



**St. Andrew's Health Center**

*SMP Health System*

9/20/2017

2017 Community Health  
**Implementation Plan**



Bottineau County

**North Dakota**

St. Andrew's Health Center, Bottineau County Economic Development Corporation, Bottineau Public Schools, Dakota College at Bottineau, Bottineau Area Christian Ministerial Association, Bottineau County Social Services, First District Health Unit – Bottineau County, Family Crisis Center and Metigoshe Lions Club

**2017**  
**Implementation Plan for the CHNA**  
Adopted on February 21, 2017

**Executive Summary**

**Introduction**

This report provides a summary of the Community Health Needs Assessment (CHNA) and Implementation Planning activities recently completed. A cross section of many local organizations came together and participated in this CHNA Implementation planning process: St. Andrew’s Health Center (Critical Access Hospital), Bottineau County Economic Development Corporation, Bottineau Public Schools, Greater Bottineau Area Chamber of Commerce, Dakota College at Bottineau, Bottineau Area Christian Ministerial Association, Bottineau County Social Services, First District Health Unit – Bottineau County, Family Crisis Center and the Metigoshe Lions Club. Each of these organizations plays a critical and distinct role in the community needs of the Bottineau area.

The CHNA was finalized on September 20, 2016 by the St. Andrew’s Health Center Board of Directors in order to outline areas of community health needs for the Bottineau area. The purpose of conducting the needs assessment is to describe the health of local people, identify areas for health improvement, identify use of local healthcare services, determine factors that contribute to health issues, identify and prioritize community needs, and help healthcare leaders identify potential action to address the community’s health needs. A survey was distributed to gather feedback from the community. The survey was designed to be an additional tool for collecting qualitative data from the community at large – specifically, information related to community-perceived health needs. The information gathered was summarized and reported to St. Andrew’s which distributed the information to community members and also made the report available on their website. A summary of the Implementation Plan that describes how the organizations plan to meet the prioritized needs identified in the CHNA has been developed, and will be used to measure and report progress on the actions taken to address the identified needs within the Bottineau community.

## Participants

The following were the participants in the Implementation Plan process:

**St. Andrew's Health Center (SAHC)** – St. Andrew's is currently licensed as a 25 bed, Level V Trauma, Critical Access Hospital, with a Rural Health Clinic and an attached 14 unit Apartment facility.

**Bottineau County Economic Development Corporation (EDC)** – The Bottineau County Economic Development Corporation is intended to provide financing incentives to business and recreational activities that desire to expand or locate in the greater Bottineau trade area. The EDC Director and a board member, J. Beyer, represented the EDC.

**Bottineau Public Schools** – The mission of Bottineau Public Schools is to provide students opportunities to develop their potential intellectually, socially and physically as they prepare to meet the challenges of a diverse global society.

**Greater Bottineau Area Chamber of Commerce** – The organization advances all the business, professional, civic and cultural interests of the city.

**Dakota College at Bottineau (DCB)**–Dakota College at Bottineau is one of the eleven campuses in the North Dakota University System and offers 33 career/technical programs or options leading to certificates of completion, diplomas, or AAS degrees. The 35-acre campus of Dakota College at Bottineau is located on the northern edge of the city of Bottineau.

**Bottineau Area Christian Ministerial Association** – A collective group of Pastors that meet monthly and work for the overall good of the parishes and communities which they serve.

**Bottineau County Social Services** – A major agent of county government responsible for the provision of economic and social services to identified vulnerable children, adolescents, adults, elderly and families. The services provided help those persons help themselves maintain or enhance their quality of life.

**First District Health Unit – Bottineau County** –The mission of public health is to make a positive impact on the health and welfare of the community through service, education, prevention, and collaborative activities.

**Family Crisis Center**– A non-profit organization that empowers victims of domestic violence and sexual assault by providing a full range of services.

**Metigoshe Lions Club** – Empower volunteers in the Bottineau area to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.

