

SUMMARY OF
IMPLEMENTATION STRATEGIES
2017-2019



UPPER VALLEY MEDICAL CENTER

Upper Valley Medical Center: Committed to Improving Community Health

Upper Valley Medical Center (UVMC) is part of Premier Health, the largest private, nonprofit, comprehensive health care system in Southwest Ohio. UVMC is committed to improving the health of the communities it serves with high quality, cost-competitive health services.

UVMC serves residents of Miami County in Southwest Ohio from its 100-acre campus in Troy, next to Interstate 75. It offers a wide range of advanced care, including emergency, heart, cancer, maternity, behavioral health, and long-term care. UVMC has the only Level II Special Care Nursery between Dayton and Lima. It has achieved Magnet® Recognition for excellence in patient care.

Priorities Addressed

The Community Benefits subcommittee of Premier Health designed and executed the prioritization process that included a review and comparison of the following:

- 2016 Collaborative Community Health Needs Assessment (CHNA) for Greater Dayton
- Local county health departments' most recent Community Health Assessments (including Darke, Miami, and Shelby Counties)
- Health Policy Institute of Ohio's Health Value Dashboard (state health comparison)

The Implementation Strategies address the collaborative CHNA conducted in 2016 on behalf of all the hospitals in the region by the Greater Dayton Area Hospital Association.

The top three priority areas identified were:

- Birth outcomes
- Behavioral health/Substance abuse
- Chronic diseases

Recap of Implementation Strategies

Support for One Wellness Place

Health issues: Behavioral health and chronic diseases

Intervention's goal: To improve access to, and integration of, primary care and behavioral health in the Tri-County area.

Background: One Wellness Place is a planned new facility on County Road 25-A between Troy and Piqua. The \$10 million proposed project would bring together multiple service providers under one roof as a 'one-stop shop' for health and human services. The lead agency is the Tri-County Board of Recovery and Mental Health Services, which has Memoranda of Understanding with local service providers. UVMC patients include people who are also clients of these agencies and would benefit from this public-private partnership for healthy living. Development continues along multiple lines, with fundraising, site planning, and system design occurring simultaneously.

Status: Tri-County has already purchased the land and has other assets. The groundbreaking occurred in Upper Valley Medical Center

2017, and accounts were created for the One Wellness Place website and social media. Private gifts and pledges include CareSource Foundation for \$220,000, Emerson Foundation for \$200,000, and Premier Health/Upper Valley Medical Center for \$100,000, among others. Public fundraising is ongoing. There has not been enough money raised yet to start construction, but Miami County Public Health and the Tri-County Board of Recovery and Mental Health Services remain committed to the project.

Partners: Tri-County Board of Recovery and Mental Health Services has signed MOU with potential service providers, including: Community Housing Inc.; Miami County Recovery Council; Recovery & Wellness Centers of Midwest Ohio; NAMI Darke Miami Shelby Counties; SafeHaven Inc.; and Miami County Public Health.

School-based Health

Health issue: Behavioral health

Intervention's goal: To deliver anti-bullying and anti-violence programming (Rachel's Challenge) in grades K-12 through Miami County schools.

Background: Named after the first child killed in the Columbine shooting, the Rachel's Challenge program was designed to make schools safer, more connected places where bullying and violence are replaced with kindness and respect. Rachel's Challenge nationally receives about 150 letters annually where children report that they would have committed suicide if not for this program. The program varies, in content and format, by year and grade level, with one assembly program for grade school and 2 different assembly programs for middle and high school. High schools were also offered Chain Reaction Days in their second and third years of participation: all-day training for 100 students and 20 adults with 2 trainers from Rachel's Challenge.

Status: For 2017-2018 academic year, UVMC supported the Rachel's Challenge Program to the K-12 program in 6 school districts plus 2 faith-based schools. Participation included:

- 12 Chain Reaction Days = 265 total students. These students were chosen/recommended by teachers so the groups at each school were small...15-25 students per group. There are 2 RC trainers plus 15-20 adult volunteers. This was a 6 hour program.

For the 2018-2019 academic year, UVMC supported the Rachel's Challenge Program to the K-12 program in 5 school districts plus 2 faith-based schools in September and October 2018. Participation included:

- 16 Elementary Assemblies = 5600 students – 1 RC trainer
- 7 Jr & Sr High Assemblies = 3700 students – 1 RC trainer
- 4 FOR (Friends of Rachel) Training = 200 students – 2 RC trainers
- 1 Chain Reaction Day at Sr High = 484 students – 2 RC trainers plus 20 adults

Upper Valley Medical Center continued funding this program in area schools until the end of 2018. Value of support: \$94,700 from 2017-2019.

Partners: Six local public school districts and two faith-based schools

School-based Health

Health issue: Chronic diseases - Obesity

Intervention's goal: Offer wellness initiatives for school participation to improve student health.

