

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 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.

In addition to training opportunities, Saint Joseph Hospital's



Local MHFA training

partnership with Rocky Mountain Crisis Partners proved to be an invaluable resource to the Denver community. This hospital referral program offers cost-covered support to anyone experiencing suicidal ideation. Individuals are provided with a 'warm hand-off' from a behavioral health clinician at Saint Joseph Hospital to a therapist at Rocky Mountain Crisis Partners. The program offers safety evaluations, connection to community resources and follow-up phone calls for up to 30 days. In 2019, 70 individuals received support, with the majority of referrals addressing safety concerns such as suicidal ideation and self-harm. For patients participating in this service, the readmission rate through the Saint Joseph Hospital Emergency Department was less than 1%.

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 Saint Joseph Hospital website to access the full Community Health Needs Assessment:

<https://www.sclhealth.org/locations/saint-joseph-hospital/about/community-benefit/>



1375 E. 19th Ave. | Denver, CO 80218 | 303-812-2000

saintjosephdenver.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

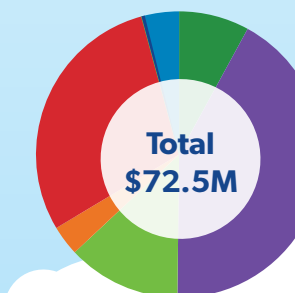
Catholic social teaching defines the common good as "the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfillment more fully and more easily." When the common good flourishes, every person has sufficient access to the goods and resources necessary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



Saint Joseph Hospital
DENVER, CO



System Total \$255.3M

- 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

Saint Joseph Hospital | Denver, CO

Doors opened to a fully remodeled Tammen Hall on the Saint Joseph Hospital campus in October 2019. Boasting 49 units of affordable senior housing, this project represents the hospital's commitment to influencing the conditions of financial stability in the surrounding area. The building is fully occupied and has made health programming for residents a priority in 2020.



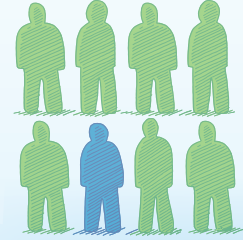
Healthy and Affordable Food

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



Saint Joseph Hospital Initiatives

GROWING TOGETHER

In response to the hospital's location in an identified food desert, Saint Joseph Hospital and Metro Caring opened the Freight Farm in March of 2019. The 40-foot shipping container, outfitted with a fully functional, year-round, hydroponic garden, is managed by students from CEC Early College of Denver. Each semester, new student teams decide how surplus produce will be used to meet an identified need. In July of 2019, the Freight Farm saw its first harvest, producing:

- **2,000 heads of lettuce**

BUILDING CAREER PATHWAYS

Saint Joseph Hospital promotes an economically stable community by offering internships, mentoring and job shadowing to create learning opportunities for high school students interested in careers in healthcare. Students receive hands-on experience in a variety of specialties, including neonatal intensive care, surgery, education and lactation, occupational health and certified nursing midwifery.

- **More than 3,500 hours of instructional engagement delivered**

ON THE FRONT LINES OF PREVENTION

Access to affordable and convenient healthcare can be challenging in communities served by Saint Joseph Hospital. In November of 2019, the hospital participated in Fall Feast, a community health fair held at the National Western Complex providing services to underinsured Denver residents. Nurses offered stroke warning education, flu shots and BMI and blood pressure screenings to community members.

- **100 flu shots administered**
- **700 community members served**



Anchor Institutions and Community Come Together

EastSide Unified is a community-led initiative in the 80205 neighborhood, with a shared commitment to build a thriving network of support to help young children succeed. The five neighborhoods making up the eastside have been negatively impacted by flash-gentrification leading to high rates of community displacement, underemployment and a lack of parity in school performance among neighborhood youth.

Founded in 2015, EastSide Unified took shape through a BUILD Health Challenge grant and is comprised of a 21-person leadership team of individuals who live, work, play and pray in east Denver. This collaborative seeks to gain a deeper understanding of the community experience through a variety of activities including street team efforts and honest discussions around race, health and economics.

In partnership with the Health Disparities Grant Program through the Colorado Department of Public Health and Environment Office of Health Equity, EastSide Unified has identified increasing economic assets and enhancing social cohesion as its primary goals. This will be achieved through anchor institution policy change, community mobilization (engagement and leadership development) and continuous learning and evaluation. The community-driven initiative views this work through a lens of Asset-Based Community Development, building on the strengths and gifts of the east Denver community.

Saint Joseph Hospital is a founding institutional member of EastSide Unified and co-leader of the Anchor Institution Action Team, comprised of representatives from Denver Health, Metropolitan State University of Denver, Metro Caring, Museum of Nature and Science, Prep Academy and Presbyterian/Saint Luke Hospital. Saint Joseph Hospital's engagement in this collaborative advances its commitment to influencing the conditions affecting economic stability in the neighborhoods surrounding the hospital.

In 2019, the work of the Anchor Action Team of EastSide Unified made significant progress towards realizing its vision through a series of community meetings designed to reveal the assets of individual community members and participating anchor institutions. The first meeting, hosted by Metro Caring, was attended by more than 40 eastside neighborhood residents, community-based organizations, small businesses and large anchor institutions with interest in influencing

conditions of change in east Denver. The primary purpose of the meeting was to encourage open dialogue and help anchor institutions and community members gain a deeper understanding of each other for a more effective partnership.



The second gathering, hosted by the Prep Academy in east Denver, saw an even more robust turnout and posed the question, "What issues can local anchor institutions work on that will make a difference in east Denver?" The response from participants brought several priority areas to

the surface: addressing neighborhood food insecurity; promoting neighborhood safety; and increasing economic opportunity.

Priority 1 – Addressing Neighborhood Food Insecurity

Anchor institutions are reviewing data around internal food waste and considering food rescue efforts with the intent of local distribution. A survey of work surrounding the start-up of a local grocery store is being reviewed to understand how local anchor institutions can support and move planning forward. A flash freezer was purchased with funding from anchor organizations and is being installed at the Bruce Randolph School. This will enable the school's food services' team to prepare and freeze 200 extra meals a week for distribution to local families.

Priority 2 – Neighborhood Safety

Anchor institutions are integrating neighborhood safety planning into their campus growth plans and will engage with the group of community members for input around planning.

Priority 3 – Increase Economic Opportunity

Local purchasing is embraced by the participating anchors and has primarily taken the form of utilizing hyper-local catering companies to fulfill the event needs of anchor organizations. Saint Joseph Hospital documented more than \$30,000 of spending with hyper-local caterers in 2019.

Additionally, in response to a lack of diversity represented across leadership positions within larger organizations, anchor institutions have planned a summer internship program for local high school students to intern for 120 hours with executive leadership teams at participating organizations. A quarterly newsletter, to be distributed within the 80205 zip code, will highlight anchor job opportunities. Finally, Saint Joseph Hospital conducted a feasibility study to explore pathways toward specific hospital services that could be contracted with local, worker-owned co-ops.