

2016 COMMUNITY HEALTH NEEDS ASSESSMENT



Holy Trinity Graceville



Essentia Health

Here with you

Phase 3: Design of Strategy and Implementation Plan: Essentia Health-Holy Trinity, Graceville, MN

SUMMARY OF COMMUNITY DEFINED PRIORITIES/STRATEGIES: STRATEGIES FOR EACH PRIORITY

Priority Area:	Goals
Mental Health	Improve access and interventions to improve mental wellness (which ties to chronic disease management). Included are depression, anxiety, and other mental health concerns.
	Partners: EH-Holy Trinity staff, Countryside Public Health, MN River Area Agency on Aging, community members including the schools, those in public office, and ambulance service.
Strategy #1	
Increase community knowledge of mental health needs and services	<p>Actions:</p> <ol style="list-style-type: none"> 1. For each of the next 3 years, provide annual professional education on a mental health topic. 2. For each of the next 3 years, collaborate with the school and community on an abuse/addiction topic annually. 3. Assess current mental health services that are available and where gaps exist.
Expected Short-Term Outcomes	Sources of Measuring Outcomes
Community and staff first responders are aware of early signs and interventions for those with mental health needs.	<ol style="list-style-type: none"> 1. Wellness in the Woods Education to the community in the first year with additional education to both the public and professionals in the 2nd and 3rd year. 2. “Ghost-out” event to address binge drinking will be done at the school next spring. Subsequent annual school events annually in 2nd and 3rd year.

Priority Area:	Goals
Physical Health	Increase community engagement in physical activity.
	Partners: EH-Holy Trinity staff, Countryside Public Health, MN River

	Area Agency on Aging, community members including the schools, those in public office, and ambulance service.
Strategy #1	
Increase access to primary care and specialty care in coordination with community agencies	<p>Actions:</p> <ol style="list-style-type: none"> 1. Explore the feasibility of Case Management to underserved and high risk patients in the next 3 years.
Strategy #2	
Increase community engagement in physical activity and improved nutrition.	<p>Action(s):</p> <ol style="list-style-type: none"> 1. Continue NDPP classes to those at risk for Type 2 diabetes. Explore ways to add Lifestyle coaches and expand the classes to include the community at large. 2. Provide education on diet and exercise to the public annually at the community health fair. 3. Explore and collaborate with other agencies that provide community classes over the next year. Determine ways to leverage these for subsequent years.
Strategy #4	
Educate the service area on the importance of advanced care planning	<p>Actions:</p> <ol style="list-style-type: none"> 1. Provide an annual community event to educate and promote advance care planning. 2. Provide an education event to health care providers.
Expected Short-Term Outcomes	Sources of Measuring Outcomes
Improvement in awareness of the benefit of physical exercise and nutrition on overall wellness.	<ol style="list-style-type: none"> 1. Track and increase overall health fair attendance per year by 5% each of the next 3 years. 2. Meet the 5% weight reduction goal at 16 weeks for NDPP attendees. Continue the course and goals over the next 3 years. 3. Track those having an advanced directive. 4. Track total number of events.