



Sanford Medical Center Wheaton  
Community Health Needs Assessment  
Implementation Strategy  
2017-2019

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HEALTH

Dear Community Members,

Sanford Wheaton is pleased to present the 2016 Community Health Needs Assessment 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 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 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 Wheaton has set strategy to address the following community health needs:

- Mental Health
- Safety
- 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 re available in the community to address the needs, and a discussion on the impact from the 2013 implementation strategies.

At Sanford Wheaton, 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,



JoAnn Foltz  
Chief Executive Officer  
Sanford Medical Center Wheaton

## 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 Wheaton has made mental/behavioral health a significant priority and has developed strategies to improve access and availability of services for mental and behavioral health needs.

### Priority 2: Safety

The Substance Abuse and Mental Health Services Administration (SAMHSA) reports that 4.3 million Americans engaged in non-medical use of prescription painkillers in the last month. Approximately 1.9 million Americans met criteria for prescription painkillers use disorder based on their use of prescription painkillers in the past year.

A number of opioids are prescribed by physicians to relieve pain. These include hydrocodone, oxycodone, morphine, and codeine. While many people benefit from using these medications to manage pain, prescription drugs are frequently diverted for improper use. In the 2013 and 2014 National Survey on Drug Use and Health (NSDUH), 50.5% of people who misused prescription painkillers got them from a friend or relative for free, and 22.1% got them from a physician. As people use opioids repeatedly, their tolerance increases.

Sanford has set strategy to reduce drug and narcotic use across the system by providing alternative pain management methods. Policies and procedures to address the prescription of narcotics will be standardized across the health care system as part of this strategy. Pain medication prescriptions will be tracked and studied to identify areas for improvement. Sanford Wheaton has set strategy to work with law enforcement to increase the locations for drug take-back.

### Priority 3: Children and Youth

According to a report by the U.S. Department of Agriculture, 49 million people in the United States live in households struggling to find enough food to eat. Nearly 16 million are children, who are far more likely to have limited access to sufficient food than the general population. While 15.9% of

Americans lived in food-insecure households, 21.6% of children had uncertain access to food. It is difficult for a child to learn when they are malnourished.

Sanford has made children and youth a significant priority and has developed strategies to improve the health of children. Sanford is working with community partners to provide access to healthy food options to decrease hunger among children in the community.

**Community Health Needs Assessment  
Implementation Strategy for Sanford Wheaton Medical Center  
FY 2017-2019 Action Plan**

**Priority 1: Mental Health**

**Projected Impact:** Improve overall mental health in the community

**Goal 1: Improve access/availability for mental health/behavioral health services**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Dedicated Resources</b>	<b>Leadership</b>	<b>Community partnerships /collaborations</b>
Work with Sanford Thief River Falls psychiatry team and Traverse County Mental Health providers to increase the number of available appointments for services and decrease ER visits	Number of visits, New clientele access, ER visits	Additional staff time	JoAnn Foltz Chelsie Falk Chere Rikimoto	Traverse County mental health providers
Expand Medical Home to provide follow up for those patients who have PHQ-9 scores indicating depression	Number of follow-up referrals	Chere Rikimoto	Jordan Ottoson Chere Rikimoto Chelsie Falk	First Link 211
Evidence-based guidelines for mental health are implemented	Implementation of practice guidelines for mental health is complete	Clinic/medical center providers	Jordan Ottoson Chelsie Falk JoAnn Foltz	

**Goal 2: Promote early identification of mental health needs**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Community partnerships /collaborations</b>
Increase the number of wellness exams to improve health in early childhood	Number of wellness exams	Providers	Jordan Ottoson JoAnn Foltz	Horizon Public Health
Implement screening tools during wellness exams to assess mental health diagnosis	Screening tools are implemented and used at each wellness exam	Sanford Ambulatory Standard. Committee	Providers Chelsie Falk Cher Rikimoto	Horizon Public Health
Support parents with healthy social and emotional development skills	# of books presented to children at wellness exams & <i>Reach Out &amp; Read</i> program	Budget appropriation	JoAnn Foltz	Horizon Public Health

**Priority 2: Safety**

**Projected Impact:** Drug abuse is decreased in the community

**Goal 1:** Decrease the abuse of drugs in the community

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Community partnerships /collaborations</b>
Work with law enforcement agencies to provide safe collection sites for unused drugs	Collections sites are determined and community members are aware of the locations	Drug Enforcement Agency	JoAnn Foltz	Traverse County Law Enforcement

