

Grand Itasca Clinic & Hospital 2019 Annual Community Impact Report

Grand Itasca Clinic & Hospital
Board of Directors

June 17, 2020

Executive summary

At Grand Itasca Clinic and Hospital, we are committed to patient-centered excellence and the health and wellbeing of our communities. In order to achieve optimal health for our community, we must reach beyond the walls of our clinic and hospital to understand the health of our community where we live, work, learn, play, and worship.

We recognize that this commitment begins in and with our communities. This work cannot be done alone; we must collaborate with community-based organizations, local businesses, local public health departments, and other health systems. Our efforts, resources, and commitments are investments in the health and wellbeing of our community.

The process of understanding community needs and assets begins with assessment. Grand Itasca conducted our most recent community health needs assessment (CHNA) in 2018 by collecting quantitative and qualitative community data, then analyzing and prioritizing the data to understand the most critical health needs of the community. The CHNA was validated by the local Community Health Steering Committee and adopted by the Grand Itasca Board of Directors in December 2018.

Implementation strategies and plans were developed with contributions from staff, providers, community health steering committee members, and other community members and leaders.

The purpose of this report is to provide an update on the impact Grand Itasca had in 2019 in our local community guide by the implementation strategies. In appendix A you will find additional detailed numbers and outcomes for some of our key programs.

Priority health needs:

- Mental health and wellbeing
- Healthy lifestyles
- Access to care and resources

Priority populations:

- Aging population
- People of color and indigenous people
- People experiencing poverty

Implementation strategies: Background and impact

The 2019–2021 implementation strategies were developed with input from community partners and include programs and initiatives that address the priority needs: mental health and wellbeing, healthy lifestyles, and access to care and resources. All programs were designed with the priority populations in mind and all include one or more community partners.

In 2019, evaluation methods were designed for each program and initiative to help us understand the impact we are making in the community.

The Grand Itasca Community Health team went above and beyond the implementation strategies and plan in 2019. Several of the programs and initiatives are highlighted below:

- **Mental Health First Aid (MHFA)** – Grand Itasca facilitated two free MHFA classes in 2019: the spring class was focused on adults working with youth and the fall class was focused on adults. Participants learned to identify risk factors and warning signs of mental illness, while increasing their understanding and the importance of support.
- **Living Well with Chronic Pain** – Grand Itasca partnered with ElderCircle and Juniper to offer two free Living Well classes in 2019. The curriculum offered strategies and skills to manage chronic pain, with an emphasis on the individual's role in self-management.

