



Community Health Needs

Strategic Implementation Plan

2019-2021



Affiliated with



900 Ridge St, Stoughton, WI 53589

stoughtonhospital.com

Message to Our Community

Stoughton Hospital is a 35-bed critical access hospital serving the counties of Dane, Rock, Green, Jefferson along with many other communities. It is an independent community hospital owned and operated by the Stoughton Hospital Association and is an affiliate of SSM Health. While Stoughton Hospital values and recognizes all the communities it serves, for purposes of the Community Health Needs Assessment (CHNA), Stoughton Hospital defines its community as the service area of Dane County. The residents of Dane County account for approximately 85% of inpatient cases, 82% of Emergency Department patients, and over 70% of ambulatory patients.

Beginning in 2013, Stoughton Hospital combined forces and joined three Dane County area hospitals (Meriter Hospital, St. Mary's Hospital, and UW Hospital and Clinics) along with Public Health Madison and Dane County to form the Healthy Dane Collaborative (HDC). The HDC completed the most recent community health needs assessment (CHNA) in late 2018 which can be found at stoughtonhospital.com. While Stoughton Hospital remains committed to addressing all identified health issues, we recognize we have limited resources. The health issues we have chosen to focus on are:

- Mental Health
- Substance Misuse
- Chronic Disease

We have chosen these goals based on community input, internal resources, severity of need, and the hospital's ability to make a difference. We plan on tackling these areas of need by collaborating with partnerships in the community, implementing evidence-based practices and organizing support groups or management programs. We welcome you to join us in responding to our communities needs and invite community organizations, planners, policy makers, educational institutions and residents to use healthydane.org as a tool to understand and track our progress in implementing strategies to promote the well-being of our community.



Dan DeGroot
President & CEO



Dan DeGroot President & CEO

The Health Needs of Our Community



Mental Health

1 in 5 adults in the U.S.—43.8 million, experiences mental illness in a given year.

Mental Health was a significant issue brought up in the feedback from our community conversations but also expanded to underlying issues around behavioral health, substance abuse, lack of support, transportation issues, and access to care.



Substance Misuse

19.7 million American adults
(aged 12 and older) battled a
substance use disorder in 2017.

Substance misuse is an ongoing target for interventions during a time where our nation is fighting an opioid epidemic and our community is working towards safe practices around drinking and drug-use involving all ages.



Chronic Disease

4+ out of every 5 dollars spent on healthcare in the U.S. are spent on people with 1+ chronic conditions.

For many individuals suffering from chronic conditions, associated risk factors can be addressed and treated. By focusing on risk factors for chronic conditions, complications and comorbidities can be prevented.

Priority #1: Mental Health



Mental health includes our emotional, psychological, and social well-being. It helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood¹. Without treatment, the consequences of mental illness to the individual and society are staggering. Poor outcomes include disability, unemployment, substance abuse, homelessness, incarceration, and suicide. The economic cost of untreated mental illness is more than 193 billion dollars each year in the US².

National Trends

- Approximately 1 in 5 adults in the US – 43.8 million or 18.5% – experience mental illness in a given year.
- Approximately 1 in 25 adults in the US – 9.8 million or 4.0% – experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.
- Approximately 1 in 5 youth aged 13-18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8-15, the estimate is 13.0%.

Wisconsin Trends

- Among suicides with known circumstances, 51% of decedents had a current mental health problem and 43% were currently receiving treatment³.
- Approximately \$92 million is spent annually on inpatient hospitalizations due to self-inflicted injury³.
- In Dane County, approximately 1 in 8 adults screen positive for major depression, while 1 in 5 adults screen positive for moderate or severe anxiety⁴.



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



10.2m

Approximately 10.2 million adults have **co-occurring** mental health and addiction disorders.¹



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.³



90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

¹MentalHealth.org ²National Alliance on Mental Illness ³Department of Health Services—Wisconsin ⁴SHOW (2014)

Priority #1: Mental Health

Goals

- Decrease deaths in Dane County due to suicide to less than 12.7 deaths per 100,000 population¹

Action Plan

Partner with the community

- Continue implementing local mental health coalition or task force
- Continue partnering with Safe Communities implementing the Zero Suicide Initiative
- Continue partnering with Free Health Clinic, police, EMS, Journey Mental Health, Tellurian, Ocean Hawk Counseling, local churches and other agency networks
- Continue collaboration with National Alliance of Mental Health Dane County (NAMI) and Alzheimer's Association
- Continue work with community coalitions including Stoughton Wellness Coalition and Oregon Area Wellness Coalition

