



Community Health Needs Assessment Strategic Plan 2019-2021



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About BMH

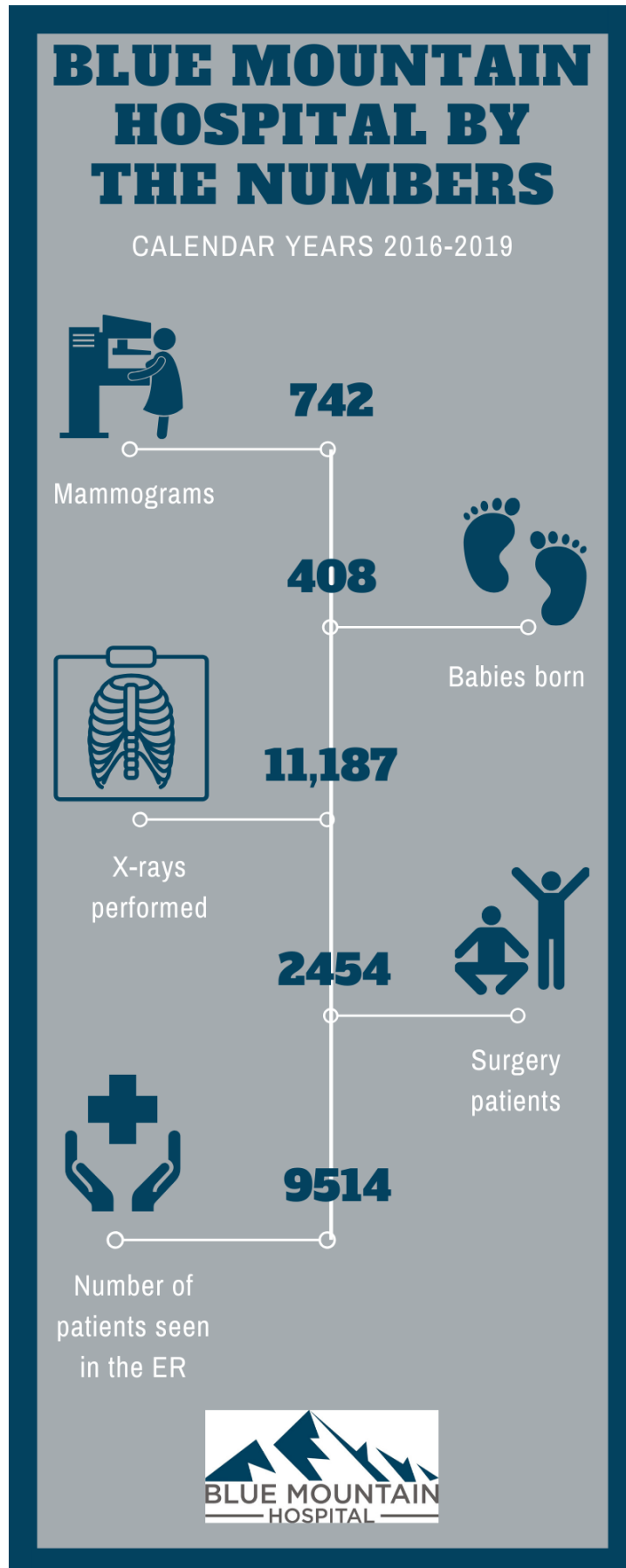


Blue Mountain Hospital, an 11 bed Critical Access Hospital, provides comprehensive healthcare services to the residents and visitors of San Juan County, Utah, and the surrounding areas. Blue Mountain provides extensive medical services beyond what many expect to find in a rural hospital, including dialysis, obstetrics, emergency care, orthopedics, and more.

Blue Mountain is a not-for-profit 501(c)-3 charitable organization, located in Blanding, Utah, in the heart of San Juan County. San Juan County, with Lake Powell on the West, Moab to the North, Mesa Verde to the East, and Monument Valley and Navajo Mountain to the South, is home to 15,000 people and attracts hundreds of thousands of visitors each year. Blue Mountain is proud to provide healthcare services to the diverse population and the many visitors that come here.

Blue Mountain Hospital provides a full range of healthcare services, including emergency care, general surgical services, orthopedic services, swing bed care, imaging and radiology, OB services, inpatient care, infusion services, laboratory services, Dialysis services, and wound care.

