

Advocating for Mental Health

In 2019, St. Vincent Healthcare continued its efforts to address mental health and substance use concerns in the Billings community. Behavioral health was identified as a top priority on the Community Health Needs Assessment. In response to this prevalent issue, the hospital has built on past momentum and explored new opportunities to support its community in the most meaningful ways.

In partnership with the Suicide Prevention Coalition of Yellowstone Valley, 27 mental health-related trainings were offered in 2019, educating over 550 individuals. Trainings including QPR (Question, Persuade, Refer), Trauma-informed Care and Talk Saves Lives were offered, covering topics such as stigma reduction, suicide prevention and trauma-informed practices.

In addition to providing education opportunities, St. Vincent Healthcare supported increased access to mental health services including the Community Crisis Center and Walla Walla University Mental Health Clinic. A collaborative effort between St. Vincent Healthcare, Billings Clinic, Mental Health Center and RiverStone Health, the Community Crisis Center provides a system of care 24 hours a day, seven days a week for persons in crisis due to mental health, substance use and social service

needs. Under the supervision of a licensed clinical social worker, masters in social work pre and post-graduates provide free and low-cost therapy to individuals in need of services at the Walla Walla University Mental Health Clinic. In addition, St. Vincent Healthcare offers integrated behavioral health services in primary care clinics to decrease stigma and reduce barriers to accessing services.

In support of Mental Health Month and the Founder's Day celebration, 25 onsite service projects called Kyndkits were built to distribute to individuals experiencing homelessness.

As we work to maintain our physical health, we must also prioritize taking care of our mental health. St. Vincent Healthcare supports the mental well-being of families and individuals in its community. Activities in 2020 will focus on training for community members and collaborative community partnerships to provide educational opportunities and address stigma reduction.



Kyndkit building at St. Vincent Healthcare Founder's Day event

HAPPENING NOW: Preparing Community to Respond in a Crisis

When an emergency arises, community preparedness is key. In response to the COVID-19 pandemic, St. Vincent Healthcare collaborates with Billings Clinic, RiverStone Health and Yellowstone County Disaster and Emergency Services as the United Health Command to prepare, plan and respond to community crises. Through this partnership:

- Incident Management Team formed
- Drive-thru COVID-19 testing tent
- Social marketing campaign to encourage mask wearing
- Community partnerships for essential supplies



Please visit the St. Vincent Healthcare website to access the full Community Health Needs Assessment: <https://www.sclhealth.org/locations/st-vincent-healthcare/about/community-benefit/>



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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.

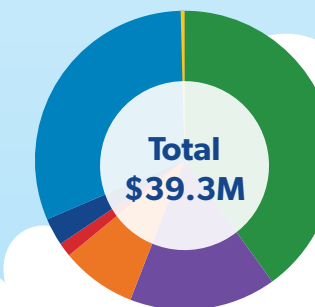
In 2019, SCL Health captured momentum to that end by seeking transformative relationships, unlocking innovative ideas and increasing the alignment of system strategies across all of our markets in Colorado, Kansas and Montana. Through our robust community health needs assessment process, we are improving 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.

Montana Region Community Benefit 2019



St. Vincent Healthcare
BILLINGS, MT



- Subsidized Health Services*
- Financial Aid & Charity Care
- Community Health Improvement & Operations
- Health Professions Education
- Community Building
- Cash and In-Kind
- Research

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

St. Vincent Healthcare | Billings, MT

In 2019, **78** St. Vincent Healthcare leaders performed



1,747 hours of service,

benefiting **88** organizations.



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:

- Food donations
- Nutrition education
- Support for organizations addressing hunger

11.4% of Montanans struggle with **food insecurity**



1 in 6 children in Montana **fight hunger**

30 of Montana's **56** counties are considered **food deserts**



St. Vincent Healthcare Initiatives

BLOOD DRIVE

In 2019, Yellowstone County experienced a critically low blood supply. St. Vincent Healthcare hosted multiple blood drives and supported community organizations, such as schools and colleges, in holding events as well.

13 events held

317 donors

Up to **3 lives saved** with every donation = **951** lives saved

TELEMEDICINE

St. Vincent Healthcare is committed to increasing access to healthcare through telemedicine. For rural residents, telemedicine provides access to specialty services including behavioral health, cardiology, diabetes care, maternal-fetal medicine, neurology, oncology, pediatric specialties and emergency consults.

39 specialties

26 locations

2,364 encounters

HEALTHY WEIGHT STATUS

Through collaboration with community partners and the Healthy by Design Coalition, St. Vincent Healthcare is working to increase physical activity rates and fruit and vegetable consumption to promote healthy weight for Yellowstone County residents.

122 individuals participated in the **Diabetes & Heart Disease Prevention Program**

169 student bicycles were inspected and repaired at seven Title One schools through the Kids in Motion program

A weekly average of **216** residents purchased low-cost produce during the Healthy By Design Gardeners' Market

82% of attendees reported getting recommended five servings of fruits and vegetables per day as a result of the Gardeners' Market

Increasing Healthcare Access for Rural Communities

Over a third of Montanans live in a rural county, with just 38 specialists per 100,000 population compared to 171 specialists per 100,000 in urban areas. Inequities in access to healthcare can impact health outcomes for residents in rural communities. Through the use of virtual health, St. Vincent Healthcare provides 39 specialties to 26 locations throughout the state.

In addition to challenges accessing healthcare specialists, seeing a primary care provider when needed is also difficult for rural Montana residents. St. Vincent Healthcare broke ground on a primary care clinic in Lewistown in September, 2019. The facility opened in March 2020 to serve residents in Lewistown and the surrounding communities in getting the quality care they need.

Another challenge for rural and frontier communities is accessing critical care providers in cases of emergency. For 40 years, the St. Vincent Healthcare HELP Flight program has provided air transportation for seriously ill or injured patients throughout the



region. "The rural nature of Montana lends itself to needing to reach people a long distance away to get them to a place like Billings," said St. Vincent HELP Flight Chief Flight Nurse, Chad Cady.

In addition to transporting adult and pediatric patients, the flight team also has specially trained teams for transporting high-risk pregnancy patients and premature and full-term babies in need of specialty care. Women living in rural communities and Native American women with limited access to specialty healthcare are at a higher risk of premature (preterm) births, up to 55% higher than the rates of preterm birth for other women in the state. St. Vincent Healthcare is addressing this need with midwifery clinics on the Northern Cheyenne Reservation. Through these efforts, there was a 59% decrease in Native American preterm births in 2019.

Providing Opportunity through Education and Training to Address Health Disparities



Across multiple cycles of conducting the Community Health Needs Assessment, one factor stands out for health disparities - low-income. Individuals with an income of 200% or below the Federal Poverty Level (earning less than \$52,400 annually for a family

of four), have poorer health outcomes across a number of health indicators. Access to educational opportunities and job training are important factors for addressing this social determinant of health. St. Vincent Healthcare's community benefit investments are helping to create opportunities to break the cycle of generational poverty.

High school students at the Billings Career Center have the opportunity to experience a simulated operating room and gain exposure to a variety of health career options. Students may decide to become a surgical technician through a two-year degree in conjunction with Great Falls College and the City College at Montana State University Billings, which also utilizes the simulation lab at the Career Center.

The hospital also partners with community-based organizations like CLDI (Community Leadership & Development Inc.) to provide economic training and opportunities for marginalized residents. Supported through Mission funding, the Rail//Line Coffee House opened in August 2020, providing an employment and training program for at-risk youth and residents of the Southside of Billings. The first cohort of trainees will include a single mom living in recovery and a young teenage dad-to-be wanting a better life for his unborn child.