

2023 CHNA Implementation Plan



Introduction

The Mountrail County Medical Center is committed to improving the overall health and wellness of the community it serves. The mission of MCMC is “Mountrail County Medical Center will provide quality health care services to Mountrail County and the surrounding area including: Primary medical care, emergency care, swing bed and clinic services.”

In an effort to gauge overall health needs and identify health concerns of the community, a survey was distributed throughout the county between November 1st, 2021 and November 19th, 2021. MCMC has released the results and findings of the recent study about community health needs in the Stanley area. You may visit the RESOURCES tab on our website at www.stanleyhealth.org for the report detailing the findings. This 2022 report, along with the last report which was completed in 2019, will remain available on our website for several years.

The assessment process used a variety of methods to gather information and data about the health status and needs of the local population. These methods included a survey which was distributed to community residents and health care professionals, one-on-one interviews with community leaders, focus groups, and an in-depth study of county-level statistics regarding health outcomes, health behaviors, clinical care, and the local physical environment.

More than 123 area residents provided input to the study by completing surveys, giving interviews, and participating in focus groups. In addition to helping identify community health needs, a group of community members also provided guidance to the hospital by ranking and prioritizing the identified needs. The group collectively ranked the top four health-related needs facing the community as:

- (1) Alcohol use and abuse for all ages
- (2) Depression and Anxiety
- (3) Attracting and retaining young families
- (4) Having enough child daycare service

For each of these needs, MCMC has outlined in this Implementation Plan its objectives and strategies to address the issues pertaining to the needs. Over the next several years, MCMC will **implement, evaluate and adjust** its strategies to obtain the best outcomes for its community.

A periodic community needs assessment is one of the new requirements of the Affordable Care Act. The law requires non-profit hospitals, such as the Mountrail County Medical Center, to assess the community’s health needs periodically. MCMC received assistance in conducting the assessment from the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences. To learn of other North Dakota communities’ prioritized needs and ideas to address them, go to www.ndchna.org for a complete list of CHNA reports and implementation strategies.

Alcohol use and abuse for all ages

Background

- On health factors, Mountrail County performs below the majority of North Dakota counties. Mountrail County ranks 43 out of 48 ranked counties in North Dakota on health outcomes and 41st on health factors. Factors on which Mountrail County was performing poorly relative to the rest of the state include:
 - Excessive Drinking:
 - Mountrail County: 25%
 - US Top 10%: 15%
 - North Dakota: 24%
- Input from community leaders provided by key informant interviews echoed many of the concerns raised by **sixty** respondents (48%). Thematic concerns emerging from these sessions were:
 - Alcohol use and abuse
- Generally, overarching thematic issues that developed during the interviews and community meetings were:
 - Alcohol use and abuse is part of the community culture.

Objective: Work closely with local agencies such as the Upper Missouri District Health Unit and the local social services along with the MCMC ER to see how we can help patients that come in again and again for alcohol issues.



GOAL: As stated above, help patients that frequently visit the ER due to alcohol abuse over the next year.

Strategy Continuing for 2023:

- Compile a brochure that shows all the services that can help these patients once they leave the ER.
- Work closely with UMDHU and their addiction counselor.
- Work closely with Stanley's local AA group and even offer them a space in the clinic to meet.
- Held Skittle Skool III again on December 9th, 2022 with speakers addressing Alcohol Use and Abuse.

Measurements of Effectiveness: Staff will work together to reduce the frequency of alcohol abuse visits to our own ER.

Depression and Anxiety

Background

- Data compiled by County Health Rankings shows that Mountrail County ranks poorly in Mental Health Days. Thirty percent of our population lives in an area designated as a Mental Health Professional Shortage Area.
 - Mental Health Providers
 - Mountrail County: Missing Data
 - US Top 10%: 270:1
 - North Dakota: 510:1
- Input from community leaders provided by key informant interviews echoed many of the concerns raised by 49 survey respondents (39%). Thematic concerns emerging from these sessions were:
 - Availability of mental health providers which leads to one of our Top Needs: Depression And Anxiety
- Their concern is:
 - Mental Health Counseling Services need to be increased drastically in the world we live in today.**

Objective: Bring in a much needed service to our County. We will address it within our Medical Center for our county as a whole and also our youth at the schools.

GOAL: To take care of our own with the Mental Health issue at hand. Rural ND is treated differently than urban ND. And we need to fix this. We need to be a part of a village treating Mental Health. We need to train our kids to have more self confidence in themselves and have resiliency. We need to train our local Providers to treat Mental Health as a disease and not a stigma. We need to provide professional Mental Health Services to our County. And we need to focus on the employees of Mountrail County Medical Center.

Strategy:

- The Dare to Define YOU youth leadership program was started in New Town and Stanley for the school year 2019/2020, 2020/2021, 2021/2022, 2022/2023 and again for 2023/2024. With this program we will be addressing the Mental Health issue with the children and their parents but helping them with skill building- leadership is having a developed sense of who you are, what you can do, where you are going and the ability to influence communication, emotions and behavior on the way to getting there. We have found that when we become leaders, together – lives are transformed.
- Continuing to work with the SHS Administration to identify at risk children and the Mountrail County Health Foundation helps fund needs for these children to receive help. Skittle Skool III was held last year on December 2nd, 2022.
- For 2023 we have brought in two Mental Health Providers. Tara Schaefer-Nygaard, LCSW sees patients every Wednesday in our clinic. Rosalyn Geier, DNP, PMHNP sees patients on Monday and Friday's via Telehealth.

Attracting and Retaining Young Families

Can Not Be Addressed by the Implementation Plan:

Mountrail County Medical Center is always concerned with and recognizes the importance of growth in a community. However MCMC is unable to fully address the issue of attracting and retaining young families to the area. While we are one of the largest employers, we have not been able to recruit employees with young families due to the limited resources in the area.

While we can not address this need, we can start working with the local City Council in possibly hiring an Economic Development Coordinator that could spur local growth that would attract young families.

Having Enough Child Daycare Services

Background

- The population of North Dakota has grown in recent years, and Mountrail County has seen a substantial increase in population since 2010; the U.S. Census Bureau estimates that the county's population from 2010 to 2019 has increased by 27.8 percent.
- Input from community leaders provided by key informant interviews echoed many of the concerns raised by **sixty seven** survey (54%) respondents. Thematic concerns emerging from these sessions were:
Adequate childcare services

Objective: After our Phase Three expansion of the Nursing Home is complete, we will evaluate our facility and see if there is an area we can remodel into an on-site daycare for MCMC employees. This will not only fill a huge need in the community, but be a recruiting tool.

GOAL: We will aim to have this CHNA need addressed within our three year CHNA timeframe.

Strategy:



- Determine if we have the space for an on-site daycare.
- Write a plan on how this on-site daycare can be accessible to Employees' children as an employee benefit.
- Explore grant options and opportunities that could help fund this daycare.

Measurements of Effectiveness: To be able to accommodate the growing need for affordable daycare for our employees; we are one of the largest employers in our service area.

2023: After reviewing spaces for this in our building or offsite, we determined that this issue cannot be addressed by the Mountrail County Medical Center. We will not have available space on site.

Adoption by the MCMC Board of Directors

By resolution of the Board of Directors for the Mountrail County Medical Center on this date, this CHNA Implementation Plan was adopted by MCMC and will serve as a guiding tool over the next three years to meet the needs of the community for whom it serves.



MCMC Board President

12-7-2023

Date