

## 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.

### Montana Region Community Benefit 2018



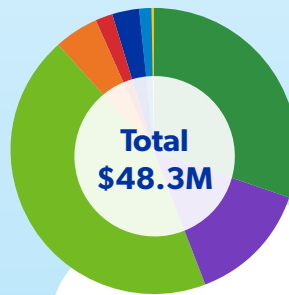
**Holy Rosary Healthcare**  
MILES CITY, MT



**St. James Healthcare**  
BUTTE, MT



**St. Vincent Healthcare**  
BILLINGS, MT



- Subsidized Health Services\*
- Financial Aid & Charity Care\*
- Unreimbursed Medicaid\*
- Community Health Improvement & Operations
- Health Professions Education
- Community Building
- Cash and In-Kind
- Research

\* These numbers include clinic contributions not included on 990 Schedule H

### Holy Rosary Healthcare | Miles City, MT

In 2018, **20** Holy Rosary Healthcare leaders performed over **1,400** hours of service in the community,

benefiting more than **40** organizations and

serving on **9** boards.



## 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



## Holy Rosary Healthcare Initiatives

### Using Telemedicine to Provide Care Closer to Home

As a hospital located within a Health Professional Shortage Area, Holy Rosary Healthcare offers access to specialists without leaving Miles City.

**Through the use of virtual health, community members have access to specialists in areas including:**

- Diabetes
- Genetic Consult
- Maternal Fetal Medicine
- Nephrology
- Oncology
- Pediatric GI
- Pulmonology
- Wound Care



### Increasing Community Awareness and Response for Mental Health Needs

All 17 counties in Eastern Montana are designated Mental Health Professional Shortage Areas by the Health Resources and Services Administration. With the support of Holy Rosary Healthcare, community members in Eastern Montana can attend free trainings to learn how to help someone with mental health needs.

**3** Mental Health First Aid trainings offered

**83** individuals trained in Mental Health First Aid

**28** individuals trained in Trauma-Informed Care

### Supporting Custer County Transit to Eliminate Transportation Barriers



Sixty-eight percent of community survey respondents noted transportation assistance as most important to make Custer County a better place to grow old. To address this need, Holy Rosary Healthcare provided financial support for the Custer County Transit program.

**During the first four months of operation:**

**963** total rides taken, including:

**594** rides for seniors

**205** rides for individuals with disabilities and

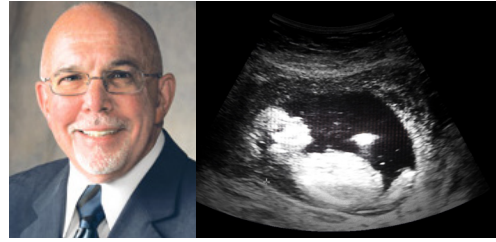
**414** rides for individuals in wheelchairs

## Specialty Care Closer to Home

Traveling long distances for specialty care can be a daunting task, especially when you're pregnant. Women living in rural communities and Native American women with limited access to specialty healthcare have a higher risk of premature (preterm) births, up to 55% higher than the rates of preterm birth for other women in the state.

Holy Rosary Healthcare is able to provide women access to maternal fetal medicine specialists in Billings without leaving Miles City. A maternal fetal specialist cares for women with high-risk pregnancies and women who develop unexpected problems during pregnancy.

Through the use of virtual health, ultrasounds can be done



Roger Wallace, DO

in the office in Miles City and transmitted in real-time to Roger Wallace, DO, a maternal fetal medicine provider

in Billings, MT. As a specialist for high-risk pregnancies, Dr. Wallace works side-by-side with the local provider to minimize risks and achieve the healthiest pregnancy possible. This access to specialty prenatal care is important for health outcomes for babies and their mothers.

## Training Eastern Montanans to Respond to Mental Health Needs



Would you know how to identify and provide initial help to someone who may be developing a mental health or substance use problem or experiencing a crisis? Twenty percent of

survey respondents in the 2018 Custer County Community Health Needs Assessment classified their own mental health as fair or poor and 18% reported not knowing where someone could go to receive mental health services. With the support of Holy Rosary Healthcare, Eastern Montana now has a certified instructor to provide Mental Health First Aid trainings.

In 2018, 83 staff and students were trained in Mental Health First Aid through three trainings at Miles Community College. This eight-hour course teaches participants

to identify, understand and respond to signs of mental illness and substance use disorders. Participants get the opportunity to practice a five-step action plan to assess risk, support an individual in crisis and identify professional help and other supports.

In addition to Mental Health First Aid, Holy Rosary Healthcare continues to provide other mental health-related trainings to support community members. Offerings include QPR (Question, Persuade, Refer), a 90-minute training focused on suicide prevention and Trauma-Informed Care, a training focused on understanding the impacts of trauma and Adverse Childhood Experiences. By offering these trainings, Holy Rosary Healthcare has been able to educate individuals around stigma reduction, suicide prevention and trauma, ultimately helping to save lives of individuals suffering from mental illness.

## Decreasing Transportation Barriers

Access to safe and reliable transportation impacts the health and well-being of rural residents. Sixty-eight percent of Custer County respondents in the 2018 Community Health Needs Assessment noted transportation assistance as the most needed support for aging in place. Holy Rosary Healthcare recognized the need to make transportation available and affordable so rural community members can receive important services and access healthcare appointments. Partnering with



Custer County Transit, Holy Rosary Healthcare provided funding to help start the transportation program.

Residents can call the day before to schedule rides on route in Miles City for just \$2 roundtrip. Reservations are also accepted for scheduled roundtrips to Billings at a cost of \$25 and to Forsyth for \$10. The transit system includes two vehicles: a minivan and a 12-passenger bus equipped with a wheelchair lift and space for two wheelchairs.

## Supporting Those in Need in Our Community

Our individual health choices such as not smoking, being physically active and eating healthy foods are important for good health, but we know that our health is also influenced by the conditions of the neighborhoods and communities where we live, work, play and pray. These factors include economic stability, education, food security, social and community context, healthcare and neighborhood, making up the social determinants of health. Holy Rosary Healthcare is addressing these social determinants through a variety of community initiatives supporting those in need.



Family Services identify children in need. Holy Rosary Healthcare places tags with the child's needs on a tree where associates and community members, including Hogan Dental and First Presbyterian Church, fulfill the requests for items. In 2018, this collaborative effort enabled 84 children to receive the supplies and clothing needed to start school.

When the weather begins to look more like Christmas, Holy Rosary Healthcare associates serve the community



as bell ringers for the Salvation Army, helping to address the needs of individuals and families in poverty. Last year, Holy Rosary Healthcare associates and their families were able to cover three sites in just one day.

Our team also took to the road to support Meals on Wheels, covering three routes for three weeks. Not only are seniors in the program at risk of hunger, but of isolation as well. Recent studies have found the negative effects of loneliness on health to be similar to smoking up to 15 cigarettes a day. This outreach provided 630 warm meals and social connection for homebound seniors in our community.



Please visit the Holy Rosary Healthcare website to access the full Community Health Needs Assessment:

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**<https://www.sclhealth.org/locations/holy-rosary-healthcare/about/community-benefit/>**



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