

Community Health Implementation Strategy Plan

2023-2025



Carle Eureka Hospital

Community Health Implementation Strategy Plan

January 1, 2023 – December 31, 2025

Summary of CHNA process

Carle Eureka Hospital participated in the Tri-County Community Health Needs Assessment (CHNA), a collaborative undertaking spearheaded by the Partnership for a Healthy Community (PFHC). The PFHC is a multi-sector community partnership working to improve population health in Woodford, Peoria and Tazewell County. An ad hoc committee within the PFHC facilitated the Tri-County CHNA. Members of the PFHC ad hoc CHNA collaborative team included representatives from Carle Eureka, OSF St. Francis Medical Center, UnityPoint Health – Central IL, including Methodist Medical Center of Illinois, Pekin Memorial Hospital and Proctor Hospital, Hopedale Medical Complex, Woodford County Health Department, Peoria City/County Health Department, Tazewell County Health Department, Heart of Illinois United Way, Heartland Health Services and Bradley University. The goal of the PFHC ad hoc CHNA collaborative was to highlight the health needs of residents in the Tri-County region and effectively utilize resources and establish partnerships from the three counties to improve the health of the communities. The community health director for Carle BroMenn Medical Center and Carle Eureka serves as the vice-chair/president of the PFHC board and is a member of the PFHC ad hoc CHNA collaborative team. Similar to other members of the PFHC, Carle Eureka used the Tri-County CHNA as a foundational document for preparing its 2022 CHNA report with a focus on Woodford County.

For the 2022 CHNA, Carle Eureka participated in the priority setting process with the PFHC ad hoc CHNA collaborative. Key community stakeholders at the May 24, 2022 prioritization meeting selected three significant health needs from six health needs presented to the group. Representatives from all three counties attended. The significant health needs selected for the Tri-County region were: 1) mental health 2) healthy eating/active living and 3) obesity. Following this selection, the CHNA team from Carle Eureka analyzed additional data for Woodford County and took into consideration available resources and how the hospital can have the greatest impact.

Carle Eureka selected mental health as a priority. Additionally, the team reviewed the other three health needs that were selected by the PFHC ad hoc CHNA collaborative: 1) access to care, 2) cancer, and 3) substance use and determined that access to care would be its second health priority. Access to care is a critical issue in rural counties and the hospital continually strives to improve the availability of health services to Woodford County residents.

Although Carle Eureka will focus a majority of its community health efforts on mental health and access to care, it will also support the PFHC's efforts related to obesity and healthy eating when

possible. As mentioned above, a Carle leader is a member of the PFHC Board that supports the three Tri-County health priorities.

For the 2023-2025 implementation plan, Carle Eureka looks to expand/supplement its current efforts to increase access to mental health services in Woodford County through a partnership with UnityPlace and to continue offering Mental Health First Aid classes for the community. The hospital also intends to increase access to specialty services in Woodford County and will continue its generous financial assistance policy.

Significant health needs identified but not selected and why

Healthy eating/active living and obesity were identified as significant health needs in the Tri-County CHNA. The Carle Eureka CHNA team did not select either of these health needs and elected to focus on access to care and mental health. As a critical access hospital with limited resources, the Carle Eureka CHNA team felt that it could make a greater impact on improving the health of the community by focusing on access to care and mental health. The hospital will continue to support the efforts of the PFHC healthy eating/active living and obesity priority action team for the Tri-County region.

Healthy Eating/Active Living

The Carle Eureka CHNA team did not select healthy eating/active (HEAL) living as a significant health need given the hospital's limited resources and its ability to have a greater impact on mental health and access to care for Woodford County residents. The hospital will continue to support the efforts of the PFHC healthy eating/active priority action team for the Tri-County region. A member of the Carle Eureka leadership team serves on the Partnership for a Healthy Community Board and will continue to seek ways in which the hospital can support and collaborate with the HEAL team.

Obesity

The Carle Eureka CHNA team did not select obesity as a significant health need given its limited resources as a critical access hospital and its ability to have a greater impact on access to care and mental health for Woodford County residents. The hospital will continue to support the efforts of the PFHC obesity priority action team for the Tri-County region. A member of the Carle Eureka leadership team serves on the Partnership for a Healthy Community Board and will continue to seek ways in which the hospital can support and collaborate with the obesity team.

