

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 organizations like The Master's Apprentice – a Denver-based pre-apprentice program for individuals in the



Local MHFA training

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.

Lutheran Medical Center offered additional training opportunities during the month of May in support of Mental Health Month. Trainings focused on older adults and individuals working with kids.

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 Lutheran Medical Center website to access the full Community Health Needs Assessment:

<https://www.sclhealth.org/locations/lutheran-medical-center/about/community-benefit>



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lutheranmedicalcenter.org



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

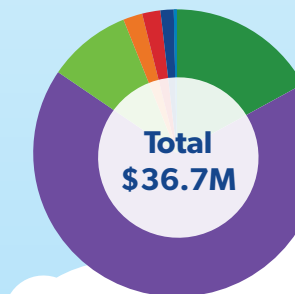
Catholic social teaching defines the common good as "the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfillment more fully and more easily." When the common good flourishes, every person has sufficient access to the goods and resources necessary 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.



Lutheran Medical Center
WHEAT RIDGE, CO



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

System Total \$255.3M

Lutheran Medical Center | Wheat Ridge, CO

Lutheran Medical Center has participated in the Rocky Mountain Crisis Partners' hospital referral program since 2018. West Pines Behavioral Health joined the partnership in 2019. This resource supports individuals experiencing suicidal ideation with a "warm hand-off" from a behavioral health clinician at the hospital or West Pines to a therapist with Rocky Mountain Crisis Partners.

The program offers:

- Safety evaluations
- Scheduled follow-up phone calls and support up to 30 days
- Connection to community resources

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

Lutheran Medical Center Initiatives

Addressing Social Determinants of Health in the Community

In alignment with the priorities named in the Community Health Improvement Plan, Lutheran Medical Center participated in several initiatives to improve conditions where individuals live, learn, work and play.

YOUTH BRIDGING THE NUTRITION GAP

Through partnership with Big Green, Lutheran Medical Center worked to provide Jefferson County residents with access to nutritious food. Funding from SCL Health supported the installation of a community garden at Brady school in Lakewood, growing healthy food for the school and local community. Program outcomes include:

- **60%** of Learning Garden fruits/vegetables were sent home with students or teachers
- **80%** of kids chose fruits/vegetables to fill half their plates
- **44%** of kids showed improvements in understanding how healthy eating connects to healthy self



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



SUPPLIES FOR VETERANS

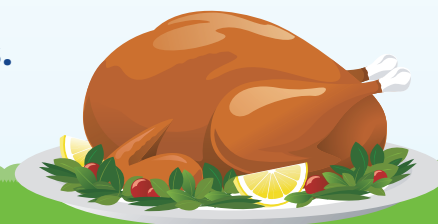
The area surrounding Lutheran Medical Center has a notable population of service veterans experiencing homelessness. In an effort to improve conditions for this vulnerable population, a partnership was formed with local service providers to distribute clothing generated by a donation drive within Lutheran Medical Center.

- **Hundreds of donations** such as coats, shoes, socks, backpacks and gloves
- **Items distributed to several locations**, including Elks Lakewood, Valor Point, The Rising Arvada and VA Veterans Services

FOOD FOR FAMILIES

Thanksgiving saw an outpouring of goodwill as Lutheran Medical Center collected food donations to help lower-income families enjoy a full Thanksgiving feast.

- **20** hospital departments and **6** local organizations
- **120** families served
- More than **1000 lbs.** of **food** contributed



An Alliance for a Healthy Jefferson County

Recognizing that Lutheran Medical Center cannot tackle the complexities surrounding drivers of health in Jefferson County alone, 2019 saw active engagement in the formation of a community health alliance. The alliance emphasizes a coordinated effort to make positive change toward the shared community health priorities - food insecurity, mental health and housing instability - identified in the 2018 Community Health Needs Assessment.

The Jefferson County Health Alliance (Alliance) is a collaborative, cross-sector partnership committed to a connected, thriving community where health and opportunity are possible for all. Not only does the Alliance promote collaboration across multiple sectors and topic areas, it also fosters connection between people, within neighborhoods and across coalitions and organizations.

Jefferson County leaders looked to the Live Well San Diego model as an approach to creating a successful health alliance. The Alliance aspires to draw from this model by building a comprehensive, online dashboard tracking progress and creating a dynamic, community

driven agenda that involves the broadest representation of community voices. Community members, businesses, organizations, government agencies and coalitions have committed to a shared vision, principles and values in forming the Alliance. These partners will share in strategy and decision-making while exploring partnership structures, expectations and benefits. Its current steering committee comprises executives from the following organizations: Jefferson County Public Health, Jefferson County Human Services, Jefferson County Public Schools, Stride Community Health Center, Jefferson Center for Mental Health, St. Anthony's Centura, Lutheran Medical Center, Colorado Community Health Alliance and Signal Behavioral Health.

The Jefferson County Health Alliance is a long-term initiative and Lutheran Medical Center is taking a leadership role in its formation and future success. It is emerging as a unifying coalition and becoming a backbone support for collective impact in the county. Its partners are ready to begin implementation and look forward to creating the conditions for a healthier community.



Enter the Shark Bowl

In August of 2019, Lutheran Medical Center held its inaugural Shark Bowl event, where six local organizations pitched their ideas for innovative programs to address housing challenges in Jefferson County. Results from a 2018 point-in-time survey showed a 46 percent increase from the previous year in the number of individuals experiencing homelessness. The goal of Shark Bowl was to uncover new partners with whom Lutheran Medical Center could come alongside and have a positive impact in housing solutions for the metro-Denver community. A panel of five "judges" from a variety of hospital departments listened to the 10-minute pitches and ultimately awarded \$50,000 in funding to three organizations.

Sunshine Home Share

Sunshine Home Share Colorado is a nonprofit organization helping home providers above the age of 55 age in place. **Award: \$10,000**

The Hope and Opportunity Project

The Hope and Opportunity Pilot Project is a groundbreaking collaboration between The Action Center, STRIDE Community Health, Red Rocks Community College and SCL Health. The project addresses an alarming epidemic of student homelessness, food insecurity and challenges accessing quality and affordable healthcare, all while students work towards successful graduation.

Award: \$20,000

Jefferson County Regional Homeless Navigation Team

The Jefferson County Regional Homeless Navigation Team is a regional effort to create a network of local navigators to serve as a resource for Lutheran Medical Center case managers supporting individuals experiencing homelessness.

Award: In-kind space at Lutheran Medical Center + \$20,000