



Carle Hoopeston Regional Health Center  
Community Benefit Implementation Plan  
2021-2023

## **MISSION**

**To be your trusted partner in all healthcare decisions.**

Our Carle Health shared mission 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 health by providing highly accessible, world-class care and service.**

Benefiting the community, while striving for highly accessible, world-class care is central to everything we do at Carle Hoopeston 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.

The Champaign-Vermilion County Regional Executive Committee, consisting of representatives from Carle Hoopeston Regional Health Center (CHRHC), Carle Health system, Champaign-Urbana Public Health District (CUPHD), OSF HealthCare, 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 CHNA and Community Benefit Implementation Plan.

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 1,100 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, OSF (Presence), United Way, I Sing the Body Electric, and the Vermilion County Health Department.

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 2016 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.

### **COMMUNITY BENEFIT IMPLEMENTATION PLAN**

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 three health areas were selected as the top priorities:

- 1. Behavioral Health**
- 2. Violence**
- 3. Income/Poverty**

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 Vermilion 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 Hoopeston Regional Health Center’s intent to address and measure outcomes from 2021-2023.

### **Behavioral Health:**

#### **Description of Priority Area:**

Behavioral health issues continue to be an issue across the county. Lack of resources, funding, and stigma contribute to the issue in Vermilion County. According to County Health Rankings, the most recent ratio of the county population in Vermilion County to the number of mental health providers was 320:1. This number is better than the State of Illinois’ ratio of 410:1, but lower than the Top US Performers’ ratio of 270:1. The number of suicides in Vermilion County has increased every year for the past four years in Vermilion County, with 18 in 2020, the number of 211 calls in Vermilion County continue to increase, and aggregate data on drug-related overdose deaths maintains high in Vermilion County.

When asked to identify health concerns other than chronic disease, survey respondents identified mental health as a priority. When combined with drug/substance abuse, the behavioral health priority area was deemed

essential to creating a healthier community. By educating community partners on early identification of behavioral health conditions, increasing awareness of behavioral services and decreasing the stigma associated with seeking services, behavioral health improvement will be brought to the forefront of health priority in Vermilion County.

**Shared Vermilion County Goal (CHRHC Below):** Improve behavioral health for all residents by expanding access to prevention, intervention and treatment services.

**Objective 1: Increase awareness and reduce stigma by 2023.**

Strategies:

- Promotion of currently available programs and existing health services through public service announcements and other education campaigns will facilitate an increase in awareness of services offered in the county and eventually lead to an increased utilization of these services as well as a better understanding of which programs and services are in greatest demand.
- Continue work with Linda Bolton and WDAN “Newsmakers” to create and disseminate PSAs that promote the idea that seeking help is “normal”.
- Enhance and improve social media presence via Facebook page.
- Investigate hosting more behavioral health fairs, with possible panel discussions
- Use Marketing in developing more media exposure.
- Continue work on Awareness weeks and months.

**Objective 2: Increase (knowledge of) behavioral services.**

Strategies:

- Support and promote national awareness days/weeks/months.
- Use social media in expanding awareness, promoting mental health care, & engaging the community in important conversations.
- Continue to maintain the Vermilion County Resource Guide.

**Objective 3: Support Mental Health First Aid Trainings (MHFA).**

- Target various industries to encourage employees to enroll.
- Promote MHFA trainings throughout community via social media and participating agencies.

**Carle Hoopston Regional Health Center Implementation Plan – Anticipated Impact & Plan to Evaluate:**

Carle Hoopston Regional Health Center, in partnership with the Carle Health system, will pursue these initiatives to address behavioral health in Vermilion County:

1. Increase access to behavioral health care by working to increase the number of behavioral health providers, LCSWs, X-wavered physicians in Vermilion County.
2. Institute mental health medical care in Carle primary care offices in Vermilion County.
3. Establish and launch a new telehealth service focused on Behavioral Health for residents in Vermilion County, allowing residents to connect with world-class care from their home.

4. Continue partnering with Iroquois Mental Health to offer mental and behavioral health programs in Hoopeston at our outpatient facility.
5. Increase medication assisted therapies availability using Carle Health’s Mobile Health Clinic in Vermilion County.
6. Continue to support Mental Health First Aid Trainings by supporting the Vermilion County Mental Health Board, while extending virtual opportunities to the community through Carle Community Health Initiatives.
7. Work to coordinate outreach and efforts to co-hire NPPs with local partners in Vermilion County.
8. Provide donations and in-kind support to community and school-based programs that improve access to mental health programming.

