

# Clark Fork Valley Hospital

Plains, Montana

## 2017 Community Health Needs Assessment



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# Introduction and Methods

Clark Fork Valley Hospital (CFVH) is a 16-bed Critical Access Hospital based in Plains, Montana and is a public non-profit organization. Clark Fork Valley Hospital has a service area of just over twenty seven hundred square miles and provides medical services to the Sanders County population of approximately 11,415 people.

Wipfli LLP (“Wipfli”) facilitated the 2017 community health needs assessment (“CHNA”) process on behalf of the community and Clark Fork Valley Hospital. This CHNA report was completed in compliance with the IRS requirements described in section 501(r)(3) of the Internal Revenue Code. The CFVH CHNA and implementation strategy were approved by the Board of Directors on June 23, 2017.

## CHNA Process

The following outline explains the process that Wipfli followed to conduct the CHNA. Each process is described in more detail throughout the report.

1. Formation of a CHNA advisory committee
2. Definition of the community served by CFVH
3. Data collection and Analysis
  - a. Demographics of the community
  - b. Primary data
  - c. Secondary data/Demographics
  - d. Existing health care facilities and resources
4. Identification and prioritization of community health needs and services to meet community health needs
5. Adoption of goals and implementation strategy to respond to prioritized needs in collaboration with community partners

## CHNA Advisory Committee

Leadership at CFVH formed the CHNA Advisory Committee. Advisory committee members included CFVH Board of Directors, Leadership Team, and Medical Staff. The committee was tasked with completing key objectives outlined by the Internal Revenue Service (IRS) CHNA requirements, which included identifying health issues and prioritizing health needs within the community served.

## Community Served Determination

For the purposes of complying with the Affordable Care Act, the defined service area for CFVH was identified as the Sanders County, which is consistent with the 2014 CHNA. Accordingly, every effort was made to ensure that the Community Health Needs Assessment is representative of the greater Sanders County community.

# Data Collection and Analysis

## Primary Data

Informational interviews were conducted with stakeholders and members of the Sanders County community. The CHNA Advisory Committee identified these individuals based on their qualifications to represent the broad interest of the community served. Generally, the interviewees included persons with special knowledge or expertise in public health and persons who represent the medically underserved and vulnerable populations in Sanders County. A list of the participating organizations is detailed in Appendix 1. Findings from the informational interviews are included in the summary of key findings section.

## Secondary Data Collection

The secondary data includes a variety of service areas, state, and national measures to present a community profile, birth and death characteristics, access to health care, chronic diseases, social issues, and other demographic characteristics. Data was collected and presented at the service area level and wherever possible, compared to Montana and National Benchmarks. Results of the secondary data can be found in Appendix 2. Findings from the secondary data are included in the summary of key findings section.

## Information Gaps

Primary data was collected via stakeholder interviews representing the communities of Plains, Thompson Falls, Hot Springs, Trout Creek, and Noxon. The responses reflect the opinions of the interview respondents and may not reflect the needs of the entire community served. Quantitative information for demographic and health status was available at the service area level for Sanders County. Therefore, to the extent that health status differs significantly within Sanders County, health information was not available, or collected, at that granularity.

## Summary of Key Findings

Results from the three data collection methods including demographic data, primary data, and secondary data were analyzed. Based on the results, findings were grouped into common themes that reflect health issues within the county. The following is a summary of the eight health issues that were identified through the CHNA process:

### 1. Socio-Economic Determinants of Health (Poverty, Unemployment, Housing)

Poverty, unemployment, and housing difficulties were reported by numerous interview respondents who were interviewed. It was felt that these socio-economic issues underlie many of the health issues that exist in the county.

Poverty was discussed as a major issue within the county. Interview respondents felt that some aspects of poverty were generational, and it can be difficult to break the cycle of poverty. Many

people, especially younger people in the county, turn to self-medication through drugs and alcohol to deal with problems, rather than seeking out medical care. County Health Rankings indicate that Sanders County's percentage of children in poverty is significantly higher than MT or national benchmarks.

Connected to high poverty, is the issue of unemployment in the community. County Health Rankings indicate that Sanders County's percentage of uninsured adults is 26%, which is significantly higher than MT or the national benchmark. Interview respondents indicated that there aren't that many available jobs in the area and the ones that are available don't pay well and may not offer health insurance.

Lastly, lack of affordable housing and healthy food choices were indicated by some interview respondents as an issue in the community. If individuals lack affordable housing, they may not have enough money to spend on healthier foods, and may choose less healthy food options as a result.

Census data reveals that owner-occupied housing unit rates in Sanders County are higher than MT or the US.

Census Quickfacts Data	Sanders County	Montana	United States
Owner-occupied housing unit rate, 2011-2015	74%	67%	64%

Census data reveals that employment rates in Sanders County are significantly lower than MT and the US.

Census Quickfacts Data	Sanders County	Montana	United States
In civilian labor force, total, percent of population age 16 years+, 2011-2015	48%	64%	63%
In civilian labor force, female, percent of population age 16 years+, 2011-2015	45%	60%	59%

## 2. Obesity / Healthy Lifestyle (Diabetes and Healthy Food)

Numerous interview respondents indicated that obesity and healthy lifestyles were a top issue in the county. County Health Rankings indicate that Sanders County's percentage of adult obesity in 2017 is higher than MT and the national benchmark. County Health Rankings indicate that Sanders County's diabetic screening rate is significantly below MT and national benchmarks, and the rate has declined in 2016 and 2017.

Montana Hospital Discharge Data System indicates that from 2011-2013, rates of Emergency Department (ED) visits for diabetes in Sanders County was 885.5 per 100,000, which is significantly lower than other Counties and slightly lower than MT.

**Table 5. Emergency Department visits for selected chronic conditions — Montana, 2011–2013.**

Health Indicator	Sanders County		Medium County Data		Montana
	Number	Rate per 100,000 <sup>a</sup> (95% CI)	Average Number per County	Rate per 100,000 <sup>a</sup> (95% CI)	Rate per 100,000 <sup>a</sup> (95% CI)
Asthma	57	209.4 (155.1, 278.1)	138.3	305.8 (292.0, 320.2)	260.0 (254.0, 266.2)
Chronic Obstructive Pulmonary Disease (COPD) <sup>b</sup>	412	820.0 (732.0, 919.0)	700.7	1,204.0 (1179.2, 1229.3)	804.9 (795.2, 814.8)
Cardiovascular Disease	393	722.0 (646.8, 807.4)	349.1	563.3 (547.1, 580.1)	372.7 (366.2, 379.3)
Diabetes (types 1 and 2)	450	885.5 (794.1, 987.9)	952.3	1,688.5 (1658.3, 1719.2)	1,235.6 (1223.3, 1248.0)

<sup>a</sup>Rates are age standardized to the 2000 Projected US Population using Distribution #1 as described in Klein and Schoenborn 2001 and given per 100,000 person years.

<sup>b</sup>Chronic obstructive pulmonary disease (COPD), includes chronic bronchitis, emphysema, bronchiectasis, and chronic airway obstruction.

‡Does not meet standards of reliability or precision.

Inpatient admission and ED visit data provided courtesy of participating MHA members, collected through the Montana Hospital Discharge Data System (MHDDS).

### 3. Behavioral Health (Mental Health and Substance Abuse)

Mental health was a prevailing issues among those interviewed as a major health issue within the county. There were several themes that arose during the interviews, including the lack of mental health providers, as well as the prevalence of drug and alcohol abuse.

Interview respondents described a lack of mental health providers and services within the county. For those services that do exist, some commented that it can be difficult to schedule an appointment. On the inpatient side, the lack of residential mental health treatment center in the county was discussed as an issue.

Drug and alcohol abuse was discussed often during the interview process. The rural nature of the county, as well as the social acceptance of alcohol, were two factors that were brought up as problems that lead to abuse. Interview respondents discussed the need for additional funding for counseling and treatment in the county.