As a critical access hospital, Blue Mountain Hospital stabilizes patients who are experiencing emergency traumatic cases and will transport them to appropriate hospitals elsewhere. BMH works with several air transport agencies for patient transportation. BMH also works closely with San Juan County EMS for ground transports.



Mission

Our **mission** is to provide an atmosphere of excellence in healing, quality physician care, and inspired employees.

Vision

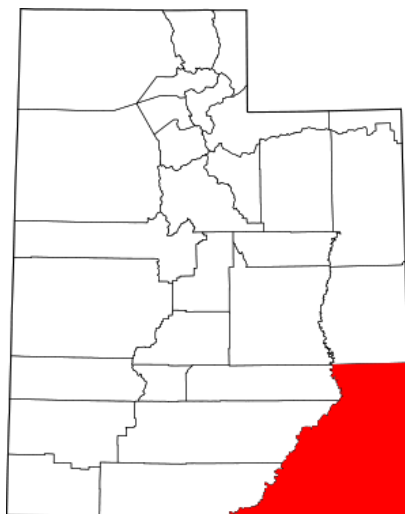
Our **vision** is to be the standard for rural hospitals.

Values

We strive to exemplify our **values** of Excellence, Integrity, Respect, Cultural Sensitivity, Compassion, Accountability, Stewardship, and Collaboration.

Blue Mountain Hospital Patient Population

Blue Mountain Hospital primarily serves the residents of San Juan County, Utah. San Juan County is located in rural southeast Utah and has an estimated population of 15,449 residents. The hospital regularly treats visitors as well as residents of neighboring counties such as Grand County, Utah; Montezuma County, Colorado; and some parts of Arizona in the Navajo Nation.



San Juan County sustains a workforce population that relies on farming, government, professional services, healthcare, social services, and leisure/hospitality. In general, the San Juan County economy is faring relatively well. Though it fluctuates from month to month, job growth has been positive since 2017 and the unemployment rate is at its lowest level since 2007. Education and healthcare added around 30 new jobs in 2019. Leisure and Hospitality added over 100 jobs in 2019.¹

¹ San Juan County Economic Snapshot 11/18/2019. Retrieved from <https://jobs.utah.gov/wi/insights/county/sanjuan.html>

Explanation of Assessment

Not-for-profit hospitals are required to conduct a Community Health Needs Assessment (CHNA) every three years as a requirement of the Patient Protection and Affordable Care Act, signed into law in March 2010. After analyzing the needs of the community, the hospital must develop an implementation strategy to address those needs.

Results from Blue Mountain Hospital's CHNA have been analyzed and will be used to create an action plan for the purposes of:

- Improving community health
- Promoting collaboration and partnerships in the areas to address top community health needs
- Creating awareness of the comprehensive, high-quality health care services available locally
- Reinforcing the commitment to the residents of San Juan County that their health is the hospital's top priority.

Blue Mountain Hospital conducted its 2019 CHNA by:

- Asking for community input regarding local health needs, including needs of medically underserved and low-income populations
- Gathering quantitative data collected on health indicators
- Reviewing Area Deprivation Maps
- Analyzing and prioritizing health needs indicators to identify significant needs
- Making the CHNA results publicly available

Community Input

San Juan Public Health hosted the community input meeting. Invitees included representatives from the following groups:

- Healthcare providers
- Local Government
- County Government
- School district
- Local Health Departments
- Behavioral Health
- County Commission
- University

These participants represented a broad range of interests, including the healthcare needs of uninsured and low-income people, and were invited to attend the meeting to share their perspectives on health needs in the community.

Discussion highlighted specific needs in the community, concrete examples of challenges, perceptions and strategies for addressing health needs.

Priority Selection

The CHNA committee of BMH, a hospital leadership group consisting of hospital executives and department leaders, reviewed the results of the 2019 CHNA community input data. After reviewing the current resources of the hospital, activities that the hospital is already doing, and the feasibility of addressing the specific health concerns that the hospital would directly address in the following 3 years, the CHNA committee decided on top priorities for Blue Mountain Hospital.

The priorities are in alignment with the hospital's mission, that our dedicated team provides an atmosphere of excellence in healing, quality physician care, and inspired employees.

Blue Mountain Hospital's 4 priority health concerns are as follows:

- 1- Substance Abuse**
- 2- Healthcare staffing shortages**
- 3- I.H.S. funding**
- 4- Community engagement & education**

Implementation Strategies

Priority #1: Substance Abuse

Goal 1- Decrease the number of Alcohol and Drug related visits to the ER.