Measure of Success:

Measurement	2021	2022	2023
Increase mental health providers and LCSWs in Vermilion County	2 net new providers	2 net new providers	1 net new provider
Instituting mental health care in Carle Primary Care Offices	1 net new location	1 net new locations	1 net new locations
Increase number of X-waivered physicians in Vermilion County	4 net new providers	4 net new providers	4 net new providers

**Violence:**

**Description of Priority Area:**

National data shows that gun violence has been a chronic issue over the past decade and that some cities have seen recent surges in shootings. There is evidence of the harmful effects of violence on child development, the long-term health of affected populations, and the economic development of entire communities. Over the last several years, the number of violent crimes, especially gun-related, have increased in Vermilion County. Danville had the most shootings in 2019 than in the past five years and was shown to have the third highest violent crime rate in Illinois. Respondents of the community health survey of 2020 identified Violence as a priority in Vermilion County. The violent crime rate for Vermilion County in 2020 was 704 crimes per 100,000 population, according to County Health Rankings, which is significantly higher than the Illinois and national rates.

As broad of a topic it is, during the community stakeholder meeting, the group decided to focus on gun violence, domestic violence, and violence against children and the elderly.

**Shared Vermilion County Goal (CHRHC Below):** Decrease gun violence, domestic violence, and child/elder abuse and neglect in community.

**Objective 1: Establish a community coalition against violence.**

Strategies:

- Promote creation of the coalition among the community, establishing partnerships with stakeholders and community residents.
- Create a structure for the coalition.
- Explore funding opportunities to sustain coalition activities.

Objective 2: Create website or page that provides community resources against violence.

Strategy:

- Work with community and government organizations to explore the best host for an online informational page.

Objective 3: Establish a baseline by collecting data on truancy rates, domestic calls, and hospital visits.

Strategy:

- Collaborate with local law enforcement to collect recent data.

**Carle Hoopeston Regional Health Center Implementation Plan – Anticipated Impact & Plan to Evaluate:**

Carle Hoopeston Regional Health Center, in partnership with the Carle Health system, will pursue these initiatives to reduce substance violence in the community:

1. Continue screening at points of entry into Carle systems in Vermilion County for signals of abuse, neglect, gun safety, and more violence related indicators to identify and act proactively on signals of violent households and make linkages to supportive community services.
2. Provide financial support to organizations who mission and programming addresses violence and focuses on keeping children active in healthy, organized, and supervised activities, including the Hoopeston Multi-Agency, the Vermilion County Rape Crisis Center, and D.A.R.E. programming in schools to prevent drug use and violence among youth in Vermilion County.
3. Partner with the Carle Health system to provide access to care and intervention in sexual assault cases through Carle Health’s Sane/Interpersonal Violence Program. Carle has eleven nurses total working with sexual assault patients, 2 who are internationally board certified, 4 who are state certified, and 7 who are in training, who assisted with 144 total, including 48 pediatric sexual assault patients this year. Carle is known as a resource and leader throughout the local community and the state in treating victims of assault.
4. Document and track violence in workplace settings to better inform the community about violent instances at healthcare facilities, and how to better protect those who provide critical care.
5. Continue to provide in-kind support from Carle Health leadership to participate in the Vermilion County Violence Coalition, as a Carle Health Vice President works to provide support to this effort already.

Measure of success:

Measurement	2021	2022	2023
Continue to Provide In-Kind Leadership Staff	12 hours	12 hours	12 hours

Time to Vermilion County Violence Coalition.			
Provide grant funding and in-kind support to community organizations to support violence prevention	\$7,500	\$7,500	\$7,500

**Income/Poverty:**

**Description of Priority Area:**

According to recent Census data, nearly 20 percent of Vermilion County residents live in poverty, and almost 19% of Vermilion County residents are expected to experience food insecurity. Research has shown people living in poverty can face greater barriers accessing medical care, less likely to have health insurance, have less access to healthy foods, which contribute to higher rates of obesity and chronic disease. Poor health can limit one’s ability to work, reduce economic opportunities, inhibit educational attainment, and lead to medical debt and bankruptcy. Residents identified income/poverty as a high area of concern as did community stakeholders who described their focus on educational advancement and increased awareness of community resources that offer assistance.