**The following secondary data statistics provide evidence regarding this priority in the community:**

Montana Hospital Discharge Data System indicates that from 2011-2013, rates of intentional self-harm as the emergency department visit type in Sanders County was 181.9 per 100,000, which is significantly higher than other Counties or MT.

**Table 6. Emergency department visits for injury by type and mechanism of injury — Montana, 2011–2013.**

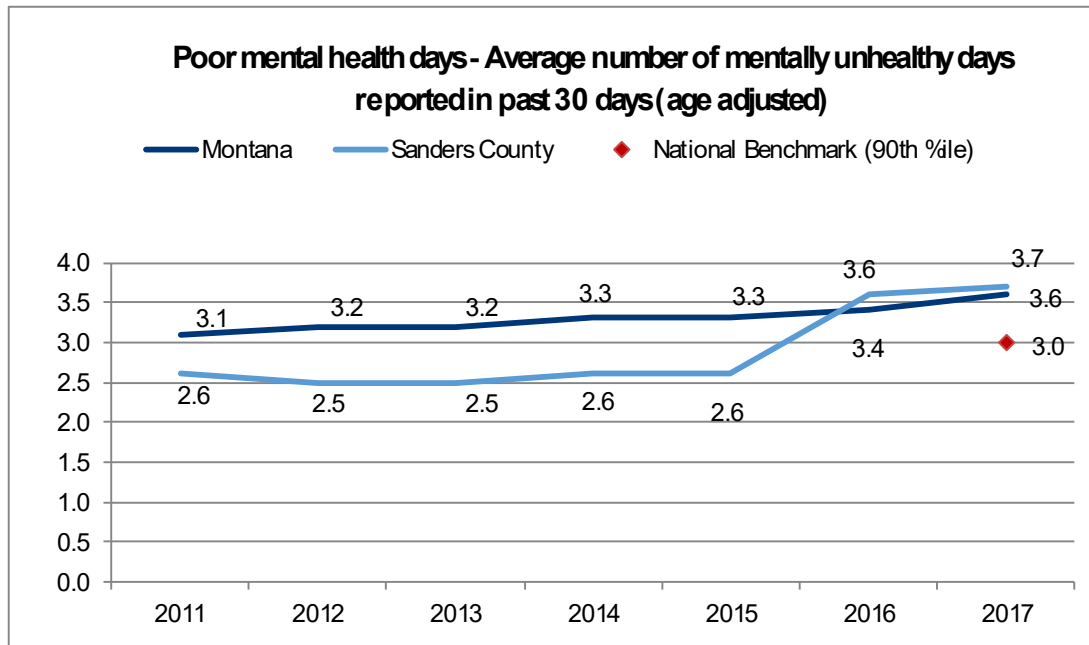
Health Indicator	Sanders County		Medium County Data		Montana
	Number	Rate per 100,000 <sup>a</sup> (95% CI)	Average Number per County	Rate per 100,000 <sup>a</sup> (95% CI)	Rate per 100,000 <sup>a</sup> (95% CI)
All Unintentional Injury	2,043	6,654.9 (6340.8, 6982.1)	3,487.3	7,504.0 (7435.4, 7573.1)	5,901.8 (5873.1, 5930.4)
Falls	763	2,138.2 (1970.7, 2318.1)	1,236.1	2,495.5 (2457.0, 2534.5)	2,020.0 (2003.7, 2036.5)
Struck by/against	230	852.0 (740.1, 977.5)	470.5	1,057.0 (1031.2, 1083.5)	820.2 (809.4, 831.1)
Motor Vehicle	144	522.4 (434.9, 623.7)	262.4	589.3 (569.9, 609.3)	520.0 (511.5, 528.6)
Poisoning	38	127.0 (86.1, 182.4)	56.4	119.8 (111.3, 128.8)	95.4 (91.8, 99.1)
Intentional Self-Harm	43	181.9 (129.7, 249.0)	62.3	148.1 (138.2, 158.5)	104.5 (100.6, 108.4)
Traumatic Brain Injury	184	602.9 (511.7, 707.4)	320.4	690.4 (669.7, 711.5)	649.9 (640.5, 659.5)

<sup>a</sup>Rates are age standardized to the 2000 Projected US Population using Distribution #1 as described in Klein and Schoenborn 2001 and given per 100,000 person years.

‡Does not meet standards of reliability or precision.

Inpatient admission and ED visit data provided courtesy of participating MHA members, collected through the Montana Hospital Discharge Data System (MHDDS).

County Health Rankings indicate that Sanders County's poor mental health days reported have risen to slightly higher than MT, and higher than the 90<sup>th</sup> percentile benchmark.



#### 4. Health Care Education and Outreach

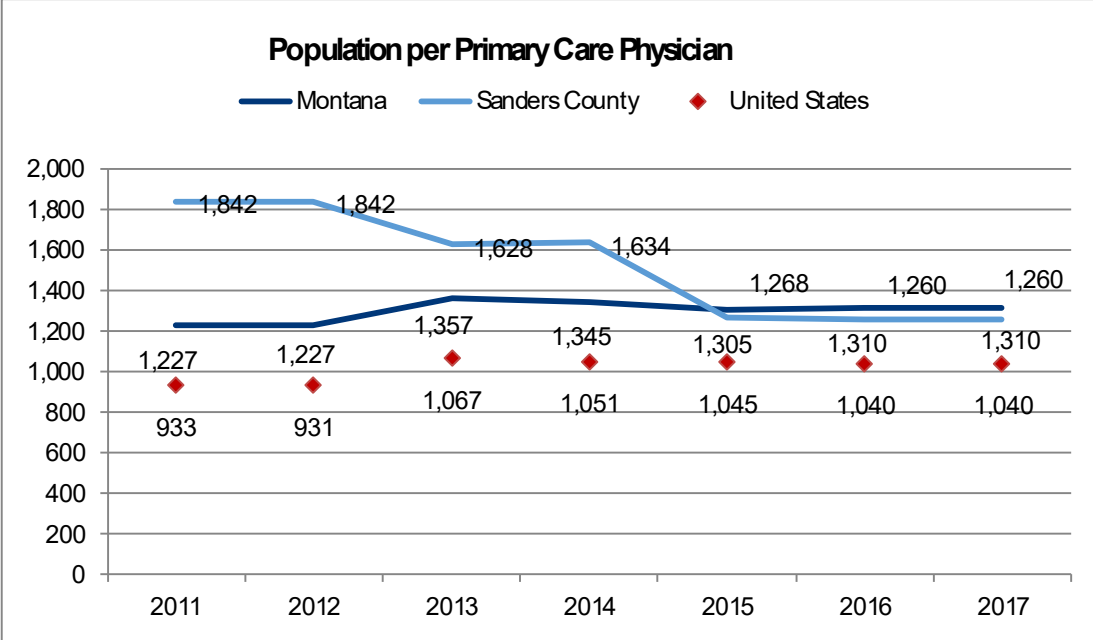
Some interview respondents indicated that lack of adequate health care education and outreach is a health-related issue in the county. One comment expressed a desire for more education regarding diabetes. There were also comments that centered on increasing awareness of the services that are available in the Sanders County and offered at the hospital.

