

ACMH Hospital

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Community Health Needs Assessment Implementation Plan



Message from the President

The Armstrong Center for Medicine and Health (ACMH), providing care primarily through ACMH Hospital and Glade Run Medical Associates, recognizes that the health status of a community and access to quality health care are essential elements in the livability of a region. As such, the ACMH mission includes a commitment to improving the emotional and physical health of its patients through superior clinical care and the compassionate management of illness and disability.

While ACMH Hospital personnel continually work with other county health and human service partners to identify and address health needs through ongoing strategic planning processes, every three years we conduct a very thorough and formally-documented needs assessment. The process includes, at a minimum, analyzing community health statistics, collecting information from all stakeholders in the community and, on occasion, completing a community member survey. This year, we have used all three tools in this assessment.

We have undertaken numerous wellness-related projects that were identified from our last (2015) community health needs assessment (CHNA) and because of our ongoing strategic planning. I am pleased to report that these activities have contributed to positive health changes within the community and the provision of award-winning quality health care. I am encouraged and believe that this latest new action plan can also be equally successful.

John I. Lewis
President and CEO

Priority of Health Needs

The community health needs assessment findings were presented to the ACMH Hospital Board of Directors who approved a prioritization methodology that considered the following elements:

- the underlying causes of premature death and the rates of chronic disease,
- recent trends in premature death and chronic disease rates,
- the comparison of health indicators in Armstrong County to benchmarks,
- comments received from community members, especially those with knowledge of public health, and
- the ability of ACMH to affect change

The ACMH Hospital executive team reviewed statistics from the County Health Rankings and Roadmaps (CHRR) report for 2018 (www.countyhealthyrankings.org) and compared Armstrong County health statistics to Healthy People 2020 (HP2020) goals (www.healthypeople.gov.) Cardiovascular disease remains the number one cause of death in Armstrong county despite medical, pharmaceutical and technological advances indicating a failure of doctors and patients in managing the underlying associated chronic health conditions--diabetes, hypertension, hypercholesterolemia and obesity, all of which show increasing trends.

Interviews were conducted with key community health and human services providers and stakeholders. Concerns expressed were substance abuse, physician shortages, tobacco use, obesity, limited access to healthy foods, limited access to exercise opportunities, and physical inactivity.

ACMH performed a needs assessment email survey of community members. Respondents expressed a need for wellness/recreational facilities, and access to reasonably-priced, healthy foods. Cardiovascular disease was one of their top-ranking concerns.

A root cause analysis of the underlying chronic conditions of diabetes, hypertension, hypercholesterolemia and obesity demonstrated a correlation with unhealthy behaviors: lack of physical activity; poor nutritional choices; smoking; substance abuse; and inadequate sleep.

Priorities:

The ACMH Board of Directors approved the following priorities to be addressed over the next three years.

Accidental death rates, especially due to the opioid epidemic, suicide rates, and unhealthy behaviors related to substance abuse are a significant concern to ACMH. Strategic planning team members believed that improvements in these areas would favor strengthening partnerships with the other community organizations whose primary missions are substance abuse.

Additionally, ACMH prioritized the following actions to be conducted independently and through community partnerships

- medically supported weight loss services
- education regarding the importance of nutrition in improving health
- education about the importance of leisure-time physical activity
- education regarding the importance of smoking cessation
- education about the importance of adequate sleep

Implementation Strategies

The following implementation strategies describe the summarized actions ACMH Hospital and Glade Run Medical Associates will take, over the next three years, to address the priority needs identified above.

Address Substance Abuse:

ACMH will participate in a county-wide partnership to develop a Veteran's Court, offering highly structured substance abuse rehabilitation programs to Veterans in lieu of traditional incarceration. The partnership consists of the Armstrong County Court of Common Pleas, the District Attorney, Public Defender and Chief Probation Officer, the Armstrong-Indiana-Clarion Drug and Alcohol Commission, ACMH Foundation, the U.S. Department of Veterans Affairs, ARC Manor, ACMH emergency medicine and psychiatric physicians, and other stakeholders.

ACMH will open a four-bed medical detoxification unit. It will be classified as a Level 4A, meaning the patient must have a substance use disorder and be in acute withdrawal.

Admission is voluntary for the patient. Patients will be admitted for alcohol-, opioid-, and benzo-related withdrawal. The American Society of Addiction Medicine (ASAM) assessment tool will be used as it has been adopted by the Commonwealth of Pennsylvania. Staffing will consist of one RN, a nurse's aide, a therapist and may include members of a behavioral health assessment team. Physician and mid-level practitioners will be on site and on call. Referrals will originate primarily from the emergency department. A medical oversight committee will consist of an ACMH hospitalist, an emergency department physician and an anesthesiologist. The Commonwealth of Pennsylvania has provided \$250,00 in funding from reinvestment monies to assist in the startup of this program.

ACMH will continue to partner with and support the Addiction Recovery Mobile Outreach Team (ARMOT), which is funded by the HRSA Federal Office of Rural Health Policy. ARMOT staff perform an assessment when requested by a hospital or emergency department physician, to determine the likelihood that a patient may have a substance abuse problem. ARMOT then helps develop a plan for the patient which includes information about available help. Describing their services as a "tour-guide to the continuum of recovery services" ARMOT personnel attempt to transfer patients into treatment as quickly as possible. ARMOT personnel include certified recovery specialists, each of whom has experienced long-term recovery themselves and are well suited to help recovering addicts in all recovery needs, such as finding employment and housing, and finding the best-suited 12-step or faith-based programs and sponsors. Additionally, intent on eliminating the stigma associated with addiction, they provide counseling to medical and law enforcement personnel, helping them become non-judgmental, especially when dealing with repeat offenders.

Provide medically supported weight loss services:

ACMH will partner as appropriate with service providers to help develop weight-loss service programs.

Educate the community regarding the importance of nutrition in improving health:

ACMH will work with other community organizations to implement community kitchens for nutrition education which would include healthy cooking, healthy food choices, supermarket food label reading, restaurant choices and dietitian counseling. ACMH Hospital will provide the use of its education center for such educational programs.

ACMH has begun providing access to farmers' markets on ACMH campus and will continue that program.

ACMH will use email and social network notifications of the locations and times for farmers' markets within the county and nutritional education classes offered to the community.

Increase community knowledge about the importance of leisure-time physical activity:

ACMH will assist with providing exposure to the public about, and in promotion of, the Rails to Trails program for bike and pedestrian use in Armstrong County.

ACMH will use email and social network notifications of the locations and times for physical activity programs within the county and to encourage leisure-time activity.

ACMH will continue to provide assistance with HEALTHY Armstrong to encourage youth physical activity and healthy food consumption.

ACMH will collaborate with other local organizations to create community-wide physical activity campaigns.

Provide education regarding the importance of smoking cessation:

ACMH regularly offers smoking cessation classes which have received poor attendance. ACMH will use email and social network notifications of the locations and times for these classes and to encourage improved attendance and participation.

Increase community knowledge about the importance of adequate sleep:

ACMH will use email and social network services to educate community members of the importance of adequate sleep and the impact on health and wellness.