**Shared Vermilion County Goal (CHRHC Below):** Reduce the number of families living in poverty by 2% by 2023.

**Objective 1: Increase high school graduation rate.**

Strategies:

- Create an awareness campaign for high school students on all postgraduate paths.
- Increase job-shadowing programs for all education levels.
- Encourage volunteerism for job related programs
- Partner with VVEDS & College Express to provide additional marketing avenues.
- Partner with community programs with similar goals.

**Objective 2: Decrease number of families who have food insecurity in Vermilion County by 10%.**

Strategy:

- Increase awareness of assistance programs and how to apply to them.

**Objective 3: Increase awareness of community resources that offer assistance.**

Strategies:

- Partner with local and state agencies to increase education of programs/resources.
- Partner with local real estate agents to provide education on home ownership vs rentals.

**Carle Hoopeston Regional Health Center Implementation Plan – Anticipated Impact & Plan to Evaluate:**

Carle Hoopeston Regional Health Center. In partnership with the Carle Health system, will pursue these initiatives to address income disparities and poverty in the community:

1. Offer healthcare career/job fairs for high school students in Vermilion County.
2. Establish mentoring programs between Carle staff and students at Carle Hoopeston Regional Health Center, Carle at the Riverfront, and other Carle entities in Vermilion County.
3. Commit to the finalization of the Carle at the Riverfront project, while increasing natural economic development opportunities- opportunities for jobs, and a safe place in Vermilion County to receive education and care.
4. Evaluate expansion of the Population Health care model in Vermilion County based on the successes in the Champaign County region.
5. Continue the commitment of Carle Hoopeston Regional Health Center’s leadership’s involvement on community boards and commissions which focus on addressing issues of income/poverty, and racial and social determinants of health.
6. Continue Carle Hoopeston Regional Health Center’s financial commitment to school districts in Vermilion County- Parent Teacher Organizations (PTO), response-to intervention programs (RTI) – direct intervention programs working with children, and programs that focus on income and poverty disparities in families.
7. Carle Hoopeston Regional Health Center will continue to ensure care is available for all that need through its System Financial Assistance program by working diligently in Medicaid enrollment assistance, Social Work focused on Vermilion County and entire Hoopeston region
8. Carle Hoopeston Regional Health Center will address food insecurity, will work on establishing community access to healthy food access, and work towards healthy foods rx.
9. Expand prescription for nutrition program and food access through Carle’s Mobile Health Clinic.

Measures of success:

Measurement	2021	2022	2023
Hold Career Fairs Focused on Health Care Career Pathways for High School Students	1	1	1
Provide Healthcare Focused Volunteer Opportunities for High School and College Students in Vermilion County	15	20	20
Established healthy food options with the Carle Mobile Market	Work Towards Establishment	Yes	Yes

**Access to Care:**



While Access to Care was not selected as a priority for the 2021-2023 CHNA conducted in conjunction with community partners, critical access to care will continue to be a priority for Carle Hoopston Regional Health Center.

As a tax-exempt organization, Carle Hoopston Regional Health Center provides care to patients regardless of their ability to pay for that care or source of payment. We also recognize that some patients need help paying their bills. Carle's Financial Assistance Program provides discounts or free care to those who need it. Carle's generous Financial Assistance Program, consistently and diligently applied, has resulted in our ability to reach many people over the years. In 2020 alone, Carle Hoopston Regional Health Center provided \$2,265,681 in charity care at cost to 6,345 unique individuals.

In addition to charity care, Carle supports a wide range of programs and services to increase community capacity, health care work force expansion, and social services that provide complementary healthcare-related services.

Carle Hoopston Regional Health Center has, and will continue to, pursue these initiatives to improve access to care:

1. Offer a charity care program and communicate the availability of that program.
2. Recruit more providers into the Carle system, thereby expanding access/capacity.
3. Support local community clinics to ensure added local capacity for health care.
4. Support United Way and other area agencies to improve availability of health services.
5. Donate to existing community health and dental programs.
6. Participate in population health initiatives that actively manage the health of members.
7. Support students in health care fields; GME programs to grow number of future physicians.
8. Promote prescription affordability as a 340B provider.
9. 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.
10. Continue to provide outreach care access and education through the Carle Community Health Initiative's Faith Community Health and Rural Health and Farm Safety services.