Significant health needs identified and selected for implementation plan and why

Mental Health

From the three significant health needs selected by the PFHC ad hoc CHNA collaborative team, Carle Eureka Hospital's CHNA team selected mental health as a significant health need for Woodford County for several reasons. First, Woodford County residents that participated in the 2021 Tri-County Community Health Survey perceived mental health as the most important health issue in the community and 13 percent of Woodford County survey respondents reported that they did not have access to counseling in the last year when they needed it.

Second, mental health was selected because the age-adjusted death rate due to suicide in Woodford County is in the worst 50th – 75th percentile range (yellow indicator) compared to other counties in the United States and does not meet the Healthy People 2030 target.

Third, Carle Eureka's CHNA team selected mental health as a significant health need because some of the high Health Equity Needs ZIP codes—specifically Eureka ZIP code 61530, Washburn ZIP code 61570, Minonk ZIP code 61760 and Lowpoint ZIP code 61545—have higher values than the county value and in comparison to other ZIP codes in Illinois for some of the age-adjusted emergency room and hospitalization rates; mental health, pediatric mental health and/or suicide and self-inflicted injury.

Finally, the team selected mental health to maintain continuity in what has already been accomplished. Mental health was a health priority or significant health need for the 2013, 2016 and 2019 Carle Eureka CHNAs and significant strides towards increasing community members' knowledge of mental health issues and decreasing stigma related to mental health have been made.

It is clear from community input and current data that continued efforts are needed to reduce the stigma associated with mental health and give further momentum to the efforts of improving mental health for county residents.

Access to Care

Carle Eureka's CHNA team selected access to care, as its second significant health need. The Carle Eureka CHNA team analyzed additional data for Woodford County and took into consideration available resources and the health needs, as brought forth by the PFHC ad hoc CHNA team, where the hospital could make the most impact. Carle Eureka's CHNA team selected access to care, one of the six PFHC health needs presented to community stakeholders at the prioritization meeting. As a critical access hospital with limited resources, the CHNA team felt that it could make the greatest impact on improving the health of the community by selecting

access to care as the second health need alongside mental health. Access to care is a critical issue in rural counties and the hospital continually strives to improve the availability of health services to Woodford County residents.

According to the 2021 Tri-County Community Health Survey, Woodford County residents perceived access to care as the second most important health that affects well-being. Eleven percent of Woodford County respondents reported that they were unable to access care in the past year when they needed it. In regards to screenings, the percentage of women aged 50 – 74 in Woodford County who have had a mammogram in the last two years does not meet the Healthy People 2030 target and Benson ZIP code 61516 and Minonk ZIP code 61760 are in the worst 25th percentile range (red indicator) compared to other ZIP codes in Illinois. The lowest percentages for cervical cancer screenings for ages 21 – 64 years occur in Washburn ZIP code 61570 and Lowpoint ZIP code 61545, which is in the worst 50th – 75th percentile range (yellow indicator) compared to other ZIP codes in Illinois. The percentage of individuals in Woodford County aged 50 - 75 who have had either a fecal occult blood test in the past year, a sigmoidoscopy in the past five years AND a fecal occult blood test in the past three years, or a colonoscopy exam in the past ten years is in the best 0 – 50th percentile range (green indicator) but does not meet the Healthy People 2030. Better access could improve all of these statistics.

Equity and the Social Determinants of Health

Carle Health is committed to providing world-class care and services to the communities they serve through empathy and inclusion. The Carle Health Diversity, Equity, and Inclusion Steering Committee provides advisory support to the Board of Trustees and Executive Leadership Team to instill a culture of inclusivity by establishing a clear strategy for improving the cultural awareness of the organization and those Carle Eureka serves. Additionally, the system-level Health Equity Clinical Guidance committee is responsible for guiding the organizational strategy and implementation of work to address health disparities in the communities Carle Health serves. Carle Eureka staff, providers and leaders have participated in system-level training opportunities focusing on addressing unconscious bias, the impact of social determinants of health, and building more inclusive and culturally humble healthcare. The Carle Health DEI Steering Committee and Health Equity Clinical Guidance Committee will continue to support Carle Eureka and the rest of the Carle Health system in advising on ways the organization can recruit and promote a diverse workforce, procure goods and services locally from historically underrepresented communities, offer training that addresses cultural humility and implicit bias, and forge partnerships and investments that address social needs such as food, housing, and community safety.

