



Sanford Medical Center Fargo  
**Community Health Needs Assessment  
Implementation Strategies**  
2014-2016

dba Sanford South University EIN #45-0226909



Dear Community Members,

Sanford Fargo dba Sanford South University has conducted a community health needs assessment (CHNA) and formally identified unmet needs in the community. A component of the 2013 CHNA work is a perception survey.

During FY 2012/2013 members of the community were asked to complete a survey to help Sanford identify unmet health needs. Sanford analyzed the survey data, identified unmet needs, and partnered with key community stakeholders to develop a list of resources and assets that were available to address them. A gap analysis was also conducted to identify the most significant health needs, and they were addressed in the implementation strategy that is included in this document.

Sanford Fargo dba Sanford South University has set strategy to address the following community health needs:

- Mental Health Services - Sanford One Mind
- Obesity

Sanford is also addressing mental health services and obesity through enterprise-wide implementation strategies. The enterprise strategies are included for your review.

Additionally, the asset map/resource list is included in this document along with the action steps that will be taken.

At Sanford Fargo dba Sanford South University, 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. By working with communities, we can bring health and healing to the people who live and work across our region. Together, we can fulfill this mission.

Sincerely,

A handwritten signature in blue ink, appearing to read "Dennis Millirons".

Dennis Millirons  
CEO

## Addressing the Needs in Fargo

### ACCESS TO HEALTHCARE

Community resources addressing the need:

- Community Care Programs (Essentia, Sanford)
- Caring Program
- Prescription Assistance Program
- Care Coordinators
- Sanford RN Health Coaches
- Blue Cross Member Advocate Program
- Medical Home Program
- Sanford's My Sanford Nurse Program
- Sanford's Health & Business Center
- Blue Cross Case Managers
- Sanford's Shelter Parish Nurses
- Reduced cost dental resources:
  - RRV Dental Access – 701-364-5364
  - Family HealthCare Center – 701-271-3344
- Mental Health resources - see resource list under Mental Health section (page 12)
- Transportation resources - see resource list under Transportation section (page 18)
- Bilingual providers/translators:
  - Family HealthCare Center – 701-271-3344
  - Homeless Health – 701-298-9245

Sanford's commitment to addressing the need:

- Sanford will continue to address this need. Sanford provides charity care through the Community Care program and continues to provide resources and monitoring of access for healthcare.

### AGING/BABY BOOMERS

Community resources addressing the need:

- LTC (Nursing Homes) available:
  - Eventide – 218-233-7508
  - Golden Living Center – 218-233-7578
  - Bethany on Univ. – 701-239-3000
  - Bethany on 42<sup>nd</sup> – 701-478-8900
  - Elim – 701-271-1800
  - ManorCare – 701-237-3030

- Rosewood – 701-277-7999
- Villa Maria – 701-293-7750
- **Adult Day Care resources (for respite care):**
  - Bethany Day Services – 701-239-3544
  - Home Instead – 701-478-1010
  - Johnson Elder Care Home – 701-277-7195
  - Rainbow Square – 701-277-7999
  - Club Connection – 701-293-7750
  - Heartsprings – 701-261-3142
  - Rosewood – 701-277-7999
  - Villa Maria Club Connection – 701-293-7750
  - Touchmark – 701-476-1200
- **Assisted Living resources:**
  - Arbor Park Village – 218-359-9999
  - Four Seasons – 218-359-9000
  - Carriage House – 1-877-427-9196
  - Eventide Linden Tree – 218-233-7508
  - Eventide Fairmont – 218-233-8022
  - Evergreens, Mhd – 218-233-1535
  - Moorhead Manor – 218-236-6286
  - Northside Retirement Home – 218-233-1583
  - Park View Terrace – 218-233-8548
  - River Pointe – 218-287-6900
  - Bethany Gables – 701-478-8900
  - Bethany Towers – 701-239-3424
  - Edgewood Vista – 701-365-8200
  - Evergreens Fargo – 701-239-4524
  - Good Samaritan – 701-282-2651
  - Pioneer House – 701-271-1862
  - Riverview Place – 701-237-4700
  - Touchmark – 701-476-1200
- **Home Health resources:**
  - Access – 218-233-3991
  - Care 2000 – 218-233-1000
  - CCRI – 218-236-6730
  - C & R Quality Living – 701-235-5744
  - Good Samaritan – 701-282-2651
  - Hospice – 701-356-1500
  - Prairieland – 701-232-1245
  - Sanford Home Care – 701-234-4900
- **Home Services & other resources for assisting the elderly to stay in their homes:**
  - Access – 218-233-3991
  - Care 2000 – 218-233-1000
  - Change is Good – 218-329-7442
  - Homewatch – 218-233-1667
  - LSS Caregiver Respite Services – 218-233-7521
  - Midwest Community Residential Services
  - Accent Multi Services – 701-293-6000

