

Empowering Community Members (cont.)

Individuals can visit montana211.org and find resources for mental health, addiction and crisis support. In 2019, the number of Miles City residents utilizing the Montana211 website increased from 26 to 105: a 356% increase in just one year.

In addition to providing training and education about available resources, Holy Rosary Healthcare explored new channels to promote positive mental health for its community members. A variety of activities took place during the month of May in support of Mental Health Month. The hospital was excited to host a presentation by former NFL Quarterback, Ryan Leaf, to share his story of recovery. Ryan's candid message of hope and reducing mental health stigma was given to over 800 junior high and

high school students, 40 Pine Hills students, 80 donors and 450 community members.

The hospital will continue building on the momentum gained over the past years around the important topic of behavioral health. Beginning in 2020, Holy Rosary Healthcare will offer additional resources to address behavioral health needs through integrated behavioral health services. Behavioral health specialists will be co-located in the primary care clinic to provide a more seamless coordination of services for both physical and mental health needs. Co-location of services can also reduce barriers related to stigma. Patients often feel it's more socially acceptable and easier to access behavioral health treatment in their familiar primary care setting rather than at a behavioral health center.

HAPPENING NOW: Preparing Community to Respond in a Crisis

When an emergency arises, community preparedness is key. In response to the COVID-19 pandemic, Holy Rosary Healthcare collaborates with oneHealth and Billings Clinic as part of the Custer County/Miles City Unified Command to prepare, plan and respond to community crises. Through this partnership:

- **Free asymptomatic COVID-19 nasal swab testing**
- Launch of **"#MaskUpMCChallenge"** encouraging community members to wear a mask
- **Community partnerships** for essential supplies



Please visit the Holy Rosary Healthcare website to access the full Community Health Needs Assessment:
<https://www.sclhealth.org/locations/holy-rosary-healthcare/about/community-benefit/>



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We reveal and foster God's healing love by improving the health of the people and communities we serve, especially those who are poor and vulnerable.

Community Benefit 2019 Transformation for the Common Good

Catholic social teaching defines the common good as "the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfillment more fully and more easily." When the common good flourishes, every person has sufficient access to the goods and resources necessary for their fulfillment. SCL Health's community benefit efforts tangibly express our mission through programming and advocacy that promote the common good.

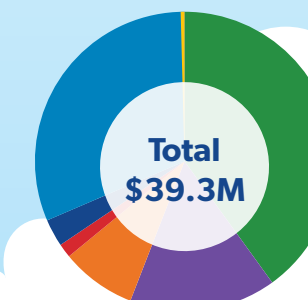
In 2019, SCL Health captured momentum to that end by seeking transformative relationships, unlocking innovative ideas and increasing the alignment of system strategies across all of our markets in Colorado, Kansas and Montana. Through our robust community health needs assessment process, we are improving our care integration both internally and externally.

The engagement themes amplified in 2019 included a focus on special populations such as older adults, veterans and individuals experiencing homelessness. Social determinants of health were also a focus, with investments in housing, food security, transportation and education. Finally, we are transforming support for the caregiver with the launch of SCL Health's Community Heart Print program. Launched at SCL Health in 2019, Community Heart Print encourages and tracks our associates' community volunteer engagement. Our associates dedicated more than 5,500 hours of service to schools, social service agencies and community-based organizations serving both youth and persons living with chronic disease. Additionally, over 1,500 Kynckits (service projects that can be done from home or office) were completed. Our goal, with both Heart Print and all of our community benefit work, is to promote the common good and to leave a heart print of care across all of the communities we serve.

Montana Region Community Benefit 2019



Holy Rosary
 Healthcare
 MILES CITY, MT



- Subsidized Health Services*
- Financial Aid & Charity Care
- Community Health Improvement & Operations
- Health Professions Education
- Community Building
- Cash and In-Kind
- Research

* These numbers include clinic contributions not included on 990 Schedule H

Holy Rosary Healthcare | Miles City, MT

In 2019, **34** Holy Rosary Healthcare leaders performed



945
 hours of service,

benefiting **38**
 organizations.



