



COMMUNITY BENEFIT IMPLEMENTATION PLAN
2019-2021

MISSION

We serve people through high quality care, medical research, and education.

Our mission statement defines who we are, what we stand for, and the importance of our relationship with our patients, staff and community. As a locally-based private, not-for-profit organization, we take seriously our obligation to treat and provide high quality care to everyone, regardless of their ability to pay. This mission statement looks beyond medicine to include research and education, both of which remain highly valued by our organization.

VISION

Improve the health of the people we serve by providing world-class, accessible care through an integrated delivery system.

Benefiting the community is central to everything we do at Carle Hoopeson Regional Health Center.

COMMUNITY HEALTH NEEDS ASSESSMENT SUMMARY

There are many factors that can influence the health and well-being of a community, and Vermilion County has had a long history of challenges. Consistently ranked in the bottom quartile of the County Health Rankings, many of the county's problems are deep-rooted and have become the community cultural norm.

Throughout 2017, the Champaign-Vermilion County Regional Executive Committee, consisting of representatives from Carle Hoopeson Regional Health Center (CHRHC), Carle health system, Champaign-Urbana Public Health District (CUPHD), OSF HealthCare (formerly Presence Covenant and United Samaritans Medical Center), Vermilion County Health Department, and United Way of Champaign and Vermilion counties, started research to conduct an updated Community Health Needs Assessment (CHNA) in Vermilion County in preparation for the 2017-2022 Illinois Project for Local Assessment of Needs (IPLAN).

Development of this plan was a collaborative effort, working with community partners, regional schools of nursing, local and state government representatives, and input from county residents. More than 50 community leaders from a variety of agencies and organizations, as well as more than 1,500 county residents, contributed to the assessment via both in-person meetings and surveys. After assessing the current health status of the community and identified needs, the Regional Executive Committee created a comprehensive plan to improve our community's health.

History of the Champaign-Vermilion County Regional Executive Committee

In an effort to more efficiently and collaboratively assess the health and well-being of the community and determine the most significant health needs in the community, the Vermilion County Executive Assessment Committee was formed in 2014. The group included representatives from Carle, Presence United Samaritans Medical Center, United Way, I Sing the Body Electric, and the Vermilion County Health Department. Though the 2012-2017 Vermilion County IPLAN was completed in 2012 and not required for public health facilities for another five years, the group re-assessed needs in 2014 to make sure both hospital systems maintained their three-year requirement.

Expanding into the region to make the best use of resources and staff, the Executive Assessment Committee joined with counterparts in nearby Champaign County in 2015 to become the Champaign-Vermilion County Regional Executive Committee. This transition also included hiring and helping to cover the salary of a full-time Regional Community Health Plan Coordinator, responsible for overseeing both counties' health plans as an employee of both Champaign and Vermilion County public health departments.

In addition to the Committee, work groups were formed – one for each priority – in order to determine how to implement programs and tackle these significant health needs. These groups are comprised of representatives from various health facilities and agencies in town, and continue to meet multiple times throughout the year.

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Based upon the Community Health Needs Assessment using both quantitative and qualitative research, Carle Hoopeston Regional Health Center prioritized the significant community health needs of Vermilion County considering several criteria including: alignment with the hospital’s mission, existing programs, the ability to make an impact within a reasonable time frame, the financial and human resources required, and whether there would be a measurable outcome to gauge improvement. The following four health areas were selected as the top priorities:

- 1. Teen Pregnancy**
- 2. Substance and Alcohol Abuse**
- 3. Obesity**
- 4. Mental Health**

As a Critical Access Hospital, Carle Hoopeston Regional Health Center will continue its work to improve the overall health of the community through service to its patients, including emphasis on Access to Health Services, and other specialties and services the hospital or Carle health system provides. The Carle Foundation is diligently working to improving access and services throughout the east central Illinois region, not just for this geographic area. Many of the other concerns are also addressed through services provided for Carle patients, but these areas are not the primary emphasis of the Community Benefit Implementation Plan which targets more specific low-income populations in Vermilion County.

