

## Community Benefit 2018

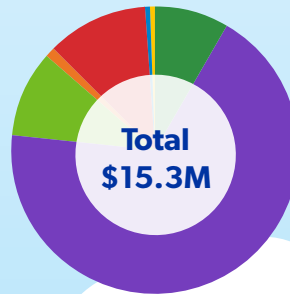
### Investing in the Social Determinants of Health

Healthcare is undergoing significant transformation, and with it, a growing focus on integrating care activities with public health, community-based organizations and social support services. In 2018, SCL Health completed Community Health Needs Assessments for six of our eight hospitals. Persistent health needs in behavioral health, substance abuse and cardiovascular disease continue to be prevalent. However, we are also seeing needs prioritized for root cause areas like housing and economic development. These social determinants of health reveal the next generation of community benefit and health improvement investments, further amplifying the need to incorporate population health strategies to leverage multi-sector stakeholder engagement. The 2018 Community Benefit report highlights all of these trends and moves our health ministry toward greater impact on building a culture of health and overall well-being.

#### SCL Health Community Benefit 2018



Good Samaritan Medical Center  
LAFAYETTE, CO



- Subsidized Health Services
- Government Shortfalls
- Financial Aid and Charity Care
- Community Health Improvement Services
- Health Professions Education
- Community Building
- In-Kind Contributions
- Other Means-Tested Government Programs

System Total \$242M

#### Good Samaritan Medical Center | Lafayette, CO

In 2018, Good Samaritan Medical Center offered a variety of services for those in need. From

**infant safety** to support for **individuals with chronic illness**, the hospital is **committed to improving**

**health outcomes in its community.**



## Mental illnesses are among the most common health conditions in the United States.

In 2018, SCL Health continued its efforts to support the ongoing need for mental health **awareness, education and prevention** by offering a variety of mental health trainings to community members and associates. Offering these additional training opportunities allowed SCL Health to educate individuals around stigma reduction, suicide prevention and trauma-informed attitudes.

Over **2,000** individuals trained

**23%** increase from 2017

**4 new Mental Health First Aid instructors** trained



**1 in 5** U.S. adults experience mental illness each year

**1 in 6** U.S. youth aged 6-17 experience a mental health disorder each year

**Montana and Colorado** are among the **top 10 states** with the **highest suicide rates**

**Depression** is the leading cause of disability worldwide



## Good Samaritan Medical Center Initiatives

### GIVING BACK TO THE COMMUNITY

Good Samaritan Medical Center relies on the expertise of community partners as it works to improve overall health. In 2018, a large focus of community investments remained on providing access to mental health services and increased care coordination for low-income community members.

**Total of \$84,782** in donations **across 9 organizations**

### AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

The Trauma Injury Prevention Program at Good Samaritan Medical Center provides education to the community to prevent traumatic injuries. Through partnerships with community centers, schools and fire departments, this program offers seminars, trainings and events designed to decrease trauma from falls, as well as bicycle and automobile accidents.

**2,230** participants

**256** staff hours

**40+** community partnerships

### SUPPORTING OTHERS IN THEIR TIME OF NEED

Fostering healthy mental wellness in the community continues to be at the forefront of Good Samaritan Medical Center's community outreach efforts. In 2018, cost-covered Mental Health First Aid training was offered to first responders, public safety workers and the general community, giving individuals the tools to support someone experiencing a mental health crisis.

**6** classes offered

**93** individuals trained



## Decreasing Deaths Due to Hemorrhage



According to data from the World Health Organization and the Centers for Disease Control, more than 60,000 people die annually in the United States from hemorrhage. Eighty percent of these cases are related to trauma, making hemorrhage the leading cause of potentially preventable traumatic death. Following the Sandy Hook tragedy in 2012, the Stop the Bleed campaign was developed. The goal of this campaign is to reduce or eliminate preventable death from bleeding and is used to inform, educate and empower the public. Good Samaritan Medical Center's Trauma Injury Prevention Coordinator, Lauren Stenger, RN, MSN, says, "I have been teaching Stop the Bleed since 2014 and learn something new every time I teach. It really gets people thinking about how they now have the skills to save a life. The skills are really easy to learn and can be used in any emergency situation where someone is bleeding. Many lives have been saved by this training and so many more could be saved if everyone knew how to stop the bleed!"

Training provides information on how to assess an area for safety prior to providing assistance and ways to keep a

victim calm while providing care and waiting for additional help. Participants also learn the skills needed to control bleeding: how to pack a deep wound, apply a tourniquet and the best way to apply direct pressure to a wound.

