

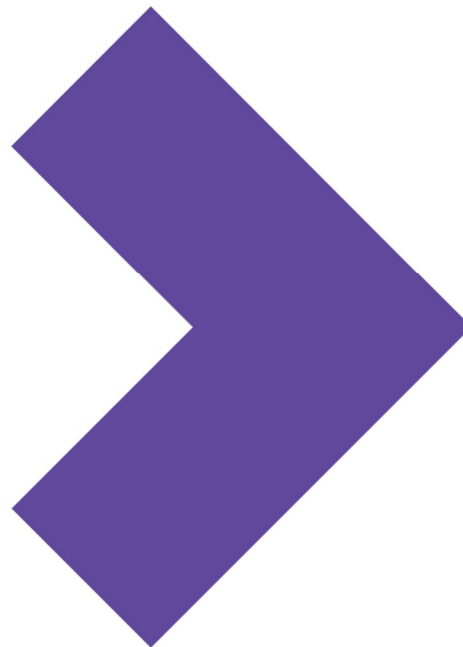


Methodist Hospital

HealthPartners®

Community Health Needs Assessment Implementation Plan

April 26, 2022



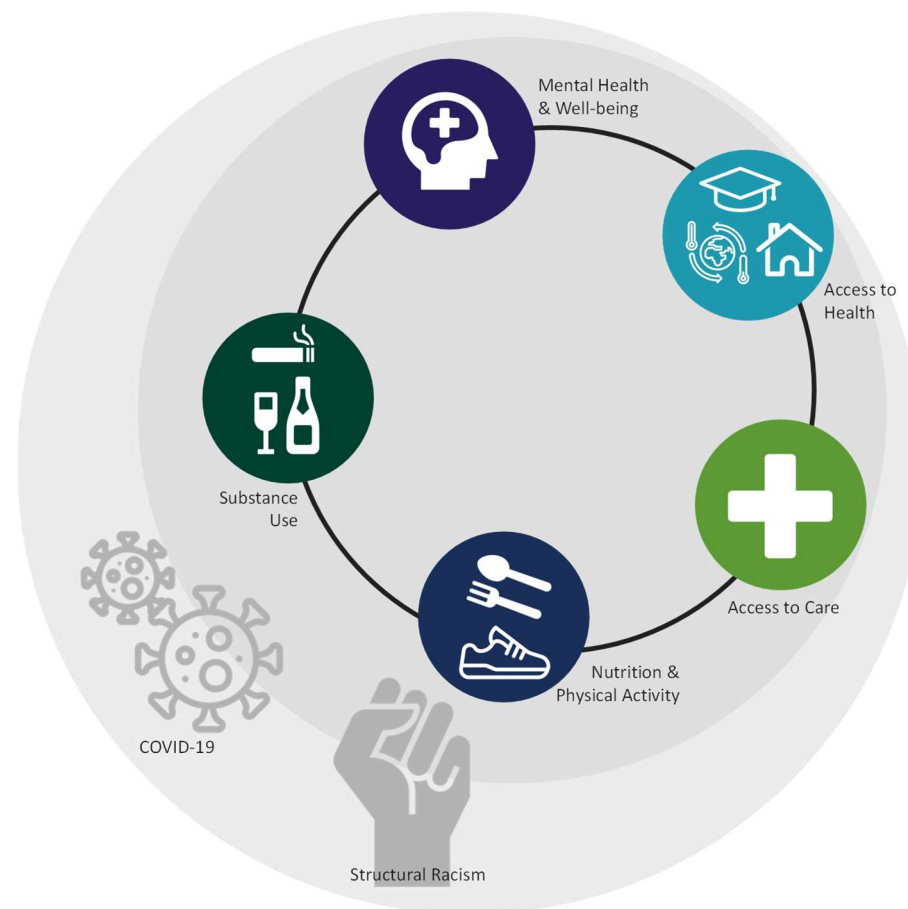
HealthPartners 2022 CHNA Implementation Plan

The purpose of this Community Health Needs Assessment (CHNA) Implementation Plan is to describe how Methodist Hospital plans to address each of the five needs areas identified through the 2021 CHNA process. The needs areas identified in the most recent CHNA are shown on the graphic to the right, and include the following:

- Mental Health and Well-being
- Access to Health
- Access to Care
- Nutrition and Physical Activity
- Substance Use

Woven throughout each of these Needs Areas are two cross-cutting contextual factors: structural racism and the COVID-19 pandemic.