Healthy and Affordable Food

Food insecurity is a significant challenge across the country, with **one in nine Americans struggling with hunger.**

SCL Health invests energy and resources into making healthy and affordable food accessible to its most vulnerable community members. Initiatives include:

- Food donations
- Nutrition education
- Support for organizations addressing hunger

11.4% of Montanans struggle with **food insecurity**



1 in 6 children in Montana **fight hunger**



Holy Rosary Healthcare Initiatives

DISEASE PREVENTION

Holy Rosary Healthcare offers the Healthy Lifestyles program to community members. Healthy Lifestyles is recognized by the Centers for Disease Control and Prevention and helps prevent chronic diseases such as diabetes and heart disease.

Offered twice annually

16-week core program and a six-month follow-up program

36 participants in 2019

CANCER SCREENINGS

Cancer screening and early detection are important factors in keeping the community healthy. Custer County has higher incidence rates for all types of cancer than Montana overall. 2019 saw a significant increase in residents getting the preventive screenings they need.

Cervical cancer screenings increased from **45% to 72%**

Breast cancer screenings increased from **58% to 72%**

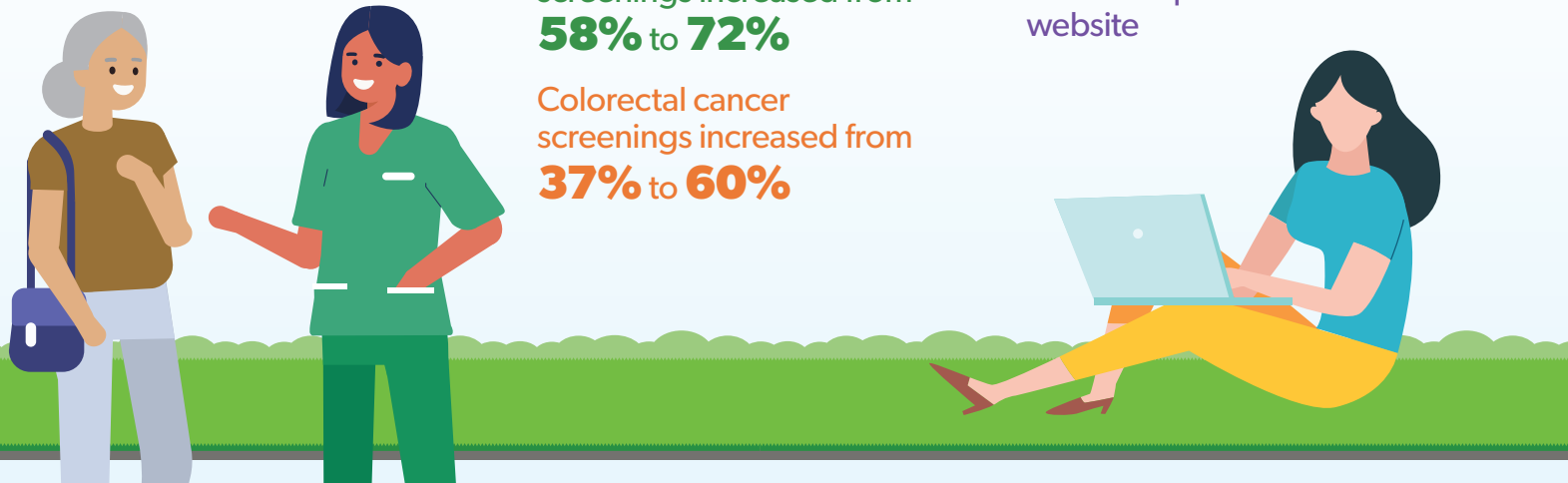
Colorectal cancer screenings increased from **37% to 60%**