Background: Two initiatives were offered: The Drinking Water Challenge and/or the CATCH program. The Drinking Water Challenge leverages the hospital's relationship with the Miami County Dental Clinic and their Traveling Smiles Program to introduce the "Cavity Free Kids/Stop the Pop" initiative. The CATCH program is currently being implemented in more than 7,500 schools and after-school programs across the USA and Canada. By teaching children that eating healthy and being physically active every day can be fun, the CATCH program helps establish healthy habits in childhood. It is a cost-effective method to prevent childhood obesity.

Status: The Public Education Campaign for the Drinking Water Challenge included billboards, news articles, local radio stations, PSAs, and flyers. The initiative engaged schools, local dentists, dental clinic, pediatricians and family practice physicians, local communities, etc. 14,000 educational prevention flyers were delivered to all schools in Miami County and sent home with each student. The Miami County Dental Clinic and their Traveling Smiles Program continues today providing dental needs for the underserved in Miami County. UVMC also sponsored a replacement van to meet their Traveling Smiles needs.

CATCH is supported by more than 120 academic papers indicating as much as an 11% decrease in overweight and obesity in the environments in which it has been implemented.

Partners: Nine local public school districts and the Miami County Dental Clinic

Opioid Disease Education

Health issue: Behavioral health/Substance abuse

Intervention's goal: To provide education that addiction is a disease, in order to change perceptions first of hospital personnel and medical professionals, and then for the community. The objectives are 1) to provide CEUs for education on this topic, with curriculum delivered by ADAMHS and 2) to offer the education in the community.

Background: In 2015 the *Washington Post* called Dayton the epicenter of the heroin problem. From 2011 to 2015, heroin-related deaths increased by 225%, one of the highest rates in the nation, according to statistics from the U.S. Centers for Disease Control and Prevention. The rate of unintentional prescription drug overdose deaths has also risen. Front-line health workers are overwhelmed by the number of overdoses, and they can become judgmental when they do not understand the nature of opioid addiction. Such attitudes can impair successful referral to treatment. While the percentage of unintentional drug overdose deaths involving heroin was generally lower in Miami County, the percentage of unintentional drug overdose deaths involving fentanyl was higher in Miami County than for Ohio in three out of four years (2012-2015). Drug overdose deaths involving fentanyl have more than tripled from 2012-2015 in Miami County.

Status: 76 clinicians attended Compassion Fatigue sessions in April/May 2018. 72 providers attended 2 education sessions: "Principles & Practice of Medically Assisted Therapy of Opioid Use Disorder" and "Opioid Addicted Patients: Dignity in Treatment." Front-line staff were included.

In addition to provider education, the hospital provided a collection point in the lobby for the collection of unused prescription medications. More than 292 pounds were collected since the receptacle was

installed in 2018.

Also, with ongoing collaboration between the UVMC emergency department and the Community Care Liaison from the Miami County Recovery Council (MCRC), approximately 44 patients per month (528 annually) have been evaluated for post-discharge follow-up for substance abuse, behavioral and social needs through the MCRC. UVMC provided financial support to MCRC to establish and maintain the Community Care Liaison position.

Partners: From original Implementation Strategies: Tri-County Board of Recovery and Mental Health Services, Samaritan Behavioral Health, Inc., physician practices, the Heroin Coalitions of Darke, Miami, and Shelby Counties, and the Miami County Recovery Council (MCRC).

Food for Health

Health issue: Chronic Diseases – Food insecurity/Food deserts

Intervention's goals: To identify and assist people with health-related nutritional needs by screening for hunger and connecting eligible patients to food benefits.

Background: When Ohio expanded Medicaid, it streamlined the application to ensure a timely process. Many of the people screened for hunger also were identified as eligible for Medicaid coverage. An unintended consequence of the Medicaid expansion was that checking the box to apply for SNAP benefits delayed the application by many months.

Status: As of November 2018, Nutritional Assessments are completed on all patients seen in the emergency department at UVMC. 49,670 complete hunger screenings from 11/2018 – 12/2019. People who were eligible for SNAP benefits were referred to local food pantries or food banks who could assist them, including emergency food plus facilitating an application separate from the Ohio Medicaid application process.

Additional Substance Abuse Strategies: Premier Health employees volunteered their time (about 5 employees volunteered 3 hours) to assemble 500 Medication Disposal Kits. The kits consisted of Carbon Activated Medication Disposable Pouches, HelpMeNow App and Substance Abuse Educational Materials, Medication Drop-off Locations, and Postage Paid Survey/Thank You Postcards. The 500 kits were distributed at various community events including Hispanic Heritage Festival, African American Wellness Walk, Barbershop Health Initiative in Trotwood and Dayton, Lewisburg Block Party events, Troy, as well as targeted areas covered by home health nurses. Education was provided on how to use the bags and where medication drop receptacles were located. Some of the zip codes the kits were distributed amongst included: 45373, 45383, 45404, 45405, 45406, 45410, 45417, 45420, 45449, 45309, 45330 and 45338. Partners included Public Health Dayton & Montgomery County, Premier Community Health, Breast Cancer and Cervical Project, and Fidelity Health Care.

Board Approval

Premier Health's Board of Directors approved the CHNA, including the recap of the 2017-2019 Implementation Strategies, on April 28, 2020.