**Priority 3: Children and Youth**

**Projected Impact:** The lives of children and youth are improved with the availability of proper nutrition

**Goal 1:** Children have access to healthy food all week long

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Community partnerships and collaborations</b>
Increase access to healthy food options to decrease hunger among children in the community	Children in need of food for evening and weekend meals are identified and backpacks are available	Food Shelf, Heartland Foods	JoAnn Foltz Chelsie Falk	Wheaton School District, Traverse County Social Services, Traverse County Food Shelf, Great Plains Food Bank
Support the local development of 4-H groups	4-H groups are in place	Budget appropriations	JoAnn Foltz	
Influence health in early childhood at wellness exams	Number of wellness exams	Dr. Mislan Michelle Rinke	Jordan Ottoson	

## Community Health Needs Assessment Key Findings

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

- Children and Youth – availability of quality infant care, availability of activities for children and youth
- Aging – cost of long term care, the availability of memory care
- Safety – the presence of street drugs and alcohol in the community, presence of drug dealers in the community
- Physical Health – cancer, inactivity, obesity
- Mental Health – depression, stress, substance use and abuse (drugs and alcohol)
- Preventive Health – flu vaccines

### How Sanford Wheaton is Addressing the Needs

Health Indicator/Concern	How Sanford Wheaton is Addressing the Needs
<p>Aging</p> <ul style="list-style-type: none"> <li>• Cost of long term care</li> <li>• Availability of memory care</li> </ul>	<ul style="list-style-type: none"> <li>• Local LTC facility is owned by the County; managed by Health Dimensions group.</li> <li>• We provide swing bed services for those who qualify.</li> <li>• We provide all area LTC facilities' contact information to those who need it as there is some difference in the area LTC facility rates.</li> <li>• There is a memory care unit 15 miles away.</li> <li>• The local LTC facility does not have a memory care unit but they do admit those with memory diagnosis. They utilize a variety of safety adjuncts while they are residents there.</li> </ul>
<p>Child and Youth</p> <ul style="list-style-type: none"> <li>• Availability of quality infant care</li> <li>• Availability of activities for children and youth</li> </ul>	<p>We provide free CPR to local day cares.</p> <p>Activities for youth:</p> <ul style="list-style-type: none"> <li>• A new position of 4-H Leadership/director was created in Traverse County. She has been offering a variety of activities in our community - started the Stars Program for 5th-8th graders, enhanced the 4-H groups in the county/county fair, Cloverbuds Program (K-2nd grade - 4-H Cloverbuds do the same projects as older 4-Hers, but in a way appropriate to their age).</li> <li>• Browns Valley Nutrition Program for youth.</li> <li>• Design Club – new for preteen girls 5th-8th grade</li> <li>• BLU's Program Each. BLU brings together youth from across the region to engage in activities and leadership lessons. All activities are planned by the Minnesota 4-H State Ambassadors, and will focus this year on exploring your passions to "Find your Element," and envision how you can live out your passion in your life.</li> </ul>

Health Indicator/Concern	How Sanford Wheaton is Addressing the Needs
	<ul style="list-style-type: none"> <li>• STARS Program with titles such as The Great Outdoors, Summer Olympics, Super Heroes, &amp; Around the World that participants throughout the summer partake in a variety of events under each category.</li> <li>• Minnesota 21st Century Grant provides activities for grades 5-8.</li> <li>• Presented activity bags for hospitalized children to be given out or those that are severely sick or injured in our ER</li> <li>• Little Flock is a preschool education program that meets twice a week for 2.5 hours</li> <li>• Traverse County Early Family Childhood Development group (EFC) meets at the elementary school monthly for projects with their families</li> <li>• Minnesota West Central Community Action Group provides support in the homes for 0-3 year olds</li> <li>• The FCCLA group also provides activities throughout the year which we participate in, such as a Halloween party at school.</li> <li>• We are a display area for our local kindergarten classes to make decorations to hang on all the doors each month. They bring them up and place them on the doors. We treat them with snacks as they make their rounds around the facility.</li> <li>• Have active Boy Scout and Girl Scout groups that offer activities for the youth.</li> <li>• Free movies for children and youth sponsored by a variety of organizations throughout the year.</li> </ul>
<p>Safety</p> <ul style="list-style-type: none"> <li>• Presence of street drugs and alcohol in the community</li> <li>• Presence of drug deals in the community</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to work with local police and sheriff depts. related to street drugs and alcohol.</li> <li>• Have had the local SWAT team provide a live enactment of a live shooter in our ER.</li> <li>• All staff have been trained in MOAB.</li> <li>• Have installed badge readers at all entrances for employees so all but 3 doors are open during business hours for visitors</li> <li>• Pursuing having some “Panic” buttons installed in 3 locations that call the police when pushed for security/safety reasons.</li> <li>• The City of Wheaton will join a drug task force in 2016 to help with the investigation of cases by helping with undercover work.</li> <li>• We belong and participate in the Minnesota Prescription Monitoring Program (PMP) which is a tool to be used by prescribers and pharmacists to assist in managing patient care. It contains information provided by Minnesota licensed pharmacies and prescriber dispensers.</li> </ul>