Educating the public is important for improving outcomes for bleeding victims and is imperative for all people (including those with no clinical training) to have the knowledge to respond until trained medical specialists arrive. Bleeding victims must receive immediate medical attention and the first opportunity to control bleeding after trauma often comes from bystanders. Similar to CPR training, research has shown that bystanders with little or no medical training can learn proper bleeding control

*"I now feel confident to act."*

*"Excellent training. To the point, excellent examples and practice - the slides were easy to understand and informative."*

techniques to ultimately save lives. Lauren offered ten trainings in 2018 to schools, community centers, fire departments and at Good Samaritan Medical Center.

In addition, she introduced people to the training at larger community events, providing technical, hands-on demonstrations. In 2018, 1072 participants attended a training or hands-on demonstration with 431 individuals completing the course. Good Samaritan Medical Center will continue to offer classes in 2019.

## The Cancer Center of Colorado at Good Samaritan Medical Center

The State of Colorado's 2017 death mortality data showed malignant neoplasms (cancers) were the top cause of death in the four counties served by Good Samaritan Medical Center. In an online survey conducted during the 2015 Community Health Needs Assessment, community stakeholders in the Good Samaritan Medical Center service area rated cancer as the third highest priority in a list of 12 priority health needs. Located on the Good Samaritan Medical Center campus, the Cancer Center of Colorado (CCC) offers programs to the cancer community. Two of these programs include cancer support groups and stress reduction training.

The CCC offers cancer support groups to individuals with any type or stage of cancer and their caregivers. The program started in 2014 and operates on a drop-in basis. In 2018,

the group averaged an attendance of 14 individuals at each meeting. A facilitator leads the group in discussing strategies for coping with the emotional and social impacts of cancer, as well as any other requested topics. Ben Gaibel, LCSW, facilitates the group and states, "It is such an inspiration to witness how supportive the group participants are toward one another. Having an illness can feel very isolating and this group helps people feel connected to others and see that they are not alone." The group meets in the Community Room at the Cancer Center of Colorado on the first Thursday of every month from 12 to 1:30 p.m.

In 2018, the CCC introduced an 8-week class of intensive mindfulness training called Mindfulness-Based Stress Reduction (MBSR). Research has shown practicing

*(Continued on back)*

## The Cancer Center of Colorado at Good Samaritan Medical Center *(cont.)*

mindfulness can improve health outcomes, overall well-being and quality of life. MBSR is modeled after the internationally acclaimed program developed by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical School.

MBSR allows participants to learn and practice mindfulness as a way to cope with stress related to their cancer diagnosis. Through this practice, they are able to manage their stress effectively and access their inner resources for a greater sense of well-being. This highly supportive and interactive training provides guided instruction in mindfulness meditation, mindful yoga (gentle stretching), group discussion to increase awareness and daily homework assignments, including meditation recordings and a workbook.

For more information regarding the programs offered by the CCC, please contact Ben Gaibel, LCSW at 303-673-1620.

*"It was helpful to have the accountability to meet with the group and facilitator every week. It was the opportunity to learn from the challenges of practice and receive support from others."*

*"This course really sharpened and deepened my appreciation of mindfulness in my daily life."*

## Educating the Next Generation of Health Professionals

Good Samaritan Medical Center provides supervised clinical opportunities for individuals enrolled in health-related degree programs requiring clinical experience for graduation. Students must learn how to correctly apply information learned in the classroom in order to make decisions in real-life situations. During this time, students practice old skills, learn new skills and become more proficient and confident in their abilities related to their field of study.

Students come from a variety of local institutes of learning including: AIMS Community College, Concorde Career College, Denver School of Nursing, Front Range Community College, Metro State University of Denver, PIMA Institute, Red Rocks Community College, Regis

University, University of Colorado and University of Northern Colorado. In 2018, 221 students received training in areas such as nursing, pharmacy, laboratory, medical imaging and operating room technicians, totaling 31,928 hours of training experience at Good Samaritan Medical Center. Students also received clinical exposure to the medical/surgical, telemetry, labor and delivery and pre/post-operative care units.

The staff at Good Samaritan Medical Center generously shares their knowledge and expertise, ensuring each student receives a quality clinical experience. Regardless of their degree type or ultimate career choice, each student leaves the program with a greater understanding of what it takes to be successful in the healthcare field.

Please visit the Good Samaritan Medical Center website to access the full Community Health Needs Assessment:  
<https://www.sclhealth.org/locations/good-samaritan-medical-center/about/community-benefit/>



200 Exempla Circle | Lafayette, CO 80026 | 303-689-4000

[goodsamaritancolorado.org](https://goodsamaritancolorado.org)