Over the next three years (2022-2024), our hospital intends to address all five top significant health needs areas in some way. Below we outline strategies and actions set by Methodist Hospital to address each needs area, hospital resources that will be committed, partners and anticipated impact towards each goal.





Goal: Improve Mental Health & Well-being

Mental Health and Well-being is the interconnection between mental illness and the associated stigma, social connectedness, resiliency, and overall mental, social, and emotional well-being.

Strategies/action	Anticipated Impact	Hospital Resources	Partners
<p>Make It OK Community campaign to reduce the stigma of mental health and illness through:</p> <ul style="list-style-type: none"> • Website and social media • Toolkits and resources • Community outreach and Ambassador Training • Community collaborations 	<ul style="list-style-type: none"> • Increased awareness and knowledge of mental health and illness stigma in communities, schools, employers, community agencies, faith communities and through other partners. • Expanded engagement and reach in those more reluctant to seek care, vulnerable communities and communities of color • Reduction in stigmatized attitudes and actions, to create more caring communities 	<ul style="list-style-type: none"> • Staff for community outreach, promotion, subject matter expertise, steering committee participation and partnership • HealthPartners supports makeitok.org development and maintenance • Hospital Foundation staff support and Resources 	<p>National Alliance for Mental Illness (NAMI), hospitals and health care, local public health, community agencies, mental health providers, employers and other community mental health coalitions. The ongoing partner list can be found at www.makeitok.org</p>
<p>Little Moments Count – Community coalition to help parents and the community understand the importance of talking, playing, reading and singing early and often with children</p>	<ul style="list-style-type: none"> • Increase positive interactions and experiences in early childhood • Positively impact health and well-being outcomes later in life. 	<ul style="list-style-type: none"> • Staff for community outreach, promotion, subject matter expertise and partnership • HealthPartners supports Littlemomentscount.org website development and maintenance 	<p>LMC is a collaborative of 57 organizations working to help increase parent and community interaction with babies and children. See partner list at www.littlemomentscount.org/about-us</p>
<p>Be Well Employee well-being program for HealthPartners staff including mental health, well-being and resiliency programs and services.</p> <ul style="list-style-type: none"> • Well-being Response Team (WRT) to provide support and offer resources to hospital colleagues with crisis or challenging situations 	<ul style="list-style-type: none"> • Improved emotional well-being and resiliency of HealthPartners/Park Nicollet staff • Opportunity for team members to process and discuss emotions and trauma experienced throughout the pandemic. 	<ul style="list-style-type: none"> • Staff coordinates, promotes and connects staff with programs and resources • Employee Occupational Health and Safety & Spiritual Care 	<p>Internal Systems</p>
<p>Mental Health Community Collaborations and Roundtables</p>	<ul style="list-style-type: none"> • Actively participate in community collaborations to make equitable progress with mental health and well-being • Strengthen and support community partnerships and collective action 	<p>Partner in and support efforts</p>	<p>Community Agencies, City Staff, Police, Fire, NPO's</p>