Following is a description of each priority area, risk factors, indirect and direct contributing factors, goals, objectives, and strategies selected for each of the three health priority areas. Each worksheet incorporates the goals and objectives Champaign County has set for the next three years. These health plans were developed in partnership with community leaders representing multiple agencies and organizations.

This plan includes Carle Foundation Hospital’s intent to address and measure outcomes from 2019-2021.

1. Teen Pregnancy

Description of Priority Area:

Teen pregnancy has been identified as a community health priority for the fourth time since the IPLAN process began, and Vermilion County has had over a 40-year history of high teen pregnancy rates. While Vermilion County’s birth rate percentage was at a historic low in 2014 (11%), it is still almost double the rate of the state of Illinois (6.1%).

Since 2002, Vermilion County youth have ranked topics of sexual behaviors, including AIDS, sexually transmitted diseases, and teen pregnancy, in the top 3 of their health risk concerns. In 2016, teen pregnancy was ranked as number one. More than 2,000 Vermilion County students (69% of all students in grades 9-12) were surveyed for the 2016 *I Sing the Body Electric* (ISBE) Report. Survey data indicated the following information on the topic of sexual behaviors.

- Nearly one-half of our teens (45.4%) have had sexual intercourse at least once in their lives. Overall numbers have decreased 9.2% since 2014.
- One in 19 Vermilion County teens (5.1%) reports having sex before reaching 13 years old.
- One in 16 high school students (6.0%) has been pregnant one or more times or has fathered a child one or more times – a 22.1% decline since 2014.
- One in 13 sexually active teens in the county (7.3%) had “unprotected” sex.
- One in 11 teens (8.6%) reports drinking alcohol or using drugs before sexual intercourse – a 19.6% decrease from 2014. This was an IPLAN 2012 objective accomplishment as 11.25% was the intended target.

| Risk Factors | Contributing Factors | Barriers |
|--|---|--|
| <ul style="list-style-type: none"> • Unsafe sex • Child of teen mother • Poverty • Limited education • Alcohol/Substance Abuse • Mental Health | <ul style="list-style-type: none"> • Absence of male role models • Age • Culture • Expectation of sexual activity/peer pressure • Media-TV/Computer influences • Single Parent Home • Early sexual activity • Low self esteem • Trauma from divorces • Sexual abuse | <ul style="list-style-type: none"> • Lack of support system • Lack of transportation • Lack of vision/goals • Lack of parental supervision (both parents working or one-parent household) • Lack of after-school activities • Lack of trust in parents / schools / agencies • Lack of access • Limit on providers • Social barriers |

While teen pregnancy rates have improved, additional improvement is needed in this area for Vermilion County. In 2012, the IPLAN objective for reducing the pregnancy rate among adolescent females aged 15-19 was at a target of 58.5 pregnancies per 1,000. According to the 2017 County Health Rankings, the teen pregnancy rate was 54 pregnancies per 1,000.

According to the ISBE survey, the number of teens that have not had sexual intercourse at least once in their lives is at 54.6%. In 2012, the IPLAN objective for the proportion of adolescents age 17 years and younger who have never had sexual intercourse was 48.7%. Once again, this is an improvement. At that time, the baseline was at 44.3%.

With the understanding that there have been great strides in the number of teen pregnancies, it will be crucial to continue efforts and determine if the reduction is a trend rather than a mere blip. Vermilion County still has one of the highest teen pregnancy rates in the state.

Implementation Plan – Anticipated Impact & Plan to Evaluate:

Carle Hoopston Regional Health Center will pursue these initiatives to address teen pregnancy and improve teen and adolescent health in the community:

1. Continue offering the school-based education program in Vermilion County, with an emphasis on safe-sex and STD education. This will also include providing patient education materials to local health classes.

2. Provide donations to community and school-based programs that encourage STD or teen health programming.
3. Support the work group by offering medical providers with in-depth knowledge of teen pregnancy and health issues.

