

# Community Health Needs Assessment and Implementation Plan 2020–2022

## Executive Summary

### MISSION

*At St. Francis, we work together to provide all people the healing experience we would expect for ourselves and our families.*

### INTRODUCTION

St. Francis Regional Medical Center (St. Francis) is jointly owned by Allina Health, Health Partners/Park Nicollet Health Services and Essentia Health Critical Access Group and sponsored by the Benedictine Sisters of St. Scholastica Monastery in Duluth. Every three years, St. Francis conducts a federally-required Community Health Needs Assessment (CHNA) to examine health in the communities it serves, identify health priorities and develop strategies and action plans to pursue them. Although jointly owned, St. Francis carries out the CHNA process as part of Allina Health, a nonprofit health care system with 90+ clinics, 11 hospitals, 13 retail pharmacies, specialty care centers and specialty medical services.

### Hospital and Community Description

Annually, St. Francis serves approximately 170,000 patients and their families. Its primary service area (and focus of the CHNA) includes Scott County and eastern Carver County—suburban areas south of the Twin Cities metro.

According to the [U.S. Census Bureau](#), 240,462 residents live in the 744-square mile area of Scott and Carver County. The median age is 36 years and 37 years in Scott County and Carver County, respectively. About 28 percent of the total population is under age 18. Approximately 14 percent of area residents are people of color. Nearly 5 percent of residents live in households with income below the Federal Poverty Level (U.S. Census Bureau, 2013–2017 American Community Survey 5-Year Estimates). Four percent of residents are uninsured. The region has a 915:1 ratio of residents to mental health providers compared with Minnesota’s overall mental health provider ratio of 430:1.

### COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS

St. Francis provides services in a community in which government agencies, institutions and community-based organizations independently and collectively address pressing issues affecting communities. To efficiently conduct its 2020–2022 CHNA, St. Francis integrated its CHNA process into existing assessment and community input processes.

The CHNA was conducted in three steps: data review and prioritization, community input and the development of a three-year implementation plan. The process began in July 2018, and was completed in August 2019.

## Data Review and Prioritization

With members of the Scott County Health Care System Collaborative and Scott County Health Improvement Program Community Leadership Team, St. Francis staff reviewed Allina Health patient data and state and local data resources related to demographics, social and economic factors, health behaviors, prevalence of health conditions and health care access. To assess community members' perspectives, the collaborative conducted a survey at local events in summer 2018 in which 1,125 residents shared their top three community health concerns.

Based on the data review and survey results, St. Francis chose to continue the priorities it selected through its 2016 CHNA:

- **Mental wellness and substance abuse**
- **Obesity**
- **Access to care**

## Community Input

To understand community members' perspectives on these health issues and ideas for addressing them, St. Francis staff conducted community dialogues with the Shakopee Latinx Leadership Group and Shakopee High School students. It also conducted interviews with community members from the Russian, Somali and American Indian communities and an adolescent chemical health specialist. Forty adults and youth participated in the community input process.

## Community Input Results

For mental health and substance use, participants cited a need for education about addressing mental health and substance use conditions and opportunities for social interaction. To address obesity, they suggested more accessible physical activity and affordable healthy eating opportunities. Language barriers, trust and access to health insurance affect access to care. Lack of affordable transportation options and culturally-specific information and services were common problems associated with all three priorities.

## Implementation Plan

Based on the community input, St. Francis developed a 2020–2022 implementation plan that outlines the strategies and activities it will pursue to address its health priorities. To make progress in achieving health equity among residents in its service area, St. Francis will prioritize partnerships and activities that engage populations that are historically underserved.

## EVALUATION OF 2017–2019 CHNA IMPLEMENTATION PLAN

Between 2017 and 2019, St. Francis conducted activities to pursue the health priorities identified in its 2016 CHNA: teen mental health and wellness; healthy eating and physical activity; and access to care.

With community organizations and coalitions, St. Francis helped to integrate health programming in schools and community organizations, advocated for health-promoting policies and services, engaged its employees in volunteer opportunities and made charitable contributions to community organizations.

Highlights include:

- Contributing \$100,000 to the construction of an intensive residential treatment facility in Scott County.
- Integrating vouchers for Fare for All, a discount grocery program, in its Shakopee and Burnsville clinics.
- Providing clinic space, supplies, employee volunteers and charitable contributions to two safety net clinics.
- Implementing Change to Chill™ mental wellness programming in area schools.