Implement Evidence-based Practices

- Expand and support programs for older adults that offer educational, social or physical group activities
- Support and coordinate intergenerational training programs
- Collaborate with Zero Suicide Initiative partners to sustain community efforts in Dane County
- System change in approach to measuring Mental Health needs using Columbia Tool
- Continue efforts in county-wide initiative on patient safety plans following discharge
- Host a community forum to increase awareness, education, treatment and intervention programs
- Implement media campaign to remove mental health stigma
- Explore implementation of telehealth services for psychotherapy or counseling
- Support advocacy work of local coalitions for policy, system and environmental changes
- Provide educational and behavioral interventions that support the patients' ability to manage their condition in daily life
- Explore becoming a Community Resource Center to serve as a hub where community members can get educational materials on suicide prevention

Promote Support Groups

- Maintain and continue community training as a dementia friendly hospital
- Collaborate with partners such as the Stoughton Dementia Friendly Coalition to maintain and grow a dementia friendly community
- Continue support of SH Geriatric Psychiatry Inpatient Department
- Implement outpatient activity management programs for older adults
- Continue to host memory café
- Create and promote support groups and services for mental health needs offered in the community

¹ WI Dept of Health Services 2014-2016

Priority #2: Substance Misuse



The misuse of opioids, including prescription drugs and heroin, is one of the most serious public health problems in the United States. Providing access to effective care may prevent misuse and its consequences. Alcohol is the most frequently used and misused substance in the United States, and it can have devastating consequences. People who drink to excess, including binge and heavy drinkers, are at great risk for health and economic problems.¹

National Trends

- More than 70,200 Americans died from drug overdoses in 2017, including illicit drugs and prescription opioids—a 2-fold increase in a decade.²
- Every 15 minutes, a baby is born suffering from opioid withdrawal.³
- 7.7 million adults have co-occurring mental and substance use disorders.³
- An average of 88,000 people die annually for issues related to excessive alcohol use.²

Wisconsin Trends

- The majority of opioid related deaths in WI involved prescription opioid drugs
- 11% of adults 65 or older reported binge drinking 12 or more days in the past year
- 40% of recreational vehicle (ATVs, boats, snowmobile) deaths in WI were alcohol related

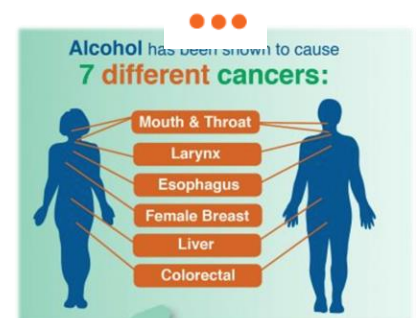
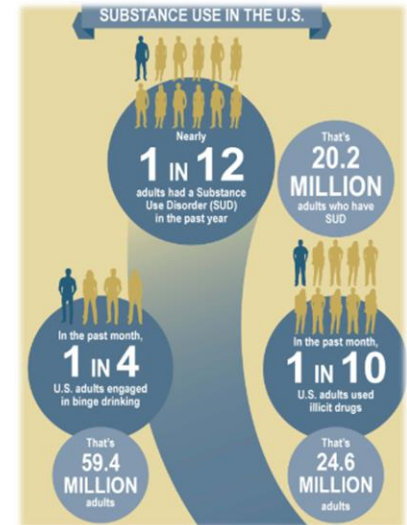


Image: Adapted from www.samhsa.gov and Wisconsin Cancer Council ²CDC ³National Institute on Drug Abuse ⁴WI Department of Health Services

Priority #2: Substance Misuse

Goals

- Contribute to a decrease in hospitalization rate for alcohol abuse in Dane County to less than 17.9/10,000 population over age 18 due to alcohol abuse by decreasing Stoughton zip code-specific rates to less than 18.3/10,000 population¹

Action Plan

Partner with the Community

- Continue collaboration with Stoughton Wellness Coalition (SWC) to act as fiscal agent for the Drug-Free Communities(DFC) grant and begin process for 2nd grant application process
- Continue work with Oregon Area Wellness Coalition as they complete their application for a 5-year DFC grant
- Collaborate with Dane County Behavioral Health Services
- Build relationship and programming with Stoughton Area Youth Center
- Strengthen partnerships with schools, community coalition, churches, EMS, businesses, police, treatment centers and Free Health Clinic

