

**Montrose Memorial Hospital 2016 Community Health Needs Assessment Implementation Strategy**

Significant Health Need	Services, Programs, and Resources available to respond to this need	New steps to take to address this need	Actions taken in response to the prior CHNA	Leading Indicators to Track	Lagging Indicators to Track	MMH anticipates collaborating with the following other facilities/organizations
<b>Mental Health &amp; Suicide</b>	Collaborate with Mind Springs Health/West Springs Hospital to increase services and secure funding for additional mental health beds for the community	Case Management and Center for Mental Health are collaborating to develop treatment plans for patients who frequently present in the ED to help reduce re-hospitalization		Number of tele- psych consultations provided = 10 (started 10/2016) <b>Update: 18 Consults between Sept - December 2016 7 Consults between Jan - April 2017</b>	Suicide Death Rate = 20.2/100,000	Mind Springs Health/West Springs Hospital; HealthOne, Denver; City of Montrose, Montrose County, Gunnison Valley Health, Delta County Memorial Hospital, Center for Mental Health
	Hospital has a safe room in the ED that has been converted into a comfort room to help soothe patients presenting in mental distress Provide office space on site for staff from Center for Mental Health	Research ways to lead efforts and coordinate with other organizations to help local homeless population				
	Added full-time social worker to Case Management staff	Work with local government and law enforcement to meet needs of mental health patients, provide tools and training, and improve interactions and treatment				
	Partner with Center for Mental Health to provide clinical oversight to their psychiatrists, and their staff come in to perform psychiatric evaluations					
	Telepsych services available in the ED					
	Assisting Center for Mental Health to recruit additional providers					
	Training and classes for providers and staff for education on interacting with patients in mental distress					
	Participation in local Suicid Prevention Group					

**Mental Health & Suicide**

Behavioral Health Regional Collaborative Group	Gunnison, Delt and Montrose Hospitals, Center for Mental Health and Public Health representatives				
Center for Mental Health Board	Dr. Julie Quarry				
Center for Mental Health Crisis Center	Sue Schreier, Dr. Query, Dr. Saliman				

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<b>Women's Services, Maternal and Infant Measures</b>	Annual health fair with more than 35 booths covering information on mental health, dieticians, etc.; representatives of the Bosom Buddies support group; education on self-breast exams	Fundraising campaign to bring in 3D mammography including Case for Support with statistics on current breast cancer prevalence and need for new technology		Increase number of mammograms provided by 50 (part of Caring for Colorado grant) - 4,364 (2015)	Number of cases of breast cancer = 608	Bosom Buddies of Southwestern Colorado, Inc. Other local providers
	Grant received to study barriers to breast cancer screenings that also covers a community health worker who provides education, resources, and transportation vouchers for cancer screenings			<b>Update: 4,548 (2016) 1977 (through May 2017) - projected 4744</b>		
	Provide space for community Bosom Buddies support group (breast cancer)					
	Cancer Resource Coordinator on staff helps provide resources to cancer patients including vouchers for transportation, lodging during treatment, family support, wigs, etc.					
	Hospital offers a midwife clinic that provides well-woman visits, obstetrics, etc., on a sliding-fee scale to reach lower income and un- and under-insured patients					

<b>Women's Services, Maternal and Infant Measures</b>	Participate in Baby Friendly program to encourage and educate patients on the benefits of breastfeeding with a lactation consultant before, during, and after delivery				
	Childbirth classes available to public and scholarships offered as needed				
	Supporter of Annual Breast Cancer Awareness Walk				
	Free community educational seminars provided by specialists on topics like women's heart health				

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<b>Heart Disease</b>	Annual health fair with more than 35 booths covering information on mental health, dieticians, etc.; blood draws for lipid profile, hemoglobin A1C, optional PSA, male testosterone, Vitamin D, cardiac screening; education on self-breast exams; information on medical power of attorney and end-of-life documentation	Exploring building a new cardiology clinic to provide additional space	Recruited three cardiologists and nurse practitioner allowing for full-service, 24/7 cardiology services (removed waiting list of 48 new patients and 1500 follow-up visits)	Number of reduced-cost lipid screenings provided = 3,488 (2016)  <b>Update: 3,348 (2017)</b>	Coronary Heart Disease Deaths = 100.9/100,000	St. Mary's Hospital (CareFlight) Montrose Fire Department (EMS)
	Free community educational seminars provided by specialists on topics like women's heart health, men's health, etc.					
	'Ideal Protein' weight loss program to help patients improve health and lifestyle					
	Provide space for community support groups: Cardiology, Stroke, Bosom Buddies (breast cancer)					

