

# Grand Itasca Clinic & Hospital 2020 Annual Community Impact Report

Grand Itasca Clinic & Hospital  
Board of Directors

June 16, 2021

# Executive summary

At Grand Itasca Clinic & Hospital and through its partnership with M Health Fairview, we are committed to the health and wellbeing of our communities. As a non-profit health system and an anchor institution, we are committed to improving the health of our communities, especially for those most in need.

In 2020, healthcare systems, our communities, and our nation faced unforeseen challenges due to COVID-19 and civil unrest. Our Community Health Leadership team swiftly adapted to meet the emerging needs of our neighbors. In partnership with our community, we continued to offer programming, support, and resources through technology and creativity. We remain committed to improving the health and wellbeing of our neighbors.

As a nonprofit healthcare system, we report on the impact of our community health improvement plan activities that support our community health needs assessments for Grand Itasca Clinic & Hospital. This report highlights our 2020 activities based on latest community health needs assessments that occurred in 2018. It also includes information about how we responded to the COVID-19 pandemic through our community health programs.

Here are a few highlights of our 2020 community impact:

**Priority health needs:**

- Mental health and wellbeing
- Healthy lifestyles
- Access to care and resources

**Priority populations:**

- Aging population
- People of color and indigenous people
- People experiencing poverty

## Mental health and wellbeing

- **Mental Health First Aid for Older Adults/Youth** – Grand Itasca facilitated a free class in January for healthcare workers and community members to help them identify risk factors and warning signs of mental illness in older adults. It was well attended; 23 participants completed the training. A second class was offered in November, which focused on risk factors and warning signs of mental illness in youth; this was a virtual class and 12 people completed the training.
- **Prevention Early Intervention** – In February, Grand Itasca partnered with several community organizations, including Essentia Health and Itasca County Public Health, to provide an interactive forum for the public on the importance of prevention and early intervention for mental health in children. A Grand Itasca pediatrician was a member of the panel, answering questions from community members about the importance of structure during a child’s most formative years.
- **Support Groups** – Grand Itasca offers several support groups, including ones for diabetes, cancer, childbirth & infant care classes, as well as joint camp. All groups were put on hold when the pandemic began, but several are being offered now virtually and in-person, in a limited capacity. These are free and open to anyone within our community.

- **T1D Bowling Party** – Grand Itasca recognized the importance of building a support group for families of children with Type 1 Diabetes. As a result, we hosted a party at the local bowling alley, inviting community children with T1D and their families. More than 50 individuals attended, along with Grand Itasca pediatricians, the diabetes educator, and a registered dietician. This connection will allow families to act as resources and support for each other.

## Healthy lifestyles

- **Walk with Ease** – Grand Itasca partnered with Itasca County Public Health, ElderCircle, and the YMCA to provide this free six-week walking program to community members. It is an evidence-based program created by the Arthritis Foundation to improve health and fitness for those with arthritis and/or chronic pain. Seventeen participants completed the program in February with encouraging results. The class was offered again in September/October, using a self-directed format, due to COVID-19; nineteen people participated.
- **Noble Hall Field** – Grand Itasca donated \$40,000 to support the artificial turf upgrade at the Grand Rapids High School athletic field, Noble Hall Field. This health and wellness improvement in our community will significantly increase the number of students, athletes, and community members who can benefit from this valuable space.
- **Community Wellness Spaces** – Grand Itasca was a 2020 sponsor for improvements to the community's wellness spaces, including an investment at the Tioga Bike Trail. These give community members access to safe places to be active and enjoy the beautiful northern Minnesota outdoors.
- **Living Well classes** – Grand Itasca partnered with ElderCircle and Juniper to offer two free Living Well classes in 2020. The spring class offered strategies and skills to manage chronic pain and the fall class focused on a broader scope of chronic conditions, with an emphasis on the individual's role in self-management.
- **Doc Talk** – Grand Itasca offered our Doc Talk series at the YMCA on the third Tuesday of each month, until the pandemic forced us to suspend the program. We offered it several times throughout the year using a virtual platform. It includes a health-related presentation by one of our providers, as well as a light dinner, when hosted in person. This is a free series open to the public that averages 40-50 people each month.