Implement Evidence-based Practices

- Continue support and promotion of medication drop and sharp disposal with enhanced support through *Take Back Campaign* with multimedia campaign
- Promote and support alcohol – free community and family events
- Explore use of *Media Detective* use at youth centers – (program aims to encourage healthy beliefs and attitudes about abstaining from alcohol and tobacco, strives to enhance students’ thinking ability to critically deconstruct media messages & seeks to prevent or delay underage alcohol and tobacco use)
- Coordinate and support medication lock box and refrigerator locks distribution through community health events, hospital home health, medical surgical unit, and ER Department
- Incorporate Prescription Drug Monitoring Programs (PDMPs) including enhanced electronic e-prescribing
- Continue to implement the ED2 Recovery program providing recovery coach services through the ER
- Implement & support of Life Skills Training with schools – (Consider Too Good for Drugs (TGFD) a 10-lesson substance abuse prevention curriculum used in sixth through eighth grade. Instructional strategies include role-plays, modeling, practicing, reinforcing, providing feedback, and promoting the generalization of skills
- Provide prescriber education in collaboration with Safe Communities Health Care Task Force to Stoughton Hospital, Dean Clinics, Meriter Clinic and UW Health Clinics in service area
- Support advocacy work of local coalitions for policy, systems and environmental changes

Promote Support Groups

- Continue use of case managers/patient navigators with patients as they are discharged from the hospital
- Develop pain management resource tools and follow up protocols
- Continue offering resources/referrals to drug and alcohol counseling services

¹ WHA Information Center 2015-2017

Priority #3: Chronic Disease



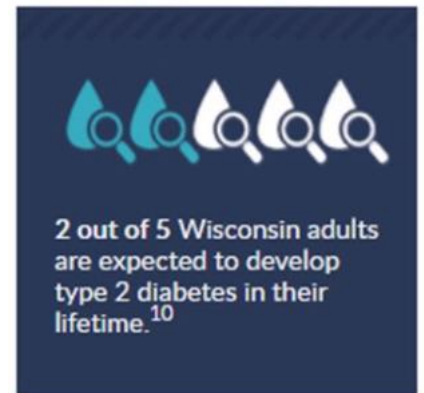
Chronic conditions account for the greatest number of poor health outcomes and increasing healthcare costs in Wisconsin. Currently, the state annually spends an estimated \$3.9 billion and \$4.1 billion in healthcare and lost productivity costs on diabetes and heart disease alone. For many individuals suffering from chronic conditions, associated risk factors can be addressed and treated. By focusing on risk factors for chronic conditions, complications and comorbidities can be prevented.

National Trends

- More than 4 out of every 5 dollars spent on healthcare in the US are spent on people with one or more chronic conditions.
- Of those with diagnosed hypertension, nearly 20% also have diabetes.²
- 133 million Americans – 45% of the population – have at least one chronic condition.³
- Chronic conditions are responsible for 7 out of every 10 deaths in the US, killing an estimated 1.7 million Americans annually.³
- People with chronic conditions are the most frequent users of healthcare in the US, accounting for 81% of hospital admissions, 91% of all filled prescriptions, and 76% of all physician visits.³

Wisconsin Trends

- 7 out of 10 leading causes of deaths in Wisconsin are due to chronic conditions.¹
- More than 1,300 Wisconsin residents die from diabetes and many more suffer disabling complications such as heart disease, kidney disease, blindness, and amputations. This burden is higher among minority populations.
- Heart disease is the second leading cause of death overall, and the leading cause for those over the age of 65.2.



¹Wisconsin Department of Health Services (statistics and infographics) ²Set Your Heart on Health Toolkit (DHS) ³The Growing Crisis of Chronic Disease in the US

Priority #3: Chronic Disease

Goals

- Contribute to a decrease in hospitalization rate for diabetes in Dane County to less than 12.0 hospitalizations/10,000 population by decreasing Stoughton zip code-specific rates to less than 20.0/10,000 population¹
- Decrease hospitalization rate for heart failure to less than 25.2 hospitalizations/10,000 by decreasing Stoughton zip code-specific rates to less than 24.7/10,000 population¹