### **Addressing Racial and Social Determinants of Health:**

Carle Health is committed to providing world-class care and services to the communities we serve through empathy and inclusion. The Diversity, Equity and Inclusion Steering Committee provides advisory support to the Board of Trustees and Executive Leadership Team to help instill a culture of acceptance by establishing a clear strategy for improving the cultural awareness of the organization and those we serve. Committee members aim to celebrate and promote the unique characteristics and individual capabilities of our providers, team members and customers.

Carle Hoopston Regional Health Center, in partnership with Carle Health, launched a new portal on the system's internal web browser- offering critical training opportunities for Carle Health staff in areas such as unconscious bias, learning to be more culturally respectful and effective, and more. Additionally, all Carle

Hoopeston Regional Health Center leaders attended a three-part virtual series on *Cultivating A Culture of Inclusion*, and, a required unconscious bias training module was also implemented for all team members to complete

Additionally in 2020, Carle Hoopeston Regional Health Center staff attended the Illinois Health and Hospital Association's first annual Health Equity Action Day, where staff learned to hear from leaders in the field and learn how hospitals can take concrete actions to advance health equity. In support of the event, Governor J.B. Pritzker signed a proclamation declaring June 18 as the Illinois Health and Hospital Association's Health Equity Action Day.

The Diversity, Equity, and Inclusion Steering Committee will continue to support Carle Hoopeston Regional Health Center and the rest of the Carle Health system in advising on ways the organization can recruit and promote a racially and culturally diverse workforce, procure goods and services locally from historically underrepresented communities, offer training that addresses cultural and competency and implicit bias, and forge partnerships and investments that address social needs such as food, housing, and community safety.

## **APPENDIX**

### **Populations and Communities Served:**

Carle Hoopeston 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 Hoopeston 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, Hoopeston, 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 Hoopeston 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 July 22, 2021.

## **Carle Hoopeston Regional Health Center Evaluation of Prior Impact**

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. Alcohol & Substance Abuse
3. Obesity
4. Mental Health

As a result, Carle Hoopeston Regional Health Center committed time and resources for each of these identified health priorities, as described below.

### **Teen Pregnancy, Evaluation of Prior Impact:**

In the 2018-2020 Community Health Needs Assessment, the following were identified as keys to addressing Teen Pregnancy: reducing the pregnancy rate among adolescent females, increase the proportion of adolescents aged 17 years and younger who have never had sexual intercourse, increase the use of condoms in sexually active teens, and develop and implement a curriculum based program for schools to address health choices in sexual activity and contraceptive use, among others.

In response, Carle Hoopeston Regional Health Center took the following actions:

- Created and implemented a safe-sex and Sexually Transmitted Disease (STD) prevention program that was made available to 15 junior high schools in Vermilion County and the surrounding area.
- Provided over 50 hours of staff time of a Quality Nurse Specialist to work closely with the local public health department to track trends in teen pregnancy and STDs in the region.
- Supported educational programs through the health department.
- Promoted women's health services twice a month every year between 2018 and 2020.
- Provided approximately 75 necessity kits for all mothers or babies who visit the emergency room who could not afford basic supplies.
- Partnered with the Vermilion County Health Department to provide a space for their Women's Infants Children's (WIC) Program to meet weekly between 2018 and 2020.
- Participated in county-wide workgroups to address teen pregnancy in 2018 and 2020.
- Funded \$5,000 dollars to agencies whose mission and programming focuses on addressing teen pregnancy between 2018 and 2020.

Teen and adolescent health has been a concern in Vermilion County for many years. Teen birth is of concern for the health outcomes of both the mother and the child. Pregnancy and delivery can be harmful to teenagers' health, as well as social and educational development. Babies born to teen mothers are more likely to be born preterm and/or low birth weight. Responsible sexual behavior is one of the ten leading health indicators of Healthy People 2020. Responsible sexual behavior reduces unintended pregnancies, thus, reducing the number of births to adolescent females.