- Active at Home Helpers – 701-200-4328
- At Home Caregiver Services – 701-293-7294
- Comfort Keepers – 701-237-0004
- Community Living Services – 701-232-3133
- C & R Quality Living – 701-235-5744
- Easter Seals – 701-237-9908
- Ebenezer Human Care – 701-412-5525
- Family Caregiver Support Program
- Good Samaritan – 701-282-2651
- Heart 2 Heart – 701-200-7828
- Home Instead Senior Care – 701-478-1010
- Sanford Health Personal Care – 701-232-2452
- LSS Senior Companion Program – 701-271-3247
- Spectrum Home Care – 701-293-8172
- Tami’s Angels – 701-237-3415
- Meals on Wheels – 701-293-1440 (Fargo)
- Meals on Wheels – 218-287-0434 (Moorhead)
- Congregate meals (Moorhead) – various locations
- Cash Wise, Hornbachers & SunMart have on-line grocery orders that can be delivered
- Community Dining – 9 Fargo locations
- LSS Senior Nutrition Program – 218-233-7521
- Outreach Assistance – 701-293-1440
- Transportation services:
  - Clay Co. Rural Transit – 218-236-0303
  - Moorhead Transit System – 218-232-7500
  - Richards Transp. Service – 218-233-3404
  - Anytime Transportation – 701-232-3322
  - Care A Van Mobility 4U – 701-235-6699
  - Doyle Cab – 701-235-5535
  - Discount Taxi – 701-235-5535
  - Fargo Senior Commission – 701-293-1440
  - Fargo City Bus – 701-232-7500
  - Handi-Wheels – 701-232-3231
  - Lucky 7 Taxi – 701-235-1717
  - MAT Paratransit – 701-476-4464
  - Medi Van – 1-800-422-0976
  - Metro Senior Ride Service – 701-293-1440
  - MAT – 701-232-7500
  - Ready Wheels – 701-364-1700
  - RSVP – 701-298-4602
  - Rural Cass Bus – 701-293-1440
  - Rural Cass Volunteer Services – 701-347-5590
- Resources for support of caregivers:
  - Support Group for Alzheimer’s caregivers – 605-321-9610
  - Alzheimer’s Support Group (for young onset caregivers) – 701-277-9757
  - Alzheimer’s Support Group for those with family member in Eventide – 218-233-7508
  - Caregivers Discussion Group through MN LSS – 218-233-7521

- Family Caregiver Support Program – 701-298-4480
- Hospice support for widows & widowers – 701-356-1500
- Activities for Seniors:
  - Senior Center, Moorhead – 218-299-5514
  - Senior Centers, Fargo – 6 locations
  - Community Dining – 9 Fargo locations
  - Volunteer Opportunities – Valley Senior Services: 701-293-1440

Sanford's commitment to addressing the need:

- Services for the elderly will be addressed through the Greater Fargo-Moorhead CHNA Collaborative. Sanford will serve as a member of this initiative.

