

Community Health Needs Assessment 2023-2024 Final Progress Report

Roosevelt Medical Center

Senior Services:

Strategies:

The first healthcare issue is to enhance senior services. One strategy for addressing this issue was to expand services that help local senior populations age in place. This included exploring the opportunities to provide foot care clinics and checking immunization status for area seniors, determining feasibility of implementing a Community Worker Service or Community Paramedicine Model to assist seniors and community members in their homes, continuing partnerships with Montana Health Network to discuss their new grant working to offer in-home services to seniors at a reduced cost, and RMC would sponsor lunch-and-learns in collaboration with area senior centers regarding various health topics. The second strategy is to improve awareness and reach of the Chronic Care Management Program by expanding current efforts by connecting with the Montana Health Network regional coordinator and reaching out to the local Senior Center to conduct outreach and education related to the Chronic Care Management Program.

Progress Report:

Due to clinic staffing issues, foot care clinics/immunization were not feasible at the senior centers. Efforts were made to partner with the County's Aging Services. However, they too have a staffing/volunteer issue. However, educational materials more specific to seniors such as the benefits of vaccines, healthy aging and senior age-related health concerns and topics were made available at the senior centers in the communities of Culbertson, Bainville and Froid throughout the year. Conducting on-site lunch and learns at the senior centers during their short hours of operation during the lunch meal have not been possible due to staffing issues/schedules. Instead, awareness brochures, posters and information have been made available at the senior center to coincide with monthly health awareness spotlights as well as information on vital services available in our community such as the Meals on Wheels program. For this service, we partnered with the county to advertise this program. One on-site awareness day took place and involved the physical therapy department providing tips for falls prevention. The Chronic Care Management Program continues to gain momentum with several dozen area seniors benefiting from the program. Providing information about the program to the community is ongoing.

Health and Wellness

Strategies

The second healthcare issue is to enhance health, wellness, and prevention outreach in Eastern Roosevelt County. One strategy for addressing this issue is to continue RMC's promotion of health and wellness efforts in Culbertson, Bainville, Froid and the surrounding area by offering a community health fair, continuing annual health screenings labs, and continuing to promote and sponsor community health and wellness activities. The second strategy is to grow RMC's

presence in the community as a source for health education, outreach, and resources by enhancing educational resources and outreach to the community regarding health, wellness, and prevention such as promoting monthly wellness topics, providing educational materials at school functions and community events, and sponsorship of student K-12 health bags.

Progress Report:

Throughout the year, monthly national awareness campaigns were highlighted via social media and awareness information was disseminated through the communities via the local post office/senior centers/area businesses. As the community does not have traditional daily media outlets, common places where people gather are utilized to get information out. RMC participated in a school career day to promote the opportunities of pursuing health careers while providing area youth with hands-on opportunities for trying to perform CPR and identify anatomy. Providers and staff, in collaboration with the County's Tobacco Preventionist attend local parent/teacher conferences and set up booths with awareness information. A community Health fair was held in conjunction with the Roosevelt County Fair with a dozen staff in attendance. A separate educational booth was set up to promote the importance of mental health and wellness. A bike safety program was implemented through our trauma team. Youth caught riding with helmets were given tickets to redeem a treat at a local business. Youth who did not have a helmet on were given a free helmet. This was done in coordination with the Roosevelt County Sheriff's Department. Staff partnered with Culbertson School for the annual Pack the Gym in Pink Breast Cancer Awareness night in October. Flu vaccine coloring books were disseminated to area elementary schools (grades K-5) showcasing the CDC Ready Wrigley coloring books. End-of-year "healthy summer" bags were provided to area students. Senior graduation health bags were provided to all 12th grade graduates with information on healthy, lifestyle choices as they moved into adulthood and independent decision making. A Haunted carnival was hosted by staff to provide area youth a safe place to celebrate Halloween. There, educational stem activities took place and safety/wellness awareness was promoted. Staff participated in the annual Winter Showcase where healthy winter living tips were promoted through education and giveaways. Staff also showcase parade floats through summer/winter celebrations to promote health and wellness. In collaboration with Culbertson School, we have implemented our second EMS class in collaboration with the school as an opportunity for youth interested in health care. Separately, EMS has hosted CPR training for school coaches and bus drivers. EMS also provides stand-by ambulances at all home varsity football games and summer events such as rodeos and street dances. EMS also visits local daycare facilities for awareness about when to call 9-1-1 and provides ambulance tours. RMC partners with the school during their annual Color Run. Twice annually, the laboratory provides wellness labs screenings to the community. Staff serve as active members of the Chamber of Commerce, Local Emergency Planning Committee, County Epidemiology Committee and the City's Airport Board. "Welcome to Town" kits are provided by RMC to area town halls to promote health and wellness in the area to new residents.

Behavioral Health

Strategies:

The third healthcare issue is to improve access to mental and behavioral health services through Roosevelt Medical Center. The first strategy for addressing this issue is to increase community awareness of new and enhanced mental and behavioral health services in the area by providing outreach to the community through our Frontier Psychiatry partnership and availability of new in-person and tele-mental capabilities at RMC and promoting mental health and addiction specialty services offered through the licensed clinical social worker at RMC. The second strategy is to explore new training opportunities and partnerships to enhance the community's access to mental and behavioral health services by promoting MORH/AHEC's behavioral health training to RMC staff and providers to enhance mental and behavioral health skills, knowledge, and training and exploring opportunities to partner with local schools, EMS, police, etc., to deliver substance abuse prevention education and programming events. Other activities for the third strategy may involve meeting with area mental health stakeholders to explore the development of a local mental health advisory committee and connecting with the local tobacco prevention specialist to develop and enhance partnership and educational opportunities and resources.

Progress Report:

This year, RMC continues to provide mental health services through its' own licensed staff social worker. Numerous service campaigns have occurred throughout the year. While services began with a focus on individual adults, we now offer youth and family counseling. Through Simulation Montana, medical staff participated in a half-day training on patient care involving a mental health patient in need of medical care and transport from the scene, to the ambulance, and to ER. Currently, staff members are part of the Roosevelt County/Fort Peck Tribes Crises Coalition which meets monthly with stakeholders to promote/tackle the issues facing the region pertaining to the mental health and addiction crises. Together, we are devising plans of action that can benefit more people and get them the help they need to live a healthy life. Plans are focused on keeping people out of the jail system and out of perpetual cycles of addiction and relapses, while also focusing on suicide prevention. The group is working to create multi-agency, cohesive, hand-off plans that take a person throughout the help process. RMC implemented a free, twice-monthly Snacks and Chats Program for youth in junior high and high school. It is a program that creates a space that is safe for youth to talk amongst themselves in guided discussions and games. Through games, snacks, prizes and friends, the stigma placed on mental health has been lessened, and youth are more comfortable expressing their concerns and issues. When implemented, nearly a dozen staff and community members completed Youth Mental Health First Aide to ensure there were certified adults running the program. This program has created a resource for parents and guardians to help their children who are struggling with mental health issues get the individual counseling they need. Counselors at Snacks and Chats often identify youth who could benefit from individual counseling. It has also enhanced our counselor's connection to the community and created an easy pathway to our services for young people who need it. We work in unison with the County Tobacco Prevention Specialist at many of our awareness events including at the school's parent/teacher conferences and the County Health Fair to provide smoking cessation information. The Tobacco Prevention Specialist has also given a presentation at our Snacks and Chats Youth Program. We are looking into potentially partnering with an addiction counselor to provide the community with access to substance abuse and addiction counseling. We have not located a candidate to provide that service.

