

**GUNDERSEN**  
**ST. JOSEPH'S**  
**HOSPITAL AND CLINICS**

**Gundersen St. Joseph's Hospital and Clinics**  
**Community Health Needs Implementation Strategy**  
**2016 - 2018**

## Introduction

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The Patient Protection and Affordable Care Act (2010) requires tax-exempt 501(c)(3) healthcare organizations to perform a Community Health Needs Assessment every three years and to adopt an implementation strategy to meet the identified community health needs. Gundersen St. Joseph's Hospital and Clinics is an affiliate of the larger Gundersen Health System and therefore was a participant in the collaborative community health needs assessment titled Compass Now 2015. Compass Now 2015 is currently available for review from the Great Rivers United Way website <http://www.greatriversunitedway.org/our-work/community-needs-assessment/>.

Data for the Gundersen St. Joseph's Community Health Needs Assessment was obtained through a partnership with the Great Rivers United Way-Compass Now 2015 coalition. Compass Now 2015 was a joint effort of the Great Rivers United Way area healthcare organizations and county health departments to assess the needs of the community, to identify resources, and to address the most urgent needs. The COMPASS NOW 2015 partnership is made up of the Great Rivers United Way, Gundersen Lutheran Medical Center, Mayo Clinic Health System-La Crosse, Mayo Clinic Health System-Sparta, Otto Bremer Foundation, Gundersen St. Joseph's Hospital and Clinics, Tomah Memorial Hospital, Gundersen Tri-County Hospital, Vernon Memorial Healthcare, La Crosse Community Foundation, La Crosse County Health Department, Monroe County Health Department, Trempealeau County Health Department, Vernon County Health Department and Houston County Health Department.

The 2015 Gundersen St. Joseph's Community Health Needs Assessment also includes data specific to Gundersen St. Joseph's Hospital and Clinics service area. Data for this specific report uses information compiled from:

Compass Now 2015, Great Rivers United Way  
2009-2013 5-Year American Community Survey, U.S. Census Bureau  
2015 Wisconsin County Health Rankings & Roadmaps  
Juneau County Health Department, Juneau County, Wisconsin  
Gundersen St. Joseph's Patient & Family Advisory Council  
La Crosse Medical Health Science Consortium, Health Scorecard

The portion of the Community Health Needs Assessment that follows this page, the Implementation Strategy, explains how Gundersen St. Joseph's will address the needs identified in the Community Health Needs Assessment through new and existing programs and partnerships and by implementing new strategies. This Implementation Strategy also explains why some needs identified in the Community Health Needs Assessment cannot be addressed in this document and, where applicable, how they will be addressed by other areas of the Gundersen organization.

# Key Issues

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## Areas of Need

In October 2015, Gundersen St. Joseph's Patient and Family Advisory Council, a local focus group, provided an opportunity to identify key issues for our specific service region. These key issues are specific to Gundersen St. Joseph's facilities in both Vernon and Juneau Counties.

The Gundersen St. Joseph's Patient and Family Advisory Council identified these key issues:

- Maintaining a variety of services
- Recruitment of quality providers and specialists
- Access to Behavioral Health Services
- Updating Gundersen St. Joseph's building and facilities

The Compass Now 2015 report identified these key health issues for our region:

- Chronic Disease
- Mental Health and Substance Abuse
- Lifestyle Factors
- Oral Health

## Gundersen St. Joseph's Key Issues

The table below identifies the key areas that Gundersen St. Joseph's will include in this 2016-2018 Implementation Strategy. The specific strategies and activities outlined below will be implemented in coordination with community partners where available and appropriate. Many of these strategies closely align with the plans of its community partners.