## **CHILDREN AND YOUTH**

Community resources addressing the need:

- Child Care resources - Child Care Resource & Referral 218-299-7026
- Youth resources – Moorhead:
  - ARC – 218-233-5949
  - Access – 218-233-3991
  - Center for Parenting & Children – 218-233-6158
  - Clay Co. Social Services – 218-299-5200
  - DD Case Management – 218-299-5200
  - Early Intervention Program – 218-284-3800
  - Follow Along Program – 218-299-5200
  - Head Start – 218-299-7002
  - Lakeland Mental Health – 218-233-7524
  - LSS of MN – 218-236-1494
  - The Village – 218-451-4900
  - Youth Educational Service – 701-233-0924
- Youth resources – Fargo:
  - ARC – 701-293-8191
  - Boys & Girls Clubs – 701-235-2147
  - Boy Scouts – 701-293-5011
  - Campus Life – 701-237-6682
  - Caring Program for Children – 701-277-2227
  - Cass Co. Parenting, Children & Family Resources – 701-241-5765
  - Cass Co. Social Services – 701-241-5761
  - Catholic Family Services – 701-235-4457
  - Center for Parenting & Children – 701-235-6433
  - CHARISM – 701-241-8570
  - Christian Family Life Service – 701-237-4473
  - Family HealthCare Center – 701-241-1360
  - Fargo Youth Commission – 701-235-2147
  - Fraser Childcare Services – 701-293-3050
  - Girl Scouts – 701-293-7915
  - Head Start – 701-235-8931
  - Infant Development (SEHSC) – 701-298-4471
  - International Sports Camps – 701-281-7900

- Kamp KACE – 701-234-7544
- LSS of ND – 701-235-7341
- Make A Wish – 701-280-9474
- ND Parents as Teachers Program – 701-231-6374
- Nokomis – 701-232-5635
- ND Kids Count – 701-231-5931
- Parents Support Group – 701-235-9923
- Prairie St. John’s – 701-476-7200
- Prescription Assistance Program – 701-364-0398
- Prescription Connection – 1-888-575-6611
- Right Tracks – 701-792-3722
- Ronald McDonald House – 701-232-3980
- Sanford Health Pediatric Therapy – 701-234-4300
- SE Human Service Center (parenting training) – 701-298-4500
- SENDCA – 701-232-2452
- The Village – 701-451-4900
- Youthworks – 701-232-8558
- Youth for Christ – 701-237-6682
- YWCA – 701-232-2547
- YMCA – 701-293-9622
- Youth Center at Rose Creek – 701-478-4066
- Youth Court (LSS) – 701-235-7341
- Teen Pregnancy resource:
  - First Choice Clinic – 701-237-6530

Sanford’s commitment to addressing the need:

- Sanford continues to address childhood obesity and supports numerous community efforts to provide services for at-risk youth.
- Sanford works in partnership with many of the resources in the community. The Greater Fargo-Moorhead CHNA Collaborative includes human services and public health as partners in this work.

## **ECONOMIC ISSUES**

Community resources addressing the need:

- Employment resources:
  - Job Service Fargo (jobsnd.com)
  - CareerFargo.com
  - Minnesotaworks.net
  - Minnesota Job Service
- Poverty resources:
  - Numerous thrift shops
  - Caring Closet (free clothes) – 701-235-6848
  - Health Care for Homeless Vets - 701-239-3700
  - Homeless Health Service – 701-298-9245
  - Family HealthCare Center – 701- 271-3344
  - Community Care Programs at Sanford & Essentia
  - Cass County Social Services

- Clay County Social Services
- Legal Services of MN – 218-233-8585
- Legal Services of ND – 701-232-4495
- CHARISM – 701-241-8570
- RRV Dental Access – 701-364-5364
- SENDCA – 701-232-2452
- Housing resources:
  - ReStore – 218-284-5253
  - Lake Agassiz Habitat for Humanity – 218-284-5253
  - Down Payment & Closing Costs Assistance Program– 1-800-292-8621
  - HomeKey Program – 701-328-8080
  - Housing Rehab Program - 701-241-1474
  - SENDCAA Weatherization Program – 701-232-2452
  - Help with Utilities (Cass Co. Social Services) – 701-297-6000
  - Xcel “Energy Share” program
  - Help with rent – Section 8, Fargo Housing Authority – 701-293-6262
  - Sisters of Presentation Partners in Housing Program – 701-235-6861
  - Salvation Army provides assistance with housing & utilities – 701-232-5565
  - Low income housing – SENDCAA – 701-232-2452
- Homeless shelters:
  - Churches United – 218-236-0372
  - Clay Co. Service Center emergency shelter – 218-299-7057
  - Dorothy Day House – 218-233-5763
  - Lakes & Prairies transitional housing program – 218-299-7014
  - Motivation, Education & Training emergency shelter – 218-299-7262
  - Fraser transitional living/emergency shelter – 701-356-8585
  - Gladys Ray shelter – 701-364-0116
  - New Life Center – 701-235-4453
  - Salvation Army – 701-232-5565
  - Youthworks (transitional housing ) – 701-232-8558
  - YWCA Shelter – 701-232-3449
- Hunger resources:
  - Food pantries
    - Churches United
    - Dorothy Day House
    - Faith Hope & Love Church
    - Bosnian & Herzegovian community food pantry
    - Emergency Food Pantry
    - Family Worship Center food pantry
    - First Assembly food pantry
    - Great Plains Food Bank
    - Springs of Living Water food pantry
  - Backpack program for students
  - Christmas dinners for the homeless (First Presbyterian, Nativity, Olivet)
  - Shelters providing meals:
    - Churches United
    - Dorothy Day House
    - New Life Center