Measures of success:

- Number of impressions to educational messages annually among people aged 13-18
- Number of pregnancy and STD tests administered at Carle Hoopston Regional Health Center locations
- Number of STD tests among people aged 13-18 with data coming from Vermilion County Health Department

Evaluation of Prior Impact:

Teen and adolescent health has been a concern in Vermilion County for many years. In the previous implementation plan, CHRHC worked to address this significant health need by implementing a number of safe-sex and Sexually Transmitted Disease (STD) prevention programs in the region, and through appropriate testing, treatment and care in outpatient facilities. These programs continue today, with every-other-year agreements with Hoopston Area High School and Milford High School. Both schools used this program in 2015 and again in 2017. A Quality Nurse Specialist on CHRHC staff continues to work closely with the local public health department to track trends in teen pregnancy and STDs in our region, and supports educational programs through the public health department.

CHRHC continues to promote women’s health services, encouraging young women to receive the appropriate care, which they can receive from Obstetrics and Gynecology providers at Carle in Danville, as well as twice each month at the outpatient facility in Hoopston.

In an effort to help young mothers in need, CHRHC continues to provide “necessity kits” for all mothers or babies who visit the Emergency Department and would not be able to purchase the supplies for themselves. The kit includes a pediatric information booklet, thermometer, basic first aid supplies, teething toys, bottles and other essential products to help young mothers through their child’s first years. A grant from Illinois Critical Access Hospital Network funded supplies, and Emergency Department nurses compiled the kits during their work time.

As part of CHRHC’s commitment to ensuring that strides are made in these areas, employees from the health system participate in several county-wide workgroups. The intent is to increase awareness among teens by participating in local events, health fairs and public education opportunities.

2. Substance / Drug Abuse Prevention

Description of Priority Area:

Vermilion County has seen a significant increase in overall drug-related overdose deaths and heroin specific overdose deaths. Vermilion County has seen an increase of 122% in total deaths due to any type of drug between 2013 and 2016. Heroin deaths increased 300% between 2013 and 2016. In 2016 alone, there were 20 drug overdose deaths in Vermilion County which is up from 9 overdose deaths reported in 2013. Of these 2016 overdose deaths, 12 are attributed to any opioid overdose (including heroin) compared to 7 opioid overdose deaths in 2013 (Illinois Department of Public Health). In addition to more deaths, the data available during this time also shows more drug related arrests in Vermilion County. A 2015 report from the Illinois Criminal Justice Information Authority showed 435 drug related arrests in the county.

In 2017, County Health Rankings for Vermilion County reported:

- The adult smoking rate is 18% which is higher than the state of Illinois average of 15%.
- The adult excessive alcohol use was 18% which is better than the Illinois state average of 21%.
- Vermilion County’s alcohol impaired driving deaths is also better than the Illinois average, and is defined as the percentage of driving deaths with alcohol involvement, is 29% compared to 34% state of Illinois average.

The Vermilion County Community Health Survey data shows:

- Alcohol and drug abuse as the number one health concern by a large margin, with 61.58 % of survey participants reporting it in their top 5 health concerns.
- 3.23% of those surveyed reported illegal drug use.
- 1.52% reported overusing or abusing prescription drugs.
- 10.1 % reported sometimes or always consuming four or more drinks a day.
- 32.68 % reported they do not feel Alcohol and Drug Abuse treatment/prevention services are accessible in Vermilion County.

| Risk Factors | Contributing Factors | Barriers |
|--|--|---|
| <ul style="list-style-type: none"> • Trauma/Injury • Disability • Child Abuse • Neglect • Sexual Abuse • Age • Family influences • Limited education | <ul style="list-style-type: none"> • Ease of access • Peer pressure/Media • Lack of supervision • Lack of positive role models • Lack of prosecution by law enforcement • Low perceived risk • Sexual abuse • Family history of abuse • Lack of coping skills • Lower self-esteem • Lower socio-economic status • Chronic illness • Limited health behavior education • Lack of Funding for services | <ul style="list-style-type: none"> • Lack of prevention programs / resources • Social stigmas • Community attitudes • Not going in for regular physicals • Transportation for some • Skepticism about substance abuse • Lack of vision/goals • Lack of parental supervision |

Implementation Plan – Anticipated Impact & Plan to Evaluate:

Carle Hoopeston Regional Health Center will pursue these initiatives to reduce substance abuse in the community:

1. Continue partnering with Iroquois Mental Health to offer mental and behavioral health programs in Hoopeston at our outpatient facility.
2. Partner with Hoopeston Police Department to cover the costs and training of officers carrying Narcan in the field.
3. Support the Vermilion County Sheriff’s Office as sponsors of the DARE ongoing training program offered to Vermilion County elementary students.