#### 5. Primary Care and Dental Access and Utilization for Medicaid Patients

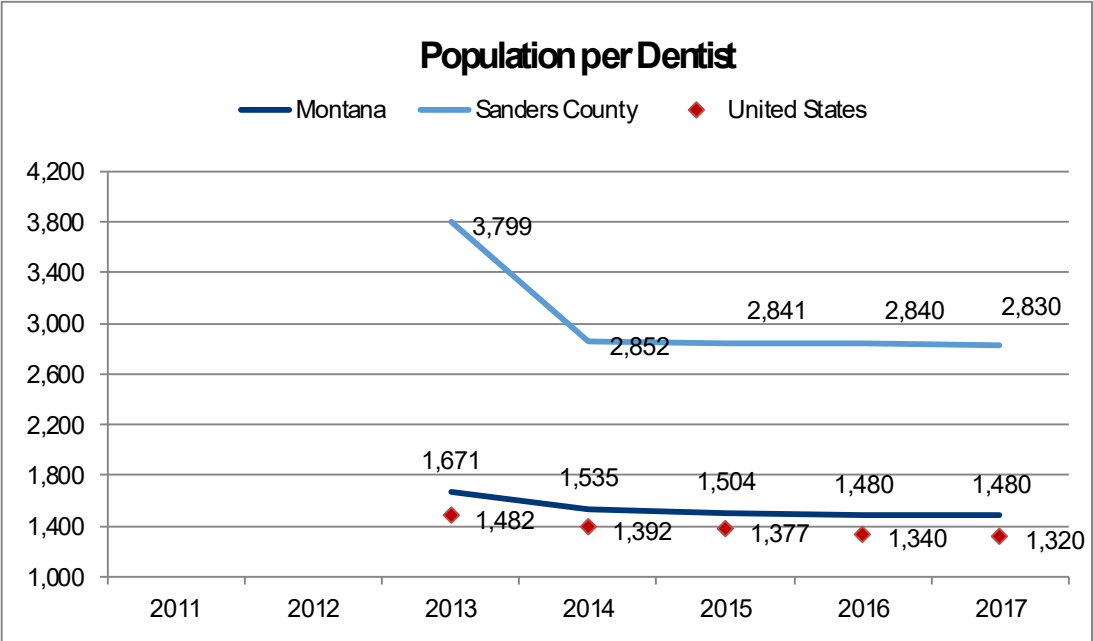
Some interview respondents indicated that there may be a shortage in primary care and dental access for Medicaid patients. Comments arose that Medicaid members have to travel to Missoula to find a dentist that will accept Medicaid. County Health Rankings indicate that Sanders County's rate of population per primary care physician has improved in 2015-2017. The rate is lower than MT, but not as low as the national benchmark. County Health Rankings indicate that Sanders County's rate of population per dentist is nearly double MT and the national benchmark. This indicates a significant shortage in dentists in Sanders County.

**The following secondary data statistics provide evidence regarding this priority in Sanders County:**

County Health Rankings indicate that Sanders County’s rate of population per primary care physician has improved in 2015-2017. The rate is lower than MT, but not as low as the national benchmark.



County Health Rankings indicate that Sanders County’s rate of population per dentist is nearly double MT and the national benchmark. This indicates a significant shortage in dentists in Sanders County.

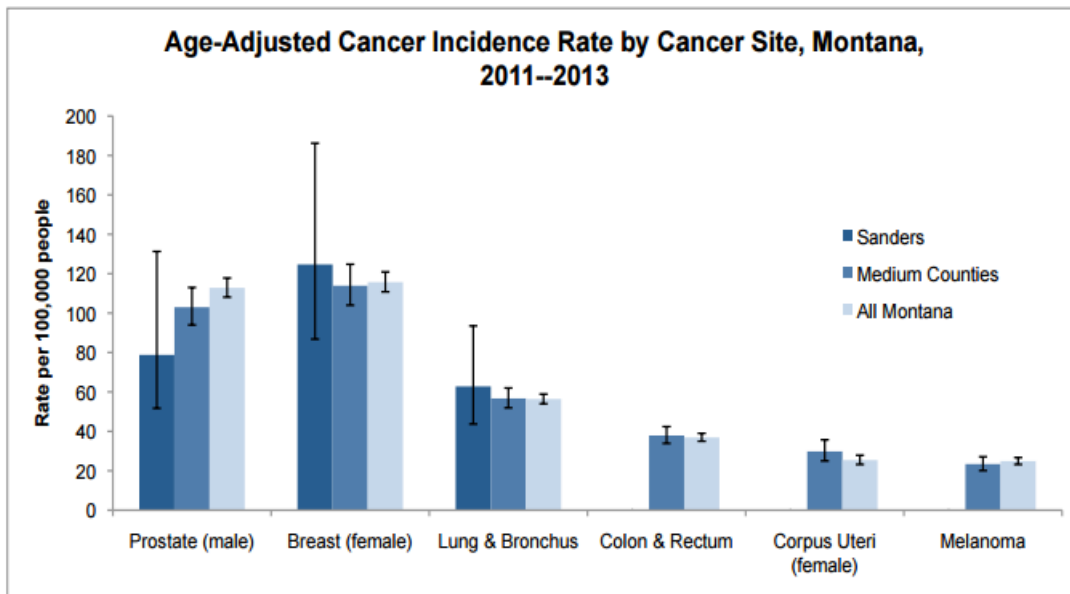


## 6. Access to specialty services (Cancer, Dialysis, Eye Care, OBGYN, and Orthopedics)

Some interview respondents identified certain services that are difficult to access or not available in the Sanders County today. These services include oncology, dialysis, eye care, OB/GYN, and orthopedics. People often need to drive out of the county to access these services.

MT Central Tumor Registry data from 2011-2013 shows that Sanders County has a higher incidence rate of Breast, Lung & Bronchus cancer compared to MT.

**Figure 1: Age-adjusted cancer incidence rates by cancer site — Montana, 2011–2013.**



## 7. Transportation

Interview respondents identified transportation as an issue within Sanders County as it relates to accessing healthcare services. Interview respondents described an inconsistent network of transportation options that are limited in terms of who can access these services and when they are available.

## 8. Senior Services

Lack of adequate senior services was identified as a health issue among several of the interview respondents. They mentioned the lack of assisted living or home health care in the Sanders County, and a potential wait list to get into the local nursing home. The population in Sanders County is aging, with a high percentage of retirees who will have increasing needs for these services.

## Summary of Prioritized Needs

In June of 2017, members of the CHNA Advisory Committee were asked to vote on the health issues identified previously according to three key variables, including:

- **SIZE** = How significant is the scope of the health issue - number of people affected?
- **SERIOUSNESS** = How severe are the negative impacts of this issue on individuals, families, and the community?
- **ABILITY TO IMPACT** = What is the probability that the community could succeed in addressing this health issue? (Consider community resources, whether there are known interventions, community commitment, etc.)

The committee discussed each issue together, and then voted to prioritize the top health issues. The following four priorities were identified by the CHNA Advisory Committee:

1. Substance Abuse
2. Primary Care
3. Obesity and Healthy Lifestyles
4. Health Care Education and Outreach

The committee agreed that all of the health issues were important to Sanders County. The committee felt that the 4 priorities identified were most likely have a large impact to the Sanders County and remain within the mission or CFVH and its resource capacity. While the four priorities are the focus of the 2017 implementation plan over the next three years, the other health issues that were identified will also be explored outside of the CHNA framework.

## Existing Health Care and other Facilities and Resources

Appendix 3 contains a complete list of health care and other facilities and resources available within Sanders County to meet the health needs including location, contact information, and description of services.

## Evaluation of Previous Community Health Improvement Plan

Through the CHNA in 2014, an implementation plan was established to address the top needs and concerns identified by residents in Sanders County in 2014. This plan developed five main goals with subsequent actions to take in order to address the needs and concerns regarding community members' health as identified by Sanders County residents.

Over the corresponding years Clark Fork Valley Hospital has updated the actions as needed, to achieve our outlined goals. To aid us in conducting and evaluating our action plans, in relation to CHNA, Clark Fork Valley Hospital hired a Certified Health Improvement Specialist (CHIS) in 2015. By doing so, the CHIS ensures the validity of our actions plans and programs relating to community health, can be trained and is capable of teaching a variety preventive health courses, and works with community partners to strengthen health and wellness accessibility, awareness, and understanding within the county.

Clark Fork Valley Hospital and their community partners have conducted a new CHNA in 2017 to evaluate our progress, update goals and actions, and address a further community health needs as capable.