- **Sports Physicals/Athletic Trainers** – Grand Itasca offered free sports physicals for high school and college athletes in August 2019. This gave 62 students the opportunity to be part of a team and to be physically active, which is important to a healthy lifestyle. In addition to free sports physicals, Grand Itasca employs a full-time athletic trainer at Grand Rapids High School (GRHS). The athletic trainer, as well as additional Grand Itasca physical therapists, provide support for GRHS and Itasca Community College athletes during training and at their competitions. Additionally, plans to expand this service to the surrounding communities of Greenway High School in Coleraine, MN and Hill City High School in Hill City, MN are currently in process.
- **Project Care Free Clinic** – Grand Itasca partnered with Project Care by offering free diagnostic tests and lab services to their patients. More than \$10,000 in free services were provided in 2019. Grand Itasca also has several providers that volunteer their time and talents at Project Care.
- **Itasca County Tobacco Ordinance** – The Tobacco Ordinance in Itasca County was updated for the first time since 2002. The language now meets state and federal standards, with licensing fees and penalties for selling to minors significantly increased. Grand Itasca supported Itasca County Public Health in this initiative, with several of our representatives attending the public hearing, including Grand Itasca’s CEO and a physician, who spoke in support of updating the ordinance at the hearing.
- **Blood Drives** – Grand Itasca supported the Memorial Blood Center by being a collection site four times during 2019. Employees are encouraged to donate during their work hours, since this is a vital resource for both the hospital and the community.
- **Health Fair** – Grand Itasca partnered with the University of Minnesota Duluth’s Pharmacy students to offer free biometric testing including lipid panel, blood glucose screening, blood pressure, bone density, and medication review. Our partner ElderCircle provided memory screenings while Grand Itasca’s Home Care RN’s provided grip strength and balance assessments. The health fair was held in the Active Living Center at the YMCA in April and again in November, giving access to much of the community.
- **Power of Produce (POP) Club** – Grand Itasca partnered with several members of the community to fund the POP Club at the Grand Rapids Farmer’s Market. This program provides children ages 2-12 a \$2 token to spend on fresh fruits and vegetables from local growers each week. The goal is to teach children that eating well is a lifelong benefit to a healthy lifestyle.
- **Student Mentoring** – The medical field can be a rewarding and vital career path. Through a partnership with Grand Rapids High School, two students were mentored through their Career Class in 2019. The students received hands-on experience and guidance from Grand Itasca employees to help them determine a possible career in health care. The Healthcare Career Pathway program is another opportunity in which Nashwauk High School students visited Grand Itasca Hospital. The visit included a tour and presentations highlighting different departments. Grand Itasca also accommodates requests to shadow specific jobs and/or departments by students or those exploring a new career path.
- **Doc Talk** – Grand Itasca continued to offer our Doc Talk series at the YMCA on the third Tuesday of each month. It includes a health-related presentation by one of our providers, as well as a light dinner. This is a free series open to the public that averages 40-50 people each month.
- **Community Wellness Spaces** – Grand Itasca was a 2019 sponsor for several improvements to the community’s wellness spaces, including investments at the Tioga Bike Trail and Mesabi Trail, the city’s multiuse pavilion, and the new sunshades over the dugouts at the Sports Complex. These all give community members access to safe places to be active and enjoy the beautiful northern Minnesota outdoors.

Next steps in 2020

2020 Implementation Strategies – January to March

Grand Itasca has great momentum with the 2020 implementation strategies. Several of the initiatives that were already completed in 2020 are listed below:

- **Mental Health First Aid for Older Adults** – Grand Itasca facilitated this free class in January for healthcare workers and community members to help them identify risk factors and warning signs of mental illness in older adults. It was well attended; 23 participants completed the training.
- **Prevention Early Intervention** – In February, Grand Itasca partnered with several community organizations, including Essentia Health and Itasca County Public Health, to provide an interactive forum for the public on the importance of prevention and early intervention for mental health in children. A Grand Itasca pediatrician was a member of the panel, answering questions from community members about the importance of structure during a child's most formative years.
- **Walk with Ease** – Grand Itasca partnered with Itasca County Public Health, ElderCircle, and the YMCA to provide this free six-week walking program to community members. It is an evidence-based program created by the Arthritis Foundation to improve health and fitness for those with arthritis and/or chronic pain. Seventeen participants completed the program with encouraging results.
- **Second Harvest Food Bank** – Grand Itasca partnered with our local food bank to allow employees to volunteer during their work hours. A department is assigned each month of the year and employees are encouraged to volunteer on the second Tuesday each month. We plan to continue this partnership once COVID-19 restrictions are lifted.
- **Noble Hall Field** – Grand Itasca gave \$40,000 to support the artificial turf upgrade at the Grand Rapids High School athletic field, Noble Hall Field. This health and wellness improvement in our community will significantly increase the number of students, athletes, and community members who can benefit from this valuable space.
- **T1D Bowling Party** – Grand Itasca recognized the importance of building a support group for families of children with Type 1 Diabetes. As a result, we hosted a party at the local bowling alley, inviting community children with T1D and their families. More than 50 individuals attended, along with Grand Itasca pediatricians, the diabetic educator, and a registered dietician. This connection will allow families to act as resources and support for each other.