## Access to care and resources

- **Second Harvest Food Bank** – Grand Itasca partnered with our local food bank to allow employees to volunteer during their work hours. One day each month, a department is assigned and employees from that department help at the food bank. Due to COVID-19, our volunteer opportunities were limited, but we plan to continue this partnership once restrictions are lifted.
- **Community Resources** – In 2020, Grand Itasca partnered with the Aging Resource Network, a local collaboration led by ElderCircle and focused on improving the referral

process for older adults. Finding resources for transportation, housing, food access, in-home services, and home modifications can oftentimes be difficult. This collaborative effort is utilizing a 3-year grant to improve communication between local organizations using a shared database, as well as creating a coordinator position to oversee the project. The resource database should be up and running mid-year 2021.

- **Project Care Free Clinic** – Grand Itasca partnered with Project Care by offering free diagnostic tests and lab services to their patients. More than \$28,000 in free services were provided in 2020. Grand Itasca also has several providers that volunteer their time and talents at Project Care.
- **Sports Physicals/Athletic Trainers** – Grand Itasca again offered free sports physicals for high school and college athletes in August 2020. This gave 40 students the opportunity to be part of a team and to be physically active, which is important to a healthy lifestyle. In addition to free sports physicals, Grand Itasca continues to employ a full-time athletic trainer at Grand Rapids High School (GRHS). The athletic trainer, as well as additional Grand Itasca physical therapists, provide support for GRHS and Itasca Community College athletes during training and at their competitions. This service is gradually being expanded into the surrounding communities of Greenway High School in Coleraine, MN and Hill City High School in Hill City, MN.
- **Blood Drives** – Grand Itasca supported the Memorial Blood Center by being a collection site in February 2020, but due to the pandemic, we were not able to offer this service to the public for the remainder of 2020. We did resume the partnership in November though and allowed our employees to donate during their work hours, since this is a vital resource for both the hospital and the community. We plan to resume this partnership and offer it to the public again, once restrictions are lifted.
- **Community Health Coordinator** – Grand Itasca now employs a full-time Community Health Coordinator to support our commitment to community. This person represents us through community collaborations, wellness programs, and reporting community benefit to the IRS, as a requirement of the Affordable Care Act.

## Background

The process of understanding community needs, and assets begins with assessment. Grand Itasca Clinic & Hospital conducted our last community health needs assessment (CHNA) in 2018 by collecting quantitative and qualitative community data, then analyzing and prioritizing the data to understand the most critical health needs of the community. The CHNA was validated by the local Community Health Steering Committee for Grand Itasca and adopted by the Grand Itasca Clinic & Hospital Board of Directors in December 2018.

Implementation strategies and plans were developed with significant contributions from staff, providers, community health steering committee members, and other community members and leaders to include programs and initiatives that address the three identified priority needs — mental health and wellbeing, healthy lifestyles, and access to care and resources. Many of the programs were deployed across the Fairview system, while others were unique to a neighborhood or cultural community. All programs were designed with priority populations in mind and most include one or more community partners.

The steering committees validated the action plan development process and recommended adoption of the implementation strategy and community health improvement plan to the Grand Itasca Clinic & Hospital Board of Directors for 2019 - 2021. This report provides an overview of our second-year impact results.

## **2020 Impact Results**

In January 2020, our teams launched the 2020 community health improvement plans, but by early March, the Community Health Leadership team made the decision to adapt our plans to meet the immediate needs of our communities due to the COVID-19 pandemic. Together with our community partners and participants, and through technology and creativity, our teams continued to serve the community to improve health and wellbeing through the pandemic.

Evaluation methods were designed for each program and initiative to understand the impact Grand Itasca Clinic & Hospital, along with our partners, are making in the local community. However, in mid-March, all programs paused as programs pivoted to virtual settings or limited in-person programs. Additionally, tools were created for collecting information virtually from participants for tracking outcomes. Even though our teams had to modify the delivery of the programs, they continued to provide those community outreach programs most needed during the pandemic.

