

Community Benefit 2018

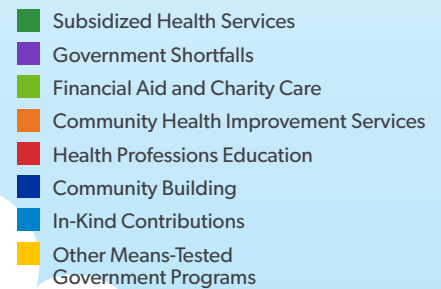
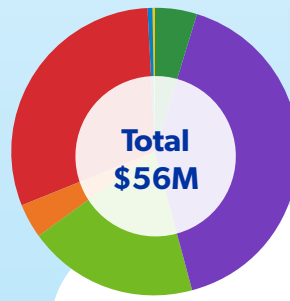
Investing in the Social Determinants of Health

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



Saint Joseph Hospital
DENVER, CO



Saint Joseph Hospital | Denver, CO

Saint Joseph Hospital continues its participation in the **Rocky Mountain Crisis Partners'** hospital referral program – a cost-covered resource for anyone experiencing suicidal thoughts. Individuals are provided with a 'warm hand-off' from a behavioral health clinician at Saint Joseph Hospital to a therapist at Rocky Mountain Crisis Partners.

The program offers:

- **Scheduled follow-up phone calls and support for up to 30 days**
- **Connection to resources in the community**
- **Safety evaluations**



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



Saint Joseph Hospital Initiatives

SUPPORTING DREAMS

During the 2017-2018 school year, Saint Joseph Hospital mentored students from Manual High School located in the Five Points neighborhood, an area negatively impacted by rapid gentrification. Students and mentors followed a structured set of activities to help each student envision potential educational and professional paths. Students spent three to five hours a month interacting in a facilitated environment.

13 students mentored during 2017-2018 school year

Over 2,300 hours invested in program support

96% of students felt encouraged to pursue a professional career

FEEDING THOSE IN NEED

Food insecurity continues to be a challenge in Denver. Approximately 27,000 Denver residents have a combination of low income and low access to a full service grocery store, making the purchase of healthy food difficult. Through partnership with Senior Support Services, Saint Joseph Hospital provides food to individuals in need. In 2018:

Over 5000 lbs. of food donated

FOCUS ON MATERNAL WELL-BEING

Pregnancy and childbirth are whole-person experiences, affecting the way women think, feel and view the world. Perinatal mood and anxiety disorders are the single largest complication of pregnancy and childbirth, affecting one in seven women (15%). With support from the Zoma Foundation, Saint Joseph Hospital is piloting a program to improve the health and wellbeing of new mothers, babies and families.

Universal screening for mood and anxiety complications

Behavioral health services within the medical setting



Dignity for Our Neighbors

It is not traditional to healthcare and might not seem like healthcare at all. Once a month Saint Joseph Hospital hooks up a trailer with four shower stalls to a water source and provides much needed showers and other resources to the homeless community in Denver.

In an effort to better meet the needs of the community, Saint Joseph Hospital connected with the Bethlehem Lutheran Church in Lakewood to operate the Living Well shower trailer. Living Well provides showers at several locations around Denver each week and comes to Saint Joseph Hospital one Saturday per month.

“We host the shower truck at Saint Joseph Hospital as a means of acknowledging the intrinsic worth and dignity of folks living on the margins in our neighborhood,” says Chuck Ault, Regional Director of Community Health Improvement. “The simple gift of a hot shower along with some food and clean clothes can contribute to that person having a better day.”

Along with its Living Well partners, Saint Joseph Hospital staff and volunteers also provide participants with a breakfast burrito, fruit, clothing and toiletries. So far, the program has been a great success. During the summer of 2018, Living Well served 156 individuals and provided hot showers to 76 people.

Individuals who sign up for a shower get 20 minutes in the shower stall. Saint Joseph Hospital volunteers clean the stalls after each shower and get them ready for the next person. The trailer has three standard stalls and one wheelchair accessible stall.

Saint Joseph Hospital teamed up with two community partners to help spread the word: Metro Caring, a hunger



prevention organization, and Senior Support Services, a day shelter for homeless seniors. Both organizations are just blocks from Saint Joseph Hospital and help the care site reach the populations in need.

“It’s beautiful because it makes me feel like I’m back home still,” says Carla Hunt, a community member who enjoyed a longer shower—the kind she liked to take in her Denver home for many years.

The showers are a simple, yet very effective way to instill dignity in the community surrounding Saint Joseph Hospital. The program also allows volunteers to become better acquainted with individuals in the homeless community, understand their challenges and appreciate the diversity of their backgrounds and life experiences.

“Those who volunteer to help with the shower truck are struck by how much the experience challenges their own definition of who an individual experiencing homelessness is,” says Chuck. “At the end of the day, everyone feels like they’ve made a difference, however temporary, in the life of another.”

Growing with Our Community

The food we put into our bodies has a direct impact on our health. Some Denver communities do not have many healthy food options, with affordability and access to healthy food presenting as major challenges.

In an effort to create pathways to healthy eating for the residents of northeast Denver, Saint Joseph Hospital sponsors three community garden spaces on the hospital campus.



The Gateway Garden – In partnership with Denver Urban Garden and Marian Plaza, residents of Marian Plaza tend eight raised garden beds outside the main entrance of the hospital, growing leafy greens, squash, broccoli, tomatoes, cucumbers and more. The bounty from this effort is shared among all the residents of Marian Plaza, building

community and bringing healthy eating within reach. In 2018, every Marian Plaza resident received fresh food grown in the garden outside their front door.

(Continued on back)

Growing with Our Community *(cont.)*

The Secret Garden – Behind the Colorado Cancer Center on the Saint Joseph Hospital campus is a little known, sunny spot perfect for growing vegetables. Our local food relief organization, Metro Caring, coordinates community volunteers who grow fresh produce and herbs which are made available to those in need through the Metro Caring market.

Humboldt Street Garden – One block south of the hospital campus, Saint Joseph Hospital built a park that includes a basketball court, outdoor exercise equipment and a garden plot with 20+ beds for local residents to grow healthy food for their family and neighbors. The community comes together in this space during the summer to take care of their crops while a master gardener from Metro Caring offers instruction to ensure the best outcomes. Sixty-two community gardeners tended plots in the garden in 2018.

Housing is Health

Housing prices continue to outpace wages in Denver, creating a housing crisis for many working adults. Older adults on fixed incomes is another group significantly affected by rising rents. Aging in place is a goal for many older adults and contributes to more stable mental health and community connectedness. Our community's elders are finding it increasingly challenging to age in place in downtown Denver due to affordability. Saint Joseph Hospital was excited for the opportunity to work with housing developer, MGL Partners/Solvera Advisors, to donate and convert a 1930's former nursing dormitory into affordable housing for seniors. Called Tammen Hall, the 52,000 square-foot building will have 49 one and two-bedroom apartments for people who are 62 or older and meet income qualifications. The building, located on the hospital campus, is due to begin housing residents in 2019.



Please visit the Saint Joseph Hospital website to access the full Community Health Needs Assessment:

<https://www.sclhealth.org/locations/saint-joseph-hospital/about/community-benefit/>



1375 19th Ave. | Denver, CO 80218 | 303-812-2000

saintjosephdenver.org