

NORTHERN MONTANA HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT EVALUATION FY 2019



STRATEGIC DIRECTION 2018-2020

An evaluation of the efforts of Northern Montana Hospital to address the priority community health needs of Hill County, Montana.

FY 2019 Progress

Priority Issue One: Opioid Abuse

NMH Health leaders identified opioid abuse as their most serious health concern. While not specifically identified during the data collection process, there is a national focus on combatting the opioid epidemic. The opioid addiction crisis is now declared a public health emergency.

During FY 2019 Northern Montana Hospital joined with the Northcentral Montana Hospital Alliance (NMHA) in applying for the Health Resources and Services Administration (HRSA) Planning grant to support prevention of and treatment for substance use disorders (SUD) including opioid use disorder (OUD). The grant was awarded to address prevention, treatment and recovery in rural and remote areas which include the Northern Montana Hospital Service area.

Shane Jenson, APRN, Pain Management Provider, and Susan Morgan, RN, Clinic Director, have participated in training in Lewistown to develop opioid use treatment at NMHA facilities. This training allows participating facilities an opportunity to bring providers and resources together so they can help develop an OUD treatment implementation plan.

NMH has established a multi-disciplinary team to address Medication Assisted Treatment (MAT). MAT includes the use of specific medications in combination with counseling and behavioral therapies to provide a "whole-patient" approach to treatment. NMH has two MAT-waived providers.

A MedSafe was installed in the foyer of the second floor of Northern Montana Hospital. MedSafe is a disposal system for unused and expired medication. This system accepts controlled (Schedules II-V), non-controlled and over-the-counter medicines and meets the requirements of the DEA Controlled Substances Act. Our promotion of MedSafe through press releases, website and Facebook postings increases public awareness about the dangers of prescription misuse and the importance of proper storage and disposal of unused medications.

Susan Morgan, RN, Clinic Director, and Sarah Spangler, RN, Med Surg/Sletten Clinical Director, attended the Chinook Mental Health Fair as representatives of Northern Montana Hospital. Materials presented included information on the Substance Abuse Counseling, Mental Health/Behavioral Health Providers and Pain Management available through NMH.

Priority Issue 2: Substance Abuse

Substance abuse statistics for Hill County led group health leaders to choose substance abuse, specifically; illegal drug and alcohol abuse as an area of concern will also be addressed in the current planning cycle. Hill County residents who responded to the community health survey also indicated that addressing illegal drug abuse and alcohol abuse was of high importance. Based on the County Health Rankings of 2017, alcohol-impaired driving deaths in Hill County ranked 12% higher than the state of Montana.

During FY 2019 NMH approached substance abuse through focused efforts which included community events, sponsorships and educational outreach opportunities.

NMH participated in sponsoring the third annual Veteran's Stand Down event in November. This event afforded the opportunity to reach out to the veteran population with information on our available programs including Chemical Dependency Treatment Services.

NMH's participating sponsorship in the Havre High School Senior Weekend event allows us to aid in offering alternative events to local youth. Graduation weekend is typically known for underage alcohol consumption. Through this event, seniors participate in multiple drug-free activities to promote a safe and fun graduation weekend.

Parenting Montana provides easy-to-use parenting tools to support children's success from kindergarten through the teen years. NMH participates in this program by displaying signage, providing handouts and advertising on our flat screen televisions and Facebook. Two areas of special significance discussed in this program are "Establishing Rules for Alcohol" and "Mixed Messages About Alcohol." These programs are especially beneficial in helping to de-glamorize alcohol consumption.

Pam Olson, RN, represented NMH at the First Annual Rocky Boy Men's Health Fair held at the Northern Winz Casino. Materials presented included Chemical Dependency Treatments Services, Prime for Life Classes, Pain Management and Behavioral Health Providers.

Priority Issue 3: Tobacco Use

Tobacco abuse is also considered a top priority issue among the hospital's group health leaders. The CDC reported in 2013 a Hill County tobacco use rate of 30%; the state-wide rate at that time was 18%. 78.5% of the Hill County community health survey respondents ranked tobacco use as an issue within our community.

Primary Care Providers at the Rural Health Clinics conduct tobacco use screening assessments routinely as part of the office visit. Patients aged 12 and older are screened; if tobacco use is present, they are offered assistance from the Montana Quitline by nursing staff. And smoking cessation is recommended by the provider. The CDC has concluded that tobacco use screening and intervention is one of the most cost-effective clinical preventive services and is an important component of a comprehensive strategy for increasing tobacco use cessation and reducing tobacco use.

Christen Obresley, VP, Regulatory and Community Services, has been appointed to the Board of Directors of the Boys & Girls Club of the Hi-Line and HELP Committee. In this role she serves on the Tobacco Use Prevention Committee providing the health care perspective. The major component of the Committee's philosophy is that we must concentrate our efforts on the younger generations in order to instill values that do not condone the use of tobacco, alcohol and other illegal substances. NMH is an active participant in the summer HELP Camp.

Christen Obresley represents NMH at the North Montana Tobacco-Free Coalition. The North Montana Tobacco-Free Coalition works to promote healthier and safer communities by promoting tobacco-free lifestyles and smoke-free environments. The most recent focus of the Coalition is to change the "norms" regarding tobacco use and public health. The committee is working specifically to address the "national epidemic" of e-cigarettes (vaping) locally.

The "Thumbs-up" campaign focuses on catching kids "doing things right", promoting self-esteem among today's youth. The National Institute of Health has reported that improved self-esteem in adolescents is useful in combating the onset of tobacco use. NMH promotes this campaign in-house, on Facebook, and through partnerships with the local City Recreation Department.