According to Illinois Department of Public Health and CDC data, the teen birth rate in Vermilion County is 1.9%, which is higher than the Illinois rate of 1.1% but lower than the national average of 2.8%. According to IDPH data, teen births in Vermilion County have decreased greatly since 2008.

By supporting education programs and efforts, providing critical care to mothers and babies, and by implementing safe sex and STD prevention courses, Carle Hoopeston Regional Health Center has made an impact in the lowering of this rate over the past ten years.

### **Alcohol & Substance Abuse, Evaluation of Prior Impact:**

In the 2018-2020 Community Health Needs Assessment, the following were identified as keys to addressing Alcohol & Substance Abuse: decreasing the proportion of adolescents never using substances or alcohol, increasing the proportion of adolescents who perceive a great risk associated with consuming great amounts of alcohol and drugs, decreasing the proportion of adolescents who report that they have rode with a driver who had been drinking, decreasing the percentage of adults in Vermilion County who report excessive, binge, or heavy drinking, and drug use, among others.

In response, Carle Hoopeston Regional Health Center took the following actions:

- Partnered with Iroquois Mental Health to offer counseling at Carle Hoopeston's outpatient clinics.
- Provided \$1,000 per year to the Vermilion County Sheriff's office for their Drug Abuse Resistance Education (DARE) program- educating grade school children across the county on the effects of substance abuse and effect strategies to escape situations with drugs or alcohol.
- Actively worked to recruit psychiatry providers for clinical locations in Danville and Vermilion County.
- Partnered with the Carle Health system and Carle Foundation Hospital to provide additional training for mental health professionals, and offered an Employee Assistance Program which provides services for substance and alcohol abuse for employees in Vermilion County and across the system.

Drinking alcohol has immediate physiological effects on all tissues of the body, including those in the brain. Alcohol is a depressant that impairs vision, coordination, reaction time, judgment, and decision-making, which may in turn lead to harmful behaviors. According to the Centers for Disease Control and Prevention, excessive alcohol use, either in the form of heavy drinking or binge drinking can lead to increased risk of health problems, such as liver disease and unintentional injuries. Alcohol abuse is also associated with a variety of other negative outcomes, including employment problems, legal difficulties, financial loss, family disputes, and other interpersonal issues. Drug overdose deaths are the leading cause of injury death in the United States, with over 100 drug overdose deaths occurring every day.

According to research by the National Institute on Alcohol Abuse and Alcoholism, adolescents who begin drinking at a young age are more likely to develop alcohol dependence than those who begin drinking at age 21. Patterns formed during adolescence play a critical role in health throughout adulthood. Alcohol use also impairs judgment and can lead to other high-risk behaviors such as drunk driving and irresponsible sexual activity.

Additionally, according to data from the Center for Prevention Research and Development, Illinois Youth Survey- 38% of 12<sup>th</sup> grade students in Vermilion County reported drinking alcohol during the 30 days prior to the survey- which is slightly lower than the Illinois rate of 40%. This has decreased from 49% in 2008, but has stayed steady since 2014. According to County Health Rankings, 19.7% of adults in Vermilion County report excessive drinking in the most recent data available, which is lower than the State of Illinois and national rates. This figure increased slightly over the past 5 years, with 18% in 2015, and 19 in 2017.

Vermilion County ranks highly in death rates due to drug overdoses, at 28.2 deaths per 100,000, according to County Health Rankings. This has increased since 2014, where drug overdoses represented 22.8 deaths per 100,000.

While Carle Hoopeston Regional Health Center has worked diligently to provide education, and provide access to care for those impacted by drugs and alcohol, there is still work to be done in Vermilion County in this matter.

### **Obesity, Evaluation of Prior Impact:**

In the 2018-2020 Community Health Needs Assessment, the following were identified as keys to addressing Obesity: increasing the proportion of adolescents and adults who report being a healthy weight, increasing the proportion of adolescents and adults who report engaging in at least 60 minutes of physical activity 5 or more days a week, increasing the proportion of adolescents and adults who reporting eating 2 or more servings of fruit and/or vegetables a day, decreasing the proportion of adolescents and adults who report drinking one or more sugary drinks per day, among others.

