

**Implementation Strategy**  
**2016 – 2018**  
**Three Year Update**



**Priority: Suicide Prevention**

**Vision:** To provide community members with suicide awareness and prevention education.

**Goal:** Reduce the rate of suicide among Mesa County residents.

<b>HEALTH NEED 1: SUICIDE</b>	
<b>CURRENT STATE:</b>	<ul style="list-style-type: none"><li>▶ Mesa County’s suicide death rate, 22.7 per 100,000, is double the national rate (12.4 per 100,000) and significantly higher than the rate of Colorado (19.4 per 100,000)</li><li>▶ Mesa County’s suicide death rate has INCREASED each year since 2013</li></ul>
<b>ACTION:</b>	<ol style="list-style-type: none"><li>1) Community members are able to identify a person at risk and seek help.</li><li>2) Develop an awareness campaign through collaboration.</li><li>3) Provide contracted telepsychiatry assessments in the Emergency Department.</li></ol>
<b>PARTNERS:</b>	<ul style="list-style-type: none"><li>▶ Colorado Mesa University</li><li>▶ Colorado National Collaborative (CNC)</li><li>▶ Mesa County Public Health</li><li>▶ Mesa County Valley School District 51</li><li>▶ Mind Springs Health/West Springs Hospital</li></ul>
<b>PROGRESS UPDATE:</b>	<p><b>Increase availability of suicide prevention and awareness educational offerings.</b></p> <p><b>2016:</b></p> <ul style="list-style-type: none"><li>▶ Establish baseline</li><li>▶ 93 individuals trained in BSAT (<i>Brief Suicide Awareness Training</i>)</li></ul> <p><b>2017:</b></p> <ul style="list-style-type: none"><li>▶ 22 individuals trained in BSAT (<i>Brief Suicide Awareness Training</i>)</li><li>▶ 43 individuals certified in <i>Adult Mental Health First Aid</i></li><li>▶ 95 individuals certified in <i>Youth Mental Health First Aid</i></li><li>▶ 1,061 local middle and high school students completed <i>Ending the Silence for Students</i></li></ul> <p><b>2018:</b></p> <ul style="list-style-type: none"><li>▶ 124 individuals certified in <i>Adult Mental Health First Aid</i></li><li>▶ 70 individuals certified in <i>Youth Mental Health First Aid</i></li><li>▶ 3,826 local middle and high school students completed <i>Ending the Silence for Students</i></li><li>▶ 776 individuals completed <i>Ending the Silence for School Staff</i> and <i>Ending the Silence for Families</i></li></ul> <p><b>Increase number of community members trained in suicide intervention skills training.</b></p> <p><b>2016:</b></p> <ul style="list-style-type: none"><li>▶ 67 individuals trained in BSIT (<i>Brief Suicide Intervention Training</i>)</li></ul> <p><b>2017:</b></p> <ul style="list-style-type: none"><li>▶ 798 individuals trained in BSIT (<i>Brief Suicide Intervention Training</i>)</li><li>▶ 149 of individuals trained in ASIST (<i>Applied Suicide Intervention Skills Training</i>)</li></ul> <p><b>2018:</b></p> <ul style="list-style-type: none"><li>▶ 678 individuals trained in QPR (<i>Question, Persuade, Refer</i>)</li><li>▶ 199 of individuals trained in ASIST (<i>Applied Suicide Intervention Skills Training</i>)</li></ul>



### **Increase number of community members trained in Helper Fatigue.**

**2016:**

- Establish baseline

**2017:**

- 115 individuals attended presentation of “Caring for Those Who Care: Addressing & Preventing Compassion Fatigue”

**2018:**

- 194 individuals attended “Guardians of Hope”, presented by Kevin Briggs
- Supported the pilot community-wide, 10-week program on Resilience

### **Develop community led collaboration.**

**2016:**

- Establish baseline

**2017:**

- Mesa County Suicide Prevention Advisory Board formed and Unified Prevention Plan developed
- Developed and distributed “We All Have Mental Health” rack cards
- Participated in the Mesa County Suicide Prevention Project
- Co-hosted partnership booth at GJ Farmers’ Market
- 1 St. Mary’s associate trained an *Ending the Silence* presenter
- Sponsored 1 individual to become a MHFA trainer

**2018:**

- Revised Unified Prevention Plan
- Partnership presence at GJ Farmers’ Market during National Suicide Prevention Month
- Created and hired a Suicide Prevention Coordinator role to lead unified suicide prevention education plan
- Increased financial support of West Springs Hospital, the only psychiatric hospital in the region
- Sponsored 1 individual to become a MHFA trainer

### **Create availability of contracted telepsychiatry assessments in the Emergency Department.**

**2016:** Establish baseline

**2017:** 5 assessments completed

**2018:** 7 assessments completed

### **Utilization of contracted Peer Specialists in the ED or Observation Unit to support patients with behavioral issues.**

After a two year (2017-2018) trial period of staffing the Emergency Department with Peer Specialists it was determined the service was unsustainable and was not renewed.