Health Indicator/Concern	How Sanford Wheaton is Addressing the Needs
Physical health <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Inactivity and lack of exercise</li> <li>• Obesity</li> </ul>	<ul style="list-style-type: none"> <li>• Provided 2 sessions of Tai Chi with about 10 at each session.</li> <li>• Provided Diabetes Prevention Program starting in January. It is 12 month program weekly for 16 weeks then monthly for 7 months.</li> <li>• Provided Better Choices Better Health classes this fall. Attendance of around 12.</li> <li>• Health Coach Medical Home enrollment has increased to about 50 members.</li> <li>• Medical Home RN Health Coach became a smoking cessation instructor.</li> <li>• Cancer Support Group meets monthly. Have video conferences from Roger Marias Cancer Center monthly on a variety of topics.</li> <li>• Cardiac Rehab Program continues to add new members.</li> <li>• Exercise classes available at the local LTC.</li> <li>• Exercise gym available for membership in downtown area.</li> <li>• New Lucas Device placed in hospital and ambulance for better CPR quality.</li> <li>• Concern that having a mobile mammography unit will decrease the volume of women receiving mammograms. Equipment and technology better but service going from daily to monthly not a positive move in the women's eyes.</li> </ul>
Mental Health <ul style="list-style-type: none"> <li>• Under-age drug use and abuse</li> <li>• Drug use and abuse</li> <li>• Alcohol use and abuse</li> <li>• Depression</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Health Support Group continues to meet monthly.</li> <li>• Traverse County Social Service Department has opened a drop-in center for the community in attempt to offer another alternative for those with mental health needs or for those who need a place to spend some time with activities available.</li> <li>• <i>Traverse County Resource Guide</i> is made available throughout the facility.</li> <li>• The AA group meets monthly at the library.</li> <li>• TeleHealth Psychiatry and Psychology is available through a joint arrangement with Thief River Falls. As part of our quality initiatives we have benchmarks to meet related to depression scores/testing in our family practice clinic.</li> </ul>
Preventive Health	<ul style="list-style-type: none"> <li>• Flu vaccine clinics available during flu season. 100% of Sanford Wheaton employees received the vaccine.</li> </ul>

## Wheaton 2016 CHNA Asset Map

Identified Concern	Community resources that are available to address the need
Aging Population	<p>LTC resources:</p> <ul style="list-style-type: none"> <li>• Traverse Care Center – 320-563-8124</li> </ul>
Children and Youth	<p>Child Care resources:</p> <ul style="list-style-type: none"> <li>• Child Care Resource &amp; Referral – 320-422-7777</li> <li>• Donna Sweere Day Care – 320-563-4201</li> <li>• Sharon’s Day Care – 320-563-4805</li> <li>• Gina Berger – 320-563-0472</li> <li>• Carla Bigalke – 320-563-8091</li> <li>• Kelly Krauth – 320-563-8428</li> <li>• Linda Montonye – 320-563-8566</li> <li>• Desiree Siegel – 320-563-0128</li> <li>• Tanya Braaten – 320-563-8832</li> <li>• Chelsea Rath – 320-808-4150</li> <li>• Little Flock Preschool – 320-563-8624</li> <li>• Early Childhood Family Education (ECFE) at Pearson Elementary ( 2-5 years)</li> <li>• ECFE 0-3 years –West Central MN Community Action</li> <li>• Preschool at Pearson Elementary</li> <li>• Traverse County Early Childhood Coalition</li> <li>• MN 21<sup>st</sup> Century Grant</li> </ul> <p>Activities for children and youth:</p> <ul style="list-style-type: none"> <li>• School District after school programs – 320-563-8282</li> <li>• Park District programs – 320-563-4823</li> <li>• Library – 320-563-8487</li> <li>• Girl Scouts</li> <li>• Boy Scouts</li> <li>• 4-H – 320-422-7729</li> </ul> <p>Poverty resources:</p> <ul style="list-style-type: none"> <li>• Food Shelf – 320-695-2110</li> <li>• Food Support Program – 218-685-4486</li> <li>• Habitat for Humanity – 320-839-2528</li> <li>• Hsg &amp; Development Authority (low income public housing) – 320-422-4777</li> <li>• Traverse Co. Social Services – 320-422-4777</li> <li>• Sanford Community Care Program – 320-563-8226</li> <li>• WIC – 888-826-5103</li> <li>• Low income apartments:             <ul style="list-style-type: none"> <li>○ Andell – 218-230-4831</li> <li>○ Tower Apts. – 701-478-4221</li> <li>○ Wheaton Apts. – 320-387-2483</li> <li>○ Pine View</li> </ul> </li> </ul>

