

Community Benefit 2018

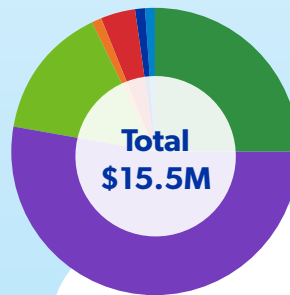
Investing in the Social Determinants of Health

Healthcare is undergoing significant transformation, and with it, a growing focus on integrating care activities with public health, community-based organizations and social support services. In 2018, SCL Health completed Community Health Needs Assessments for six of our eight hospitals. Persistent health needs in behavioral health, substance abuse and cardiovascular disease continue to be prevalent. However, we are also seeing needs prioritized for root cause areas like housing and economic development. These social determinants of health reveal the next generation of community benefit and health improvement investments, further amplifying the need to incorporate population health strategies to leverage multi-sector stakeholder engagement. The 2018 Community Benefit report highlights all of these trends and moves our health ministry toward greater impact on building a culture of health and overall well-being.

SCL Health Community Benefit 2018



Platte Valley Medical Center
BRIGHTON, CO



System Total \$242M

- Subsidized Health Services
- Government Shortfalls
- Financial Aid and Charity Care
- Community Health Improvement Services
- Health Professions Education
- In-Kind Contributions
- Other Means-Tested Government Programs



Platte Valley Medical Center | Brighton, CO

Platte Valley Medical Center chairs the **Brighton Service Agency Coalition.**

The Coalition represents over **30 non-profit organizations** with the goal of educating the community about available resources and improving social support coordination.



Mental illnesses are among the most common health conditions in the United States.

In 2018, SCL Health continued its efforts to support the ongoing need for mental health awareness, education and prevention by offering a variety of mental health trainings to community members and associates. Offering these additional training opportunities allowed SCL Health to educate individuals around stigma reduction, suicide prevention and trauma-informed attitudes.

Over **2,000** individuals trained

23% increase from 2017

4 new Mental Health First Aid instructors trained



1 in 5 U.S. adults experience mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

Montana and Colorado are among the **top 10 states** with the **highest suicide rates**

Depression is the leading cause of disability worldwide



Platte Valley Medical Center Initiatives

KEEPING OUR SENIORS ACTIVE

Staying active can help seniors reduce the risk of falls, increase strength and flexibility and help prevent chronic illnesses. Through partnership with the Eagle View Adult Center, a physical therapist from Platte Valley Medical Center provides FitBall and adaptive yoga classes to area seniors.

336 FitBall class visits

128 adaptive yoga visits

Over **\$6,000** in resources invested



AMBULANCE OUTREACH

The Platte Valley Ambulance Service (PVAS) is very active in the community. When they aren't responding to an emergency, they can be found providing first aid assistance at community events and teaching CPR, basic life support or Advanced Cardiovascular Life Support classes. PVAS also provides sports physical screenings and dresses as Santa Claus to deliver gifts to families in need during the holidays.

Provided first aid assistance at **60** events

Over **24,000** community members served

\$18,303 in resources invested



INVESTING IN COMMUNITY HEALTH

Platte Valley Medical Center generously supports a variety of local non-profit organizations through grant funding. Funding is used to support programs that address social determinants of health such as housing, food insecurity and access to healthcare.

\$190,500 granted

13 non-profit organizations served

21,709 lives touched



Platte Valley Ambulance Service

The ambulance service at Platte Valley Medical Center has been operating in Brighton since 1972 and named “Colorado’s Ambulance Service of the Year” twice. In 2018, the Platte Valley Ambulance Service (PVAS) received Children’s Hospital’s “2018 Excellence in Pediatric Trauma Care Award” and was chosen by Brighton Daisy Troop 65806 as their Home Town Heroes. Under the leadership of Chief Carl Craigle, Jr., PVAS responded to 6,284 calls in 2018.

PVAS cares for patients experiencing emergency health problems such as cardiac issues, trauma,

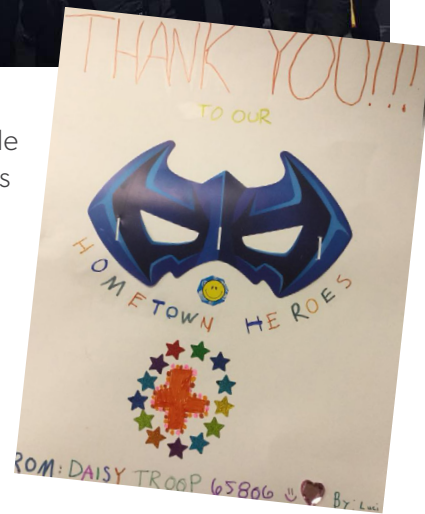


PVAS Service Team

“We love Platte Valley Ambulance Service. Carl is an amazing instructor. My son just got his Fireman Cert and is now 3 weeks away from being an EMT. He looks forward to Carl’s monthly presentations at Hudson Fire District where my son volunteers. We’ve always had excellent service from PVAS. Thank you is never enough!”

seizures, strokes and abdominal pain, but they also provide non-emergent services to the community. These services include teaching CPR/AED classes, first responder education for local police and fire departments and Citizen Medic training for community members. PVAS also staffs an annual youth sport cardiac screening and multiple health and safety fairs, assists with Boy and Girl Scout badges, delivers Christmas presents during the holiday season and offers free rides home on New Year’s Eve.