- Salvation Army
- YWCA Shelter
- Food Baskets:
  - Churches United
  - YWCA Shelter

Sanford's commitment to addressing the need:

- Sanford is one of the biggest employers in the area and contributes substantially to the economic growth of the region. Sanford supports the homeless shelters and provides medical care to those who qualify for charity care through the community care program. Sanford offers a discounted fee for those who qualify.
- Community leaders were invited to learn about the results of the survey through a community meeting held on June 27, 2013 at the Holiday Inn in Fargo.

## **ENVIRONMENT**

Community resources addressing the need:

- Fargo Garbage – 701-241-1449
- Moorhead Garbage – 218-299-7331
- Fargo Water Plant – 701-241-1468
- Moorhead Water Plant – 218-299-5470

Sanford's commitment to addressing the need:

- The concerns expressed on the CHNA survey indicate that the environment was a very low concern for the Cass-Clay area.

## **MENTAL HEALTH**

Community resources addressing the need:

- Mental Health resources:
  - EAP programs
  - Local Mental Health providers
  - Case Management providers
  - SE Mental Health
  - Cass & Clay Co. Social Services
  - FirstLink
  - Prairie (Fargo & Mhd locations)
  - Essentia (Fargo & Mhd locations)
  - Sanford Health
  - Behavioral Health
  - Child/Adolescent Mental Health Services
  - Eating Disorders Institute
  - Psychiatry & Psychology
  - Will be addressing behavioral health in Medical Home (have received a \$12 million grant to help primary care providers extend this service to patients)
  - Mental Health Association
  - Social Connection

- Lakeland Mental Health
- The Village's intensive home visitation program for prenatal
- Payors – Medicaid, commercial payors, grant opportunities
- Early intervention services
- ND KIDS program (used to be called Infant Development)
- Anchorage, The
- ARC of West Central MN
- CCRI
- Clay Co. Chemical Dependency Services
- Clay Co. Detox
- Clay Co. Public Health
- Community Outreach Center at MSUM
- Crisis Responders
- Human Service Associates
- Lost & Found Ministry/Recovery Worship
- Lutheran Social Services
- Safe Harbour
- Sharehouse - Wellness Center, OP & Residential Addiction Services, Genesis Program
- Solutions
- Tran\$ Em (Transitional Supported Employment of MN)
- Alcoholics Anonymous Club House
- Alzheimer's Program
- Catholic Family Services
- Centre Detox
- Drake Counseling Services
- Fargo VA
- First Step Recovery
- Gamblers Choice
- Gambling Problem Helpline
- Rape & Abuse Crisis Center
- SENDCA
- Sexaholics Anonymous
- Sister's Path
- Village Family Service Center
- Vosburg Counseling for Seniors
- Dementia/Alzheimer's resources:
  - Alzheimer's Association – 701-277-9757
  - Arbor Park Village – 218-359-9999
  - Eventide/Fairmont – 218-233-8022
  - River Pointe – 218-287-6900
  - Evergreens, Moorhead – 218-287-6900
  - Bethany – 701-239-3000
  - Edgewood Vista – 701-365-8200
  - Elim – 701-271-1800
  - Evergreens, Fargo – 701-239-4524HAWK-I
  - Health Coach – resources if can't afford meds
  - Lewis Club Card

Sanford's commitment to addressing the need:

- Sanford has prioritized mental health as an implementation strategy for 2013-2016.
- In addition, The Greater Fargo Moorhead CHNA Collaborative has determined that mental health is one of three initiatives for the group and began additional research in 2013. Sanford serves on this initiative steering group.

