

**Good Samaritan puts a spotlight on the relationship with EMS Providers** *(cont.)*

reasons it is a preferred destination for local EMS providers. In 2019, the EMS Coordinator spent 882 hours consulting with providers, offering updates related to their patients. Clinical feedback from the hospital allows EMS providers to advance their clinical skills while improving patient outcomes. This level of follow-up has proven to be the most significant factor for provider satisfaction. All of the programs and services supporting local EMS providers are offered by Good Samaritan Medical Center at no cost.

**Advocating for Mental Health**

In 2019, SCL Health continued efforts to address mental health and substance use concerns across the system. Behavioral health and suicide prevention are needs identified on each care site’s Community Health Needs Assessment. In response to this prevalent issue, SCL Health has built on past momentum and explored new opportunities to support its community in the most meaningful ways.

SCL Health hosted nearly 150 mental health-related trainings in 2019, educating over 3,100 individuals – a 56% increase from its efforts in 2018. Trainings including Mental Health First Aid (MHFA), QPR (Question, Persuade, Refer) and Ending the Silence were offered, covering topics such as stigma reduction, suicide prevention and trauma-informed practices. In addition, three new Denver-based associates were certified as MHFA instructors.

Course participants provided positive feedback, sharing they found the trainings informative and engaging. Reflecting on her new skills after attending a QPR course, one individual stated, “I got a call to talk to someone in the clinic. In the middle of the conversation, I realized I needed to ask if they were going to hurt themselves. Before the training, I may not have thought to ask.”

SCL Health expanded the reach of its resources even further by developing new relationships with community



Local MHFA training

organizations like The Master’s Apprentice – a Denver-based pre-apprentice program for individuals in the construction industry. With high suicide rates and prevalence of mental health issues within the field, The Master’s Apprentice committed to working with SCL Health to train its staff, volunteers and students in MHFA.

As we work to maintain our physical health, we must also prioritize taking care of our mental health. SCL Health supports the mental well-being of families and individuals in all of the communities its hospitals and clinics serve. Activities in 2020 will focus on training opportunities for community members, collaborative community partnerships to address stigma reduction and integrating behavioral health services into primary care settings.

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/>



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*We reveal and foster God’s healing love by improving the health of the people and communities we serve, especially those who are poor and vulnerable.*

**Community Benefit 2019**  
*Transformation for the Common Good*

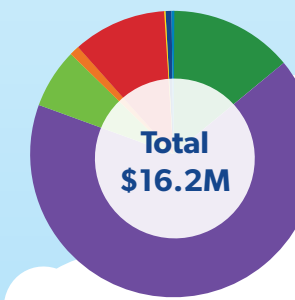
Catholic social teaching defines the common good as “the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfillment more fully and more easily.” When the common good flourishes, every person has sufficient access to the goods and resources necessary for their fulfillment. SCL Health’s community benefit efforts tangibly express our mission through programming and advocacy that promote the common good.

In 2019, SCL Health captured momentum to that end by seeking transformative relationships, unlocking innovative ideas and increasing the alignment of system strategies across all of our markets in Colorado, Kansas and Montana. Through our robust community health needs assessment process, we are improving our care integration both internally and externally.

The engagement themes amplified in 2019 included a focus on special populations such as older adults, veterans and individuals experiencing homelessness. Social determinants of health were also a focus, with investments in housing, food security, transportation and education. Finally, we are transforming support for the caregiver with the launch of **SCL Health’s Community Heart Print program**. Launched at SCL Health in 2019, Community Heart Print encourages and tracks our associates’ community volunteer engagement. Our associates dedicated more than 5,500 hours of service to schools, social service agencies and community-based organizations serving both youth and persons living with chronic disease. Additionally, over 1,500 Kyndkits (service projects that can be done from home or office) were completed. Our goal, with both Heart Print and all of our community benefit work, is to promote the common good and to leave a heart print of care across all of the communities we serve.



**Good Samaritan Medical Center**  
 LAFAYETTE, CO



**System Total \$255.3M**

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

In 2019, Good Samaritan Medical Center invested in community organizations supporting improved access to healthcare, housing, food assistance and cardiovascular education.