### **Goal 1: Promote healthy behaviors and lifestyles, including but not limited to alcohol/substance abuse and mental health in Sanders County.**

CFVH has established a Mental Health program with a psychologist and licensed therapist to address the health needs associated with substance abuse and mental health. CFVH taught Thrive Thursday, a monthly interactive workshop to help individuals reach optimal health and wellbeing. Thrive Thursday ran for five sessions meeting once a month for an hour at a time. Community members learned how to reduce stress, set boundaries, make changes, and increase their happiness. These classes were instructed by CFVH therapist in the Fall of 2015. CFVH hosted Mental Health First Aid trainings for community members and hospital staff in Fall of 2016 and Spring of 2017. This course helped individuals to identify and aid at risk members in the community suffering from poor mental health, substance abuse, and other mental health conditions.

In 2017 CFVH brought on telehealth psychiatry to better assist the need of those facing mental health challenges and illnesses.

CFVH has helped to establish and participates in a Local Advisory Council for Mental Health needs in Sanders County (LAC). CFVH has been working on this endeavor since Summer of 2016 and continues to participate presently.

## **Goal 2: Develop a comprehensive Community Wellness Program**

CFVH offers bereavement groups, has an online newsletter, and offers various community talks on nutrition, health services, and preventive health. These items were being offered and presented continually through 2015.

CFVH offered its first Annual Women's Health Fair in the fall of 2016. The health fair will showcase different wellness resources in the area and identifying different preventive screenings and healthcare needs at different ages. Multiple community partners (tobacco prevention, emergency preparedness, public health, cancer network, etc.) hosted booths to increase community awareness about health and wellness programs available to women and their families. Women had an opportunity to schedule an appointment on site at the health fair. This will be offered again in the Fall of 2017.

CFVH has also implemented the Living Life Well Program. We have conducted this program once in the spring of 2015 in Plains and offered it again in the Fall of 2016 in Thompson Falls. This program is a chronic disease self-management program. Classes are 2.5 hours long and meet once a week for 6 weeks. They work on educating and developing self-management skills to better manage symptoms and other items commonly associated with chronic conditions, this has been proven to help increase participants overall wellness.

CFVH developed a Pulmonary Rehabilitation Program in 2014 and has continued to see great success in 2015, 2016, and 2017. This program is successfully established both in Plains and Thompson Falls. This program has been instrumental in assisting community members with chronic breathing issues to improve their lifestyle. This program will continue to be offered at CFVH moving forward.

CFVH continues to promote MyHealth and MyChart to keep patients informed and updated regarding their medical information as well as lab screenings and benefits.

CFVH offers the Strong Women program for community members in 2016. Strong Women is an osteoporosis prevention program which provides low impact strength training which is also beneficial for reducing symptoms of arthritis and preventing falls as it improves strength, balance, coordination. Strong Women is offered 3x a year for 8 weeks 2x a week. CFVH promoted Strong Women for our community partner the MSU-Extension Office in Thompson Falls in 2015, 2016, and 2017.

CFVH has established and teaches an on-going telehealth diabetes prevention program with Kalispell Regional Medical Center for 2016 and 2017. This is a yearlong program working with pre-diabetic, hypertension, and or, high cholesterol individuals to develop healthier lifestyles to reduce or prevent type 2 diabetes as well as reduce symptoms and other chronic conditions commonly associated with type 2 diabetes and high cholesterol and blood pressure.

## **Goal 3: Increase local utilization of specialty services**

The hospital has successfully built relationships with visiting specialty providers in the practice areas of Cardiology, Orthopedics, Neurology, Ophthalmology and Pulmonology. We are continually working to further expand specialty services available through our facility in our local community. We are currently exploring the application of telehealth as an option to expand specialty care locally.

We continue to strengthen our permeant services by expanding our capabilities within our network. We have restructured our Childbirth Education Classes and taught the new curriculum in 2016 and 2017.

In 2017 CFVH brought on telehealth psychiatry to better assist the need of those facing mental health challenges and illnesses.

#### **Goal 4: Improve community members understanding of healthcare finances**

CFVH has trained multiple enrollment counselors to assist local community members and hosted an annual Affordable Care Act (ACA) enrollment event which explains how to enroll in an ACA insurance exchange plan and find plans that work for our community members. These events are hosted on the east side and west side of the county when open enrollment becomes available. We also have been promoting more of our preventive wellness services found within insurance plans particularly the Annual Wellness Visits offered through Medicare to establish more efficient quality care to our patients.

Because of the stress often created by financial challenges, CFVH plans to offer a financial planning course in conjunction with our community partner First Security Bank in the Spring of 2018.

#### **Goal 5: Improve Chronic Disease burden in Sanders County**

CFVH uses the implementation of the Living Life Well Program (a chronic disease self-management program) to aid in lessening the burden of chronic diseases and increase self-management of symptoms.

CFVH has and will continue to implement an on-going telehealth diabetes prevention program with KRMC in 2016-2017. This is a yearlong program working with pre-diabetic, or hypertension and high cholesterol individuals to develop healthier lifestyles to reduce or prevent type 2 diabetes as well as reduce symptoms and other chronic conditions commonly associated with type 2 diabetes and high cholesterol and blood pressure.

We also offer diabetes education and counseling. CFVH along with MSU-Extension also have two DEEP (Diabetes Education and Empowerment Program) facilitators. DEEP has been offered in Thompson Falls and Hot Springs. DEEP works on establishing a peer education group, along with our community partners, for those with diabetes. DEEP covers general diabetes education and encourages participants to work with their health care to and to participate in regular screenings and checkups. DEEP also offers information on ways participants can help control their blood sugar through diet, exercise, and medication if necessary.

CFVH also provides sleep studies and runs a pulmonary rehabilitation program. This helps to reduce, and at times, eliminate symptoms and conditions associated with chronic breathing conditions and cardio pulmonary problems.

In late 2015, CFVH joined the National Rural Accountable Care Organization (ACO), which will help the hospital implement practices to manage care and promote wellness among the Medicare population, which is the largest segment of our market. In 2016 a Care Coordinator was hired to help ensure that our Medicare patients are receiving their wellness services and helping navigate barriers to their getting the care they need.



The hospital collaborates with various cancer foundations and other local non-profits to offer free mammogram screenings to women over the age of 40 who are uninsured or cannot afford a screening otherwise. These services are offered two times a year. We plan on continuing this for the foreseeable future.

CFVH promotes and teaches the Strong Women program for community members. This is an osteoporosis prevention program which provides low impact strength training which is also beneficial for reducing symptoms of arthritis and preventing falls as it improves strength, balance, coordination.

CFVH taught Stepping On in the Spring of 2017. Stepping On is a community-based fall prevention program that addresses multiple fall-related risks. The curriculum is delivered over seven weeks. Participants meet once a week for two-hour sessions. At each weekly session, participants learn about fall risks, home and community safety, vision and vitamin D, medication management, and how to perform strength and balance exercises. At the end of each weekly session, participants are given a homework assignment related to skills they were taught during the session. Falls are a leading cause of injury and death for Montanans age 65 and older.

## Implementation Plan

The final step in the CHNA process involved developing an implementation plan to address the health priorities identified through the CHNA process. While other community partners are also working to address the needs identified, the Affordable Care Act specifically requires that non-profit hospitals publish their implementation plan. As a result, Appendix 4 incorporates CFVH's implementation plan of this assessment.

With input from the CHNA Advisory Committee and leadership at Clark Fork Valley Hospital and Family Medicine Network, CFVH Leadership and Board Members developed the implementation plan. The following implementation strategy components were addressed within each priority identified:

1. Objectives/Strategy
2. Tactics (How)
3. Programs/Resources to Commit
4. Impact of Programs/Resources on Health Need
5. Accountable Parties
6. Partnerships/Collaboration

Appendix 4 contains the detailed implementation strategy for each priority, including supporting tactics, programs/resources, accountable parties, and potential partnerships/collaboration for each strategy.