## **PHYSICAL HEALTH**

Community resources addressing the need:

- Cass Clay Healthy People Initiative
- Active in Moorhead
- SHIP
- Food Systems Initiative
- Sanford Fit Kids Initiative
- Cass Co. Extension Service
- School programs
- Park programs
- YMCA
- Metrocog
- Universities (wellness centers, USDA research, dietary programs)
- Churches
- Faith Communities Alive
- Complete Streets (they have a policy, bike & pedestrian plan, etc.)
- Wellness services provided by employers
- Worksite wellness programs (they choose 3 activities/year)
- Energize Program (this is like a "healthy" school carnival – will be in 11 schools this year)
- Child Care Alive (through Cass Clay Healthy People Initiative)
- TNT Kids Fitness & Gymnastics Academy (will be taking their mobile fitness lab into Head Start sites)
- Healthy Blues Program (through ND Blue Cross)
- Wellness Centers in the F-M area:
  - Core Fitness
  - Fitnessworks
  - Max Training
  - Planet Fitness
  - Snap Fitness
  - Total Balance
  - Touchmark
  - Courts Plus
  - Anytime Fitness
  - YMCA
  - W Fargo Fitness Center
  - Cormax Fitness
  - Family Wellness Center
  - TNT Kids Gym
  - Metro Rec Center
  - Ladies Workout Express

Sanford's commitment to addressing the need:

- Sanford has prioritized obesity as an implementation strategy for 2013-2016.
- Sanford serves on the steering committee for Cass Clay Healthy People Initiative (Cass Clay Alive).

## **SAFETY**

Community resources addressing the need:

- Shelters (domestic violence):
  - YWCA Shelter – 701-232-3449
  - Churches United – 218-236-0372
  - Dorothy Day House – 218233-5763
  - Centre Inc. – 701-235-5115
  - Fargo Housing & Redevelopment Authority – 701-293-6262
  - ShareHouse – 701-282-6561
  - Cass Co. Housing Authority – 701-282-3443
  - Rape & Abuse Crisis Center – 701-293-7273
  - Gladys Ray Shelter – 701-364-0116
- Child Abuse & Neglect resources:
  - Sanford Child & Adolescent Maltreatment Center – 701-234-4580
  - Red Flag Green Flag program – 701-293-7298
  - Protection & Advocacy Project – 701-239-7222
  - Guardian & Protective Services – 701-297-8988
- Elder Abuse resources:
  - Adult Protective Services
  - Fargo – 701-241-5747
  - Moorhead – 218-299-5200
  - Rape & Abuse Center (Abuse in Later Life Advocate) – 701-293-7273
  - Clay Co. Elder Abuse Project – 218-299-7542
  - Protection & Advocacy Project – 701-239-7222
  - Guardian & Protective Services – 701-297-8988
- Crime resources:
  - ND Crime Victim & Witness Assistance (Cass Co. office) – 701-241-5850
  - Fargo Police
  - Moorhead Police
  - Cass Co. Sheriff's office
  - Clay Co. Sheriff's office

Sanford's commitment to addressing the need:

- Sanford has prioritized mental health as an implementation strategy for 2013-2016.
- In addition, Sanford supports the YWCA Shelter and Churches United for the Homeless with a Faith Community Shelter Nurse for 20 hours each week.