4. Provide donations and in-kind support to community programs that reduce substance abuse and drug use.
5. Support the work group by offering medical providers with in-depth knowledge of local substance abuse.

Measures of success:

- Number of behavioral health providers offering services in Vermilion County
- Number of officers receiving proper education to carry Narcan in their vehicles
- Number of children educated through DARE

Evaluation of Prior Impact:

Though substance abuse was identified as a lower priority in a previous CHNA conducted in 2013, this was identified as a much higher priority in the last two needs assessments. CHRHC continues to expand behavioral health services in the region and provide financial support to agencies in an effort make an impact.

An avenue that CHRHC pursued in 2017, but didn't financially support until 2018, was providing Narcan to the Hoopeston Police Department in an effort to combat the community's rising heroin problem. Narcan, a medication used to stop the effects of an active drug overdose caused by opioids, is proven to be effective in stopping overdoses and saving lives when in the hands of those who are on the front lines. Just as Carle Foundation Hospital has done with the Champaign County Sheriff's Office, CHRHC began providing in-kind support to the Hoopeston Police Department by covering costs associated with the drug, as well as helping with any necessary training. Our providers in the county already have a well-established relationship with law enforcement – including monitoring the most predominant types of drug use and trends in the county – so this was a natural and logical fit.

Also new in 2018, CHRHC partnered with the Vermilion County Sheriff's Office to become a sponsor of the DARE program, offered to elementary school students in all of Vermilion County.

To support agencies that provide behavioral health services, CHRHC has provided in-kind support to multiple service agencies in Vermilion County, including Aunt Martha's Youth Service Center in Danville for counseling or support services to those with alcohol or substance abuse problems, and Hoopeston and Armstrong-Ellis school districts for positive behavioral intervention programs.

3. Obesity

Description of Priority Area:

Obesity – defined by the Center for Disease Control (CDC) as having a Body Mass Index (BMI) greater than or equal to 30 – continues to rise across the United States. Obesity is a contributing cause of many health problems, including heart disease, stroke, diabetes and some types of cancer, and is associated with poorer mental health outcomes, reduced quality of life, and the leading cause of death in the U.S. and worldwide.

Obesity is, once again, a top community health priority in Vermilion County. According to the County Health Rankings 2017, adult obesity rates in Vermilion County are at 35%, and 27% of adults have reported that they are inactive. While this was a reduction from 2016's County Health Rankings of 37% for the adult obesity rate, it is still an increase from 28% in 2010 when the County Health Rankings began.

| Risk Factors | Contributing Factors | Barriers |
|--------------|----------------------|----------|
|--------------|----------------------|----------|

| | | |
|---|---|--|
| <ul style="list-style-type: none"> • Heart Disease • Diabetes • Chronic Disease • Cancer • High Blood Pressure | <ul style="list-style-type: none"> • Inactivity • Poor Diet • Sense of defeat/embarrassment • Sense of acceptance • Genetics • Family Lifestyles • Social and Economic Factors • Sexual Abuse | <ul style="list-style-type: none"> • Unsafe Neighborhoods • Family Support • Poverty • Cost of Food/Cost of recreational facility • Limited access to healthy foods. • Limited knowledge of area programs/services • BMI data impossible to obtain for children or any local childhood obesity data |
|---|---|--|

Implementation Plan – Anticipated Impact & Plan to Evaluate:

Carle Hoopeston Regional Health Center will pursue these initiatives to reduce levels of obesity in the community:

1. Continue to offer nutritional and diabetic counseling in Danville, including a charged service for patients and a free diabetes support group for patients and others in the community.
2. Continue school-based education programs in Vermilion County, including *Drums Alive*, an exercise class with the goal of helping children make better choices about nutrition and play-based activity.
3. Educate the community about heart disease, stroke, and diabetes risk through educational materials, health fairs, speaking engagements and other available means.
4. Provide donations and in-kind support to community programs that reduce the levels of obesity.
5. Support the work group by offering medical providers with in-depth knowledge of obesity.

