

## Community Benefit 2018

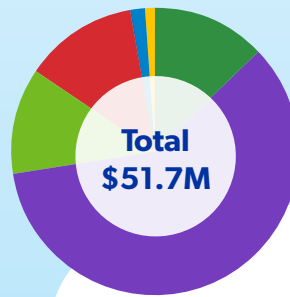
### Investing in the Social Determinants of Health

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.

#### Western Colorado Region Community Benefit 2018



St. Mary's  
Medical Center  
GRAND JUNCTION, CO



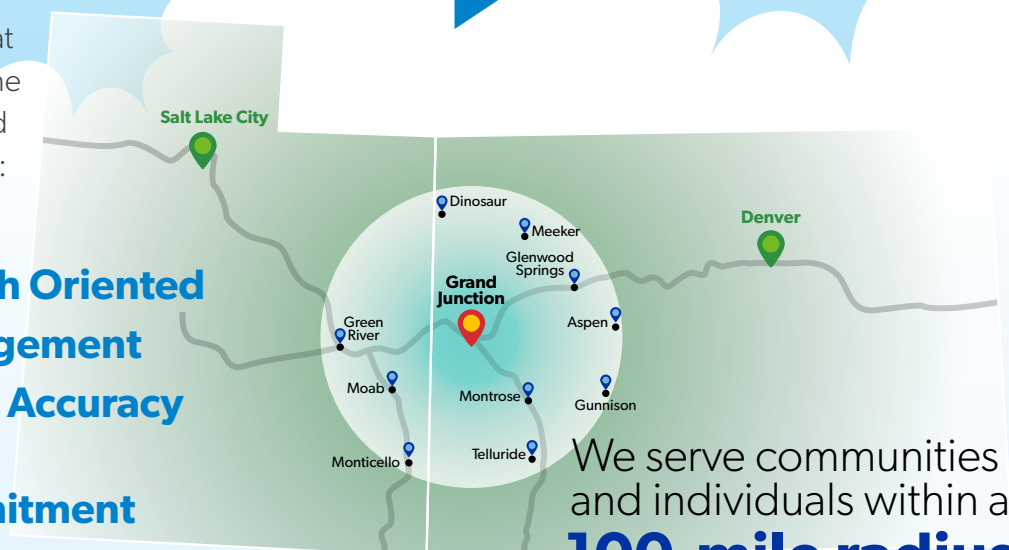
System Total \$242M

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

### St. Mary's Medical Center | Grand Junction, CO

The community benefit programs at St. Mary's Medical Center reflect the following characteristics suggested by the Catholic Health Association:

- **Mission-Driven**
- **Community Health Oriented**
- **Community Engagement**
- **Transparency and Accuracy of Information**
- **Leadership Commitment**
- **Strategically Planned**



We serve communities and individuals within a **100-mile radius**

## 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



## St. Mary's Medical Center Initiatives

### ACCESS TO CARE

#### *Training the Next Generation*

St. Mary's Medical Center is proud to participate in the health professions education of registered nursing, laboratory, radiology and pharmacy students.

**1,074** students learned from their professional counterparts

Time spent with students equated to over **\$2.6 million**



### SUICIDE PREVENTION

#### *Be the One (#bethe1)*

Be the one to help save a life. In 2018, St. Mary's Medical Center funded a Suicide Prevention Coordinator position at the hospital. Working closely with other community partners and the community-wide suicide prevention plan, several mental health trainings were offered, teaching participants skills around recognizing signs and symptoms of mental illness, increasing mental health literacy and how to support someone experiencing suicidal thoughts.

**137** trainings offered to community members and St. Mary's Medical Center associates

**5,673** adults and youth trained

### INVESTING IN COMMUNITY HEALTH

#### *Giving Back to the Grand Valley*

St. Mary's Medical Center supports a variety of organizations through grants to further improve the health of the community. Contributions support efforts related to mental health services and social determinants of health, including food security, transitional housing and early childhood education.

**\$539,500** total contribution across organizations including Hilltop and the B4 Babies and Beyond program





## Mobile Health on the MOVE!

According to the Mesa County Community Health Needs Assessment, the inability to get an appointment as soon as needed was identified as the top barrier to receiving care. 17.7% of individuals in Mesa County (compared to 15.7% in Colorado) were unable to get an appointment at a doctor's office or clinic as soon as they wanted.

St. Mary's Medical Center received funding in 2018 to launch *Move That Bus!*, a mobile health clinic repurposed to serve as a community resource hub. The mobile clinic connects individuals to health where they live, learn, work and play. The Mobile Health van made its debut at a Community Transformation Group event on July 11, 2018 in Clifton, CO. Partnering with the Community Alliance for Education and Hunger Relief, fresh fruit and vegetables were given to the community free of charge.

The Mobile Health van is sought out to attend events with community partners, especially because of its Wi-Fi capabilities, allowing us to remain "connected." We have hosted Mesa County Public Health's WIC (Women, Infants and Children) and Mesa County Human Services SNAP (Supplemental Nutrition Assistance Program) representatives at many public events such as the local downtown farmer's market.

2018 also included two mobile flu clinics, which addressed an access to care issue by making the flu vaccine available

to the Clifton community. Our mobile flu clinics focused on preventive, cost-effective care in hopes of reducing the total cost of care and avoidable hospitalizations related to influenza. The successful vaccination of 420 individuals was the first-ever flu vaccine for many people and referred to as "possibly the most significant public health intervention in the valley in years." According to the Mesa County Public Health Department, the total number of flu cases for the 2018-2019 season was 117 compared to 232 cases the previous season – a 50% reduction.

The Mobile Health van wrapped up 2018 with its first event addressing food insecurity. Child hunger has been identified in western Colorado as a critical issue impacting thousands of children and their ability to learn. Children who qualify for free and reduced lunch (higher than 90% at some schools) have no option for meals during the winter school break and face weeks without a steady, nutritious meal. In collaboration with the Lunch Lizard and Kids Aid Backpack programs, St. Mary's Medical Center offered healthy meal options to children to help ensure healthy meals were available, even during school breaks.

The overwhelming turnout and community feedback has St. Mary's Medical Center planning many more outreach events in the years to come. We have indeed, **Moved That Bus!**

Please visit the St. Mary's Medical Center website to access the full Community Health Needs Assessment:  
***<https://www.sclhealth.org/locations/st-marys-medical-center/about/community-benefit/>***



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