	<ul style="list-style-type: none"> • Collaborate to make equitable progress toward improving community mental health and well-being 		
Behavioral Health	<ul style="list-style-type: none"> • Simplified care access with barriers eliminated for patients • Increased and improved patient accessibility to Behavioral Health care via telemental health services • Expanded access to mental health services through integration with Primary Care and use of brief assessment and intervention models • Increased accessibility to scheduling by offering online/digital options for existing Behavioral Health patients. • Continue to offer access to mental health services through integration with Primary Care: e.g., the use of depression protocols, group therapy, and embedding of therapists at primary and subspecialty care clinics (currently in 10 clinics) • Integrate Behavioral Health in Primary Care to provide in the moment immediate/short term Behavioral Health interventions and consultations to primary care providers 	<ul style="list-style-type: none"> • Park Nicollet Behavioral Health • Park Nicollet Primary Care 	Internal systems
Growing through Grief – No fee, School based grief counseling and crisis support for K-12 students who have lost a loved one	<ul style="list-style-type: none"> • Increased access to death related grief counseling services for all students in partnering districts • Increased number of grief sensitive schools • Improved coping skills, ability to concentrate in schools and increased resilience in participating students 	<ul style="list-style-type: none"> • Park Nicollet Foundation • Park Nicollet Hospice 	<ul style="list-style-type: none"> • 108 schools in 16 districts throughout Twin Cities metro area and western WI (See partner List) • Donors (100% by philanthropy) • Community Advisory Council members
NOW! (No Obstacles to Wellbeing) In school, no fee Tele-mental health therapy for middle and high school Students	<ul style="list-style-type: none"> • Barriers removed to mental health therapy - transportation, cost, wait times, parents missing work, stigma, etc. • Improved access for any student regardless of ability to pay 	<ul style="list-style-type: none"> • Park Nicollet Behavioral Health • Park Nicollet Foundation 	<ul style="list-style-type: none"> • Burnsville, Richfield and St. Louis Park School Districts • Donors. Funding is 100% through philanthropy
INSPIRE Dynamic program for stroke survivors and their families. INSPIRE provides stroke education, community programs, support groups and wellness offerings for Stroke Survivors, Caregivers and their Community	<ul style="list-style-type: none"> • Improve health literacy for the community and reduce conditions negatively affecting the mental health and isolation of stroke survivors and their families. • Provide scholarships for those in need, alleviating financial barriers. Note: most programming is offered free of charge. • Remove transportation barriers by providing virtual programming 	<ul style="list-style-type: none"> • Park Nicollet Rehab Services, Neurology • Park Nicollet Primary and subspecialty care clinics 	<ul style="list-style-type: none"> • Community agencies

<p>Melrose Center Expert care for all types of eating disorders for people of every age and gender</p>	<ul style="list-style-type: none"> • Patients will have access to specialized, evidence-based care that best meets their needs • Expand physical space to allow for accelerated growth of Melrose Center so that even more people and families in our community can receive eating disorder care • Expand and enhance family integration into all programs for all ages at Melrose Center 	<ul style="list-style-type: none"> • Melrose Center • Park Nicollet Foundation. Expansion funding 100% through philanthropy 	<ul style="list-style-type: none"> • Community NPOs and Agencies
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Goal: Improve Access to Health

Access to Health refers to the social and environmental conditions and unmet social needs that directly and indirectly affect people’s health and well-being such as housing, income, food security, transportation, employment, education, clean and sustainable environment, and more.

Strategies/action	Anticipated Impact	Hospital Resources	Partners
<p>Social Drivers of Health screening and referral (SDOH) Develop and implement a system-wide approach to addressing social determinants of health</p>	<ul style="list-style-type: none"> • Increased access to and engagement with resources for social needs • Screen patients for food insecurity and partner with Hunger Solutions to improve patient access to food 	<p>Staffing including care management, providers, discharge planners</p>	<ul style="list-style-type: none"> • NowPow • Local Public Health • Community based nonprofits addressing basic needs (Hunger Solutions, STEP)
<p>SuperShelf Statewide initiative to transform foodshelves by making healthy, culturally specific foods accessible and appealing</p>	<ul style="list-style-type: none"> • Increased nutritional quality of food available to clients • Increased availability of culturally specific foods • Equitable and client-focused atmosphere at food shelves 	<p>Staffing for collaboration and food shelf support, nutrition information and resources</p>	<ul style="list-style-type: none"> • Valley Outreach • The Food Group • University of Minnesota • Hunger Solutions Minnesota • Other partners and participating food shelves at www.supershelfmn.org
<p>Sustainability HealthPartners supports and promotes sustainability through the lens of the triple bottom-</p>	<ul style="list-style-type: none"> • Impacts will include improved air and water quality, more predictable temperatures, and improved quality of life 	<p>Led by our Sustainability team Supported by hospital green teams</p>	<ul style="list-style-type: none"> • Partnership Resources Inc. • Matter • Merrick Inc.

