



# Community Health Needs Assessment Implementation Plan FY 2022-24

## Covered Facilities

Northwood Deaconess Health Center

## Community Health Needs Assessment

A Community Health Needs Assessment (“CHNA”) was performed in Fall 2022 in collaboration with Grand Forks County Public Health to determine the most pressing health needs of the Northwood Deaconess Health Center service area. This service area includes the communities of Northwood, Larimore, Binford, Aneta, Arvilla, Sharon and Hatton, as well as several other small extending communities. This service area spreads across the counties of Grand Forks, Nelson, Steele, and Traill.

## Implementation Plan Goals

The Northwood Deaconess Health Center (“NDHC”) board of directors has determined that the following health needs identified in the CHNA should be addressed through the implementation strategy noted for each such need:

### 1. Increase awareness and availability of Adult Behavioral/Mental Health Services (18 years and older)

*Specific Needs Identified in CHNA:*

- Availability of mental health services (#2 priority, pg. 44)
- Depression/anxiety (#3 priority, pg. 44)
- Key Objectives:
  - Increase accessibility to adult behavioral/mental health services in the communities we serve
  - Provide education around behavioral/mental health
- Implementation Strategies/Activities:
  - Research the hiring of a mental health professional
    - The NDHC Provider Recruiting Committee will meet to study the availability and feasibility of hiring a mental health professional. The Committee will work with the NDHC Medical Staff to identify requirements of a potential hire, as well as explore contracted services that may be available. This group will meet continuously over the course of the next year with the end goal of hiring a mental health professional.
  - Attend health fairs



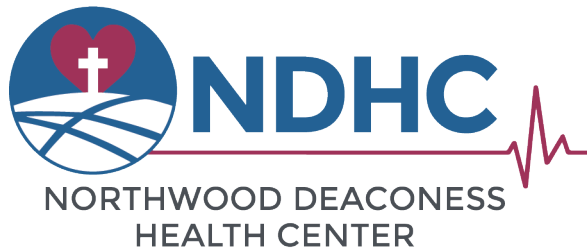
# Community Health Needs Assessment Implementation Plan FY 2022-24

- NDHC will participate in area health fairs to make contacts with potential mental health partners. In addition, NDHC will reach out to area health care facilities to find synergies and areas of potential partnership.
- Provide education on behavioral/mental health.
  - NDHC will provide education to the communities it serves on a range of mental health topics. This education will be in partnership with organizations currently providing mental health services, such as Public Health, CVIC, Hospice, First Link, or Northeast Human Services. NDHC will also work with the Center for Rural Health to find potential grant funding to assist with providing education through multiple avenues.

## **2. Increase awareness and availability of Youth Behavioral/Mental Health Services (17 years and younger)**

### *Specific Needs Identified in CHNA:*

- Availability of mental health services (#2 priority, pg. 44)
- Depression/anxiety (#3 priority, pg. 44)
- Youth smoking and tobacco use (#4 priority, pg. 44)
- Key Objectives:
  - Increase accessibility to youth behavioral/mental health services in the communities we serve
  - Provide education around behavioral/mental health
- Implementation Strategies/Activities:
  - Research the hiring of a mental health professional
    - NDHC Recruitment Committee will meet to study the availability and feasibility of hiring a mental health professional. The Committee will work with the NDHC Medical Staff to identify requirements of a potential hire, as well as explore contracted services that may be available. This group will meet continuously over the course of the next year with the end goal of hiring a mental health professional.
  - Host activities for K-12 students
    - Providing safe and fun activities to community youths allows NDHC to connect with area students. The intent of this connection is to show support, compassion, and understanding with the hopes that this structure will help to improve the mental health of the students. NDHC plans to provide these activities on a quarterly basis in partnership with area schools.
  - Host Programs/Speakers to educate students on importance of mental health



# Community Health Needs Assessment Implementation Plan FY 2022-24

- NDHC will offer ongoing education on mental health topics by partnering with areas schools and clubs and bringing in mental health experts. These experts may come from existing partners like Public Health, CVIC, First Link, or Northeast Human Service Center. NDHC will work with area schools to promote these events and find sponsors to help cover the cost of providing the education.

### 3. Bring awareness to behavioral/mental health services currently offered by NDHC

*Specific Needs Identified in CHNA:*

- Availability of mental health services (#2 priority, pg. 44)
- Depression/anxiety (#3 priority, pg. 44)
- Key Objectives:
  - Provide education and communication to community members on existing mental/behavioral health services
- Implementation Strategies/Activities:
  - Educate patients on telehealth behavioral/mental health services available
    - NDHC is currently able to offer limited behavioral/mental health services via telehealth. Most of these visits can be coordinated through MyChart. In order to expand community awareness to these services, providers will proactively mention this to patients that this service would benefit. We will also look to include these services in marketing campaigns. This implementation will begin immediately and will be measured by number of telehealth visits completed.

### 4. Promote Physical Fitness and Activities

*Specific Needs Identified in CHNA:*

- Adults not getting enough exercise/physical activity (#1 priority, pg. 44)
- Key Objectives:
  - Draw attention to existing community fitness options
  - Create and host fitness activities for the communities we serve
- Implementation Strategies/Activities:
  - Promote NDHC Fitness Center



# Community Health Needs Assessment Implementation Plan FY 2022-24

- The Fitness Center at Northwood Deaconess Health Center will be promoted to the Northwood community through strategic marketing. Usage will be monitored and new memberships will be tracked.
- Work with community members to develop physical activities and fitness programs
  - Key members of the community will be brought in to help NDHC develop new programs to draw in multiple generations. Progress will be tracked based on participation. The NDHC Rehab department will also help facilitate this program development.
- Host activities to promote exercise and physical activity
  - NDHC will work to develop and offer more options for physical activities. Key partners for this strategy will be the area schools and park districts. Programs such as a 5k run/walk, intramural sports, adult swimming, etc. will be explored.

## **Other Needs Identified in the CHNA but Not Addressed in this Plan**

The four top priorities from the 2022 Community Health Needs Assessment have all been addressed in this Implementation Plan.