In response, Carle Hoopeston Regional Health Center took the following actions:

- Provided nutrition counselors and dietetic counselors for consultations for patients in Vermilion County and the surrounding areas.
- Provided bariatric surgery consultations via telehealth for patients in Vermilion County and the surrounding areas.
- Funded over \$7,500 in support for organizations mission and programming focused on healthy physical activity for children in Vermilion County, including Hoopeston Grade School's *Jump Rope for Heart*, Fellowship of Christian Athletes, Hoopeston Head Start, and more.
- Provided in-kind support to Healthy Vermilion County, in their efforts to educate Vermilion County residents on healthy foods, as well as food insecurity, and their campaign 'Rethink Your Drink'.
- Carle Hoopeston has provided \$3,000 in direct funding to local food pantries, ensuring those most in need have access to healthy food options and resources.

Like many communities in the United States, obesity and obesity related illnesses continue to be a concern in Vermilion County. Obesity is associated with poorer mental health outcomes, reduced quality of life, and the leading cause of death in the U.S. and worldwide, through contributing to heart disease, stroke, diabetes and some types of cancer.

According to 2021 County Health Rankings, the obesity in Vermilion County is 43%, an increase from 35% in 2017. Obesity and its related health problems have a heavy economic impact throughout the United States. Additionally, physical inactivity is at 29% in 2021, up from 27% in 2017. Obesity is linked with higher healthcare costs for adults and children through direct medical costs, along with impacting job productivity and absenteeism. Reducing obesity, increasing activity, and improving nutrition can have a strong impact on lowering health care costs through fewer prescription drugs, sick days, ER visits, doctor's office visits, and admissions to the hospital.

While Carle Hoopeston Regional Health Center believes our commitments above have made positive impacts, there is still certainly work to do with an increasingly obese population.

#### **Mental Health, Evaluation of Prior Impact:**

In the 2018-2020 Community Health Needs Assessment, the following were identified as keys to addressing Mental Health: increasing training and education regarding mental health resources and information, reducing the suicide rate in Vermilion County, increasing the proportion of children and adults who receive needed mental health care and consultation, and increasing the number of providers, urgent care, and emergency departments that conduct stress or mental health screenings for patients, among others.

In response, Carle Hoopeston Regional Health Center took the following actions:

- Increased the number of behavioral health providers in the region by partnering with the Carle Health system by 17 net providers from 2018 to 2021.

- Established, in partnership with the Carle Health system, the Carle Regional Substance Use Disorder Leadership Center (Carle RLC), whose focus will be on building provider capacity, expanding treatment services for people living with opioid and stimulant use disorders, and expanding the use of recovery support services within each region, including the Vermilion County region, including interventions for co-occurring medical/mental illness.
- Provided training to 12 behavioral health residents from 2018-2021, includes the areas of inpatient and outpatient psychiatry, addictions, geriatrics, child, forensics, emergency and administrative psychiatry.
- Carle Community Health Initiatives implemented ACES screening and trauma-informed care delivery approaches.
- Provided, in partnership with the Carle Health system, a train the trainer program for over 25 Carle and regional partner employees to teach Mental Health First Aid training- hosting over 25 classes regionally and trained over 500 individuals in our communities. Carle Hoopeston had the opportunity to train healthcare professionals, farmers, employers, clergy members, first responders and many other community members.

Behavioral Health needs continue to be an issue across the county. Lack of resources, funding, and stigma contribute to the issue in Vermilion County. According to County Health Rankings the ratio of mental health providers has improved drastically over the past six years, moving from 4,234:1 in 2011 to 320:1 in 2020.

According to the most recent suicide data available from County Health Rankings, the Vermilion County suicide rate in 2020 was 18 per 100,000 which is higher than the state of Illinois rate of 10.9 and the national rate of 13.9. According to records from the Vermilion County Coroner, this rate is slightly higher than 2014-2016.

Carle Hoopeston Regional Health Center and Carle Health have contributed to the increase of mental health providers per 100,000 since the last Community Health Needs Assessment. There is still work to be done by Carle Hoopeston Regional Health Center in decreasing the number of suicides in Vermilion County. Carle Hoopeston Regional Health Center's actions and financial commitments have supported improved access to care for behavioral health in Vermilion County.

## **Carle Hoopeston Regional Health Center** **Populations and Communities Served:**

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