

# 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 system provided **\$294.4 million** in community benefit, supporting areas such as community health improvement services, health professions education programs, community building activities and subsidized health services. Care site specific totals are highlighted below.*



# 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.



**50 trainings**,  
reaching nearly  
1,000 individuals

**2 mental health  
first aid instructors**  
trained in Montana and Grand Junction



**Re-launched Let's Talk CO**  
with the Metro Denver Partnership for Health  
Collaborative



**30% increase**  
in depression and anxiety  
symptoms since 2020



Lutheran Medical Center Supported the rent assistance program at the Action Center.

- **\$30,000** donated
- **16** households with **55** individuals avoided eviction



Supported temporary housing for Homeless testing positive for COVID



- **\$10,000** donated
- **18** individuals housed in motels while isolating



**1000 rolls of toilet paper** donated to be given out with food at the Action Center during the height of the shortage.



**Provided funds to Young Americans Bank** to offer access to Young Ameritown for Jefferson County students whose families could not afford to send them.

## Helping the Unhoused Stay Safe During COVID

Of the many challenges magnified during the pandemic of 2020, issues experienced by the unhoused landed squarely within a priority area for LMC. Fear of a widespread COVID-19 outbreak among the unhoused was a concern among public health experts and healthcare workers due to the communal nature of homeless shelters. Individuals experiencing homelessness who tested positive for COVID-19 were further challenged due to their inability to self-isolate. Lutheran Medical Center worked with Jefferson County Homeless Navigators (JCHN) to find and fund a temporary solution which involved housing COVID-19 positive individuals in local motel rooms. Once there, JCHN coordinated food delivery and a daily health provider check-in for the duration of their two-week stay. Through this intervention and efforts by other organizations, a disproportionate burden in COVID-19 infections for this population was circumvented.



## Virtual Fall Prevention on the Horizon



Community Health and Injury Prevention at Lutheran Medical Center (LMC) have teamed up to help prevent more falls among community-dwelling adults in 2021.

Jefferson County's population is aging rapidly, which brings unique needs for health services. It is important to note that Jefferson County has the largest population of seniors in Colorado, with more than 98,000 residents over the age of 65. This represents 19% of the current population. The Colorado State Demography Office estimates that this number will increase to 160,000 by 2040, which would represent 25% of the overall population. According to the U.S. Centers for Disease Control and Prevention, falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older

adults. This is also true at LMC, where older adult falls is the primary cause of injury for trauma patient admissions at Lutheran Medical Center, accounting for 74% of all trauma patient admissions in 2020. Of those admissions, patients aged 50 and above accounted for 76%. Nearly \$500 million is spent annually in Colorado alone on medical costs related to falls; 80% of these costs are shouldered by Medicaid or Medicare.

LMC is partnering with Highlands West, an affordable senior living community in Wheat Ridge with the hope of increasing fall prevention, technical training and hardware to the residents. Residents will receive access and training on an electronic application called Nymb1. With just 10 minutes a day of specific exercise an individual can reduce their falls risk by as much as 30%. Our goals in 2021 include the following:

### **Goal 1. Increase access to technology for older adults**

#### *Measurements:*

- Provide 110 low-income older adults with WiFi-enabled tablets to improve connectivity for social and health purposes
- Provide technology training resources for older adults receiving tablets
- Monitor ongoing usage of the tablets through follow up survey at 1-, 3-, and 6 months
- Measure change in technology literacy through pre/post surveys

*(continued on next page)*

## Virtual Fall Prevention on the Horizon *(cont.)*

### Goal 2. Decrease the number of falls experienced by older adults

#### Measurements:

- Enroll 110 low-income older adults in the Nymbbl program
- Decrease the number of reported falls at Highland West Community by at least 33%
- Monitor surveillance data from both West Metro Fire Department and LMC for changes or trends in fall calls, ED visits, and admissions respectively.

- Measure change in fear of falling through pre/post surveys
- Analyze user data from the Nymbbl software
- Monitor for adverse fall events at Highland West during program implementation

In addition to this demonstration project, we hope to host in-person fall prevention training in the form of Friends Don't Let Friends Fall curriculum later this year.

## COVID Response

SCL Health's community impact efforts would be incomplete without including highlights of our response to urgent and essential needs during the COVID-19 pandemic. At the onset of the pandemic, President and Chief Executive Officer Lydia Jumonville, partnered with peers at all large Colorado health systems to form a collaborative which enabled improved patient outcomes and reduced mortality rates. In the Montana region, hospital leaders worked similarly to create multi-stakeholder emergency response collaboratives aimed at maximizing resources and minimizing community impact.



In partnership with community based organizations, SCL Health redirected the Mother Xavier Community grants to support individual and family needs for food, housing, personal protective equipment and eviction assistance. For many, social distancing mandates amplified disparities in access to the internet and computer equipment. Grant funding for computer equipment and online access became a life-line to increase social connectedness, access to health services (telehealth) and education for older adults and families with children. In 2021, an extension of our care for the community efforts would shift to developing multi-access points for COVID-19 vaccine delivery. Partnering with the State of Colorado, City of Denver and over 40 community partners, SCL Health hosted a mass vaccination event in February and March 2021 dedicated to reaching vulnerable and disproportionately impacted populations. Over 5,000 individuals were served.

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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