

Stroke Support Group (cont.)

really good programs and it's great to meet other stroke survivors. Amanda and Nicole really do a great job; they are fun meetings." Being in an environment where individuals feel comfortable asking questions and meeting new friends with similar experiences is what the program is all about.

Sessions are on the first Monday of each month from 1:30-3 p.m. If interested, please contact Amanda Tarr at amanda.tarr@sclhealth.org or 303-498-1873.

Advocating for Mental Health

In 2019, SCL Health continued efforts to address mental health and substance use concerns across the system. Behavioral health and suicide prevention are needs identified on each care site's Community Health Needs Assessment. In response to this prevalent issue, SCL Health has built on past momentum and explored new opportunities to support its community in the most meaningful ways.

SCL Health hosted nearly 150 mental health-related trainings in 2019, educating over 3,100 individuals – a 56% increase from its efforts in 2018. Trainings including Mental Health First Aid (MHFA), QPR (Question, Persuade, Refer) and Ending the Silence were offered, covering topics such as stigma reduction, suicide prevention and trauma-informed practices. In addition, three new Denver-based associates were certified as MHFA instructors.

Course participants provided positive feedback, sharing they found the trainings 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."

SCL Health expanded the reach of its resources even further by developing new relationships with community organizations like The Master's Apprentice – a Denver-based pre-apprentice program for individuals in the



Local MHFA training

construction industry. With high suicide rates and prevalence of mental health issues within the field, The Master's Apprentice committed to working with SCL Health to train its staff, volunteers and students in MHFA.

Platte Valley Medical Center offered additional training opportunities during the month of May in support of Mental Health Month. Trainings focused on older adults and individuals working with kids.

As we work to maintain our physical health, we must also prioritize taking care of our mental health. SCL Health supports the mental well-being of families and individuals in all of the communities its hospitals and clinics serve. Activities in 2020 will focus on training opportunities for community members, collaborative community partnerships to address stigma reduction and integrating behavioral health services into primary care settings.

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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Foster Optimal Health for All.

Community Benefit 2019 Transformation for the Common Good

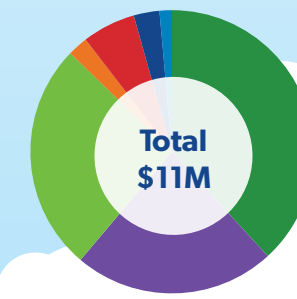
Common good is the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfillment more fully and more easily. When the common good flourishes, every person has sufficient access to the goods and resources necessary for their fulfillment. SCL Health's 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 Kyndkits (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.



Platte Valley
Medical Center
BRIGHTON, CO



System Total \$255.3M

Platte Valley Medical Center | Brighton, CO

Platte Valley Medical Center partners with **Share Our Strength** to host the evidence-based program "Cooking Matters". The program provides hands-on learning, focusing on basic cooking skills, reading nutrition labels, meal planning and grocery shopping on a budget.



In 2019: **four classes offered**, with more than **50 participants** and a **45% increase** in individuals feeling more confident to cook healthy meals.

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:

- Community gardens
- Repurposing surplus food
- Nutrition education

9.1% of Coloradans **struggle** with having enough money to buy food



1 in 8 Colorado kids may not know when or where they will get their next meal

1 in 12 Coloradans use food stamps



Platte Valley Medical Center Initiatives

PREVENTIVE HEALTH SCREENINGS

Platte Valley Medical Center partnered with 9Health Fair to provide low-cost blood tests and free health screenings to the Brighton community. Blood pressure, bone density, cardiac risk assessment, hearing, lung function and skin cancer exams were among the most requested screenings.

Served **515 participants** from **54 zip codes**

INVESTING IN SOCIAL DETERMINANTS OF HEALTH

Platte Valley Medical Center has a strong history of empowering local organizations to improve the health outcomes in its community. Through grant funding provided by the hospital, local non-profits offer programs addressing the social determinants of health such as housing, transportation, food insecurity, safety and access to healthcare.

\$232,200 granted to **16 organizations**

INVESTING IN COMMUNITY HEALTH

In 2019, Platte Valley Medical Center hosted certificate and degree students pursuing healthcare-related careers. Students received training in the following clinical areas: laboratory, nursing, pharmacy, surgical technology and sterilization. Each student spent between 35-448 hours learning about the specialty of their choosing.

168 students completed a total of **17,950 clinical hours**



Aging Mastery Program



The Aging Mastery Program (AMP) is an evidence-based program designed to help individuals age well. Data from the World Bank states the average life expectancy in the U.S. in 1960 was 69.77 years. As of 2017, the number has risen to 78.54. According to the National Council on Aging, once people reach age 65, they can expect to live another 19 years with roughly 66% of that time in good health. AMP focuses on the “gift of longevity” and ways to plan so individuals experience a healthy, meaningful and enjoyable life. The program is targeted towards audiences over 60 years of age; however, people as young as 30 have attended.

The 10-week program, facilitated by subject-matter experts, covers a variety of important topics related to growing older and mastering behaviors to age well. Such topics include healthy eating and hydration, financial fitness, advance planning, healthy relationships and medication management. Through lectures, peer-to-peer discussion and a variety of activities, participants are challenged to engage in behaviors, such as keeping a gratitude journal, that promote well-being and lasting change. Individuals graduate from the program with set goals to take positive action in different areas of their lives. All classes are cost-covered and materials provided by Platte Valley Medical Center.

In 2019, three courses were offered, with 28 individuals completing the program. AMP has been well-received. One participant said, “I came to understand the value of advance planning, recognizing its importance and beginning to work on it.” Another individual shared that she “Enjoyed the people in my group. I was able to express my feelings comfortably. I enjoyed the instructors.” Platte Valley Medical Center will continue offering this valuable resource to community members in 2020.

Stroke Support Group

According to the National Stroke Association, more than 795,000 Americans experience a stroke each year, with 140,000 fatalities. In 2016, cerebrovascular disease (stroke) was the fifth leading cause of death in Adams and Weld Counties and was identified on Platte Valley Medical Center’s 2018 Community Health Needs Assessment as the second most significant health priority.

Surviving a stroke doesn’t come without its challenges. Survivors might experience a variety of physical, emotional and cognitive changes, with the level of impairment varying widely for each person. Additionally, the risk of isolation and depression is higher for stroke survivors than the general public, making access to supportive outlets an important part of recovery.

Platte Valley Medical Center offers stroke support groups at no cost to individuals and families in the community. Sessions cover many topics, including nutrition, adaptive yoga, current treatments, secondary stroke prevention and community resources, such as the Rocky Mountain Stroke

Center and the Brain Injury Association of Colorado. Engaging with other stroke survivors and caregivers in a group setting allows participants to feel encouragement, acceptance, empowerment and emotional support. Given that each individual’s journey is unique, sharing of experiences between group members can be especially insightful and powerful.

Two associates who are part of the Physical Therapy department at Good Samaritan Medical Center, Amanda Tarr, Therapy Supervisor, and Nicole Woods, Clinical Coordinator, co-facilitate each group. According to Tarr, there is an educational component to the group, but it is meant to promote social connection. One participant shared their perspective, stating “I really enjoy it. They have

“I really enjoy it. They have really good programs and it’s great to meet other stroke survivors. Amanda and Nicole really do a great job; they are fun meetings.”