Outcome measures:

- Increase amount of education to the public about alcohol and drug abuse
- Increase number of patients enrolled in Addiction Programs

Strategies and Tactics:

- Identify potential programs available for patients
- Identify potential access barriers for patients wanting to participate in these programs
- Address cost barriers to patient
- Support providers by providing suboxone training

Goal 2- Build Community Alignment

Outcome Measures:

- Increase number of patients referrals to community partners for addiction programs
- Increase number of programs and educational opportunities for the prevention of youth substance abuse

Strategies and Tactics:

- Identify addiction treatment programs available in our region
- Collaborate with local substance abuse and social service agencies to increase awareness of Addiction services
- Advocate for substance use prevention as a focal point of community education

Goal 3- Improve Care Coordination Process

Outcome Measures:

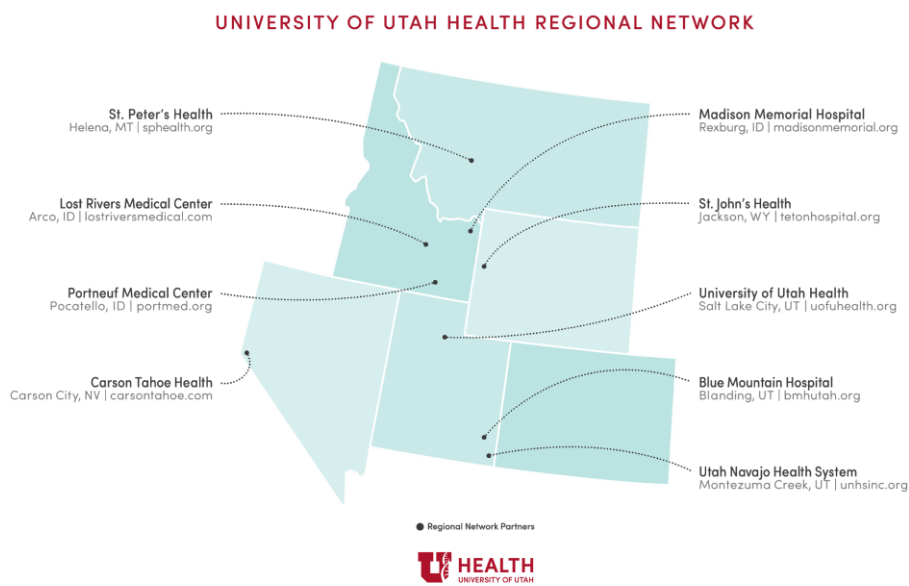
- Identify those patients who might be in need of addiction services
- Support and increase capacity of providers to provide additional care to those patients
- Establish referral services to access psycho-social supportive programs

Strategies and Tactics:

- Design and implement addiction program Patient needs assessment evaluation
- Support and increase capacity of external resources to provide additional comprehensive care i.e. LCSW, mental health, etc.
- Establish robust referral services for addiction programs to patients to access these programs

Priority #2: Healthcare staffing shortages

Goal 1- Collaborate with the University Regional Network Nursing internship



Outcome Measures:

- Complete BMH hiring needs assessment to determine actual staffing needs
- Continue collaboration with UUHRN
- Be fully staffed and have multiple applicants for waiting positions

Strategies and Tactics:

- Work closely with surrounding health professional programs, (USU Nursing, Ameritech, USU EMS and surrounding high schools)
- Attend all job fairs and community events in the region to recruit new nurses
- Continue ER Tech LPN program
- Offer in house scholarships, tuition reimbursement
- Offer competitive wages and benefits package in the region

Priority #3: Increase I.H.S. funding

Goal 1- Offer more services to our Native American population

Outcome Measures:

- Identify tribal partnerships

Strategies and Tactics:

- Receive authorization from Ute Mountain Ute Tribe or Navajo Nation to contract with Indian Health Services
- Negotiate service contracts with I.H.S.

Priority #4: Community Engagement and Education

Goal 1- Engage the community we serve

Outcome Measures:

- Identify events to participate in around the community and region
- Support and sponsor events

Strategies and Tactics:

- Collaborate with regional healthcare partners to hold Healthcare Employee social event
- Co-Sponsor Healthcare education scholarship golf tournament
- Substance Abuse/Sterling Scholar Event

Goal 2- Educate the community we serve

Outcome Measures:

- Publish better education in the Newsletter Medically Speaking
- Offer scholarships to students in San Juan County medical programs

Strategies and Tactics:

- Engage department leaders to provide content for newsletter
- Collaborate with USU leaders to identify those students eligible for a healthcare scholarship

Response to Key Findings in Assessment

Blue Mountain Hospital has chosen 4 priority areas to focus on for the next 3 years. However, BMH will address other areas of concern emphasized in the Community Input meeting.

