

2019 CHNA Implementation Plan



Introduction

The Mountrail County Medical Center is committed to improving the overall health and wellness of the community it serves. The mission of MCMC is “Mountrail County Medical Center will provide quality health care services to Mountrail County and the surrounding area including: Primary medical care, emergency care, swing bed and clinic services.”

In an effort to gauge overall health needs and identify health concerns of the community, a survey was distributed throughout the county between September 14, 2018 and October 19th, 2018. MCMC has released the results and findings of the recent study about community health needs in the Stanley area. You may visit the RESOURCES tab on our website at www.stanleyhealth.org for the report detailing the findings. This 2019 report, along with the last report which was completed in 2016, will remain available on our website for several years.

The assessment process used a variety of methods to gather information and data about the health status and needs of the local population. These methods included a survey which was distributed to community residents and health care professionals, one-on-one interviews with community leaders, focus groups, and an in-depth study of county-level statistics regarding health outcomes, health behaviors, clinical care, and the local physical environment.

More than 172 area residents provided input to the study by completing surveys, giving interviews, and participating in focus groups. In addition to helping identify community health needs, a group of community members also provided guidance to the hospital by ranking and prioritizing the identified needs. The group collectively ranked the top three health-related needs facing the community as:

- (1) Availability of Mental Health Services
- (2) Adult alcohol use and abuse
- (3) Youth Drug use and abuse

For each of these needs, MCMC has outlined in this Implementation Plan its objectives and strategies to address the issues pertaining to the needs. Over the next several years, MCMC will **implement, evaluate and adjust** its strategies to obtain the best outcomes for its community.

A periodic community needs assessment is one of the new requirements of the Affordable Care Act. The law requires non-profit hospitals, such as the Mountrail County Medical Center, to assess the community’s health needs periodically. MCMC received assistance in conducting the assessment from the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences. To learn of other North Dakota communities’ prioritized needs and ideas to address them, go to www.ndchna.org for a complete list of CHNA reports and implementation strategies.

Availability of Mental Health Services

Background

- Data compiled by County Health Rankings show Mountrail County is doing better than North Dakota in the amount of poor mental health days citizens report. North Dakota state shows room for improvement on increasing the number of children aged 2-17 requiring counseling who received needed mental healthcare; currently ND is not meeting the national average. (Data for youth is not available at the county level) Factors which Mountrail County was performing poorly relative to the rest of the state include:

Mental Health Providers

Mountrail County: 2,050:1

US Top 10%: 330:1

North Dakota: 610:1

- Input from community leaders provided by key informant interviews echoed many of the concerns raised by **thirty six** survey respondents (26%). Thematic concerns emerging from these sessions were:

Availability of mental health providers

- Their concern is:

Mental health. We are seeing such issues at the school level - we need to figure out a solution for these poor kids and their parents - we need to help them cope.

Another concern stated simply, "Mental health is non-existent. We need it for both the schools and community (city)."

Objective: Bring in a much needed service to our County. We will address it within our Medical Center for our county as a whole and also our youth at the schools.

GOAL: To take care of our own with the Mental Health issue at hand. Rural ND is treated differently than urban ND. And we need to fix this. We need to be a part of a village treating Mental Health. We need to train our kids to have more self confidence in themselves and have resiliency. We need to train our local Providers to treat Mental Health as a disease and not a stigma.

Strategy:

- The Dare to Define YOU youth leadership program was started in New Town and Stanley for the school year 2019/2020. With this program we will be addressing the Mental Health issue with the children and their parents but helping them with skill building- leadership is having a developed sense of who you are, what you can do, where you are going and the ability to influence communication, emotions and behavior on the way to getting there. We have found that when we become leaders, together – lives are transformed.
- Work with FirstLink to bring training such as the Mental Health First Aid Awareness training to the residents of Mountrail County.
- Bring in a Mental Health Counselor to the Mountrail County Medical Center either in person or via Telemedicine.



Adult Alcohol Use and Abuse

Background

- On health factors, Mountrail County performs below the majority of North Dakota counties. Factors which Mountrail County was performing poorly relative to the rest of the state include:
 - Excessive Drinking:
 - Mountrail County: 26%
 - US Top 10%: 13%
 - North Dakota: 26%
- Input from community leaders provided by key informant interviews echoed many of the concerns raised by **seventy three** respondents (53%). Thematic concerns emerging from these sessions were:
 - Adult alcohol use and abuse
- Generally, overarching thematic issues that developed during the interviews and community meetings were:
 - Alcohol use and abuse is part of the community culture.

Objective: Work closely with local agencies such as the Upper Missouri District Health Unit and the local social services along with the MCMC ER to see how we can help patients that come in again and again for alcohol issues.



GOAL: As stated above, help patients that frequently visit the ER due to alcohol abuse over the next year.

Strategy:

- Compile a brochure that shows all the services that can help these patients once they leave the ER.
- Work closely with UMDHU and their addiction counselor.
- Work closely with Stanley's local AA group and even offer them a space in the clinic to meet.
- Held Skittle Skool II in 2019. To address the Alcohol Use and Abuse, we actually had two speakers come in to discuss this topic at Skittle Skool II. Teen Challenge out of Mandan and the Public Information and Cooperation with the Public Community's – Alcoholics Anonymous, District 2, Area 52 joined us.

Measurements of Effectiveness: Staff will work together to reduce the frequency of alcohol abuse visits to our own ER.

Youth Drug Use and Abuse

Background

- On health factors, Mountrail County performs below the majority of North Dakota counties. Factors which Mountrail County was performing poorly relative to the rest of the state include:
 - Excessive Drinking:
 - Mountrail County: 26%
 - US Top 10%: 13%
 - North Dakota: 26%
- Input from community leaders provided by key informant interviews echoed many of the concerns raised by **one hundred and five** respondents (75%). Thematic concerns emerging from these sessions were:
 - Youth drug use and abuse (including prescription drug abuse)
- Generally, overarching thematic issues that developed during the interviews and community meetings were: Kids see adults using alcohol and follow suit. Alcohol is way too easy to get. The family backs minors using alcohol. Vaping is huge.



Objective: Work closely with the schools that fall under our Area of Impact and see what their biggest concerns are they are seeing on their campus with their kids and drugs.

GOAL: To give the kids an option out of doing the drugs they are doing.

Strategy:

- We brought in Mental Health Speaker Jeff Yalden to New Town, Parshall, Powers Lake and Stanley He addresses the issue of drug use among teens as a coping mechanism to forget their problems.
- We have started a Dare to Define YOU youth leadership program to build up the resiliency and critical coping skills to deal with the ups and downs in everyday life.

Measurements of Effectiveness: We will have monthly check in meetings with the Dare to Define YOU facilitators, MCMC and the school administration to measure results

Adoption by the MCMC Board of Directors

By resolution of the Board of Directors for the Mountrail County Medical Center on this date, this CHNA Implementation Plan was adopted by MCMC and will serve as a guiding tool over the next three years to meet the needs of the community for whom it serves.



MCMC Board President

11-19-2019

Date