Impact of COVID-19 on 2020 Implementation Strategies

In January of this year our team launched the 2020 implementation strategies. Along with the rest of the state, nation, and world, we had to suspend our plans in early March due to the COVID-19 pandemic. We notified our community partners and participants, but then with a little creativity, adaptability, and the help of technology, our teams continue to serve the community to improve health and wellbeing. Here are a few examples:

- **Virtual Living Well with Chronic Pain** – Grand Itasca was partnered with ElderCircle and Juniper to teach a pain management class in March, but with the COVID-19 pandemic, it had to be cancelled. After additional creative planning, this class was offered through a virtual platform, giving us a new opportunity for delivery of our programs.
- **Virtual wellbeing and cooking class** – These classes are available for all employees and the community through Ways to Wellness, a program through our partnership with Fairview Health Services.
- **Virtual Doc Talk** – Grand Itasca is now offering this series through a virtual platform. This allows us to continue providing community health-related education to our community.
- **Online mental health and stress resilience resources** – Grand Itasca partnered with a local counseling organization to offer group sessions for employees on coping skills and managing anxiety. Also, as part of our Employee Assistance Program (EAP), employees have access to six free one-on-one counseling sessions with a licensed therapist.

When the COVID-19 response mandates lift and people can once again gather, the planned implementation strategies will resume. However, programming may be adjusted depending on the impact of the pandemic on the essential services needed by our communities.

Review and Approval by Grand Itasca Clinic & Hospital Board of Directors

The Grand Itasca Clinic & Hospital Board of Directors will review and approve the 2019 Annual Community Impact Report on June 17, 2020. This report will be made available to community partners and others as requested.

2020–2021 Community Health Needs Assessment (CHNA)

Grand Itasca's Community Health team will bring the next CHNA to the Board of Directors in 2021. This assessment will once again be developed with our local public health partners, including quantitative data sharing, as well as shared qualitative tools, data analysis, and report writing. We look forward to working together to decrease duplication, burden community, and produce a better outcome.

Appendix A: Grand Itasca community impact details

The following is a detailed review of two key programs from the implementation strategy. The aim is to show the impact made in addressing the needs of the communities served in 2019. The programs and initiatives focused on the identified priority needs of mental health and wellbeing, healthy lifestyles, and access to care and resources, with a consideration for the identified priority populations, including aging populations, persons experiencing poverty, and people of color and indigenous people.

Collaboration with community is the cornerstone of our work and implementation strategy process. While some elements of the strategy were implemented by the hospitals' staff and providers, most were executed in partnership with public health, businesses, nonprofits, schools, health organizations, other community partners. This strategy is to help ensure sustainable solutions. These solutions address the heart of local health assets, barriers, and needs.

Program/Tactic	Priority area	Anticipated impacts	Actual impact	Reach and other impacts
<p>Mental Health First Aid (adult and youth)</p> <p>Mental Health First Aid is an internationally recognized evidence-based program that was created and is managed by the National Council for Behavioral Health. It is an eight-hour class that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. There is youth version that focuses on adults working with adolescents.</p>	<p>Access to care and resources</p>	<p>Participants' confidence when helping someone connect with professional resources.</p>	<p>100% of participants indicated on the post-program survey that they strongly agree or agree: "They can assist someone who may be dealing with a mental health problem, substance use challenge or crisis in seeking professional help." (n=22)</p>	<p>Number of participant completers: 27</p> <p>10 adults and 17 youth</p>
	<p>Mental health and wellbeing</p>	<p>Participants' ability to recognize and correct misconceptions about mental health and mental illness.</p>	<p>100% of participants indicated on the post-program survey that they strongly agree or agree: "I can recognize and correct misconceptions about mental health, substance use and mental illness as I encounter them." (n=8)</p>	
<p>Living Well Suite of programs</p> <ul style="list-style-type: none"> • Chronic Disease Self-Management • Chronic Pain Self-Management • Diabetes Self-Management <p>These are evidence-based programs developed by Stanford University's Patient Education Research Center. Workshops are offered to individuals and their caregivers who are living with chronic conditions, pain, or diabetes. Subjects addressed include medication use, communication with doctors and caregivers, nutrition and fitness—with practical exercises and advice designed to meet participants' needs.</p>	<p>Access to care and resources</p>	<p>Participants agree that the program helps them work with their health care providers.</p>	<p>92% strongly agree or agree: "I am confident I can work with healthcare professionals." (n=12)</p>	<p>Number of participant completers: 17</p>
	<p>Healthy lifestyles</p>	<p>Participants' confidence to manage a chronic condition.</p>	<p>100% strongly agree or agree: "I am confident I can manage a chronic condition." (n=12)</p>	

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