**Bottineau Parent Teacher Organization** – J. Tegestad

**Community Member** – J. Mortensen

These entities will continue to work together to provide for the health needs of area residents. The local providers will continue to meet on a regular basis to communicate progress towards individual organizational goals and also to communicate on the collective process in meeting the community health needs. SAHC has worked collaboratively with the above entities to develop the strategic implementation plan priorities and goals. This planning document is dedicated to the local health plan that St. Andrew's Health Center will use in partnership with.

## **St. Andrew's Health Center**

### **Our Mission**

“St. Andrew's Health Center, in union with the Sisters of Mary of the Presentation, works for the glory of God by bringing the Word and Healing of Jesus Christ to all, with a special concern for the poor and elderly. Through the shared ministry with the laity, St. Andrew's Health Center participates in the health care mission in the work of healing which is the work of God. Our individual inspiration is Jesus and His Gospel message. Permeated with the Charism of the Sisters of Mary of the Presentation, we minister to one another and to all who come to us for care.”

St. Andrew's Health Center has been a part of the community since 1913; our mission is to provide services to all who come to us for care; this is something that we are very proud of. Our ability to better the lives of those most in need is the core of our beliefs and

knowing that we can make a difference in the lives of those we serve. In addition, we believe that through our leadership and presence in the community we have been and will continue to be an essential part of the healthcare delivery team.

The organizations have collaborated and developed an Implementation Plan, using information from the Community Health Needs Assessment, from lessons learned through collaborative meetings, and from community surveys. The Implementation Plan will address the priorities identified in the Community Health Needs Assessment by establishing goals, objectives and initiatives to improve the healthcare provided in the area and improve the health of communities that are served. The leader and team associated with the various initiatives will develop action steps and timelines, and will report the progress to the CEO. The CEO and Board of Directors of SAHC will monitor progress and provide reports to the community.

Through this process, goals have been established to address the identified health needs. Objectives and Action steps have been developed to address these goals. The goals and related priorities addressed follow below.

# Community Health Strategic Implementation Plan

## Tier 1: SAHC Leadership

Identified Need: Availability of Behavioral Health					
Goal: Increase Awareness of, and Access to, Behavioral Services					
Objective: Develop a Collaborative Approach to Behavioral Health Availability					
Resources	Activities/Action Step (what)	Outputs (how)	Outcome (why)	Timeline (when)	Lead
<ul style="list-style-type: none"> <li>• St. Andrew’s Health Center</li> <li>• Bottineau County Social Services</li> <li>• Bottineau High School</li> <li>• Sherriff’s Department</li> <li>• Ministerial Association</li> <li>• Dakota College at Bottineau</li> <li>• Rob Sanderson</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness of Rural Mental Health Consortium</li> </ul>	<ul style="list-style-type: none"> <li>• # of patient visits – 74 appointments 4/1 to 6/30/2017</li> </ul>	<ul style="list-style-type: none"> <li>• expand awareness of RMHC</li> <li>• Radio/Social Media</li> </ul>	June 2018	<ul style="list-style-type: none"> <li>• St. Andrew’s Health Center</li> <li>• Bottineau High School</li> <li>• DCB</li> </ul>
	<ul style="list-style-type: none"> <li>• Provide Educational Opportunities to School Districts and the Community</li> </ul>	<ul style="list-style-type: none"> <li>• Rural Mental Health Consortium available 6 days 4/1 to 6/30/2017</li> <li>• Community education opportunities</li> <li>• Held May 8<sup>th</sup> @SAHC - 6 attended</li> <li>• Held May 9<sup>TH</sup> @ Holwell Auditorium 14 attended.</li> <li>• Wellness walk May 13<sup>th</sup> – 52 attended</li> <li>• 10/16/2017 RMHC Meet with College/HS to discuss needs –</li> </ul>	<ul style="list-style-type: none"> <li>• Expansion of locally available services</li> <li>• ↓ alcohol/opioid abuse</li> <li>• ↑ collaboration and awareness</li> </ul>	June 2018	