## References

- American Community Survey
- Census QuickFacts Data
- Centers for Disease Control and Prevention
- County Health Rankings
- ESRI, 2017 (Based on US Census Data)
- Montana Central Tumor Registry
- Montana Hospital Discharge Data System
- Montana Public Health Information System

# Appendix 1

# List of Participating Organizations for Community Input

The following are a list of organizations that had representatives who participated in the community input process of the CHNA.

- Montana Public Health/WIC
- Western Montana Public Health
- Sanders Council on Aging and Transportation
- Noxon Teacher/Emergency Medical Technician/Adult Education
- Sanders County Justice of Peace
- Valley Bank Branch Manager
- Senior Centers
- Hot Springs High School Board Member
- Pastor Thompson Falls
- Flathead Valley Chemical Dependency-Thompson Falls
- County Commissioner
- Forest Service Trout Creek District Ranger
- Plains Drug
- Board Member/ Grocery Store Owner
- Clinic Provider-Thompson Falls Family Medicine
- Emergency Department/Obstetrical Provider

# Appendix 2

# Community/Demographic Profile

## Primary Data Results

### Population

The population for the community of Sanders County is 11,413. According to future projections provided by ESRI for the county, the population is expected to remain flat over the next five years. Montana is anticipated to grow by 5.9% or 58,440 people over the next five years, while the US population is expected to grow by 4.8%.

#### 2010 and 2016 Population

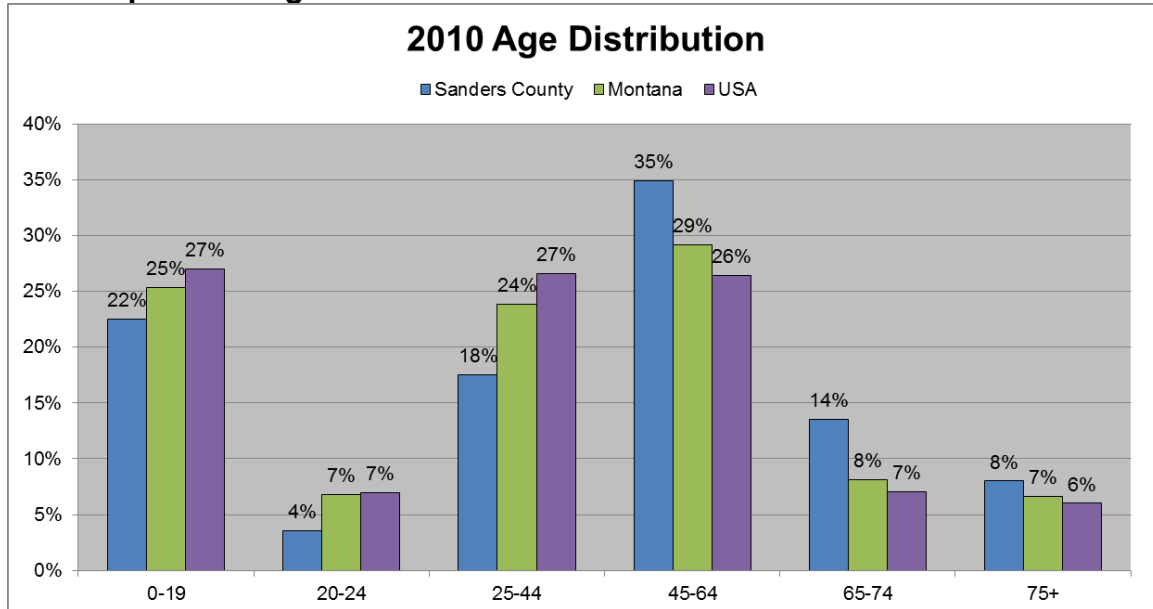
	2010	2016	% Change (2010-2016)	Change (2010-2016)
Sanders County	11,413	11,415	0.0%	2
Montana	989,415	1,047,855	5.9%	58,440
USA	308,745,538	323,580,626	4.8%	14,835,088

ESRI Business Information Solutions, 2017

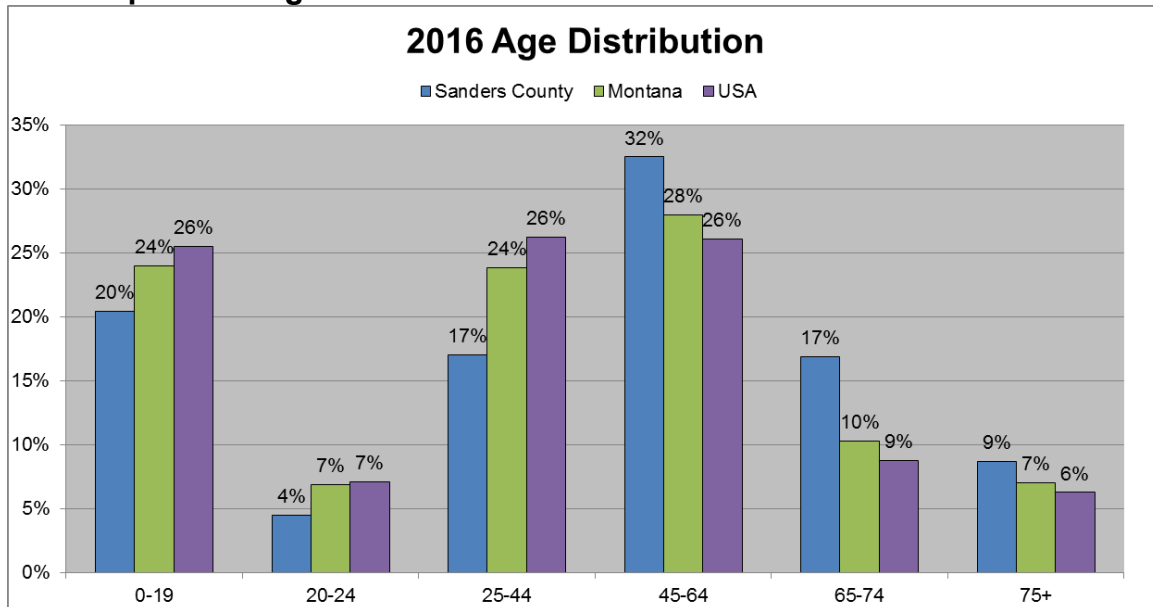
### Population by Age

Population was grouped into major age categories for comparison. In general, Sanders County has a higher proportion of people ages 45-64, 65-74 and over 75 than Montana and the Nation. Conversely, the proportion of people ages 0-19 and 20-24 and 25-44 is lower than Montana and the Nation. The service area population is expected to continue aging over the next five years, as the proportion of people ages 65-74 and over 74 continues to rise. This will likely cause a rise in health care utilization as older populations tend to utilize health care services at a higher rate. Health needs will also continue to shift toward disease categories that tend to present at an older age.

## 2010 Population Age Distribution



## 2016 Population Age Distribution



ESRI Business Information Solutions, 2017

## Population by Race and Ethnicity

CFVH's service area is predominantly White, with 92% of the population made up of white alone. The Native American population makes up roughly 4.4% of the population, followed by Two or More Races equating to roughly 3% of the population. The racial distribution is less diverse than Montana, while the proportion of Native Americans in Montana is slightly higher than Sanders County. It is important for CFVH to continue outreach all population groups to ensure that the health needs of all population groups within the county are being met.