According to Dave Christenson, the outreach to the community “allows us to meet community members in a situation that is not an emergency and this can have a calming effect if we meet at a later date in an emergency. All of the crew members take part in the outreach activities and love being out in the community.”

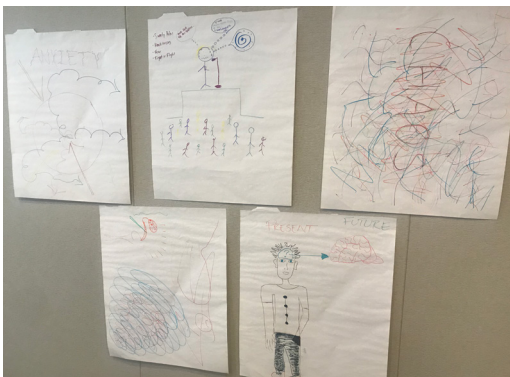


PVAS Girl Scout Appreciation

Mental Health First Aid

Mental health was identified as a priority need for Platte Valley Medical Center following the 2016 Community Health Needs Assessment, with suicide as the seventh leading cause of death for Adams and Weld counties. The rate of hospitalizations for mental health diagnoses were higher in Platte Valley’s two counties than for the entire state.

To address the prevalent challenges surrounding mental illness, Platte Valley Medical Center provides Mental Health First Aid (MHFA) training to the community. MHFA teaches participants how to recognize signs, symptoms and risk factors for the most common mental health issues, including depression, anxiety, suicide, traumatic events, psychosis and substance use. Additionally, the training introduces a five-step action plan to support someone in need and resources to turn to for help.



“Symptoms of Anxiety” activity during MHFA training

Platte Valley Medical Center partners with Community Reach Center (CRC), a local behavioral health organization, to offer MHFA. Supported by grant funding, the eight-hour course is available to community members at no cost. In 2018, three classes were offered, with 65 individuals receiving certification as Mental Health First Aiders. Platte Valley Medical Center is committed to supporting mental health education and stigma reduction and will continue offering MHFA on a quarterly basis in 2019.

9Health Fair

In the spring of 2018, Platte Valley Medical Center held a health fair in partnership with 9Health Fair. The hospital's Community Health Needs Assessment identified access to healthcare, heart disease/stroke and behavioral health as the most critical priorities for Weld and Adams county residents. The health fair addressed each of these priority areas by offering low-cost laboratory tests, cost-covered health screenings and a variety of educational booths to



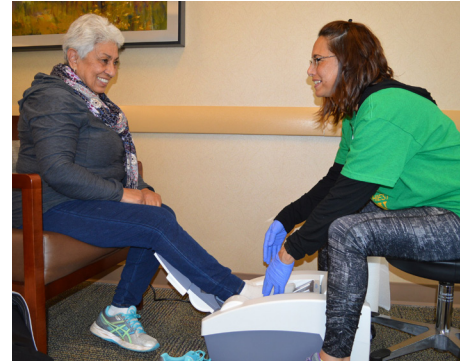
community members. The invaluable service allowed many individuals the opportunity to receive quality healthcare without the concern of affordability or access to

screenings. 810 community members attended the fair and took an active role in their health.

Blood pressure/pulse, mental health and cardiac risk assessments were among several screenings available

to attendees, with blood pressure/pulse, bone health and blood chemistry panels being the most commonly requested.

Individuals with values indicating an immediate concern received a call from a 9Health Fair nurse and were encouraged to seek treatment. Resources for follow up were discussed when needed.



205 volunteers including community members and Platte Valley Medical Center associates came together to make this event a success. Volunteers provided the manpower to perform non-medical roles such as registration, traffic control and cashiering. Medical jobs including drawing blood and performing medical screenings are a critical component to the fair's success. The medical professionals from Platte Valley Medical Center, along with our community healthcare providers, are always willing to help. This is truly a community event that has been part of the Brighton community for over 30 years.

Please visit the Platte Valley Medical Center website to access the full Community Health Needs Assessment:

<https://www.sclhealth.org/locations/platte-valley-medical-center/about/community-benefit/>



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