

Community Benefit 2020

*Inspired by our faith, SCL Health addresses the most critical needs of the communities we serve; especially of those who are poor and vulnerable. In 2020, SCL Health Montana Region provided **\$44.7 million*** in community benefit, supporting areas such as community health improvement services, health professions education programs, community building activities and subsidized health services.*

*In 2020, **32** Holy Rosary Healthcare leaders performed **663** hours of service, benefiting **25** community coalitions and organizations.*



* These numbers reflect clinic contributions not included on 990 Schedule H

2020 Community Benefit Highlights

Across the health system, SCL Health supported the mental health of its community members and associates through one of the most trying years by engaging with community collaboratives and offering virtual mental health and well-being training. The trainings focused on suicide prevention, stigma reduction, compassion fatigue and trauma-informed practices.



30% increase

in depression and anxiety symptoms since 2020

2 mental health first aid instructors

trained in Montana and Grand Junction



50 trainings,

reaching nearly 1,000 individuals



88.4% of communities

did not have enough mental health providers to serve residents in 2020



Provided \$410,666

in Mission Fund grant awards to 6 behavioral health organizations



Connecting community with resources, Holy Rosary works to promote Montana 211 in Eastern Montana. Montana 211 provides residents a resource directory for crisis and health needs. Residents noted the importance of information for available resources in the 2020 CHNA:

33% of adults felt information on available resources would improve access to healthcare services



Over 18 months, **114 Miles City residents** accessed information on community resources via the Montana 211 website

Improving Mental Health from integrated behavioral health in primary care to collaborations with Eastern Montana Community Mental Health Center, Holy Rosary is actively working to address the mental health needs of the community.

470 visits for behavioral health services integrated into primary care



\$82,000 grant provided by SCL Health to advance behavioral health services in Eastern Montana



Increasing Preventive Cancer Screenings by expanding the percentage of patients receiving the recommended screenings for breast, cervical, and colon cancer.



72% screened for **breast cancer**



68% screened for **cervical cancer**



61% screened for **colorectal cancer**

Cardiac Rehabilitation Helps Improve Outcomes After Heart Attack

Cardiac Rehabilitation is a medically supervised program designed to improve cardiovascular health for individuals who have experienced a heart attack, heart failure, angioplasty, or heart surgery. Holy Rosary Healthcare's Cardiac Rehabilitation Programs are essential for residents in Custer County which has a higher Acute Myocardial Infarction rate than the state of Montana overall.

Local resident Chuck Notbohm experienced a heart attack on vacation with family in South Dakota. After a short stay in hospitals in South Dakota, Chuck returned to Miles City to start his Cardiac Rehabilitation with the team at Holy Rosary Healthcare where he met Diane Moeller, Cardiac Rehabilitation Specialist and Registered Nurse, and Renee Chappell, Rehabilitation Assistant.

Notbohm recounts, "Diane and Renee were able to inform me of the need for good nutrition and exercise and they were continually monitoring my progress and laying out the future processes we would be going through."

Although Chuck has always lived a healthy and active lifestyle through his hobbies of yard work, snow removal, and cutting firewood, he had often indulged in the luxuries of foods that satisfy the taste buds, but were not necessarily nutritionally beneficial.

"I had to make a choice," Notbohm said, "I could either continue down the same path I was on previously, with the understanding that this heart event would return, and possibly have a much different outcome, or I could change



my diet with healthier foods, watching my fat, sodium, and cholesterol intake, and become healthier along the way. I opted for a healthy lifestyle."

Fortunately for Notbohm, he never felt too poorly during his heart attack, post-surgery recovery, or rehabilitation. During the cardiac rehabilitation process, Chuck's plan was tailored to his condition, needs, and interests. He was involved in monitored exercise, where Holy Rosary's team developed a personalized exercise plan to get him back to a full life, and was provided education to help him understand the proper steps that he could take to create a healthier lifestyle.

