-4955</p>
Children and Youth	<p>Mental Health Counselors:</p> <ul style="list-style-type: none"> • Michelle Hinseth 605-677-3500 • Gapp Counseling Service 605-677-9052 • Lewis & Clark Behavioral Health 605-624-9148 • Alcohol & Drug Counseling Service 605-624-9148 • Dakota Oak Counseling 605-759-8359

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> • Sioux Falls Psychological Services 605-334-2696 • Great Plains Psychological Services 605-323-2345
<p>Crime/Safety</p>	<p>Vermillion Police – 605-677-7070</p> <p>Sheriff’s office – 605-677-7100</p> <p>SVMC ER – 605-677-3500</p> <p>Children’s Inn (services for family violence, child abuse) 605-338-0116</p> <p>SE CASA</p> <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> • Gapp Counseling Service 605-677-9052 • Michelle Hinseth 605-677-3500 • Lewis & Clark Behavioral Health 605-624-9148 • Alcohol & Drug Counseling Service 605-624-9148 • Glory Home 605-332-3273 • Keystone Outreach 605-413-1493 • Sioux Falls VAMC 605-336-3230 • Tallgrass Recovery 605-368-5559 • Bartels Counseling 605-310-0032 • Choices Recovery 605-334-1822 • Counseling Resources 605-331-2419 • Dakota Drug & Alcohol Prevention 605-331-5724 • First Step 605-361-1505 • Carroll Institute 605-336-2556 • Sioux Falls Urban Indian Health 605-339-0420 • Transitional Living Corporation 605-368-5559 • Sioux Falls Treatment Center 605-332-3236 • Arch Halfway House 605-332-6730 • Changes & Choices Recovery Center 605-332-9257 • Face it Together 605-271-9044
<p>Access to Healthcare Cost of Healthcare /</p>	<p>Sanford Health Community Care Programs</p> <p>Medical Home Program</p> <p>Sanford Health Case Managers</p> <p>Sanford Health Parish Nurses</p> <p>Sanford Health Social Workers</p>

Identified concern	Community resources that are available to address the need
	<p>Clinics:</p> <ul style="list-style-type: none"> • Sanford Vermillion 605-677-3700 • Vermillion Medical Clinic 605-624-8643 • Olson Medical Clinic 605 624-5666 • Public Health 605-677-6767 <p>Summit Dental Health (has a discount dental plan) - 605-624-0070</p> <p>Prescription Assistance programs:</p> <ul style="list-style-type: none"> • CancerCare co-payment Assistance Foundation 866-552-6729 • Freedrugcard.us • Rxfreecard.com • Medsavercard.com • Yourrxcard.com • Medicationdiscountcard.com • Needymeds.org/ drugcard • Caprxprogram.org • Southdakotarxcard.com • Gooddaysfromcdf.org 877-968-7233 • NORD Patient Assistance Programs 800-999-6673 • SD Partnership for Prescription Assistance 888-477-2669 • Patient Access Network (PAN) Foundation 866-316-7263 • Pfizer RX Pathways 866-776-3700 • RXhope.com <p>Home Care resources:</p> <ul style="list-style-type: none"> • Sanford Home Care <p>Mental Health resources:</p> <ul style="list-style-type: none"> • Michelle Hinseth 605-677-3500 • Southeastern Behavioral HealthCare 605-336-0503 / 605-336-0510 • Gapp Counseling Service 605-677-9052 • Lewis & Clark Behavioral Health 605-624-9148 • Alcohol & Drug Counseling Service 605-624-9148 • Dakota Oak Counseling 605-759-8359 • Sioux Falls Psychological Services 605-334-2696 • Great Plains Psychological Services 605-323-2345 <p>Respite Care facilities:</p> <ul style="list-style-type: none"> • SD Dept. of Human Services Respite Care Program 800-265-9684
Physical Health	<p>Sanford Dietitian HyVee Dietitian</p> <p>Farmers Markets:</p> <ul style="list-style-type: none"> • Vermillion Area Farmers Market 605-624-5369 • Morse Farmers Market 605-624-2272