<u>Chronic Disease</u>	<u>Mental Health Services</u>
<ul style="list-style-type: none"><li>• <b>Chronic disease and contributing factors education</b></li><li>• <b>Cancer screenings</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Access to Behavioral Health Services</b></li><li>• <b>School based Mental Health Services</b></li></ul>
<u>Lifestyle Factors</u>	<u>Variety of Services</u> (not in this document-addressed as part of strategic plan)
<ul style="list-style-type: none"><li>• <b>Reducing obesity</b></li><li>• <b>Nutrition education</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Gundersen St. Joseph's building and facilities</b></li><li>• <b>Recruitment of providers</b></li></ul>

## Chronic Disease

*Preventing disease and promoting healthy behaviors improves lives, lowers health care costs and improves quality of life*

*According to the U.S. National Center for Health Statistics, a chronic disease is one lasting three months or longer. The most common, costly and preventable types of chronic disease include heart disease, cancer, diabetes, stroke and arthritis.*

### Chronic Disease Issue: Chronic Disease and Contributing Factors Education

Goal: To reduce the impact of chronic disease in our community			
Action	Resource (program)	Partnerships	Measure of Impact
Increase awareness of management strategies for chronic disease through education and free measurements of targeted health indicators.	Free Community Health Screenings	*Local media *Internal Marketing *Public Libraries *Community clinics	Number of participants and number of screenings conducted
	Provider and Nurse driven initiatives aimed at developing interventions for patients with chronic disease	*Community clinics *Diabetes educator *Dietitian *Gundersen Health System *Clinic Providers *Disease Management RNs *IS Dept.	Number of patients in compliance with best practices recommendations according to GHS-STJ reports.
	Home Vital Sign Monitoring Program for patients at high risk of readmission to the hospital.	*Phillips *Gundersen St. Joseph's Medical Providers *Discharge planning *Hospital and Clinic RNs *IS Dept.	Number of participants, participants' Quality of Life Survey, other outcomes reported

## Chronic Disease Issue: Cancer Screening

Goal: To increase rate of compliance with recommended cancer screenings to ultimately reduce the incidence of cancer in the community			
Action	Resource (program)	Partnerships	Measure of Impact
Increase awareness and participation in recommended screenings for breast and colorectal cancer.	Free Community Health Screenings	*Local Media *Internal Marketing *Radiology Dept. *Public Libraries *Community Clinics	Number of participants and number of screenings conducted
	Provide educations through presentations at Community Events (i.e.: Dairy Breakfast, Local Fairs, etc.)	*Community Services groups *Marketing *Clinical Staff *CDC materials	Programs provided, people attending and receiving information
	Preventive Care Registry	*Clinic Staff *Gundersen St. Joseph's Medical Providers *Gundersen Health System *GHS IS Dept.	Percentage of patients who completed recommended breast or colorectal cancer screens

## Lifestyle Factors

*Health is a multidimensional and complex thing. Whether a person is healthy or not is determined by their circumstances and environment. A person's behaviors and lifestyle choices have a huge impact on both short-term and long-term health outcomes.*

*According to the CDC, health risk behaviors are unhealthy behaviors that one can change. Four of these lifestyle behaviors -lack of exercise or physical activity, poor nutrition, tobacco use, alcohol consumption- cause much of the illness, suffering and early death related to chronic diseases and conditions.*

### Lifestyle Issue: Reducing Obesity

Goal: To reduce the obesity rate in our community			
Action	Resource (program)	Partnerships	Measure of Impact
To increase the number and types of physical activity programs available in our community.	Strong Women Program- Implementation and expansion of this program through 2018.	*UW Extension *Vernon County Unit on Aging *Lions Club *Gundersen St. Joseph's Population Health Grant Committee	Number of participants that start and complete the program. Participants will be able to identify at least one area of improvement in their lifestyle.
	Community Education Events	*Community Services groups *Marketing *Dietician *Gundersen Health System	Programs provided, people attending and receiving information
	Increase awareness of Gundersen St. Joseph's physical fitness activities provided to the public. (Senior Fitness, water fitness, Minutes in Motion).	*Gundersen St. Joseph's Physical therapy department * Gundersen St. Joseph's Population Health Grant Committee *Marketing *GHS	Increase in the number of participants that start and complete each program