		<ul style="list-style-type: none"> <li>• October 2017</li> <li>• 10/17/2017 RMHC, meet with SAHC Med Staff.</li> <li>• DCB/HS/ and Community educations talks – Spring Semester</li> </ul>			
	<ul style="list-style-type: none"> <li>• Depression Screening During Hospital Week</li> </ul>	<ul style="list-style-type: none"> <li>• # of screenings</li> </ul>	<ul style="list-style-type: none"> <li>• ↑ awareness depression signs and symptoms</li> </ul>	June 2018	
	<ul style="list-style-type: none"> <li>• Help Parents Obtain Information on Child Behavioral Health</li> </ul>	<ul style="list-style-type: none"> <li>• Develop Resource List of Behavioral Health Contacts</li> <li>• Explore feasibility of providing one on one information with parents/family</li> </ul>	<ul style="list-style-type: none"> <li>• ↑ parental ability to help children</li> </ul>	December 2018	
	<ul style="list-style-type: none"> <li>• Provide Experiences and Knowledge to School Age Population</li> </ul>	<ul style="list-style-type: none"> <li>• Possible – Teen Maze</li> <li>• Rollover Exhibit</li> </ul>	<ul style="list-style-type: none"> <li>• Help teens understand the impacts of their choices</li> </ul>	July 2018	

## Tier 2: Community Leadership with SAHC Assistance

Identified Need: Availability of Resources to Help the Elderly Stay in Their Homes					
Goal: Gather resources available in our communities.					
Objective: Make available a document outlining available opportunities.					
Resources	Activities/Action Step	Outputs	Outcome	Timeline	Lead
<ul style="list-style-type: none"> <li>• Bottineau County Social Services</li> <li>• St. Andrew's Health Center</li> <li>• Public Health</li> <li>• Good Samaritan Society – Bottineau</li> <li>• Ministerial Association</li> <li>• Independence Incorporated- Bottineau</li> <li>• Minot Aging Services</li> <li>• Bottineau Senior Citizen Center</li> <li>• First Light Home Care</li> <li>• Mike Larson</li> <li>• EDC Director communication</li> </ul>	<ul style="list-style-type: none"> <li>• Survey to gauge awareness of programs available to help elderly stay in their home</li> <li>• Survey results - 123 surveys completed</li> </ul>	<ul style="list-style-type: none"> <li>• % awareness of each service available – see attached.</li> </ul>	<ul style="list-style-type: none"> <li>• Lesser known programs will be advertised more</li> </ul>	June 2017	<ul style="list-style-type: none"> <li>• Bottineau County Social Services</li> <li>• St. Andrew's Health Center</li> <li>• Public Health</li> </ul>
	<ul style="list-style-type: none"> <li>• Explore in-home respite care (SAHC provides respite care)</li> </ul>	<ul style="list-style-type: none"> <li>• First Light Home Care– will be attending an upcoming SAHC Med Staff to provide information on services.</li> </ul>		July 2018	
	<ul style="list-style-type: none"> <li>• Explore Home Health Expansion (Lori Sollin)</li> </ul>			July 2018	
	<ul style="list-style-type: none"> <li>• Utilize Opportunities to Educate Community about Options Available</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborate outreach with other organizations:</li> <li>• Go to 3 outlying communities with Public Health, and conduct blood pressures and lab profiles – Nov 2017</li> <li>• EDC in communication with an individual that is interested in building a 55+ housing complex with the</li> </ul>	<ul style="list-style-type: none"> <li>• Provide knowledge to community about programs available</li> </ul>	July 2018	