**\$92,550** invested in **12** organizations



## Healthy and Affordable Food

Food insecurity is a significant challenge across the country, with **one in nine Americans struggling with hunger.**

SCL Health invests energy and resources into making healthy and affordable food accessible to its most vulnerable community members. Initiatives include:

- Community gardens
- Repurposing surplus food
- Nutrition education

**9.1%** of Coloradans **struggle** with having enough money to buy food



**1 in 8** Colorado kids may not know when or where they will get their next meal

**1 in 12** Coloradans use food stamps



## Good Samaritan Medical Center Initiatives

### SUPPORT FOR STROKE SURVIVORS

Stroke can lead to increased risk of isolation and depression, making access to a support group an important factor in recovery. In 2019, Good Samaritan Medical Center partnered with the Rocky Mountain Stroke Center to provide support groups for stroke survivors and their caregivers.

**22** meetings offered with a total attendance of **356**



### TRAINING THE NEXT GENERATION OF PHARMACISTS

The Pharmacy Department at Good Samaritan Medical Center serves as a clinical site for pharmacy students from Regis University and the University of Colorado. Students visit the hospital to complete 24 hours of Introductory Pharmacy Practice Experience and 160 hours of hospital rotation.

**58** students completed **9,136** clinical hours, with **5,482** staff preceptor hours

### KEEPING BABY SAFE

Baby's First Ride is a complimentary service offered at Good Samaritan Medical Center to ensure child safety. As new parents leave the hospital, a certified technician performs an inspection of each car seat to confirm there is no damage and that the seat is properly installed.

**867** staff hours contributed to proper installation of **993** car seats



## Matter of Balance



Many people think falling is a normal part of aging. This assumption is not always accurate, as most falls can be prevented. Data from the Centers for Disease Control and Prevention shows that each year, roughly three million older adults will be transported to an emergency room due to a fall. Over 800,000 of these individuals will require hospitalization. One out of every five falls will result in a head injury or broken bones. In the 2018 Community Health Needs Assessment, falls were identified as the second most frequent diagnosis for Good Samaritan Emergency Department visits.

Fear is a common response to falling, potentially resulting in older adults limiting activity, staying home and reducing exercise. Working to build strength and balance through physical activity is an important component in reducing the risk of falls.

In 2003, researchers at Boston University developed a program focusing on fall prevention, with a goal of reducing the fear of falling. This evidence-based community program,

"Matter of Balance", is an eight-session course intended to reduce the distress associated with falling and increase activity levels for older adults.

In 2019, Lauren Stenger, MSN, RN, Trauma Injury Prevention Coordinator at Good Samaritan Medical Center, led Matter of Balance at West Boulder Senior Center in Boulder County. Classes were held once a week over an eight-week period, with an average of 14 participants attending each session. The curriculum focused on developing strategies to view falls as controllable and preventable. In addition, participants learned and practiced exercises to increase strength and balance and created a plan to continue activity after course completion. Participants also explored ways to reduce

*"I loved the class, I am doing more stretching and walking 2 days a week."*

*"Really enjoyed, well done. Reinforced importance of being aware of possible hazards at all times."*

environmental factors that increase fall risk, such as floor clutter, cords, broken or uneven steps and poor footwear.

As a result of Matter of Balance at West Boulder Senior Center, 100% of participants felt more comfortable

talking about their fears of falling, committed to increasing activity and would recommend the course to a friend. 90% of participants planned to continue exercising and making changes to their home environment.

## Good Samaritan puts a spotlight on the relationship with EMS Providers

The 2018 Community Health Needs Assessment identified unintentional injuries as a top priority. For the counties served by Good Samaritan Medical Center, unintentional injuries was either the third or fourth leading cause of death for their residents. As a Level II Trauma Center, local Emergency Medical Services (EMS) providers transported 9,058 patients to Good Samaritan Medical Center in 2019. According to Rob Frakes, NRP, EMS Coordinator, "The local EMS providers know that Good Samaritan provides the best care and they bring the sickest patients to us."

Frakes continues to develop strong relationships with local emergency responders. He organizes recertification and continuing education classes for the emergency medical technicians (EMTs) and paramedics at all of the local fire departments. With approximately 150 EMTs and paramedics amongst eight local fire departments in the hospital's service area, 115 providers received recertification through courses in 2019. The continuing education program had a total attendance of 2,434 individuals for the year.

The EMS Coordinator is responsible for follow up with EMS providers and providing clinical feedback after patients are transported to the hospital. This process sets Good Samaritan Medical Center apart from other hospitals and is one of the