HEALTH PRIORITY: Mental Health

DESCRIPTION OF HEALTH NEED DATA:

- Woodford County residents that participated in the 2021 Tri-County Community Health Survey perceived mental health as the most important health issue in the community and 13 percent of Woodford County survey respondents reported that they did not have access to counseling in the last year when they needed it.

Source: 2021 Tri-County Community Health Survey.

- The age-adjusted ER rate due to pediatric mental health is highest for individuals 15-17 years of age and in the worst 25th percentile range for Washburn-ZIP code 61570 compared to other ZIP codes in Illinois.
- The age-adjusted ER rate due to suicide and self-inflicted injury for adults in Minonk is higher than the county rate and in the worst 50th - 75th percentile range compared to other ZIP codes in Illinois. The rate for individuals 18 – 24 years is more than two times the county rate.
- The age-adjusted hospitalization rate due to mental health for adults is in the worst 50th – 75th percentile range for Woodford County compared to other counties in Illinois. Eureka-ZIP code 61530 is in the worst 50th – 75th percentile range for Lowpoint-ZIP code 61545 is in the worst 25th percentile range compared to other ZIP codes in Illinois.
- The age-adjusted hospitalization rate due to pediatric mental health is in the worst 25th percentile range for Washburn-ZIP code 61570 compared to other ZIP codes in Illinois.
- The age-adjusted hospitalization rate due to suicide and intentional self-inflicted injury is in the worst 50th - 75th percentile range for Woodford County compared to other counties in Illinois and in the worst 25th percentile range for Eureka-ZIP code 61530 compared to other ZIP codes in Illinois.

Source: Conduent Healthy Communities Institute, Illinois Hospital

Association, 2018-2020.

- The age-adjusted death rate due to suicide in Woodford County is in the worst 50th – 75th percentile range compared to other counties in the U.S.

Source: Conduent Healthy Communities Institute, Centers for Disease Control and Prevention, 2016-2018.

TARGET POPULATION:

Primary: Residents of Woodford County

Secondary: Residents of Peoria and Tazewell County

GOAL:

Support the goal of the Partnership for a Healthy Community 2023-2025 Community Health Improvement Plan for Peoria, Tazewell and Woodford Counties, with a focus on Woodford County.

To improve mental health, including anxiety and depression, and reduce suicide.

ALIGNMENT WITH COMMUNITY HEALTH IMPROVEMENT GOALS

- **Healthy People 2030**
 - Improve mental health
- **State Health Improvement Plan (SHIP) 2021 Alignment**
 - Improve the opportunity for people to be treated in the community rather than in institutions
 - Increase behavioral health literacy and decrease stigma
 - Reduce deaths due to behavioral health crises.

STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
<p>Offer educational programs aimed at reducing behavioral health stigma, increasing mental health awareness</p> <p>Specific Interventions</p> <ul style="list-style-type: none">• Offer Mental Health First Aid courses to the community (evidence-based program). https://www.countyhealthrankings.org/takeaction-to-improve-health/what-works-for-health/policies/mental-health-first-aid	<ul style="list-style-type: none">• Eureka College• Woodford County Illinois Extension Office• Tri-County public high schools• Central Illinois Area Health Education Center• Hult Center for Healthy Living• UnityPoint Health — Central Illinois• Children's Home Association of Central Illinois• Local Regional Offices of Education• Illinois Central College• Counties represented include Peoria, Tazewell, Woodford, Marshall, Christian, DeWitt, Logan, Macon,	<ul style="list-style-type: none">• Reduced stigma• Increased knowledge of mental health• Increased social-emotional skills• Improved mental health• Increased knowledge of mental health resources