## **SUBSTANCE USE AND ABUSE**

Community resources addressing the need:

- Moorhead addiction resources:
  - The Anchorage – 218-287-1500
  - ARC of W. Cent. MN - 218-233-5949
  - CCRI – 218-236-6730
  - Clay Co. Chemical Dependency Services – 218-299-5200
  - Clay County Detox – 218-299-5171
  - Clay Co. Public Health 218-299-5220
  - Clay Co. Social Services – 218-299-5200
  - Community Outreach Center at MSUM – 218-477-2513
  - Crisis Responders – 1-800-223-4512
  - Human Service Associates – 218-291-1658
  - Lakeland Mental Health – 218-233-7524 / 1-800-223-4512
  - Lost & Found Ministry/Recovery Worship – 218-287-2089
  - LSS of MN – 218-236-1494
  - Prairie St. John’s – 218-284-0300
  - Safe Harbour – 218-287-2593
  - Sharehouse Wellness Center – 218-233-6398
  - Social Connection – 218-284-6069
  - Solutions – 218-287-4338
- Fargo addiction resources:
  - AA Club House – 701-232-9930
  - Catholic Family Services – 701-235-4457
  - Centre Detox – 701-237-3341
  - Drake Counseling – 701-293-5429
  - Fargo VA – 701-239-3700
  - FirstLink HotLine – 701-235-7335
  - First Step Recovery – 701-293-3384
  - LSS of ND – 701-235-7341
  - Only Human Counseling – 701-476-0497
  - Pathways – 701-232-5955
  - Prairie Dawn Counseling Center – 701-239-8307
  - Prairie St. John’s – 701-476-7216
  - Sanford Health CD Services/Partial Hospitalization – 701-461-5300
  - Sharehouse OP & Residential Addiction Services – 701-282-6561
  - Sharehouse Genesis – 701-478-8440
  - Simon Chemical Dependency Services – 701-298-8108
  - Sister’s Path – 701-478-6562
  - SE Human Service Center – 701-298-4500
  - The Village – 701-451-4900
- Smoking Cessation resources:
  - BAN Program (Break Away from Nicotine) – 701-476-4083 (City of Fargo program)
  - ND Quits (ND Dept. of Health) – 701-214-4170
  - Sanford Health
  - Tobacco Cessation Counselor - 701-234-5191
  - Tobacco & Asthma Education - 701-234-6452



- Fargo Cass Public Health (health educator) – 701-241-1367
- Essentia Health (tobacco treatment specialist) – 701-364-4524

Sanford’s commitment to addressing the need:

- Sanford has prioritized mental health as an implementation strategy for 2013-2016.

**TRANSPORTATION**

Community resources addressing the need:

- Public transportation resources:
  - MAT Bus - 701-232-7500
  - Richards Transportation Service – 218-233-3404
  - Anytime Transportation – 701-232-3322
  - CareAVan Mobility 4U – 701-235-6699
  - Doyle Cab – 701-235-5535
  - Discount Taxi – 701-235-5535
  - Handi-Wheels – 701-232-3231
  - Lucky 7 Taxi – 701-235-1717
  - MAT Paratransit – 701-476-4464
  - Medi-Van – 1-800-422-0976
  - Metro Senior Ride Service – 701-293-1440
  - People’s Diversity Forum Transportation Service – 701-235-5440
  - Ready Wheels – 701-364-1700
  - RSVP Program – 701-298-4602

Sanford’s commitment to addressing the need

- Sanford works in partnership with Metro Cog, the ND DOT, and the MN DOT to monitor and advise of the community’s assessed needs.

**OTHER IDENTIFIED CONCERNS:**

**LEGAL ISSUES**

Community resources addressing the need:

- 

Sanford’s commitment to addressing the need:

- While these concerns were expressed on the community survey, it is important to note that these are perceptions. Medical guidelines and regulations guide medical practice.

**NEW AMERICANS**

Community resources addressing the need:

- Healthcare resources for New Americans - Family HealthCare Center – 701-271-3344
- Transportation resources (to get to appointments) - MAT bus -701-232-7500

Sanford's commitment to addressing the need:

- Sanford supports the Family HealthCare Center by providing administrative leadership, lab services, quality control for imaging services, and a resident clinic for referrals into our specialty care.

## **PARENTING**

Community resources addressing the need:

- The Village's intensive home visitation program for prenatal care
- ND KIDS program (used to be called Infant Development)
- Cass & Clay Co. Public Health

Sanford's commitment to addressing the need:

- Sanford supports the Parish Nurse Program that provides home visits as appropriate. Public Health serves as the local expert to address these needs.