## Lifestyle Issue: Nutrition Education

Goal: To improve nutrition of community members			
Action	Resource (program)	Partnerships	Measure of Impact
Provide healthy food choice education and support	Strong Women Program	<ul style="list-style-type: none"> <li>*Gundersen 500 Club</li> <li>*Local restaurants and grocery stores</li> <li>*Local growers</li> <li>*UW Extension</li> <li>*Vernon County Unit on Aging</li> <li>* Gundersen St. Joseph's Population Health Grant Committee</li> </ul>	Number of participants who improve their fruit and vegetable intake over the course of the program.
	Community and School Events	<ul style="list-style-type: none"> <li>* School Districts- Hillsboro, Wonewoc, Elroy</li> <li>*Gundersen 500 Club</li> <li>*Local restaurants and grocery stores</li> <li>*Local growers</li> </ul>	Programs provided, people attending and receiving information
	Vernon County Senior Mealsite- Hillsboro	<ul style="list-style-type: none"> <li>*Vernon County Unit on Aging</li> <li>* Gundersen St. Joseph's Population Health Grant Committee</li> </ul>	Number of participants that can identify healthy food choices available to seniors in our community.

## Mental Health Services

*Mental illness is defined as “health conditions that are characterized by alterations in thinking, mood, or behaviors (or a combination thereof) associated with distress and/or impaired functioning”. The National Alliance on Mental Health (NAMI) reports that one in every five adults in the U.S. experience mental health illness in any given year.*

*There is a growing awareness and understanding of the importance, both locally and nationally, mental illness has on an individual and society as a whole.*

### Mental Health Issue: Access to Behavioral Health Services

Goal: To expand the services provided by Gundersen St. Joseph’s Behavioral Health Clinic for all age groups.

Action	Resource (program)	Partnerships	Measure of Impact
To obtain Wisconsin State Site Certification of Gundersen St. Joseph’s Behavioral Health Clinics.	*Gundersen St. Joseph’s Behavioral Health Dept. provides assessment, diagnosis, evaluation and treatment of child, adolescent and adult clients.	*State of Wisconsin *Gundersen St. Joseph’s BH Providers *Gundersen Health System Behavioral Health	Increase the number of patients receiving services at Gundersen St. Joseph’s Behavioral Health Clinic.
	*Gundersen St. Joseph’s Behavioral Health Dept. provides crisis prevention and intervention for all ages of patients	* Gundersen St. Joseph’s BH Providers *Gundersen St. Joseph’s Emergency Department Providers *Vernon County Emergency Mental Health Services (EMHS)	Provide resources and services for patients experiencing a mental health crisis or near crisis.  Promote access to Vernon County EMHS HELPLINE for those who are in crisis or need supportive listening.



## Mental Health Issue: School Based Mental Health Services

Goal: To expand the services provided by Gundersen St. Joseph's Behavioral Health Clinic			
Action	Resource (program)	Partnerships	Measure of Impact
To expand mental health services for children and adolescents.	School based mental health services for children and adolescents.	*Gundersen St. Joseph's BH Providers *School districts of Hillsboro, Elroy and Wonewoc, WI.	Implementation of school based access to mental health services for children and adolescents.
	Parenting, social skills and risk prevention education for students, staff and parents of children with mental health diagnoses.	* Gundersen St. Joseph's BH Providers *School districts of Hillsboro, Elroy and Wonewoc, WI. <i>*Typical or Troubled, Love and Logic</i> curriculums. *Gundersen Health System Behavioral Health	Gundersen St. Joseph's will provide and expand resources for children and adults who work with children who are experiencing mental health issues.

## Areas of Need Not Addressed

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Gundersen St. Joseph's will not be addressing Oral Health as a key issue for our region, but Gundersen Health System will address this issue on a larger scale. Additionally, the "Variety of Services" issue identified by the Gundersen St. Joseph's Patient and Family Advisory Council will be addressed through Gundersen St. Joseph's 2016-2018 Strategic Plan and will not be further explored in this document.

## Adoption

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The Gundersen St. Joseph's Board of Directors approved this **2016-2018 Community Health Needs Implementation Strategy** on May 19, 2016. The support, guidance and input from the Gundersen St. Joseph's Board of Directors is appreciated in the development of this document.

Their dedication to the health of the community is greatly acknowledged.