<ul style="list-style-type: none"> • <i>Lead the Tri-County Mental Health Collaborative/Cadre.</i> 	<p>Macoupin, Piatt, Sangamon, and McLean</p> <ul style="list-style-type: none"> • Partnership for a Healthy Community • Same as above 	<ul style="list-style-type: none"> • Increased collaboration • Increase in number of MHFA trainers • Increase in the number of population specific MHFA modules available to Central Illinois community members • Increased support and resources for MHFA trainers • Increase in the number of MHFA trainings offered in high-needs rural areas • Increase in the number of community members certified in MHFA throughout Central Illinois • Increase in assistance provided for MHFA instructors to maintain their certification(s)
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MEASURING OUR IMPACT		
<ul style="list-style-type: none"> • Number of MHFA trainings offered by the MHFA cadre • Number of MHFA trainings offered for high-needs rural areas • Number of community members certified by the MHFA cadre • Number of MHFA population specific modules offered by the MHFA cadre 		
STRATEGY #2	COLLABORATIVE PARTNERS	INTENDED RESULTS
<p>Increase access to behavioral health services at various sites within the community</p> <p>Specific Interventions</p> <ul style="list-style-type: none"> • <i>Offer on-site counseling services at Carle Eureka.</i> • <i>Offer telepsychiatry at Carle Eureka.</i> https://countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/telemental-health-services (a Partnership for a Healthy Community Intervention) • Explore offering telehealth counseling services at Carle Eureka’s three rural health clinics. 	<ul style="list-style-type: none"> • UnityPlace • Christian Psychological Associates • Carle Health 	<ul style="list-style-type: none"> • Increased access to mental health services in Woodford County • Improved mental health • Increased adherence to treatment • Improved quality of life • Increased patient engagement • Increased patient satisfaction
MEASURING OUR IMPACT		
<ul style="list-style-type: none"> • Number of Woodford County residents accessing counseling and psychiatric services provided by UnityPlace at Carle Eureka • Number of hours per week counseling services are offered at Carle Eureka by UnityPlace staff • Number of patients receiving telepsychiatry services at Carle Eureka • Number of rural health clinics where telehealth counseling services are added • Number of patients receiving telehealth counseling services at Carle Eureka’s rural health clinics 		

STRATEGY #3	COLLABORATIVE PARTNERS	INTENDED RESULTS
<p>Provide culturally adapted health care to patients. https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/culturally-adapted-health-care</p> <p>(a Partnership for a Healthy Community Intervention)</p> <p>Specific Interventions</p> <ul style="list-style-type: none"> • <i>Hospital leadership will participate on the Carle Health Diversity, Equity and Inclusion (DEI) System Steering Committee.</i> • <i>Hospital staff and leadership will participate in annual required and elective DEI trainings.</i> • <i>Promote twice-monthly multicultural forums for staff and leaders.</i> • <i>Carle Health will continue with the Health Equity Clinical Guidance Committee.</i> • <i>Promote monthly inclusive leadership education.</i> 	<ul style="list-style-type: none"> • Carle Health Diversity, Equity and Inclusion • Partnership for a Healthy Community • Partnership for a Healthy Community Behavioral Health Action Team 	<ul style="list-style-type: none"> • Improved health outcomes • Improved mental health • Improved health-related knowledge • Improved chronic disease management • Increased cancer screenings (Source: County Health Rankings, 2023)
MEASURING OUR IMPACT		
<ul style="list-style-type: none"> • Number of multicultural forums available to staff. • % of Carle BroMenn and Eureka staff participating in annual training • % of Carle BroMenn and Eureka leaders participating in an inclusive leadership training 		

HEALTH PRIORITY: Access to Care

DESCRIPTION OF HEALTH NEED DATA:

- Access to care is a critical issue in rural counties.
- According to the 2021 Tri-County Community Health Survey, Woodford County residents perceived access to care as the second most important health that impacts well-being.
 - Eleven percent of Woodford County respondents reported that they were unable to access care in the past year when they needed it.

Source: 2021 Tri-County Community Health Survey

- The percentage of women aged 50 – 74 in Woodford County who have had a mammogram in the last two years does not meet the Healthy People 2030 target and Benson ZIP code 61516 and Minonk ZIP code 61760 are in the worst 25th percentile range (red indicator) compared to other ZIP codes in Illinois.