Identified Concern	Community resources that are available to address the need
Safety	<p>Police Dept. – 320-422-7700</p> <p>Sheriff – 320-563-4244</p> <p>PDMP (Prescription Drug Monitoring Program)</p>
Physical Health	<p>Sanford Dieticians</p> <p>Chronic Disease resources:</p> <ul style="list-style-type: none"> <li>• Sanford Dietitians</li> <li>• Sanford Better Choices Better Health</li> <li>• Sanford clinic – 320-563-8226</li> </ul> <p>Physical Fitness resources:</p> <ul style="list-style-type: none"> <li>• Wheaton Fitness Center</li> <li>• Park District programs – 320-563-4823</li> </ul> <p>Farmers Market – 701-474-5553</p>
Mental Health/Behavioral Health	<p>Police Dept. – 320-422-7700</p> <p>Sheriff – 320-563-4244</p> <p>Mental Health resources:</p> <ul style="list-style-type: none"> <li>• Traverse Co. Support Group – 320-422-7777</li> </ul>
Preventive Health	<p>Sanford Clinic – 320-563-8226</p> <p>Health Dept. – 320-422-7777</p>

## Demonstrating Impact

The following unmet needs were identified through a formal community health needs assessment, resource mapping and prioritization process for 2013:

- Transportation
- Mental Health Services
- Recruitment of Physician

### **2013 Community Health Needs Assessment Wheaton Implementation Strategy**

#### **Implementation Strategy: Transportation**

- Identify series currently available within the community
- Develop directory with resources and outsource information
- Increase volunteer driver program and work with law enforcement and social services for mental health transport

#### **Implementation Strategy: Mental Health Services**

- Participate in the enterprise implementation strategy to incorporate Sanford One Mind
- Define services currently available
- Develop directory of resources and information
- Distribute directory to various groups and entities

#### **Implementation Strategy: Recruitment of Physician**

- Recruit another full-time family practice physician

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 Transportation

- The transportation resources that are available in the community are included in the *Traverse County Resource Guide* for all members of the community. Transportation did not rank as a high need in the 2016 CHNA.
- The number of county volunteer drivers has increased.
- The DAV van has been added as a free service to all veterans for their VA appointments in Fargo and St. Cloud. Veterans contact the local veterans' office for travel reservations. Volunteers continue to be recruited.
- Local law enforcement will provide transportation of mental health patients if they are "On Hold" with the County. Social Services and Productive Alternatives also provide drivers to transport parents and children with behavior health needs.

#### Impact of the Strategy to Address Mental Health Services

- *Traverse County Resource Guide* has been published with information about mental health resources, transportation resources, housing, disability and emergency resources for the community. The *Traverse County Resource Guide* is available at Public Health, Social Services

and the medical facilities in the county. Sanford Wheaton has included the information at discharge planning meetings with patients.

- A mental health support group meets monthly in Wheaton. Traverse County also has a drop-in Center located in Wheaton for adult mental health clients for socialization activities.
- A psychologist from Life Center, Morris is available at the Wheaton Social Services office each Tuesday. Telehealth psychiatry is available twice a month at Sanford Wheaton Medical Center to enhance patient services in this field.

#### Impact of the Strategy to Access/Physician Recruitment

- A family practice physician was hired at Sanford Wheaton Medical Center in 2013. Sanford Wheaton has a recruitment plan and continues to recruit for additional providers.



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