

Significant Health Need	Services, Programs, and Resources available to respond to this need	New steps to take to address this need	Leading Indicators to Track	Lagging Indicators to Track	MMH anticipates collaborating with the following other facilities/organizations
Mental Health & Suicide	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) Update: 18 Consults in 2016 and 2017	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 Suicide Prevention Group				
	Behavioral Health Regional Collaborative Group	Gunnison, Delta and Montrose Hospitals, Center for Mental Health and Public Health representatives are meeting Quarterly			
	Center for Mental Health Board	Dr. Julie Quarry			
Center for Mental Health Crisis Center	Sue Schreier, Dr. Query, Dr. Saliman				
Women's Services, Maternal and Infant Measures	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) Update: 4,476 (2016) 4,446 (2017)	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				
	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.	Cancer Center Social Worker has taken on the responsibilities of the Cancer Center Resource Coordinator			
	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	The MMH Nurse Midwife clinic is merging with Alpine Women's Centre and will continue these services			
	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				
Heart Disease	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	Number of reduced-cost lipid screenings provided = 3,488 (2016) 3,348 (2017) 3,476 (2018)	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.				
	Provide space for community support groups: Cardiology, Stroke, Bosom Buddies (breast cancer)				
	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				
	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				
	Free community educational seminars provided by specialists on topics like women's heart health, men's prostate health, etc.	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			
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	Lead coordination of regional efforts with other organizations and agencies to improve healthy lifestyles (e.g. cooking classes, farmer's markets, etc.)	Number of people attending the health fair 15,000 (2016) Number of people who received discounted blood tests + 557 (2016) Update: 1700 attended, 572 tests (2017) 2000 attended, 585 tests (2018)	Adult Obesity Rate = 22.6%	Live Well Colorado Center for Mental Health Bosom Buddies of Southwestern Colorado, Inc. Montrose Recreation District St. Mary's Hospital (CareFlight) Motnrose County Health & Human Services gunnison Valley Health Delta County memorial Hospital Mind Springs Health/West Springs Hospital HopeWest Hospitce Motnrose Dialy Press Local Physicians Montrose County School District Stroke and Brain Injurtury Support Group Cardiac SUpport Group Parkinson's Support Group	
'Ideal Protein' weight loss program to help patients improve health and lifestyle	Hospital campus becoming smoke-free		Coronary Heart Disease Deaths = 100.9/100,000		
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				

Healthy Lifestyles	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 American Smoke Out to provide 'quit smoking packets'				
	Provide CMEs to local healthcare providers on topics like substance abuse and other key issues to help provide latest care and treatment				
	Coordinated conference on hospice and palliative care to help develop palliative care program in the area				
	Speakers and presentations for community clinic managers with education on population health and care coordination				
	Assist other local clinics with physician				
	Coordinate with other local clinics to communicate and transfer patient information				
	Coordinated a local meeting to facilitate lower healthcare costs with the city, county, and school district				
	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"				

Significant Health Need	Services, Programs, and Resources available to respond to this need	New steps to take to address this need	Leading Indicators to Track	Lagging Indicators to Track	MMH anticipates collaborating with the following other facilities/organizations
Mental Health & Suicide	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) Update: 18 Consults in 2016 and 2017	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 Suicide Prevention Group				
	Behavioral Health Regional Collaborative Group	Gunnison, Delta and Montrose Hospitals, Center for Mental Health and Public Health representatives are meeting Quarterly			
	Center for Mental Health Board	Dr. Julie Quary			
Center for Mental Health Crisis Center	Sue Schreier, Dr. Query, Dr. Saliman				

Significant Health Need	Services, Programs, and Resources available to respond to this need	New steps to take to address this need	Leading Indicators to Track	Lagging Indicators to Track	MMH anticipates collaborating with the following other facilities/organizations
Women's Services, Maternal and Infant Measures	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		Update: 4,476 (2016) 4,446 (2017)		
	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.	Cancer Center Social Worker has taken on the responsibilities of the Cancer Center Resource Coordinator			
	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	The MMH Nurse Midwife clinic is merging with Alpine Women's Centre and will continue these services			
	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				

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
Heart Disease	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	Number of reduced-cost lipid screenings provided = 3,488 (2016) 3,348 (2017) 3,476 (2018)	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.					
	Provide space for community support groups: Cardiology, Stroke, Bosom Buddies (breast cancer)					
	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					
	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					
Free community educational seminars provided by specialists on topics like women's heart health, men's prostate health, etc.	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					

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
Healthy Lifestyles	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	Lead coordination of regional efforts with other organizations and agencies to improve healthy lifestyles (e.g. cooking classes, farmer's markets, etc.)	Through Live Well Colorado, provided cooking classes led by a registered dietician to educate local families on health eating and nutrition	Number of people attending the health fair 15,000 (2016) Number of people who received discounted blood tests + 557 (2016) Update: 1700 attended (2017) 572 tests (2017) 2000 attended (2018) 585 tests (2018)	Adult Obesity Rate = 22.6%	Live Well Colorado Center for Mental Health Bosom Buddies of Southwestern Colorado, Inc. Montrose Recreation District St. Mary's Hospital (CareFlight) Motnrose County Health & Human Services gunnison Valley Health Delta County memorial Hospital Mind Springs Health/WEst Springs Hospital HopeWest Hospitce Motnrose Dially Press Local Physicians Montrose County School District Stroke and Brain Injury Support Group Cardiac SUpport Group Parkinson's Support Group
	'Ideal Protein' weight loss program to help patients improve health and lifestyle	Hospital campus becoming smoke-free			Coronary Heart Disease Deaths = 100.9/100,000	
	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 American Smoke Out to provide 'quit smoking packets'					
	Provide CMEs to local healthcare providers on topics like substance abuse and other key issues to help provide latest care and treatment					
	Coordinated conference on hospice and palliative care to help develop palliative care program in the area					
	Speakers and presentations for community clinic managers with education on population health and care coordination					
	Assist other local clinics with physician					
	Coordinate with other local clinics to communicate and transfer patient information					
	Coordinated a local meeting to facilitate lower healthcare costs with the city, county, and school district					
	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"						