## 2010 and 2016 Population by Race

2010 - Population by Race	Sanders County		Montana		USA	
	Number	Percent	Number	Percent	Number	Percent
White Alone	10,453	91.6%	884,961	89.4%	223,553,265	72.4%
Black Alone	17	0.1%	4,027	0.4%	38,929,319	12.6%
Native American Alone	505	4.4%	62,555	6.3%	2,932,248	0.9%
Asian Alone	34	0.3%	6,253	0.6%	14,674,252	4.8%
Pacific Islander Alone	1	0.0%	668	0.1%	540,013	0.2%
Some Other Race Alone	44	0.4%	5,975	0.6%	19,107,368	6.2%
Two or More Races	359	3.1%	24,976	2.5%	9,009,073	2.9%

2016 - Population by Race	Sanders County		Montana		USA	
	Number	Percent	Number	Percent	Number	Percent
White Alone	10,399	91.1%	924,500	88.2%	228,182,245	70.5%
Black Alone	19	0.2%	6,519	0.7%	41,395,671	13.4%
Native American Alone	503	4.4%	67,298	6.8%	3,141,471	1.0%
Asian Alone	71	0.6%	8,987	0.9%	17,654,809	5.7%
Pacific Islander Alone	1	0.0%	891	0.1%	609,829	0.2%
Some Other Race Alone	61	0.5%	8,225	0.8%	21,863,524	7.1%
Two or More Races	361	3.2%	31,435	3.2%	10,733,077	3.5%

ESRI Business Information Solutions, 2017

## Income

Income data was analyzed for Sanders County, and compared to the state of Montana and the Nation. 2016 census data reveals that Median, Average and Per Capita household incomes for Sanders County are significantly lower than Montana and the Nation. Over the next five years, income levels are expected to rise in Sanders County, Montana, and the Nation in line with inflation.

### 2016 and 2021 Income Levels

2016	Sanders County	Montana	USA	Percent
	Number	Number	Number	
Median Household Income	\$ 32,730	\$ 47,161	\$ 54,149	
Average Household Income	\$ 45,524	\$ 64,163	\$ 77,008	
Per Capita Income	\$ 20,988	\$ 27,006	\$ 29,472	

2021	Sanders County	Montana	USA	Percent
	Number	Number	Number	
Median Household Income	\$ 35,163	\$ 53,257	\$ 59,476	
Average Household Income	\$ 49,556	\$ 70,619	\$ 84,021	
Per Capita Income	\$ 23,003	\$ 29,732	\$ 32,025	

ESRI Business Information Solutions, 2017



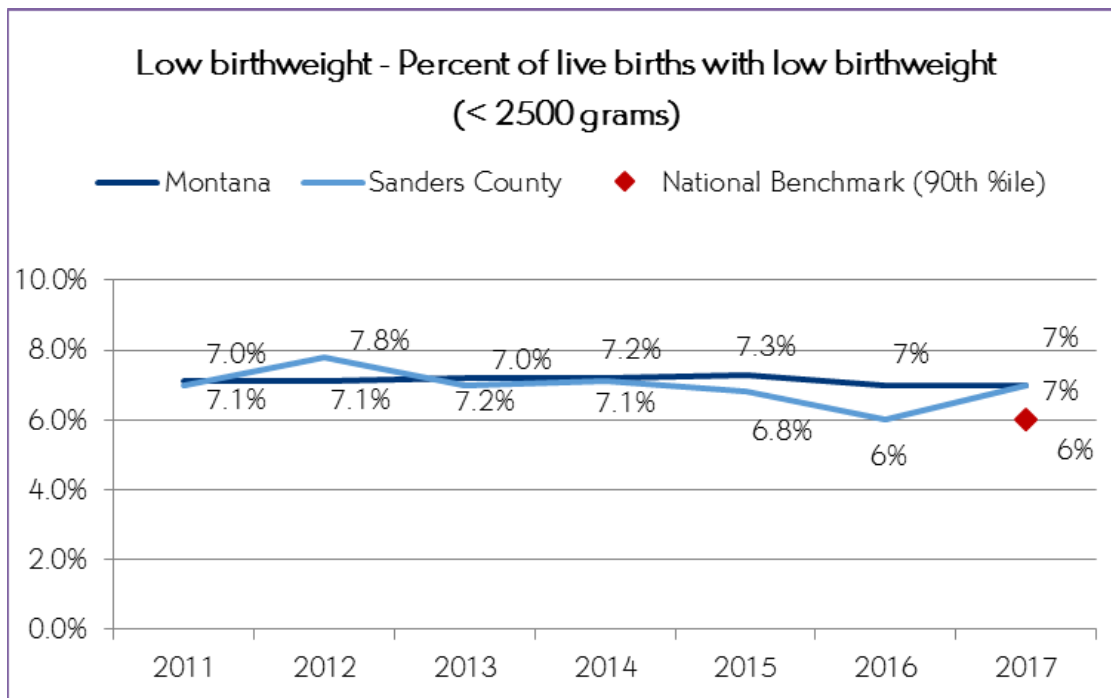
## Secondary Data Results

The County Health Rankings display health rankings of nearly every county in the nation and what influences the health of a county. They measure four types of health factors: health behaviors, clinical care, social and economic and physical environment factors. In turn, each of these factors is based on several measures. A subset of the major health rankings are analyzed in this report.

Overall, Sanders County ranked #39 out of 47 Counties ranked in the state for health outcomes based on the data collected by County Health Rankings.

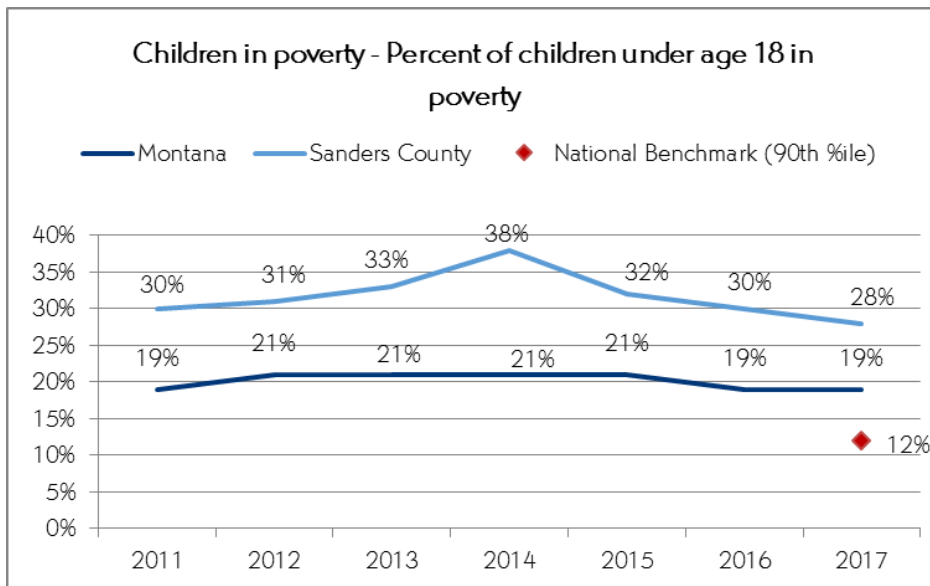
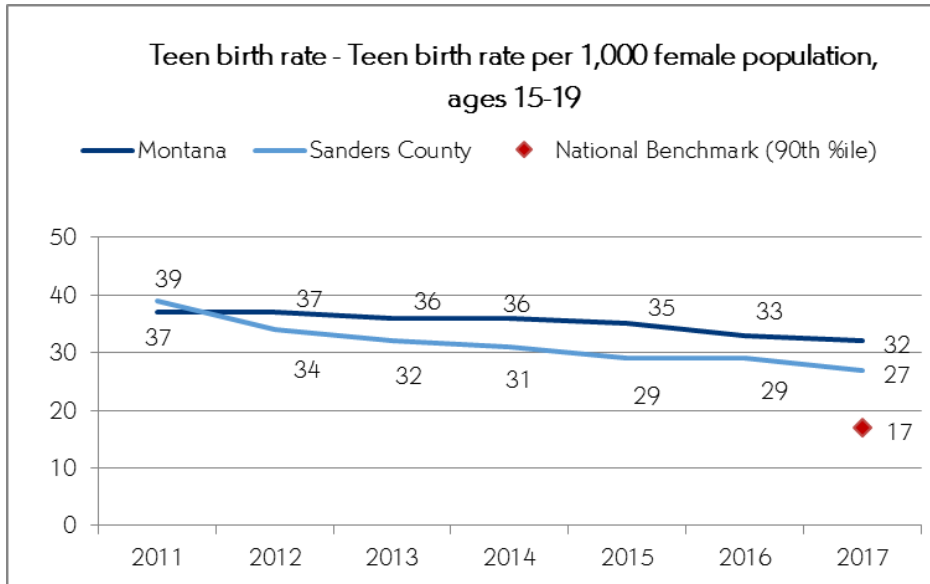
### Birth Statistics

Rates of low birth rates in a community are often associated with poor health of the mothers. Low birth rates can lead to higher incidences of fetal mortality, inhibited growth, and cognitive developments and chronic disease in later life, and is generally a predictor of newborn health and survival. Low birthweight percentages in Sanders County have been slightly lower than the state in 2015 and 2016; however, in 2017 the percentage of low birthweight births increased slightly to above the national benchmark.