line of people, planet, and prosperity. Where environmental health is in balance with both human and economic health and well-being for all members of our community			<ul style="list-style-type: none"> • Minnehaha Creek Watershed District • City of St Louis Park • Pharmalogistics • Engie • Henn. County Bus. Recycling
Community Health Collaborations Actively participate in community collaborations to make equitable progress with social drivers of health	<ul style="list-style-type: none"> • Strengthen and support community partnerships and collective action • Collaborate to make equitable progress toward improving community social drivers of health 	Staff Partner in and support efforts	<ul style="list-style-type: none"> • Center for Community Health • Hennepin County Public Health • Other local/county public health departments
Community Partnerships Continue to support the Community Paramedicine/Good to be Home program providing care to recently discharged Methodist patients/isolated seniors. Conduct open houses with fire departments providing education about blood pressure checks, preventative screening	<ul style="list-style-type: none"> • Isolated Seniors have access to acute and preventative care appointments • Ensures homeless and near homeless patients have seasonally appropriate clothing after discharge • Increased community knowledge of care options • Expand access to patients by leveraging community partnerships. • Assist outgoing patients with winter/seasonal clothing needs 	<ul style="list-style-type: none"> • Community Paramedicine • Park Nicollet Foundation 	<ul style="list-style-type: none"> • St Louis Park & Hopkins Fire Department • Non-profit organizations provide transportation • Donors/Foundation • SLP STEP • Outpatient Outfitters
Caring for Colleagues Fund This Park Nicollet Foundation fund supports employees through financial strain from extraordinary hardship etc.	<ul style="list-style-type: none"> • Increased awareness of the fund and grant funding to staff experiencing hardship 	<ul style="list-style-type: none"> • Park Nicollet Foundation & Spiritual Care 	Internal systems



Goal: Improve Access to Care

Access to Care means having equitable access to appropriate, convenient, affordable and culturally responsive, trauma informed health care. This includes factors such as proximity to care, diversity training for staff, diverse backgrounds of providers, cost of care, insurance coverage, medical transportation, and care coordination within the health care system.

Strategies/action	Anticipated Impact	Hospital Resources	Partners
Build an inclusive, equitable and anti-racist culture	<ul style="list-style-type: none"> • Deepen HealthPartners workforce’s collective understanding of cultural humility, anti-racism, diversity and bias • Take steps to build trust with our communities • Train employees across the organization, especially care teams, about LGBTQ inclusion, gender diversity, and creating inclusive environment surrounding gender identity and sexual orientation • All employees create inclusive, affirming environment for people’s gender identity and sexual orientation 	<ul style="list-style-type: none"> • Staff • Training resources • LGBTQ+ Health Equity Workgroup 	<ul style="list-style-type: none"> • Penumbra Theater • YWCA • Center for Economic Inclusion • Rainbow Health
Accelerate and expand our efforts to eliminate disparities in care Focus includes chronic conditions and preventive screenings, maternal and infant care, childhood immunizations	<ul style="list-style-type: none"> • Reduce and eliminate disparities in care • Continue to expand and more easily find/access primary care, behavioral health, and specialized care services for gender diverse patients, including appropriately connecting patients with clinicians who have competent knowledge and awareness of specific care • Easier for gender diverse patients to establish appropriate care with clinicians across the organization who have competency and awareness of gender diverse care needs and challenges gender diverse patient’s face in healthcare • Mobile mammography (Mammo-a-go-go) unit will travel and provide services to women in underserved populations/ communities, focused on bringing breast cancer diagnosis to communities and populations where it is not available • Explore potential for colorectal screening by adding screening options to mobile mammogram service at community events 	<ul style="list-style-type: none"> • Staff • Gender Services • Jane Brattain Breast Center • Primary Care • Partner: Park Nicollet Foundation 	<ul style="list-style-type: none"> • Donors • Corporations • Non-profit partners • Community Agencies (See Partners list)
Telemedicine/technology	<ul style="list-style-type: none"> • Increased access to care 	Primary Care	Internal Systems