Action Plan

Partner with the Community

- Continue financial investment of www.healthydane.org for support, data and evidence-based practice ideas
- Continue partnership and collaboration with Oregon Area Wellness Coalition, Shalom Free Health Clinic, area youth centers, Civic Organizations, Area Senior Centers, area schools, and Stoughton Wellness Coalition
- Partner with senior centers, Free Clinic, EMS, schools, coalitions and parish nurses in the community to develop consistent messages on tobacco-free lifestyles
- Strengthen relationship with employers to decrease tobacco use among workers by offering incentives and increase participation with smoking cessation programs
- Continue collaboration with SH Foundation for medication voucher program
- Investigate partnership with Second Harvest Foodbank HungerCare Coalition
- Expand partnerships with City Economic Development Dept. to Create Healthy Places to Live, Work and Play
- Continue and expand collaboration with Skaalen Retirement Services for offering Community Supported Agriculture (CSA) shares or offer convenient farmers market
- Continue support in Oregon schools with SRTS (Safe Routes to School) and expand to other communities – promote walking and biking to school through education, incentives, and environmental changes
- Partner with the American Heart Association
- Support the Stoughton Hospital phase 3 cardiac rehabilitation program and phase 2 nutrition consult opportunities

Implement Evidence-based Practices

- Explore certification for a Stoughton Hospital diabetes educator
- Continue implementing Rethink Your Drink/Choose Healthy Drinks for youth
- Explore implementation of Text4Diet: A text message-based Intervention for weight loss
- Consider Lighten Up Stoughton/Oregon a free on-line weight-loss management program for the community
- Explore implementation of Eat Smart, Move More, Weigh Less Campaign
- Explore implementation of BetterU campaign through American Heart Association
- Explore collaboration with youth centers for after school program Media-Smart Youth: Eat, Think and be Active an interactive program which includes strategies for selecting healthier options at fast food restaurants
- Continue support of Nutrition Detectives program and Kids Get Fit Program
- Advocate for infrastructure improvements supporting bicycling and ongoing informational outreach activities

¹WHA Information Center 2015-2017

- Explore implementation of walking and running programs with Rehab Department including increasing utilization of the new walking trail
- Continue to expand and support offerings of activity programs for older adults including yoga, tai chi, Strong Woman, etc
- Expand supermarket tours where dietitians offer field trip to local supermarket to help attendees choose healthier foods, read labels, shop on budget, etc
- Continue support and promotion of community and/or school gardens
- Support and promote community-wide physical activity campaigns including Partners Walk, Walk, Bike, Swim, Run with the Doc Programs
- Provide a web-based Quitters Stop Smoking Plan and implement mass media campaign against tobacco use
- Explore implementation of mobile tobacco cessation interventions
- Implement Breathe Better Campaign to increase awareness, understanding, diagnosis and treatment option for COPD patients
- Promote WI Quit Line, First Breath and other evidence-based cessation programs in hospital and online
- Offer screenings (DRIVE for COPD) and educational resources at community events
- Continue to participate in SSM's Chronic Disease Initiative aimed at reducing 30-day readmissions
- Continue to offer free education through community presentations and Health Talk podcast
- Support advocacy work of local coalitions for policy, systems and environmental changes
- Offer Powerful Tools for Caregivers training
- Explore implementing Chronic Conditions, an evidence-based program founded on behavior change theory
- Continue to offer services through diabetic foot clinics located in Stoughton, Oregon and McFarland

Promote Support Groups

- Continue Diabetic support groups in Stoughton
- Explore certification and employee training to offer Chronic Disease Self- Management Program
- Continue offering evidence based 6-week program Healthy Living with Diabetes twice a year
- Explore enhanced interactive wellness tool applications for website
- Continue offering free nutrition and exercise presentations with physicians, dietitians and rehab dept.
- Build educational library with Health Talk –podcasts added to website from interviews with physicians and hospital experts to address healthy behaviors
- Explore opportunity to offer Chronic Lung Disease Support Group or Better Breathers Club

Thank You to Our Supporters and Partners

The Partners of Stoughton Hospital
Stoughton Hospital Foundation
Stoughton Wellness Coalition
Oregon Area Wellness Coalition
Safe Communities
Free Health Clinic
Journey Mental Health
Tellurian
Ocean Hawk Counseling
National Alliance of Mental Health of Dane County
Alzheimer's Association
American Heart Association
Dane County Behavioral Health Services
Stoughton Area Youth Center
Stoughton Area Senior Centers
Skaalen Retirement Services
Stoughton Area Police Department
Stoughton Area EMS
Stoughton Area School District
Oregon School District

Approved by
Stoughton Hospital Governing Board 7/22/2019

Trusted care. Close to home.