County Health Rankings, 2017

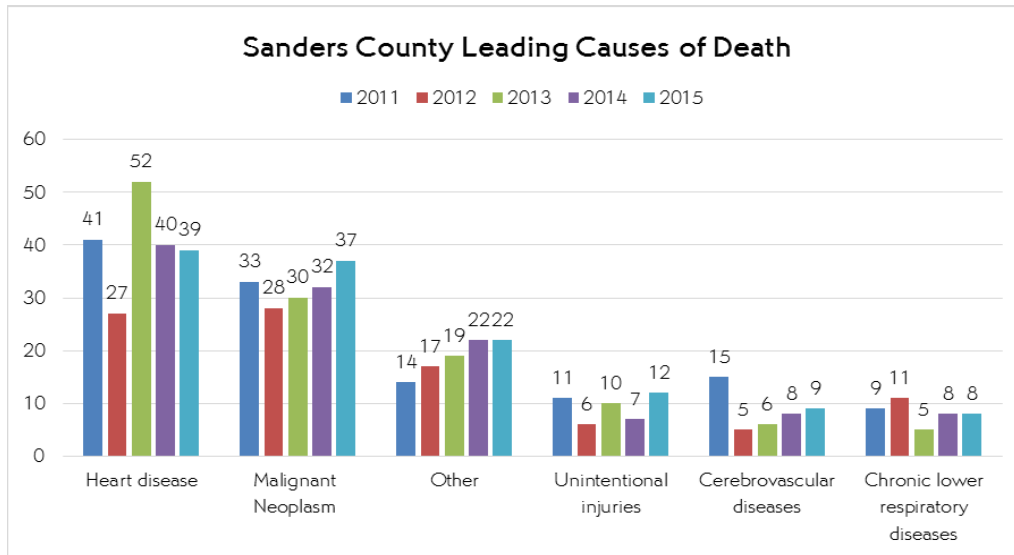
Teen birth rates were also analyzed for Sanders County and compared to Montana and the Nation. Teen birth rates in Sanders County are significantly lower than Montana but higher than national benchmarks. The rate has been fairly steady over the past six years. The percentage of children in poverty in Sanders County is significantly higher than in Montana and the national benchmark, though trending down slightly over the past four years. This is an important group as poverty among children can often be associated with many negative health consequences throughout childhood.



County Health Rankings, 2017

## Death Statistics

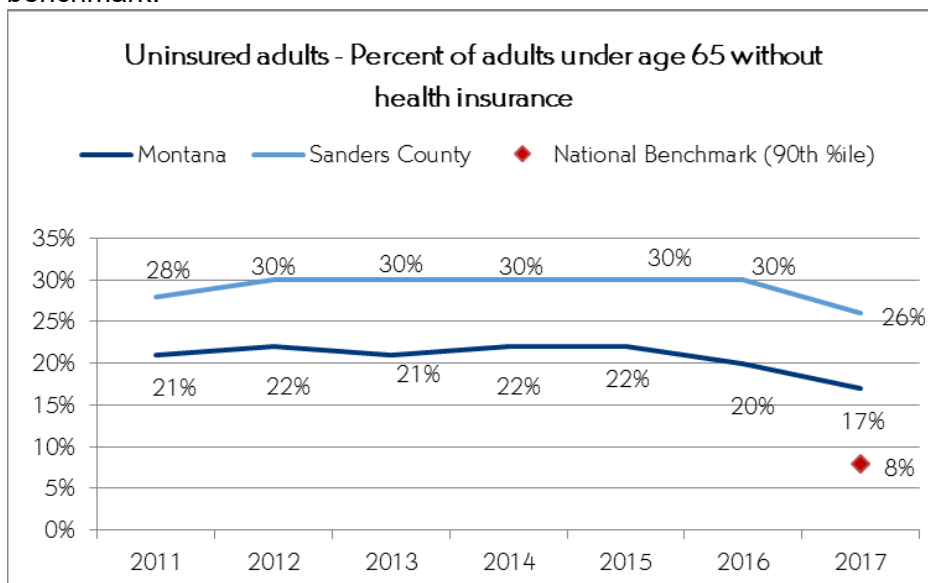
The top five leading causes of death in Sanders County were analyzed for 2011-2015. Heart disease ranks as the number one leading cause of death, followed by cancer and unintentional injuries.



Source: Montana Public Health Data Resource

## Insurance

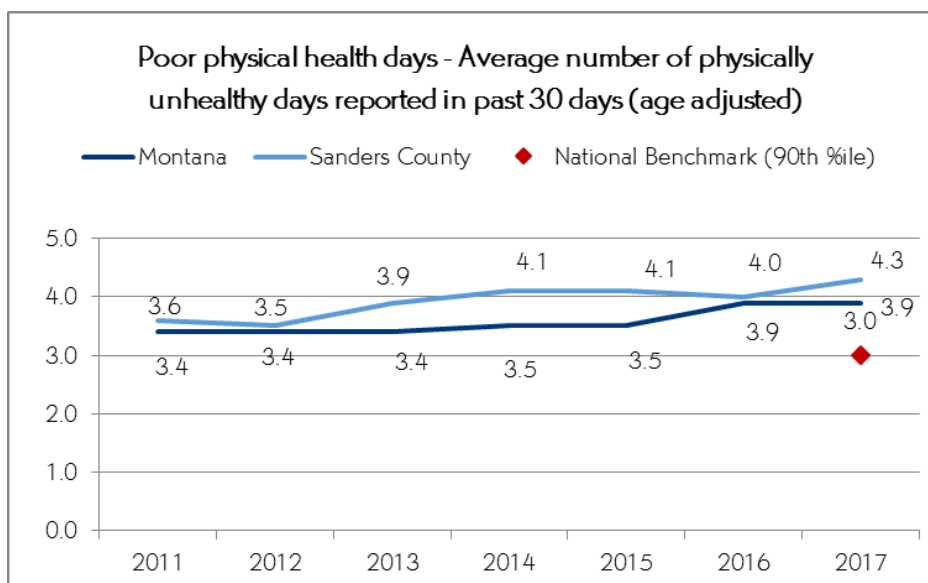
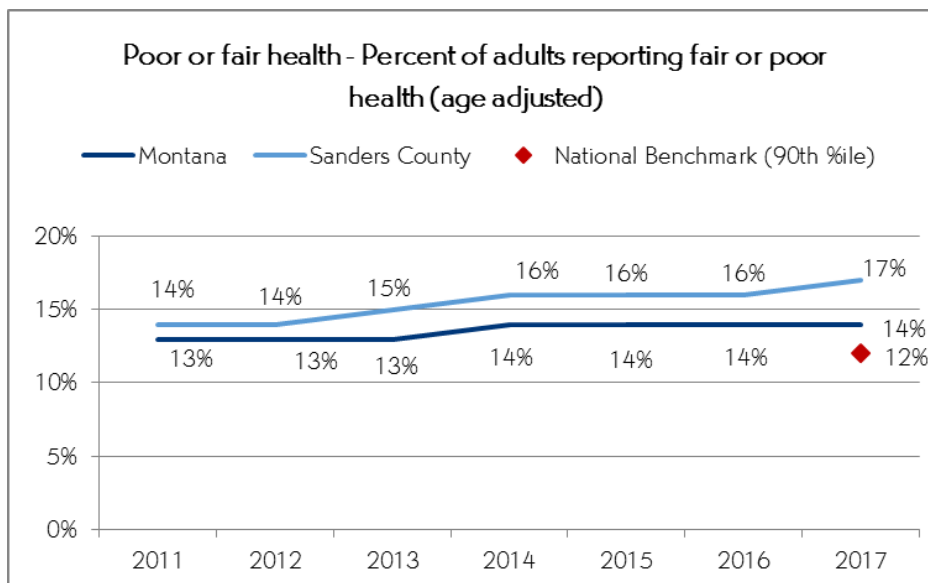
Individuals without health insurance often forego care due to high cost, which can lead to a higher prevalence of chronic conditions. The goal of the Affordable Care Act, which took effect in 2014, is to lower the rate of uninsured persons and thereby reduce the negative health consequences stemming from lack of affordable health insurance. The uninsured rate in Sanders County is 26%, which is higher than Montana, and more than triple the national benchmark.