Source: Conduent Healthy Communities Institute, CDC – Places, 2020

- The percentage of individuals in Woodford County aged 50 – 70 who have had either a fecal occult blood test in the past year, a sigmoidoscopy in the past five years AND a fecal occult blood test in the past three years or a colonoscopy exam in the past ten years does not meet the Healthy People 2030 target.

Source: Conduent Healthy Communities Institute, CDC – Places, 2018

TARGET POPULATION:

Primary: Residents of Woodford County

Secondary: Residents of Tazewell and Peoria County

GOAL:

Ensure rural access to care to improve the health and well-being of Woodford County residents by 2026.

ALIGNMENT WITH COMMUNITY HEALTH IMPROVEMENT GOALS

- **Healthy People 2030**
 - Reduce the proportion of people who cannot get medical care when they need it.
- **State Health Improvement Plan (SHIP) 2021 Alignment**
 - Build upon and improve local system integration.
 - Improve the opportunity for people to be treated in the community rather than in institutions.
 - Assure accessibility, availability, and quality of preventive and primary care for all women, adolescents, and children, including children with special health care

<p>needs, with a focus on integration, linkage, and continuity of services through patient-centered medical homes.</p> <ul style="list-style-type: none"> ○ Increase community-clinical linkages to reduce chronic disease 		
STRATEGY #1	COLLABORATIVE PARTNERS	INTENDED RESULTS
<p>Increase access to care in Woodford County through specialty clinics and/or surgeries, a walk-in clinic and virtual visits.</p> <p>Specific Interventions</p> <ul style="list-style-type: none"> • <i>Explore adding specialty clinics and/or surgeries that are not currently offered at Carle Eureka.</i> • <i>Continue to offer and support a walk-in care clinic so residents do not need to go outside of the county for care that is appropriate for a convenient care setting.</i> • <i>Add a primary care physician at Carle El Paso Family Medicine.</i> • <i>Continue providing patients with options for virtual visits to support community members in accessing care.</i> 	<ul style="list-style-type: none"> • Carle BroMenn Medical Center • Carle Health • Carle Eureka rural health clinics • Carle McLean County Orthopedics 	<ul style="list-style-type: none"> • Increased access to specialty care and/or surgeries • Increased access to convenient care • Increased access to primary care
MEASURING OUR IMPACT		
<ul style="list-style-type: none"> • Number of specialty care clinics and/or surgeries added at Carle Eureka. • Number of virtual visits for Carle Eureka rural health clinics. • Number of primary care physicians added 		
STRATEGY #2	POTENTIAL COLLABORATIVE PARTNERS	INTENDED RESULTS
<p>Pursue and support initiatives to improve access to care in Woodford County.</p> <p>Specific Interventions</p>		

<ul style="list-style-type: none"> • Offer a charity care program and communicate the availability of that program. • Recruit more providers into the Carle Health system, thereby expanding access/capacity. • Participate in population health initiatives that actively manage the health of members. • Support students in health care fields; student nurses, APN's and/or Graduate Medical Education programs to grow number of future providers. • Promote prescription affordability as a 340B provider. • Enhance access-related initiatives that will improve patient access and ability to interface more efficiently for needed services – Patient Contact Center, Scheduling Center, prescription refill request process, virtual visits and more. • Offer on-line scheduling, eCheck-in, communication with clinic staff and access to results through Carle My Chart. 	<ul style="list-style-type: none"> • Carle Health • Carle Eureka Rural Health Clinics 	<ul style="list-style-type: none"> • Increased healthcare affordability • Increased access to primary care providers • Increased communication with clinic staff and providers
MEASURING OUR IMPACT		
<ul style="list-style-type: none"> • The total dollar amount of financial assistance provided by Carle Eureka annually based on actual cost of care • Number of providers added to Carle Eureka • Number of students with clinic rotations at Carle Eureka 		

Note: Plans to address selected CHNA priorities are dependent upon resources and may be adjusted on an annual basis to best address the health needs of our community.

Dates Adopted/Approved: Carle Eureka Hospital's 2022 Community Health Needs Assessment was adopted and approved by The Carle BroMenn Medical Center and Carle Eureka Hospital Governing Council on November 15, 2022. The Carle Eureka Hospital Community Health Implementation Strategy was adopted and approved by The Carle BroMenn Medical Center and Carle Eureka Hospital Governing Council on March 8, 2023.