<b>Heart Disease</b>	Host exercise classes including Pilates and low-impact classes for Cardiac Rehab patients to continue healthy habits after rehab has concluded				
	Provide smoking cessation materials to patients, and participate in Great American Smoke Out to provide 'quit smoking packets'				
	Healthy options provided in hospital cafeteria (open to public) including fruit and prepackaged snacks, and many recipes and options include locally grown produce				

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<b>Heart Disease</b>	Through Live Well Colorado, provided cooking classes led by registered dietician to educate local families on healthy eating and nutrition					
	Provide Phase I, II, and III Cardiac Rehab					

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<p><b>Healthy Lifestyles</b></p>	<p>Annual health fair with more than 35 booths covering information on mental health, dieticians, etc.; blood draws for lipid profile, hemoglobin A1C, optional PSA, male testosterone, Vitamin D, cardiac screening; education on self-breast exams; information on medical power of attorney and end-of-life documentation</p>	<p>Lead coordination of regional efforts with other organizations and agencies to improve healthy lifestyles (e.g., cooking classes, farmer’s markets, etc.)</p>	<p>Through Live Well Colorado, provided cooking classes led by a registered dietician to educate local families on healthy eating and nutrition</p>	<p>Number of people attending the health fair = 1,500 (2016)                      Number of people who receive discounted blood tests = 557 (2016)   <b>Update:                      1700 attended (2017)                      572 tests (2017)</b></p>	<p>Adult Obesity Rate = 22.6%</p>	<p>Live Well Colorado                      Center for Mental Health                      Bosom Buddies of Southwestern Colorado, Inc.                      Montrose Recreation District                      St. Mary’s Hospital (CareFlight)                      Montrose County Health &amp; Human Services                      Gunnison Valley Health                      Delta County Memorial Hospital                      Mind Springs Health/West Springs Hospital                      HopeWest Hospice (Grand Junction)                      Montrose Daily Press                      Local physicians                      Montrose County School District                      Stroke and Brain Injury Support Group                      Cardiac Support Group                      Diabetes Support Group</p>
	<p>Free community educational seminars provided by specialists on topics like women’s heart health, men’s prostate health, etc.</p>	<p>Grant received to study barriers to breast cancer screenings that also covers a community health worker who provides education, resources, and transportation vouchers for cancer screenings</p>				
	<p>Grant received to study barriers to breast cancer screenings that also covers a community health worker who provides education, resources, and transportation vouchers for cancer screenings</p>	<p>Look at opportunities to support community garden or use hospital garden to provide education on nutrition and healthy eating to local community</p>				

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<b>Healthy Lifestyles</b>	'Ideal Protein' weight loss program to help patients improve health and lifestyle	Hospital campus becoming smoke-free				
	Provide space for community support groups including Parkinson's, Cardiology, Stroke, Bosom Buddies (breast cancer)	New LEAD Program for community leaders and professionals to educate on healthcare services and resources that are available and become ambassadors in the community				
	Cancer Resource Coordinator provides resources to cancer patients including vouchers for transportation, lodging during treatment, family support, wigs, etc.	Research grant options for coordinating health education/resources in the community				
	Host exercise classes including Pilates and low-impact classes for Cardiac Rehab patients to continue healthy habits after rehab has concluded	Collaborate with Mind Springs Health/West Springs Hospital to increase services and secure funding for additional mental health beds for the community				
	Healthy options provided in hospital cafeteria (open to public) including fruit and prepackaged snacks, and many recipes and options include locally grown produce					
	Hospital garden on site that provides produce to hospital cafeteria					
	Provide smoking cessation materials to patients, and participate in Great					
	Provide CMEs to local healthcare providers on topics like substance abuse					
	Coordinated conference on hospice and palliative care to help develop palliative					
	Speakers and presentations for community clinic managers with					

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<b>Healthy Lifestyles</b>	Assist other local clinics with physician recruitment					
	Coordinate with other local clinics to communicate and transfer patient					
	Coordinated a local meeting to facilitate lower healthcare costs with the city,					
	Through Live Well Colorado, provided cooking classes led by a registered dietician to educate local families on healthy eating and nutrition					
	As part of ACO, the Hospital has multiple care coordinators across the practices including a Care Coordination Manager					
	Joint venture with CareFlight to improve timely and more cost-effective access to emergency services and care					
	Monthly health education article provided to local newspaper "Valley Health"					