EMPOWERING COMMUNITY

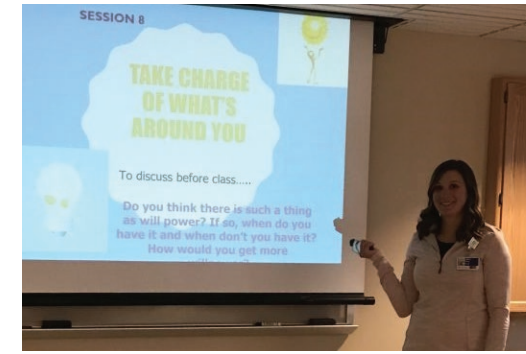
With all the counties surrounding Holy Rosary Healthcare designated as Mental Health Professional Shortage Areas, it's important that community members can help to identify warning signs of suicide and other mental health issues and know where to refer someone in need.

52 community members trained in QPR (Question, Persuade, Refer)

105 unique visits to the MT211 website



Focusing on Healthy Lifestyle for Disease Prevention



Alta Dunning, Registered Dietitian, Holy Rosary Healthcare, teaching a lesson

The mission of the Healthy Lifestyles program is to empower each individual to find ways to minimize disease risk factors while increasing well-being. With Custer County residents having higher rates of physical inactivity and unhealthy weight than Montana overall, this program is a vital component of Holy Rosary Healthcare's community health improvement efforts.

In 2019, The Healthy Lifestyles program at Holy Rosary Healthcare earned Centers for Disease Control and Prevention (CDC) Full Recognition for the second time. The Full Recognition designation is reserved for programs that have effectively delivered a quality, evidence-based program that meets all of the standards for CDC recognition. Liane Vadheim, Holy Rosary Healthcare Dietician and Lifestyle Coach, remarked, "The Healthy Lifestyles

program focuses on decreasing risk factors for both diabetes and cardiovascular disease. We're thrilled and honored for our program to be recognized by the CDC for a second time."

For the past 12 years, Healthy Lifestyles has a proven record of over 1,000 participants losing more than 14,000 pounds at Holy Rosary Healthcare. Vadheim is passionate about where the program is headed. "Montana has been among the national leaders in providing this service to people at risk of diabetes and cardiovascular disease, which is both exciting and gratifying," says Vadheim.

Holy Rosary Healthcare works to help residents make changes for the better through offering programs such as Healthy Lifestyles, Blood Pressure Loaner Cuff, Walk with Ease and Cardiac and Pulmonary Rehab. Vadheim recognizes that making the right food choices can be difficult for people who are just getting started. This is particularly true, she says, for individuals who may be overweight and at risk for heart disease or type 2 diabetes. "For those at risk who really want to begin the process of long-term change, I would encourage them to sign up for the Healthy Lifestyles program through Holy Rosary. It's offered twice yearly. We've seen participants achieve so much success in this program, including losing weight, lowering cholesterol and being more physically mobile. That's a trend we look forward to seeing continue."



Lt. Governor Mike Cooney visits HRH to congratulate the DPP program on receiving full-recognition

Empowering Community Members

The 2018 Community Health Needs Assessment found many people did not know what resources existed to address mental health concerns and many respondents indicated they didn't know how to help someone with behavioral health concerns. Holy Rosary Healthcare worked to raise awareness in the community to address those needs.

To increase community capacity to respond to behavioral health concerns, Holy Rosary Healthcare offered two QPR (Question, Persuade and Refer) suicide prevention trainings to 52 individuals. This one-hour training helps members of the community learn how to recognize the warning signs of a suicide crisis and how to support someone needing help. Course participants provided positive feedback, sharing they found training informative and engaging. Reflecting on

her new skills after attending a QPR course, one individual stated, "I got a call to talk to someone in the clinic. In the middle of the conversation, I realized I needed to ask if they were going to hurt themselves. Before the training, I may not have thought to ask."



Holy Rosary Healthcare focused on increasing community awareness of available resources for behavioral health through promotion of the Montana211 resource website.