A complete description of 2017–2019 achievements is available online at

<https://www.allinahealth.org/about-us/community-involvement/need-assessments>.

## 2020–2022 IMPLEMENTATION PLAN

### Mental Health and Substance Use

**Goal 1:** Increase resilience and healthy coping skills.

**Strategies**

- Increase resilience among school-age youth and other community members.
- Increase social connectedness and community-wide resilience efforts.
- Increase access and ability of St. Francis to care for patients experiencing mental health conditions in the emergency department.

Activities will include expanding [Change to Chill™](#) and [Health Powered Kids™](#); investigating use of community-wide resilience programs; participating in the Scott County Coalition to End Child Abuse; and making charitable contributions to community-based resilience and social connectedness programs.

**Goal 2:** Reduce barriers to mental health and substance use services.

**Strategies**

- Decrease stigma associated with seeking help for mental health and substance use conditions, with a particular focus on the experiences of racial and ethnic minorities and other historically underserved communities.
- Increase support of policy and advocacy efforts aimed at improving access to adolescent mental health and substance use services.

Activities will include enhancing the mental health, substance use and stigma elimination components of [Change to Chill™](#); supporting NAMI MN's student and parent programming and support groups; promoting the importance of seeking help for mental health and substance use conditions; and contributing staff and other support to local mental health and addiction coalitions.

### Healthy Weight

**Goal:** Increase healthy eating and physical activity.

**Strategies**

- Improve access to healthy food.
- Increase opportunities for physical activity, especially for people from historically underserved communities and seniors.

Activities will include making charitable contributions to food shelves and other food partners; donating produce from St. Francis community garden and employee food drives; promoting local and regional parks; initiating winter recreation activities at schools and community centers; and promoting Allina Health's Health Powered Kids™ program.

### Access to Care

**Goal:** Increase community members' access to the appropriate level of care.

**Strategy**

- Increase capacity of safety-net providers to care for people who are uninsured.

Activities will include promoting St. Francis' charity care programs and discounts and providing monetary and in-kind support to local safety-net organizations.

### Social Determinants of Health

Across Allina Health's service area, hospitals indicated that addressing social determinants of health is essential to the success of improving the identified health priorities. In response, Allina Health identified a systemwide plan for addressing social determinants of health; St. Francis will participate in the plan's implementation.

**Goal:** Reduce social barriers to health.

**Strategies**

- Establish a sustainable, effective model to systematically identify and support patients in addressing their health-related social needs.
- Establish a sustainable network of trusted community organizations that can support patients with these needs.

- Increase policy and advocacy efforts to improve social conditions related to health.

Activities will include supporting the implementation and evaluation of the Accountable Health Communities model and then transitioning it to a modified version; identifying community partners and a tracked referral process that connects patients to them; and supporting community coalitions aimed at improving access to transportation, housing and food.

### Community Partners

St. Mary's Clinics, River Valley Nursing Center, Scott County Mobile Medical Center, local public health, Open Door, schools, faith institutions, YMCA, Esperanza, community education programs, parks and recreation departments, CAP Agency, local food shelves, SHIP program and Three Rivers Park District.

### Resources

To fulfill the implementation plan, St. Francis will contribute financial and in-kind donations such as personnel, charitable donations and Allina Health's systemwide programs. It will also encourage staff to volunteer with local organizations.

### Evaluation Plans

St. Francis will monitor its progress on the implementation plan by tracking process measures such as number of programs delivered and people served, staff time dedicated and dollars contributed. Allina Health will also evaluate systemwide programs to assess their effects on intermediate outcomes (e.g., eating and physical activity), which evidence shows are likely to lead to improvement on population health measures such as obesity. To assess long-term effects, Allina Health will monitor population-level indicators related to St. Francis and systemwide priorities.

## CONCLUSION

Through the CHNA process, St. Francis used data and community input to identify health priorities it will pursue in 2020–2022 with its own strategies and activities and Allina Health initiatives.

The full report for the St. Francis 2020–2022 Community Health Needs Assessment is available on the Allina Health website:

<https://www.allinahealth.org/about-us/community-involvement/need-assessments>.

## ACKNOWLEDGEMENTS

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