Outlined below are the areas in which BMH is looking to grow, improve, or highlight in the coming years, based on the key findings in the assessment process.

Obesity and Related Issues

It is important to BMH that we contribute to a healthy community. Some of the items brought up related to obesity are lack of access to quality food, working moms, screen time, stress and emotional eating. Blue Mountain is committed to our community by participating in the Unplugged program each summer as well as co-sponsoring community events such as San Juan Public Health's monthly free breastfeeding class.

Mental Health

Blue Mountain Hospital partners with other agencies to address issues related to mental health in the community. BMH is a member of the Zero Suicide Committee which meets monthly to address suicide in our community. BMH works closely with San Juan Counseling in coordinating patient care when our patients have to be transferred outside of our community.

Community Issues

- Rural geography and traveling for employment
- Daycare costs
- Poverty
- Unemployment
- Moms who want to work but have no access to childcare
- Part time jobs w/o benefits
- Access to healthcare

Conclusion

Blue Mountain is committed to collaboration and sharing of resources with all of our healthcare partners to collectively give our communities the best healthcare by maximizing resources and communication. Blue Mountain Hospital is grateful for the support of community members and our patients and partnering agencies for their participation in developing community health improvement initiatives in the hospital's community. The hospital will conduct its next CHNA in 2021 and will develop health improvement initiatives to address identified health priorities in that assessment and will continue collaborations to improve the health of our community.



Acknowledgement

This implementation plan is the result of collaboration and support of the state and local health departments, state and local mental health and substance abuse authorities, and other healthcare entities in the region. We recognize the invaluable contribution and support from our clinical experts, programs and services provided to us. Many more partners will be important to the community health improvement initiatives. We look forward to working together to improve the health of our community.

For more information about the Strategic Plan:

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Appendix A

Focus area- Substance Abuse			
Initiative: Decrease the number of alcohol and drug related visits to the ER, build community alignment, improve care coordination process			
Hospital Resources	Community Partnerships	Supporting activities	Yearly Targets
Screening Tools	San Juan Counseling	Educate and Train Staff	Complete Annually
Naloxone Rescue kits	San Juan Counseling		
Seek funding for patient access to rehab programs	San Juan Counseling		

Focus area- Healthcare staffing shortages			
Initiative: Collaborate with the University Regional Network Nursing internship			
Hospital Resources	Community Partnerships	Supporting activities	Yearly Targets
Nursing- Marketing	UUHRN, USU, Ameritech	Attend job fairs	Annually

Focus area- Increase IHS funding			
Initiative: Offer more services to our Native American population			
Hospital Resources	Community Partnerships	Supporting activities	Yearly Targets
	UNHS, IHS		

Focus area- Community Engagement and Education			
Initiative: Engage and Educate the community we serve			
Hospital Resources	Community Partnerships	Supporting activities	Yearly Targets

*Projections and activities are based on current understanding about the interest and capacity of community partners and pricing of supplies and products available in 2019. This plan may change in accordance with changes in those variables.

Appendix B

Community Partners

San Juan Health 435-587-2116

San Juan Public Health 435-359-0038

Utah Navajo Health System 435-678-0700

San Juan County EMS 435-587-3224

San Juan Counseling 435-678-2992

Resolution to Approve Community Health Needs Assessment Strategic Plan

Whereas the Board of Directors of Blue Mountain Hospital approved of and oversaw the implementation of a Community Health Assessment process for the purpose of improving community health status and meeting Internal Revenue Service mandates enacted through the Patient Protection and Affordable Care Act;

Now therefore be it resolved that the board of Blue Mountain Hospital does hereby adopt this resolution to accept the Community Health Needs Assessment Strategic Plan presented on this day to identify to the following prioritized health needs:

- Alcohol and Substance abuse
- Healthcare staffing shortages
- Indian Health Services funding
- Community engagement and education

Upon vote taken, the following voted:

For:

Against:

Whereupon said Resolution was declared duly passed and adopted as of June 8, 2020.

Board Chair

Attest: Board Secretary