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> • Heikes Family Farm (CSA) 605-222-3949 <p>Exercise Facilities:</p> <ul style="list-style-type: none"> • Vermillion School System Athletic Department 605-677-7000 • Vermillion Parks & Recreation Dept. 605-677-7050 • Anytime Fitness 605-624-9250 • USD Wellness Center 605-677-8803 <p>Clinics:</p> <ul style="list-style-type: none"> • Sanford Vermillion – 605-677-3700 Better Choices, Better Health” program for chronic disease patients - offered by Sanford free of charge • Vermillion Medical Clinic 605-624-8643 • Olson Medical Clinic 605-624-5666 • Public Health – 605-677-6767 <p>Sanford Profile Outreach Clinic</p>
Mental Health/ Behavioral Health	<p>Mental Health resources:</p> <ul style="list-style-type: none"> • Michelle Hinseth 605-677-3500 • Gapp Counseling Service 605-677-9052 • Heuermann Counseling Clinic 605-336-1974 • Catholic Family Services 605-988-3775 • LifeMarks Behavioral Health 605-334-1414 • Southeastern Behavioral HealthCare 605-336-0503 / 605-336-0510 • Lewis & Clark Behavioral Health 605-624-9148 • Alcohol & Drug Counseling Service 605-624-9148 • Dakota Oak Counseling 605-759-8359 • Sioux Falls Psychological Services 605-334-2696 • Great Plains Psychological Services 605-323-2345 <p>PTSD resources:</p> <ul style="list-style-type: none"> • VA / Vet Center 605-330-4552 • Avera Health 605-322 8000 <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> • Glory Home 605-332-3273 • Keystone Outreach 605-413-1493 • Sioux Falls VAMC 605-336-3230 • Tallgrass Recovery 605-368-5559 • Bartels Counseling 605-310-0032 • Choices Recovery 605-334-1822 • Counseling Resources 605-331-2419 • Dakota Drug & Alcohol Prevention 605-331-5724 • First Step 605-361-1505 • Carroll Institute 605-336-2556 • Sioux Falls Urban Indian Health 605-339-0420 • Transitional Living Corporation 6005-368-5559 • Sioux Falls Treatment Center 605-332-3236 • Arch Halfway House 605-332-6730

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"><li data-bbox="646 237 1252 264">• Changes & Choices Recovery Center 605-332-9257<li data-bbox="646 270 1052 298">• Face it Together 605-271-9044<li data-bbox="646 304 1175 331">• Minnehaha Co. Detox Center 605-367-5297

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 for two priority areas:

- Mental Health
- Specialty Outreach Services

2013 Community Health Needs Assessment Sanford Vermillion Implementation Strategy

Implementation Strategy: Mental Health

- Sanford One Mind/One Care
- Utilize internal resources available through SVMC Mental Health Counselor
- Look at expansion of Employee Assistance Programs already available in community
- Collaborate with other mental health providers in community to look at expansion options
- Utilize current clinic Health Coach and expansion of telehealth Psychiatry/Psychologist services to expand mental health services to patients

Implementation Strategy: Specialty Outreach Services

- Continue to work with Sanford Health and other outreach providers to determine the viability of additional outreach services for Sanford Vermillion
- Continue development of telehealth services and capabilities to provide outreach services to patients at Sanford Vermillion
- 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

SVMC mental health counselor is scheduled with patients to capacity.

We were able to add a Psychiatry clinic outreach monthly service provided by a CNP who sees patients of all ages at Sanford Clinic Vermillion.

We are set up to provide Psychiatrist telehealth visits at Sanford Vermillion.

Through these strategies we have significantly increased the number of mental health patients seen at Sanford Vermillion.

Impact of the Strategy to Address Specialty Outreach Services

By working with Sanford Health and the surrounding communities of Vermillion, Sanford Vermillion has been able to provide the following additional specialty outreach services to the Vermillion community:

- Urology
- Psychiatry
- Nephrology
- Dermatology
- ENT
- Vascular Screens
- Pediatric Rehab Medicine



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