Measures of success:

- Number of additional patients receiving diabetes or nutritional counseling at Danville and CHRHC locations
- Number of children and long-term care residents taking *Drums Alive* exercise class

Evaluation of Prior Impact:

With the connection to many health problems, including heart disease, stroke and diabetes, CHRHC works to educate patients and the community about resources available to combat obesity and related concerns – such as nutrition counselors and diabetic educators in Danville who travel to Hoopeston once a month – and continue to support activities aimed at improving the health of children and adults throughout the community. This includes funding initiatives Hoopeston grade schools’ Jump Rope for Heart programs, Fellowship of Christian Athletes, Hoopeston Head Start and more.

Receiving a grant through the Illinois Critical Access Hospital Network, a CHRHC nurse practitioner was approved to start a free exercise program called *Drums Alive*. The grant covered the cost of equipment and certification for this program, which uses exercise balls as drums to help kids and adults exercise while making rhythms. The program has proven to be a big success in the grade schools in Vermilion and Iroquois counties, and the nurse practitioner has also presented locally in long-term care facilities and assisted living communities. In addition, the nurse practitioner has provided training courses throughout the two counties, and has certified several local Physical Education teachers so they can implement the program in their schools. This amounted to more than

\$5,600 in in-kind support to the community, not counting the grant funds that were awarded for the program itself.

CHRHC is supporting Healthy Vermilion County in several educational and outreach efforts. By partnering with this workgroup to produce quality informational materials on healthy foods, and providing in-kind support to agencies helping with food insecurity, CHRHC intends to positively impact children’s view of healthy foods. Continuing into 2017, the group’s campaign called “Rethink Your Drink” is aimed at educating people about the hidden calorie and sugar content of many popular drinks and encouraging healthier options. This campaign continues through social media, signage at area schools and presence in local health fairs, and CHRHC offers in-kind support by funding many of the printing costs.

4. Mental Health

Description of Priority Area:

In any given year, about 18.1% of adults in the United States ages 18 years or older suffer from a mental illness and about 4.2% suffer from a seriously debilitating mental illness. In 2015, 21% of adults in Vermilion County were “mentally ill.”

Children in Vermilion County are also at a greater risk for mental health problems. According to the Vermilion County Mental Health Board Annual Report, 21% (approximately 3,996) of our youth were considered to be emotionally disturbed in 2015. In 2014, 37,107 children and adolescents were served in Illinois’ public mental health system.

According to the 2016 *I Sing the Body Electric* survey report, the following information was found from the teens who were surveyed:

- More than 1/3 of students (36.5%) report that they felt sad or hopeless (depressed) almost every day for at least two weeks that they stopped doing some usual activities. This is 30.8% increase from the numbers in 2002.
- Two out of every ten Vermilion County youth have cut or harmed themselves on purpose in the past 12 months. This is a 21.9% decrease from the record high of 26.0% in 2012.
- In the past 12 months, 20.3% of teens have seriously considered suicide in the past 12 months – a 9.8% decrease since 2014.
- One in six Vermilion County youth (16.7%) reports attempting suicide at least once during the past year – nearly double the national average of 8.6%.
- Nearly 8% of teens who attempted suicide in the past year confided in a friend, 5.3% told a parent and 6.1% told no one.