		possibilities of expanding in to assisted living			
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Identified Need: Health and Wellness					
Goal: Increase Awareness of Health and Wellness Opportunities					
Objective: Become a better health and wellness educated community					
Resources	Activities/Action Step	Outputs	Outcome	Timeline	Lead
<ul style="list-style-type: none"> <li>• Public Health</li> <li>• St. Andrew’s Health Center</li> <li>• Bottineau Senior Citizen Center</li> <li>• Ministerial Association</li> <li>• Dakota College Bottineau</li> <li>• Bottineau High School</li> <li>• PTO</li> <li>• EDC</li> <li>• Chamber</li> <li>• Kiwanas</li> </ul>	<ul style="list-style-type: none"> <li>• Survey to measure awareness of existing opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• measurements for awareness of each opportunity</li> </ul>	<ul style="list-style-type: none"> <li>• expand awareness</li> </ul>	June 2018	<ul style="list-style-type: none"> <li>• Public Health</li> <li>• St. Andrew’s Health Center</li> </ul>
	<ul style="list-style-type: none"> <li>• Public Education Outreach</li> </ul>	<ul style="list-style-type: none"> <li>• Utilize monthly published Community Health Education Sheets</li> <li>• <b>Travel in November to three communities along with Public Health to provide blood pressures and wellness profiles</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase health and wellness education and understanding</li> </ul>		
	<ul style="list-style-type: none"> <li>• Educate community members about wellness programs</li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of Well Child Checks –<b>ad will run in Oct/Nov</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase overall awareness</li> </ul>	June 2018	
	<ul style="list-style-type: none"> <li>• Increase usage of alternate exercise opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• Educate public about activities available to those unable to do conventional exercise activities</li> </ul>	<ul style="list-style-type: none"> <li>• Increase in programs like “sit and be fit”</li> </ul>		
	<ul style="list-style-type: none"> <li>• Disk Golf Course – Opened August 2017</li> </ul>	<ul style="list-style-type: none"> <li>• # of people using course</li> <li>• <b>Bottineau Public Schools are using the course for Physical</b></li> </ul>	<ul style="list-style-type: none"> <li>• ↑availability of outdoor activity options</li> </ul>	August 2017 <b>CLOSED</b>	

		<b>Education</b>			
	<ul style="list-style-type: none"> <li>• Increase Access of Personal Health Information</li> </ul>	<ul style="list-style-type: none"> <li>• SAHC Patient Portal Information Disseminated at/during: Hospital Week 2017 NCE @ Holwell Auditorium Senior Citizen Day at the Veterans Hall 2017 Information mailed to community with Hospital Letter</li> </ul>	<ul style="list-style-type: none"> <li>• ↑availability and usability of</li> </ul>	June 2017 - Ongoing	
	<ul style="list-style-type: none"> <li>• Help Individuals Who are New to Medicare Begin Receiving Medical Care.</li> </ul>	<ul style="list-style-type: none"> <li>• Welcome to Medicare Advertising</li> </ul>	<ul style="list-style-type: none"> <li>• ↑understanding of what Medicare offers eligible participants</li> </ul>	December 2017	
	<ul style="list-style-type: none"> <li>• Educate the Community About the Importance of Preventative Screenings</li> </ul>	<ul style="list-style-type: none"> <li>• Advertise Availability of Colonoscopy services for the community</li> </ul>	<ul style="list-style-type: none"> <li>• ↑preventative screenings to catch diseases in early stages</li> </ul>	December 2017	

Identified Need: Adequate Childcare Services					
Goal: Increase community options for childcare					
Objective: Engage and work with community stakeholders to combine resources that will address and increase options for childcare					
Resources	Activities/Action Step	Outputs	Outcome	Timeline	Lead
<ul style="list-style-type: none"> <li>• Bottineau County Economic Development Corporation</li> <li>• Bottineau County Social Services</li> <li>• Lindsey Guss</li> <li>• Good Samaritan Society Bottineau</li> <li>• All businesses within the communities that have identified needs</li> <li>• Ministerial Association</li> </ul>	<ul style="list-style-type: none"> <li>• Survey for businesses to complete in relation to employees childcare needs</li> <li>• Partner with businesses and the college for survey</li> <li>• Survey on cost and willingness to pay</li> </ul>	<ul style="list-style-type: none"> <li>• # of families needing daycare</li> <li>• # of children needing daycare</li> <li>• 9/7/2017 developed surveys. 1 for families and 1 for businesses</li> </ul>	<ul style="list-style-type: none"> <li>• Use survey data to explore ideas about childcare facilities</li> </ul>	<ul style="list-style-type: none"> <li>9/30/17 – Business Survey - email</li> <li>10/31/17 – Community Citizen Survey – in newspapers</li> </ul>	<ul style="list-style-type: none"> <li>• Bottineau County Economic Development Corporation</li> <li>• Bottineau County Social Services</li> <li>• Chamber</li> </ul>
	<ul style="list-style-type: none"> <li>• Explore idea of utilizing senior citizens heavily involved with a child daycare</li> </ul>	<ul style="list-style-type: none"> <li>• Gauge validity of having a daycare with senior citizen interaction</li> </ul>			
	<ul style="list-style-type: none"> <li>• Au Pair Service Research</li> <li>• USDA-RD and SBA</li> </ul>	<ul style="list-style-type: none"> <li>• Advertise and provide a seminar on Grant options for daycare start ups</li> </ul>			
	<ul style="list-style-type: none"> <li>• Building Blocks Expansion</li> </ul>	<ul style="list-style-type: none"> <li>• Explore need for expansion. Pod options?</li> </ul>			