	<ul style="list-style-type: none"> Expand the use of technology (emails, text messages, MyChart messages, etc.) to engage patients between visits and promote healthy behaviors Continue to offer and promote Telemedicine (telephone and video visits) Continue to promote on-line scheduling 		
School Based Health Centers Ensure no fee, accessible care to children and youth within the school/district building. Population served: Children birth to 19 in high need areas with little access to resources	<ul style="list-style-type: none"> Increased access to care for students and families with young children Increase immunizations Increased engagement with own health care 	<ul style="list-style-type: none"> Primary Care clinicians and support staff Park Nicollet Foundation 	<ul style="list-style-type: none"> Burnsville/Eagan/Savage District 191 Brooklyn Center Public Schools Richfield Public Schools St Louis Park Public Schools Local NPOs
Expand access by leveraging community Partnerships Patients served: Methodist and Park Nicollet clinic patients	<ul style="list-style-type: none"> Increased access particularly for isolated seniors and Provide transportation to isolated seniors and other patients without access through donations and partnerships with community agencies Provide needed resources (including mental health, domestic violence, homelessness and substance use supports) to patients within Methodist Hospital and partner with community organizations to ensure a safe transition from the hospital to the community. Services provided by RN and Social Work Care Managers 	<ul style="list-style-type: none"> Care Management-Methodist Partner: Park Nicollet Foundation 	<ul style="list-style-type: none"> Donors City/State agencies Community agencies/NPOs
Onsite Employee Health clinic	<ul style="list-style-type: none"> Provide ease of clinical access to hospital colleagues. Support for basic minute clinic type ailments, injuries, work comp, and more 	Employee Occupational Health and Safety staff	Internal Systems
Trauma & Injury Prevention Recently discharged seniors education	<ul style="list-style-type: none"> Reduced falls and increased home independence Reduced readmissions 	Trauma/Quality/Data	Internal Systems



Goal: Improve Nutrition & Physical Activity

Nutrition & Physical Activity means equitable access to nutrition, physical activity and healthy supportive environments for families and communities.

Strategies/action	Anticipated Impact	Hospital Resources	Partners
PowerUp Community-wide initiative to support eating better, moving more and feeling good	<ul style="list-style-type: none"> Increased awareness about resources for eating better, moving more and feeling good Improved attitudes and behaviors around eating, physical activity and mental well-being 	Staff	<ul style="list-style-type: none"> School Districts Teachers and youth leaders School Age Care programs
Nutrition & Physical Activity Collaborations Actively participate in community collaborations to make equitable progress with nutrition and physical activity	<ul style="list-style-type: none"> Strengthen and support community partnerships and collective action Collaborate to make equitable progress toward improving nutrition and physical activity 	Partner in and support efforts	<ul style="list-style-type: none"> STEP St Louis Park Emergency Program Community NPOs Public health agencies
Be Well Employee well-being program. Support and empower colleagues with resources for improved nutrition, physical activity and overall well-being	<ul style="list-style-type: none"> Improved support for better colleague nutrition, physical activity and well-being Onsite gym accessible to Park Nicollet colleagues with access to a variety of equipment, classes, and more. Easy access to fresh produce that is delivered weekly throughout the summer as a Community Supported Ag (CSA) site drop. 	Occupational Health and Safety staff	<ul style="list-style-type: none"> Untiedt Farms Internal systems Local vendors



Goal: Reduce Substance Use

Substance Use covers substance abuse and addiction, which are the use of substances including alcohol, tobacco and e-cigarettes, prescription drugs, opioids and other drugs in a manner that is harmful to health and well-being and causes problems or distress that affect daily life.

Strategies/action	Anticipated Impact	Hospital Resources	Partners
Medication take back Drop boxes locations at hospitals	<ul style="list-style-type: none"> Prevent prescriptions drugs from entering the drinking water system and help prevent accidental poisoning 	Methodist Hospital pharmacy	Public Health Agencies