## Priority: Obesity

**Vision:** To collaborate with community organizations to promote active living and healthy food access.

**Goal:** Reduce the rate of overweight or obese adults.

### HEALTH NEED 2: OBESITY

- CURRENT STATE:**
- ▶ Although Colorado continues to have the lowest adult (18+ years) obesity rate (21.3%) in the country there has been a consistent upward trend since 2000 when Colorado was at 14.5%.
  - ▶ In Mesa County, over half of **adults (57.9%)** are considered either overweight or obese.

- ACTION:**
- 1) Partner with Healthy Mesa County to develop culturally relevant educational materials and target populations most at risk for obesity and inactivity.
  - 2) Become a partner hospital of the Colorado Healthy Hospital Compact (CHHC).

- PARTNERS:**
- ▶ Community Transformation Group (CTG)
  - ▶ Kids Aid Backpack Program
  - ▶ Mesa County Public Health
  - ▶ Mesa County Valley School District 51
  - ▶ Sodexo
  - ▶ Western Colorado Community Foundation (WCCF)

**PROGRESS UPDATE: Adopt the Colorado Health Hospital Compact.**

**2016:**

- ▶ Joined CHHC as first partner hospital on the Western Slope
- ▶ Achieved Gold Level recognition indicating 60% of all a la carte, entrées, side dishes, snacks and beverages meet strict program criteria

**2017:**

- ▶ Served on statewide steering committee as rural hospital representative to develop version 2 Standards

**2018:**

- ▶ Maintained Gold Level recognition

**Increase access to healthy, nutritious food.**

**2018:**

- ▶ Partnered with *Community Alliance for Education and Hunger Relief* to provide peaches, cucumbers and tomatoes free of charge at CTG events, which focuses on under resourced communities
- ▶ Partnered with WIC on community events to increase opportunities for families to sign up for the program/reload benefits without having to schedule an appointment at MCPH office: 5 families successfully applied for benefits and 1 family reloaded benefits.
- ▶ Partnered with Kids Aid Backpack Program to distribute food bags to high needs Lunch Lizard stops during Winter Break: 17 bags distributed at 4 locations.
- ▶ Serve on Food Assistance Community Group.



**Priority: Access and Utilization\***

**Vision:** To partner with community organizations and improve access to health care services.

**Goal:** Connect with individuals in health where they live, learn, work and play.

**HEALTH NEED 3: ACCESS & UTILIZATION**

- CURRENT STATE:**
- ▶ Although Mesa County experienced a steady decline in the number of births among teenagers 15-19 since 2000, the rate for number of births to teenagers continues to be significantly higher in Mesa County (28.0 per 1000,000) than Colorado (19.4 per 100,000).
  - ▶ From 2011-2013, Mesa County adults were significantly more likely to smoke cigarettes than adults in Colorado.
  - ▶ Mesa County has significantly higher death rates of lung and bronchus cancer (38.6 per 100,000) than Colorado (31.0 per 100,000).
  - ▶ Opportunities exist to improve influenza vaccination rates, particularly for older adults. In Mesa County, 37.9% of adults 18+ years received the flu vaccine compared to Colorado, 41.4%. The percent of adults 65+ years is 61.9% and 68.7% respectively.

- ACTION:**
- 1) Partner with community organizations to develop culturally relevant educational materials and events for targeted populations.

- PARTNERS:**
- ▶ Community Transformation Group (CTG)
  - ▶ Hilltop
  - ▶ Mesa County Public Health
  - ▶ Mesa County Valley School District 51
  - ▶ Primary Care Partners

**PROGRESS UPDATE: Unintended pregnancies.**

**2016:**

- ▶ Continued direct financial support for programs which help low income expecting mothers, e.g. B4 Babies.

**2017:**

- ▶ Continued direct financial support for programs which help low income expecting mothers, e.g. B4 Babies.

**2018:**

- ▶ Continued direct financial support for programs which help low income expecting mothers, e.g. B4 Babies.

**Tobacco cessation.**

**2016:**

- ▶ Established a collaborative *Tobacco Free Team*, which empowers smokers to quit tobacco, and provides resources for continued support.
- ▶ Created and distributed 5,000 “Tobacco Free” rack cards, which were distributed to 38 medical practices and local middle schools listing community resources.
- ▶ St. Mary’s Regional Cancer Center initiated a nicotine replacement therapy (NRT) sample pilot project providing a free 3-day supply of NRT for patients interested in quitting tobacco use. Of the 39 participants, 13 quit and remained smoke-free at final follow-up.



### **Mobile Health.**

#### **2018:**

- ▶ Partnered with WIC at local events and fostered an environment which encouraged 5 families to sign up for the program and 1 family to renew their benefits without having to schedule an appointment.
- ▶ 420 individuals in low-income, under resourced communities received a free flu vaccine and a \$5 gift card to City Market.

\* As a faith-based organization, St. Mary's Medical Center cannot provide means to prevent or reduce the rate of unintended pregnancies, which was one of the top three Health Needs identified in Mesa County.

As is the expected course of Community Benefit activities and programs, St. Mary's efforts shifted with evolving identified needs and resources. This top health need evolved into *Access and Utilization* based on changing community needs and priorities during the three year period of this implementation strategy.