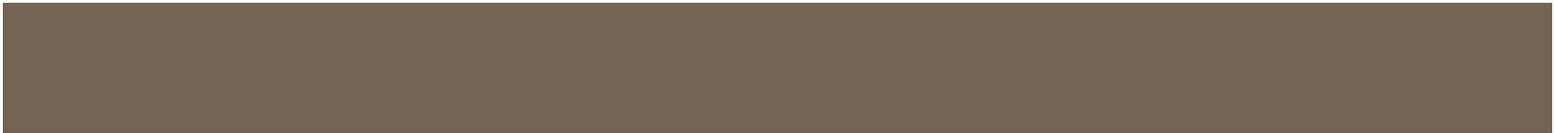
Overall Grand Itasca Clinic & Hospital served and impacted nearly 250 community members. These were participants in our programs where we had a measurable impact. Additionally, 3,675 lives were touched, including programs estimating large scale event attendance. Moving forward, we will continue to adjust our programming based on the longer-term impact the pandemic has on the essential service needs of our communities.

## **Next steps in 2021**

In spring 2021, the local hospital committees received an overview of the 2020 community impact of the CHNA implementation strategies. The Grand Itasca Board of Directors will also review the Grand Itasca Clinic & Hospital 2020 Annual Community Impact Report at their June 2021 board meeting. This report will be made available to community partners and others as requested.

In compliance with the Affordable Care Act mandate, we will also report the community impact for the 3-year community health implementation plan, 2019 – YTD 2021, in response to the 2018 CHNA. This report will be at a system level, as well as by individual hospitals and will be included in the 2021 CHNA reports.

In alignment with federal requirements, Grand Itasca launched the next CHNA in January 2021. The focus of the 2021 CHNA will be health and racial equity and understanding the interplay between these and the social and economic risk factors experienced by communities, as well as the impact of COVID on our local communities. The final reports are slated for Grand Itasca Clinic & Hospital Board of Directors adoption in December 2021.



## **Appendix A: Grand Itasca Clinic & Hospital community impact details**

The following is a detailed review of the implementation strategy impacts for programs and initiatives implemented across all nine hospital service areas. The aim is to show the impact made in addressing the needs of the communities Grand Itasca Clinic & Hospital served in 2020. All programs and initiatives focused on the identified priority needs of mental health and wellbeing, healthy lifestyles, and access to care and services, with a consideration for three identified priority populations including the aging populations, persons experiencing poverty, and people of color and indigenous people.

Collaboration with community is the cornerstone of our work and implementation strategy process. While some elements of the strategy were implemented by the hospitals' staff and providers, most were executed in partnership with public health, businesses, nonprofits, faith organizations, educational institutions, health organizations, and other community partners and individuals. This strategy is to help ensure sustainable solutions. These solutions address the heart of local health assets, barriers, and needs, especially modified for the response to COVID-19.

Program/Tactic	Priority area	Anticipated impacts	Actual impact	Reach and other impacts
<b>Mental Health First Aid (adult and youth)</b>  Mental Health First Aid is an internationally recognized evidence-based program that was created and is managed by the National Council for Behavioral Health. It is an eight-hour class that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. There is a youth version that focuses on adults working with adolescents.	Access to care and resources	Participants' confidence when helping someone connect with professional resources.	34% increase (from 63% to 97%) in strongly agree or agree: "I can assist someone who may be dealing with a mental health problem, substance use challenge or crisis in seeking professional help." (n=32)	Number of participant completers: 35  23 older adults and 12 youth
	Mental health and wellbeing	Participants' ability to recognize and correct misconceptions about mental health and mental illness.	44% increase (from 53% to 97%) in strongly agree or agree: "I can recognize and correct misconceptions about mental health, substance use and mental illness as I encounter them." (n=32)	
<b>Living Well Suite of programs</b> <ul style="list-style-type: none"> <li>• Chronic Disease Self-Management</li> <li>• Chronic Pain Self-Management</li> </ul> These are evidence-based programs developed by Stanford University's Patient Education Research Center. Workshops are offered to individuals and their caregivers who are living with chronic conditions, pain, or diabetes. Subjects addressed include medication use, communication with doctors and caregivers, nutrition and fitness—with practical exercises and advice designed to meet participants' needs.	Access to care and resources	Participants agree that the program helps them work with their health care providers.	47% strongly agree or agree: "I am confident I can work with healthcare professionals." (n=15)	Number of participant completers: 19  Chronic Disease 7 and Chronic Pain 12
	Healthy lifestyles	Participants' confidence to manage a chronic condition.	80% strongly agree or agree: "I am confident I can manage a chronic condition." (n=15)	

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