## **POLICY MAKING**

Community resources addressing the need:

- 

Sanford's commitment to addressing the need:

- Sanford is a partnering member of the Cass Clay Alive (formerly known as the Cass Clay Healthy People Initiative) where the mission is to make the healthy choice the easy choice. Policy and environment are addressed through this initiative.

## **PREVENTION/WELLNESS**

Community resources addressing the need:

- Farmers Markets:
  - Fargo:
    - Downtown Farmers Market
    - Great Plains Producer Association's Community Farmers Market
    - Festival market
    - Stonewest Village Farmers Market
    - VA Farmers Market
  - Moorhead:
    - Gardener's Flea Market
    - My Sister's Farm
    - Sydney's Health Market

Sanford's commitment to addressing the need:

- Sanford has prioritized obesity as an implementation strategy for 2013-2016.

## **WORKFORCE**

Community resources addressing the need:

- 

Sanford's commitment to addressing the need:

- Sanford Health is committed to investing in education. Each day over 300 nursing students are trained at Sanford Health Fargo Region. Medical Students, dietitians, pharmacists, respiratory therapists, occupational therapists, nuclear medicine, and other healthcare workers receive training at Sanford and stay to begin their careers with us or move on to other organizations where their Sanford training will be a benefit far beyond our walls. Sanford also provides professional education workshops and symposiums for providers from inside and outside the organization.
- The Youth Medical Experience is a recruiting program to engage high school students in pursuing health care careers. Each fall and spring semester provides an opportunity for 30 students to participate in the Youth Medical program.

## **WORKSITE**

Community resources addressing the need:

- 

Sanford's commitment to addressing the need:

- Sanford has prioritized obesity as an implementation strategy for 2013-2016.

## **Sanford Fargo dba South University Community Health Needs Assessment**

### **Implementation Strategy**

### **FY 2014-2016 Action Plan**

#### **Priority 1: Mental Health Services – Sanford One Mind**

**Goal 1:** Full integration of behavioral health services in all primary care clinics in Fargo, 15 locations in Sioux Falls, and 9 locations in Bemidji/TRF

**Measurable Outcome:**

- All primary care clinics will include behavioral health services by FY 2016

**Sanford Resources:**

- Sanford One Care Director and Assistant
- Sanford One Care Coordinator
- Daniel Heinemann, MD
- Stephen Nelson, MD
- Core Team Clinical Skills Development Coordinators
- Core Team Traditional Culture Advisor/Cultural Diversity Liaison
- Core Team IT
- Core Team Curriculum Development Team
- One Care Development Communication Coordinator
- One Care Department Assistant
- Clinical Skills Development Team (training over 200 physicians and over 360 staff)

**Goal 2:** Integration of behavioral health services or access to behavioral health in all 38 primary clinic sites

**Measurable Outcome:**

- All 38 primary clinic sites within the enterprise will have access to behavioral health services by FY 2016

**Sanford Resources:**

- Sanford One Care Director and Assistant
- Sanford One Care Coordinator

- Daniel Heinemann, MD
- Stephen Nelson, MD
- Core Team Clinical Skills Development Coordinators
- Core Team Traditional Culture Advisor/Cultural Diversity Liaison
- Core Team IT
- Core Team Curriculum Development Team
- One Care Development Communication Coordinator
- One Care Department Assistant
- Clinical Skills Development Team (training over 200 physicians and over 360 staff)

**Goal 3: Analyze and present outcomes of the first three years of integrated behavioral health services**

**Measurable Outcome:**

- Results are analyzed and reported to leadership during FY 2016

**Sanford Resources:**

- Daniel Heinemann, MD
- Stephen Nelson, MD

**Goal 4: Participate in a leadership role with the Fargo-Moorhead Mental Health Strategic Planning Collaborative**

**Measurable Outcome:**

- Sanford is a member and working in partnership with the Fargo-Moorhead Community Health Needs Assessment Collaborative to address the unmet needs of the community.
- Key strategies are developed for the community by FY 2015.