| Risk Factors | Contributing Factors | Barriers |
|--|--|--|
| <ul style="list-style-type: none"> • Environmental Health Stressors • Unidentified Mental Health Disorders | <ul style="list-style-type: none"> • Stigma • Lack of Education • PTSD • Physical / Verbal Abuse • Genetics • Lack of social support • Poor Medicaid Reimbursement • Lack of Awareness | <ul style="list-style-type: none"> • Lack of support system • Lack of transportation • Lack of funding • Lack of Providers who take Medicaid • Availability and access to counseling and screening programs • Lack of screening in |

| | | |
|--|---|---|
| | <ul style="list-style-type: none"> • Language Barriers • Trauma • Substance Abuse • Low self Esteem • Trauma from Divorces • Sexual Abuse | <p>Primary Care Offices</p> <ul style="list-style-type: none"> • Education Levels • Lack of interagency referral • Participant follow-up |
|--|---|---|

Implementation Plan – Anticipated Impact & Plan to Evaluate:

Carle Hoopston Regional Health Center will pursue these initiatives to improve access to mental health services in the community:

1. Continue partnering with Iroquois Mental Health to offer mental and behavioral health programs in Hoopeston at our outpatient facility.
2. Provide donations and in-kind support to community and school-based programs that improve access to mental health programming.
3. Support the work group by offering medical providers with in-depth knowledge of behavioral health issues.

Measures of success:

- Number of behavioral health providers offering services in Vermilion County
- Number of additional appointments available for patients seeking assistance with behavioral health needs

Evaluation of Prior Impact:

While mental health was not chosen as a priority in the previous Vermilion County needs assessment, the goals to reduce substance abuse mirror many of the goals that address behavioral health, in general. To improve access to behavioral health services, CHRHC again partnered with Iroquois Mental Health to offer counseling at Hoopeston’s outpatient clinic for CHRHC patients. This partnership offers additional hours at the Hoopeston outpatient clinic, which helps address the lack of mental health access in the region.

In addition, the Carle health system recognizes the need for more mental health and substance abuse services throughout the service area, and continues to recruit Psychiatry providers for clinical locations in Danville. Carle Foundation Hospital started a Psychology Residency Program in 2017, which provides additional training for mental health professionals, and also offers an Employee Assistance Program which provides service for substance and alcohol abuse for employees across the system, including our Iroquois and Northern Vermilion locations.

The Challenge of Addressing Behavioral Health

As in other parts of the United States, behavioral health services, in all forms, is a growing need in many communities in east-central Illinois. The challenges of managing behavioral health services are well-documented, including poor reimbursement, a limited pool of providers, and pent-up demand and complications from years of foregone treatment. These challenges result in significant inefficiencies in the broader health system.

Behavioral health presents, and even demands, an opportunity to pool resources and expertise to address the need. This is done through collaboration of providers, including Carle, its Rural Alliance partners and other organizations, payors, such as Health Alliance, and other potential stakeholders.

The Carle Behavioral Health planning group has developed areas of focus such as community partnerships to create high-performing networks of care across multiple organizations, addressing needs of patients admitted to Carle, care delivery models and understanding cost of care.

APPENDIX

Populations and Communities Served:

Carle Hoopston Regional Health Center is a Critical Access Hospital committed to improving quality of life in northern Vermilion County and the surrounding area. CHRHC integrated with The Carle Foundation in 2012 to provide more access to primary and specialty care. Total, The Carle Foundation's service area extends into 41 counties in Illinois and Indiana, serving nearly 1.4 million residents.

The primary service area of Carle Hoopston Regional Health Center is defined as the geographical boundary of Vermilion County, Illinois, and includes the majority of CHRHC patients. The secondary service area includes outpatient facilities in Cissna Park, Hoopston, Milford, Rossville, Watseka, as well as Carle Danville on Fairchild, Carle Mattoon on Hurst and in Tuscola.

Pockets of extreme poverty exist throughout this region, with rates highest around the city of Danville. The programs within our community benefit plan generally have impact upon all the targeted communities, with certain programs directed at specific populations.

Dates Adopted/Approved:

Carle Hoopston Regional Health Center's Community Health Needs Assessment and Community Benefit Implementation Plan were both adopted and approved by CHRHC's Board of Trustees on October 25, 2018.