<p>Reduce the use and misuse of opioid medications Pharmacist/Prescriber Collaborative Practice Agreements</p>	<ul style="list-style-type: none"> • Provide treatment options that are more effective for chronic pain than opioid prescribing. Pain Clinics: refer patients to HealthPartners specialized pain clinics that focus on the physical, emotional, lack of sleep, physical activity, social factors and addiction • Allow prescribers to partner with MTM pharmacists to wean and taper patients off opioids and Benzodiazapines 	<p>Staff Opioid Steering Committee</p>	<p>Public Health Agencies</p>
<p>Local Collaborations Actively participate in community collaborations to address substance use/abuse needs</p>	<ul style="list-style-type: none"> • Strengthened community partnerships and collective action • Collaborate to make equitable progress toward reducing negative substance use 	<p>Partner in and support efforts</p>	<ul style="list-style-type: none"> • Community agencies • Public health agencies • Twin Cities Medical Society

Community Partners

360 Communities – Burnsville Emergency Program
Annex Teen Clinic
BeWell
Brooklyn Center Health Resource Center Advisory Committee
CEAP – Community Emergency Access Program
Center for Community Health (CCH) Collective Action Collective Impact (CACI)
Central Clinic Advisory Committee
Children First
Children’s Dental Services
City of St Louis Park
Dakota County Healthy Communities Collaborative
Diamondhead Clinic Advisory Committee
Early Childhood Family Education
East Metro CHNA/CHA Pilot Workgroup
East Side Mental Health Collaborative
Eden Prairie Fire Department
Engie
Forces of Change Affecting Community Health
Gilda’s Club
Habitat for Humanity

Hennepin County Business Recycling
Honoring Choices Minnesota
Hopkins Fire Department
Hunger Solutions
ICA – Minnetonka Emergency Program
Interfaith Outreach and Community Partners
JustUs Health MN
Matter
Merrick Inc.
Mills Clinic
Mind Body Solutions
Minnehaha Creek Watershed District
Minnesota Department of Health Mental Well-Being & Resilience Learning Community
Minnesota Public Radio
Minnetonka Fire Department
MN Department of Health - SAGE
MyHealth – Hopkins
National Alliance on Mental HealthPartners
Northwest Community Collaborative
Northwest Hennepin Healthy Community Partnership
Open Arms
Outpatient Outfitters
Parkshore Senior Housing
Partnership Resources Inc.
Pathways
Pharmalogistics
PorticoHealthnet
Prairie Care
Reach Out and Read Minnesota and Wisconsin
Relate Counseling
Richfield Health Resource Center Advisory Committee
STEP – St. Louis Park Emergency Program
Sandford Plan
Scott County Health System Collaborative
SHIP Community Leadership Team
St. Louis Park Fire Department

Supershelf MN
Think Small
Twin Cities Medical Society
University of Minnesota Extension Office
Weight Watchers
West Metro CHNA Collaborative
YMCA / Silver Sneakers
Youth Link
YumPower
<u>Wayzata School District</u> Central Middle East Middle Gleason Lake Elementary Wayzata High West Middle School
<u>Eden Prairie School District</u> EP HS EP Central Middle Eagle Heights Spanish Elementary
<u>Prior Lake-Savage School District</u> Bridges (alternative school) Hidden Oaks Middle Prior Lake High Twin Oaks Middle
<u>Eastern Carver County School District</u> Carver Elementary Chanhassen High Chaska High Chaska Middle East Chaska Middle West Clover Ridge Elementary Integrated Arts Academy Pioneer Ridge Middle
<u>Minnetonka School District</u> Clear Springs Elementary Deephaven Elementary Excelsior Elementary

<p>Groveland Elementary Minnetonka High Minnetonka Middle East Minnetonka Middle West Minnewashta Elementary Scenic Heights Elementary</p>
<p><u>St. Louis Park School District</u> Aquila Elementary Park Spanish Immersion Peter Hobart Elementary St. Louis Park High School St. Louis Park Middle School</p>
<p><u>Hopkins School District</u> Alice Smith Elementary Gatewood Elementary Glen Lake Hopkins High School Hopkins North Hopkins West Meadowbrook Elementary Tanglen Elementary</p>
<p><u>Minneapolis School District</u> Patrick Henry HS Southwest HS</p>
<p><u>Edina School District</u> Concord Elementary School Cornelia Elementary School Countryside Elementary School Edina High School Southview Middle School Valley View Middle School</p>
<p><u>Burnsville-Eagan-Savage School District</u> Burnsville Alternative High School Burnsville HS Eagle Ridge JH Metcalf JH Nicollet JH</p>
<p><u>Apple Valley-Eagan-Rosemount School District</u></p>