### Tier 3: SAHC Unable to Address/Meet Needs

Identified Need: Attract and Retain Families					
Goal: Provide resources for new families to network within the community.					
Objective: Increase overall family community engagement.					
Resources	Activities/Action Step	Outputs	Outcome	Timeline	Lead
<ul style="list-style-type: none"> <li>• Bottineau County Economic Development Corporation</li> <li>• Chamber</li> <li>• Metigoshe Lions Club</li> <li>• Retail Alliance</li> </ul>	<ul style="list-style-type: none"> <li>• Invoke relationship building opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• Organize groups or events to help newer families participate and network</li> </ul>	<ul style="list-style-type: none"> <li>• # new groups / group names</li> <li>• # of events</li> </ul>		<ul style="list-style-type: none"> <li>• Bottineau County Economic Development Corporation</li> <li>• Chamber</li> </ul>
	<ul style="list-style-type: none"> <li>• Retain young adults through economic means</li> </ul>	<ul style="list-style-type: none"> <li>• Develop internship programs for H.S. Students and Young Adults</li> </ul>	<ul style="list-style-type: none"> <li>• # internship programs developed</li> </ul>		
	<ul style="list-style-type: none"> <li>• Communication loop</li> </ul>	<ul style="list-style-type: none"> <li>• Facebook</li> <li>• Vets</li> <li>• Church Bulletins</li> <li>• Emails</li> <li>• Company info/email</li> </ul>			
	<ul style="list-style-type: none"> <li>• Business Buy In</li> </ul>				
	<ul style="list-style-type: none"> <li>• Chamber Activity</li> </ul>	<ul style="list-style-type: none"> <li>• Community Calendar</li> </ul>			

## Community Survey:



### St. Andrew's Health Center

*SMP Health System*

A Community Health Needs Assessment (CHNA) identified a need of the availability of resources to help the elderly stay in their homes. This survey will determine the awareness of services that are already available and help determine what other resources could be used to assist the elderly to continue living in their homes. We thank you for your time and cooperation.

#### Are you aware of these services available to help the elderly stay in their home?

- |  |        |
|--|--------|
| • Vulnerable Adult Protection Services               | Yes/No |
| • Meals on Wheels-Senior Citizen's Center            | Yes/No |
| • Bottineau County Public Health Nurse               | Yes/No |
| • Home and Community Based Services-Bottineau County | Yes/No |
| • Bottineau County Social Services                   | Yes/No |
| • Medical Alert System- St. Andrew's Health Center   | Yes/No |
| • St. Andrew's Health Center Apartments              | Yes/No |
| • Oak Manor Apartments-Bottineau Housing             | Yes/No |
| • Souris Basin Transportation                        | Yes/No |
| • Medic Alert-North Central Electric                 | Yes/No |
| • Senior Companion-Lutheran Social Service program   | Yes/No |
| • IPAT - Senior Safety equipment                     | Yes/No |
| • North Dakota Caregiver Support Program             | Yes/No |
| • Vision Rehabilitation Services                     | Yes/No |
| • Legal Aid  | Yes/No |
| • Independence                                       | Yes/No |
| • Community Action                                   | Yes/No |

#### Please list other services that you believe would be beneficial.

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Please return survey to a survey collection envelope or to St. Andrew's Health Center by **December 18, 2016**.

- St Andrew's Health Center  
316 Ohmer St.  
Bottineau, ND 58318

## Senior Housing Survey Results