Just six months after his heart attack, Chuck had made a miraculous progression for his overall heart health. During an examination with his cardiologist in Billings, he was informed that his heart now showed no signs of damage and that there were no indications of leakage from his valves. He credits his speedy recovery to his strong support system, faith in God, and all those who cared for him during his most vulnerable time.

From Arthritis to Cancer – Holy Rosary's Infusion Services Help Manage Chronic Disease Without Needing to Travel

Infusion services provide treatment for several different health issues including rheumatoid and psoriatic arthritis, Crohn's disease, chemotherapy for cancer treatment, antimicrobial therapy for infections, immunoglobulins for immune deficiency disorders, and much more. The availability of these services in Miles City with Holy Rosary's Infusion Services team means saving time and money for residents that previously had to travel to Billings for services.



Custer County has higher rates of cancer than the state of Montana overall. In the 2020 CHNA, 20% of survey respondents indicated they had been diagnosed with cancer. Stephanie Irish knows those statistics first hand. She was diagnosed with stage 3 ovarian cancer on August 28, 2020. Just a few days later, she underwent surgery and soon began six rounds of chemotherapy. Irish was able to receive her chemotherapy infusions at Holy Rosary Healthcare's Infusion Center, eliminating the need to travel for care.

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Holy Rosary's Infusion Services *(cont.)*

"It was absolutely wonderful. Not needing to travel out of town for my treatment each month and being able to see my oncologist both in-person and virtually throughout chemo was such a blessing," said Irish. "The gals even threw me a party on my last day of chemotherapy and had me ring a bell symbolizing the end of my treatment. The entire team there was just incredible."

Kristi Plant is a Miles City native and has been at Holy Rosary for 19 years working as a lab assistant. About 7 years ago, she noticed that everyday movements started to become more difficult. After a visit with her primary care provider, Kara Erickson, Physician Assistant, Kristi was diagnosed with an autoimmune disorder, known as Rheumatoid Arthritis. Nearly 23% of adults have Arthritis, yet Rheumatoid Arthritis affects only 1%, with it being more prevalent among women.

There are currently no cures for rheumatic diseases, but treatment can help alleviate pain, restore mobility, and control symptoms. Kristi's case of rheumatoid arthritis was so severe that it required travel to Billings to receive treatment and begin infusions. "There was a time where we had tried so many methods to make my Rheumatoid Arthritis better

that just weren't working," Plant said, "After my first infusion treatment, the relief was incredible." While the treatment provided great relief, traveling between Miles City and Billings to receive her 6 hour infusions quickly became burdensome for Kristi. Many times she would not feel well following her treatment and would have to find a friend or family member to drive or incur additional cost to stay the night in Billings. After a discussion with the team at St. Vincent Healthcare, it was suggested that she receive her infusions locally at Holy Rosary. All nurses in Holy Rosary's Infusion Center are certified in chemotherapy and biotherapy use and are capable of aiding in the infusion process.

"When I get infusions at Holy Rosary, the team is so good to me and always provides top-notch care," Plant said. "As an associate, it has been a great experience to see from a patient perspective how the infusion services team approaches patient care, ensuring that each need is met and that I fully understand each step of the process." Irish echoes the praise, "I'm so grateful for their support throughout my cancer treatment and am so happy to be working more these days!"

COVID Response



On January 5, 2021, residents in Holy Rosary's Residential Living facility began receiving the COVID-19 vaccine. Lorraine Lund, 93, was among the first to be vaccinated. Lund has been a resident at Holy Rosary for eight years and was honored to be among the first to receive the vaccine. "It's the only chance you got," Lund said, "I didn't think I would get it so soon, but I'm glad it's done."

As statewide eligibility requirements began to open up, Holy Rosary Healthcare partnered with the Public Health Department to provide community vaccination clinics. Residents were able to receive the Moderna vaccine in the cafeteria of Holy Rosary. By July 2021, 35% of the eligible population in Custer County were vaccinated for COVID-19.

Please visit the Holy Rosary Healthcare website to access the full Community Health Needs Assessment:
<https://www.sclhealth.org/locations/holy-rosary-healthcare/about/community-benefit/>



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