<p>Apple Valley HS Black Hawk MS Eagan HS Eastview HS Falcon Ridge MS Rosemount HS School for Environmental Studies Scott Highlands MS Thomas Lake Elementary</p>
<p><u>Westonka School District</u> Grandview Middle Hilltop Elementary Mound Westonka High Shirley Hills Elementary</p>
<p><u>Osseo/Maple Grove School District</u> Brooklyn Middle Maple Grove Middle School Maple Grove Senior High North View Middle Osseo Middle Osseo Senior High Park Center High</p>
<p><u>New Richmond School District</u> New Richmond High School New Richmond Middle School Starr Elementary Paperjack Elementary Hillside Elementary</p>
<p><u>Somerset Public Schools</u> Somerset Elementary Somerset Middle School Somerset High School</p>

South Washington School District

East Ridge High School
Woodbury High School
Park High School
Oltman Middle School
Lake Middle School
Woodbury Middle School
Cottage Grove Middle School
Liberty Ridge Elementary
Crestview Elementary
Red Rock Elementary
Valley Crossing Elementary
Grey Cloud Elementary
Woodbury Elementary

Transitional Care Unit Partners - Tier 1

Minnesota Masonic Home
Bloomington Presbyterian Homes of Bloomington
Golden Valley Covenant Living Health Care Center
Hopkins Augustana Chapel View Care Center
Maplewood Maplewood Care Center
New Hope Good Samaritan Society Ambassador
New Hope St. Therese Home
Oak Park Heights Presbyterian Homes – Gables of Boutwells Landing
Plymouth Interlude Restorative Suites
Roseville Langton Shores
Shakopee St. Gertrude’s Health & Rehab Center
St. Louis Park Cedars at Saint Louis Park – A Villa Center
St. Louis Park Shalom Home West
St. Louis Park Villa of St. Louis Park
St. Paul Capitol View Transitional Care Center
St. Paul Galtier – A Villa Center
St. Paul Lyngblomsten Care Center
St. Paul The Emeralds at St. Paul
St. Paul Serenity Care Center
St. Paul Serenity Care Center
Stillwater Good Samaritan Society

West St. Paul Southview Acres Health Care Center
Woodbury Woodbury Health Care Center

Transitional Care Unit Partners - Tier 2

Friendship Village of Bloomington
Bloomington Martin Luther Manor
Eden Prairie Castle Ridge Care Center
Hopkins Hopkins Health Services
Maple Plain Haven Homes of Maple Plain 3
Minneapolis Catholic ElderCare
Minneapolis Ebenezer Hall
Minneapolis Jones Harrison
Minneapolis Mount Olivet Careview Home
Minneapolis Providence Place
Minneapolis Walker Methodist Health Center
Minnetonka Minnetonka Shores
Plymouth Mission Nursing Home (for men)
Roseville Langton Shores
Shakopee Friendship Manor

Transitional Care Unit Partners - Tier 3

Augustana Care Health and Rehabilitation
Brooklyn Center Maranatha Care Center
Brooklyn Park St. Therese at Oxbow Lake
Burnsville Ebenezer Ridges Care Center
Chaska Auburn Manor
Crystal The Terrace at Crystal
Edina Aurora on France
Edina EdenBrook of Edina
Excelsior Estates at Excelsior
Fridley Interlude Restorative Suites
Golden Valley Courage Kenny Rehab Institute
Golden Valley Brookview, A Villa Center
Minneapolis Redeemer Health and Rehab
Minneapolis Benedictine Health Center
Minneapolis Estates at Chateau
New Brighton Benedictine Health Center Innsbruck
New Hope North Ridge Health and Rehab
Plymouth The Birches at Trillium Woods Health Center

Richfield Richfield Health Center
Robbinsdale Robbinsdale, a Villa Center
Robbinsdale Good Samaritan Specialty Center- Robbinsdale
Robbinsdale Transitional Care by St. Therese
St. Louis Park Estates at St. Louis Park
Waconia Good Samaritan Society

Contact Information

For more information or questions about this report, please contact the Park Nicollet Foundation at:

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