**Sanford Resources:**

- In-Kind
- Behavioral Health Director
- Carrie McLeod
- Jeff Hoss
- Arlene Biberdorf
- John Vastag

**Priority 2: Obesity**

**Goal 1: Create an annual symposium/workshop for providers to address weight management and obesity**

**Measurable Outcome:**

- CEUs are available for providers who attend the annual obesity symposium – first annual date set for April 25, 2014

**Sanford Resources:**

- \$10,000 budgeted



- Luis Garcia, MD
- Chris Tjongson, MD
- Ron Wiisanen, MD
- Jo Burdick, MS, BSN

**Goal 2: Build upon current community classes at the Family Wellness Center and develop additional presentations for the community focusing on prevention and treatment of obesity, highlighting the latest treatments and program options. Classes may focus on the following – and other programs as determined:**

- Family Wellness Center
  - Kids Fitness Classes
  - Kids Cooking Classes
  - Body Works
  - Camp Fuel
- Honor your Health
- WebMD Fit Kids
- Profile
- Eating Disorder Institute/Behavioral Health
- Bariatric Surgery

**Measurable Outcome:**

- Classes will be held quarterly beginning in FY 2014

**Sanford Resources:**

- Clinical Dietitians
- Exercise Physiologists
- Behavioral Health Team
- Bariatric Services Providers

**Goal 3: Develop communication plans for internal and external audiences. Include physicians, RN Coaches, APP and other disciplines as well as a plan for the general public and media.**

**Measurable Outcome:**

- A communication plan is executed beginning in FY 2014

**Sanford Resources:**

- Marketing Team

**Goal 4: Fargo-Moorhead Community Collaborative for Obesity – addressing environment and policy. Continue to serve on the Cass Clay Alive (Cass Clay Healthy People) Initiative to build on current community work.**

**Measurable Outcome:**

- BMI is evaluated for patients ages 2-19 years of age and tracked to see if the Cass Clay Alive Initiative is making a difference

**Sanford Resources:**

- Mary Kara will develop the report
- Carrie McLeod will provide the analysis

## **Community Health Needs Assessment**

### **Sanford Health Enterprise Implementation Strategy**

#### **FY 2014-2016 Action Plan**

##### **Priority 1: Mental Health Services – Sanford One Mind**

**Goal 1:** Integration of behavioral health services or access to behavioral health in all 38 One Care primary clinic sites

**Measurable Outcome:**

- All 38 primary care clinic sites within the enterprise will have access to behavioral health services by FY 2016

**Sanford Resources:**

- Sanford One Care Director and Assistant
- Sanford One Care Coordinator
- Daniel Heinemann, MD
- Stephen Nelson, MD
- Core Team Clinical Skills Development Coordinators
- Core Team Traditional Culture Advisor/Cultural Diversity Liaison
- Core Team IT
- Core Team Curriculum Development Team
- One Care Development Communication Coordinator
- One Care Department Assistant
- Clinical Skills Development Team (training over 200 physicians and over 360 staff)

**Goal 2:** Analyze and present outcomes of the first three years of integrated behavioral health services

**Measurable Outcome:**

- Results are analyzed and reported to leadership during FY 2016

**Sanford Resources:**

- Daniel Heinemann, MD
- Stephen Nelson, MD

## **Priority 2: Obesity**

**Goal 1: Create an annual symposium/workshop for providers to address weight management and obesity**

**Measurable Outcome:**

- CEUs are available for providers who attend the annual obesity symposium – first annual date set for April 25, 2014

**Sanford Resources:**

- \$10,000 budgeted
- James Mitchell, M.D.
- Linda Bartholomay, LRD
- Carrie McLeod, MBA, MS, LRD,CDE
- Luis Garcia, MD
- Chris Tjongson, MD
- Ron Wiisanen, MD
- Jo Burdick, MS, BSN
- Naomi Aufman, MS

**Goal 2: Develop community classes and leverage existing resources, including dietitians, exercise physiologists, WebMD Fit Kids**

**Measurable Outcome:**

- Classes are scheduled to address obesity and obesity prevention

**Sanford Resources:**

- Clinical Dietitians
- Exercise Physiologists
- Behavioral Health Team
- Bariatric Services
- Providers
- WebMD Fit Kids

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