

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 SCL Health 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."

St. Mary's Medical Center promoted positive mental health for its community members by participating in



MHFA training

Mental Health Month during the month of May. The hospital distributed green awareness ribbons and hosted additional training opportunities. The Wellness Committee also provided additional mental health resources and educational materials in the lobby of the hospital.

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 suicide prevention and integrating behavioral health services into primary care settings.

Please visit the St. Mary's Medical Center website to access the full Community Health Needs Assessment: <https://www.sclhealth.org/locations/st-marys-medical-center/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

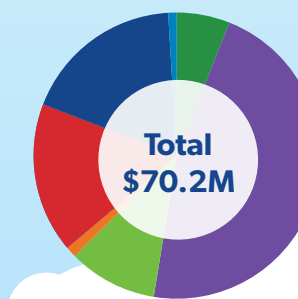
Catholic social teaching defines the common good as "the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfillment more fully and more easily." When the common good flourishes, every person has sufficient access to the goods and resources necessary 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.



St. Mary's
Medical Center
GRAND JUNCTION, CO

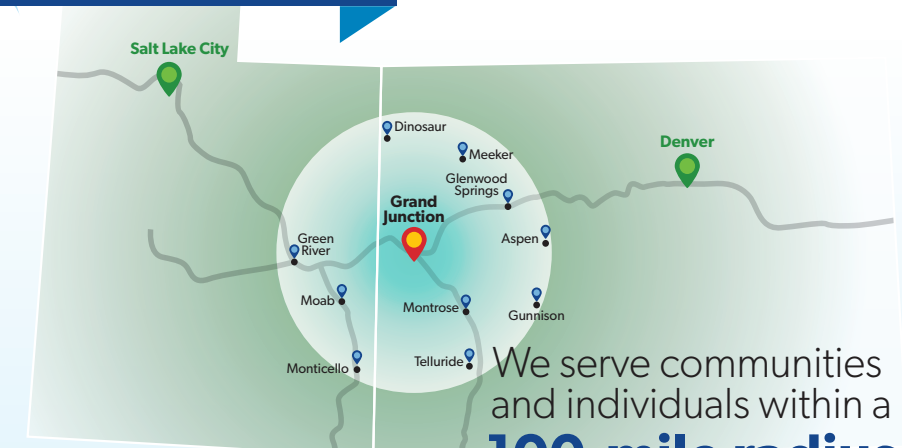


- Subsidized Health Services
- Government Shortfalls
- Financial Aid and Charity Care
- Community Health Improvement Services
- Health Professions Education
- In-Kind Contributions
- Other Means-Tested Government Programs

System Total \$255.3M

St. Mary's Medical Center | Grand Junction, CO

St. Mary's Medical Center is proud to be an active member in the **Community Transformation** initiative. Comprised of organizations and individuals in the neighborhoods surrounding Rocky Mountain Elementary School and Rocky Mountain Park, the coalition works to improve social connectedness in the community.



We serve communities and individuals within a **100-mile radius**

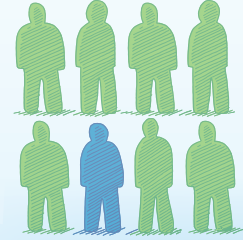
Healthy and Affordable Food

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



St. Mary's Medical Center Initiatives

STROKE CARE FOR WESTERN COLORADO AND UTAH

St. Mary's Medical Center delivers advanced stroke care to communities within a 250-mile radius. As the only primary stroke center in Western Colorado, individuals have access to life-saving care while enabling them and their families the ability to stay closer to home. The stroke support group is offered monthly and facilitated by stroke survivor volunteers. This resource is free of charge and open to anyone.

576 patients served



SUICIDE PREVENTION

St. Mary's Medical Center is focused on continuing to bring suicide prevention awareness, education and resources to the forefront of its community. Through grant funding, the hospital offered the following trainings to community members and organizations at no cost, equipping 2,019 individuals with life-saving skills:

- Adult Mental Health First Aid
- Youth Mental Health First Aid
- Question, Persuade, Refer (QPR)
- Applied Suicide Intervention Skills Training (ASIST)
- Ending the Silence

FOOD RECOVERY PROGRAM

In September of 2019, St. Mary's Medical Center started a food recovery program in collaboration with the local homeless shelter, Homeward Bound.

2,203 pounds of food recovered, feeding one person for 440 days or a family of four for 110 days.



Cardiology Support Groups

Heart disease is the leading cause of death in Mesa County and statistically worse in comparison to the rest of Colorado. One of the best methods to prevent and manage chronic disease is practicing healthy behaviors. St. Mary's Medical Center is committed to addressing this local community need and offers monthly educational seminars through the Heart and Vascular Center. Seminars are designed to support and educate the community on a variety of topics related to heart disease and heart health. Topics include cardiac anatomy, stress management through movement (Thai Chi) and hands-only CPR/early heart attack care. All seminars are cost-covered and open to the public.

In addition to educational seminars, St. Mary's Medical

"The volunteers' time and willingness to share their experiences are invaluable to supporting people coping with heart disease."

Center offers a Cardiac Support Advocate group. Former patients volunteer their time to offer in-house support to patients hospitalized for cardiac-related issues. The volunteers' time and willingness to share their experiences are invaluable to supporting people coping with heart disease. In 2019, 392 individuals attended the support groups and lectures for Cardiology Services.

Meals on Wheels

Turning 100 is a big deal by any stretch of the imagination, but for Meals on Wheels Mesa County client Anne Renoylds, it was made particularly special by a visit from sailors from Carrier Airborne Early Warning Squadron (VAW) 117. The sailors visited Grand Junction as part of Fleet Week. Western Slope Navy Week is one of 14 Navy Weeks in 2019 focusing a variety of assets, equipment and personnel on a single city for a weeklong series of engagements designed to bring America's Navy closer to the people it protects. Being a veteran herself, the visit from the sailors was especially meaningful for Renoylds. She said, "We had a nice visit. I told them about my time in the service and they told me about theirs".



Special deliveries from visiting groups is one of many benefits of receiving services from the St. Mary's Medical Center Meals on Wheels program. Community partnerships allow seniors to receive homemade cards made by school children on Valentine's day, decorative placemats made by a local sewing guild and donated pet food delivered straight to their door. More than 70% of the 1,373 seniors receiving meals from the program are homebound. For many of these individuals, the only friendly face they see all day is from one of the volunteers.

The 2018 Community Health Needs Assessment for Mesa County estimated one in seven residents are unsure where they will get their next meal. Between the Home Delivered Meal program and congregate dining sites, approximately 50 volunteers come together to serve more than 520 meals every day, and the need for services is rising. In 2019, the program increased service deliveries by more than 3,000, providing a total of 139,062 meals and other necessities to seniors.