County Health Rankings, 2017

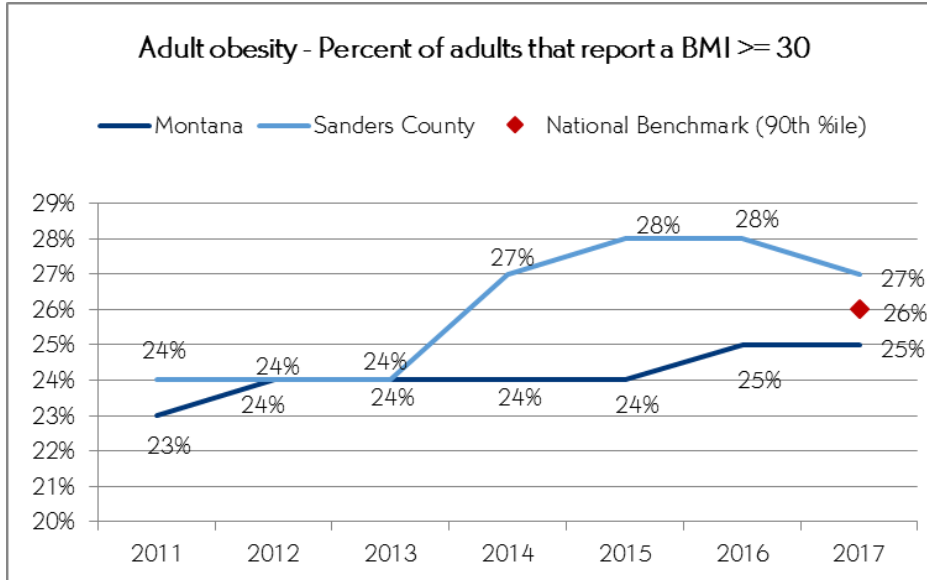
## General Population Health

One measure of health among the community included in the County Health Rankings Nationwide study is reported general well-being. Reported general health of “poor or fair health” in Sanders County was slightly higher than Montana, and both are higher than the Nation. What this means is that the population in Sanders County considers themselves to be slightly healthier in general compared to other Montanans. A similar self-reported measure is “poor physical health days,” which refer to days in which an individual does not feel well enough to perform daily physical tasks. Rates in Sanders County are above Montana and slightly above the Nation. This is a positive indication, as people in Sanders County are reporting feeling better physically, compared to Montana. This rate has risen slightly though over the past several years.



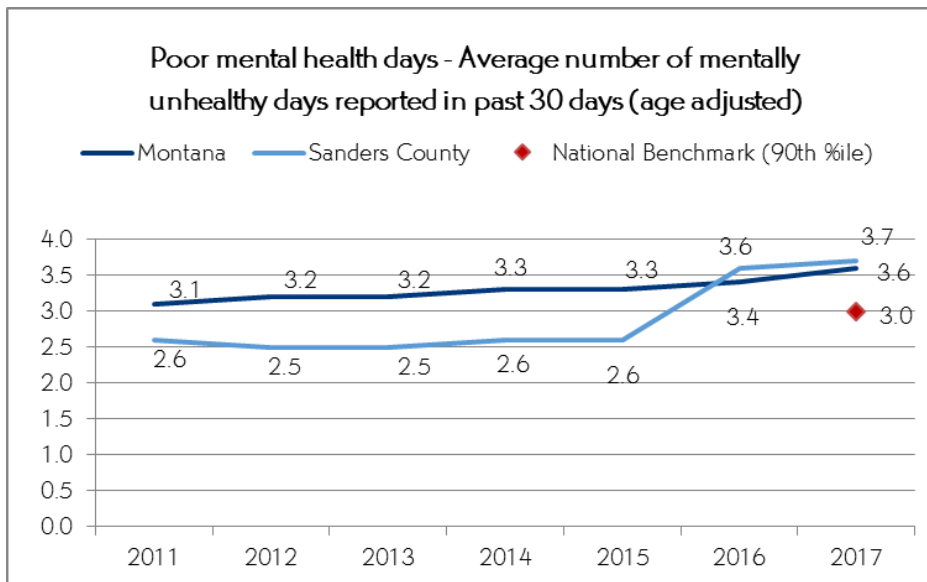
County Health Rankings, 2017

A third measure of general health of the population is the percentage of adult obesity. Nationally, the 90<sup>th</sup> percentile benchmark rate has been around 26% of the population. In Sanders County, the percentage of adults who are obese has dropped in 2017 to 27%. The percentage is slightly higher than Montana, where the obesity rate has remained fairly steady at 25%.



County Health Rankings, 2017

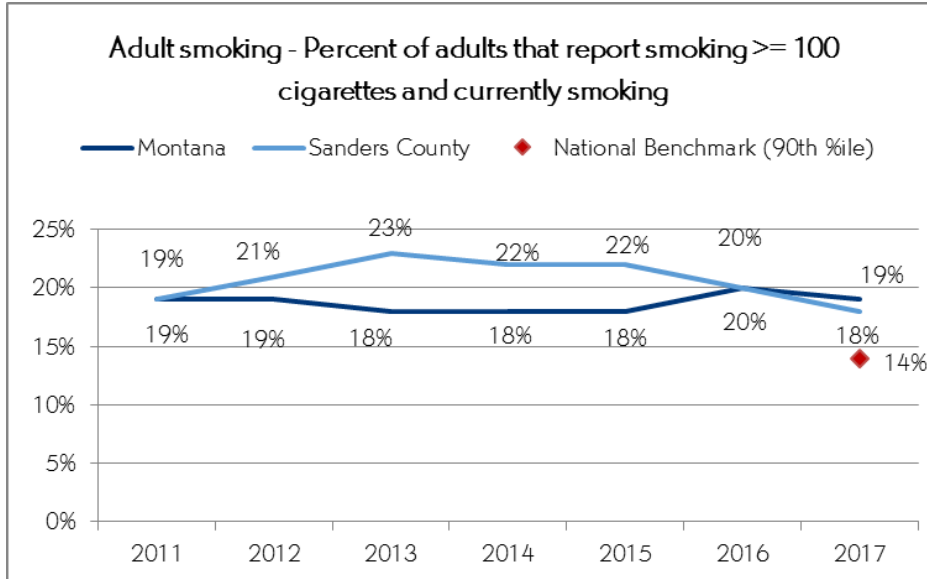
Another indicator, “Poor mental health days,” refers to the number of days in the previous 30 days when a person indicates their activities are limited due to mental health difficulties. The reported days in Sanders County are slightly higher than Montana, and above the national benchmark. Mental health has come into the spotlight nationally as an area where continued focus and improvements efforts are warranted.



County Health Rankings, 2017

## Adult Smoking

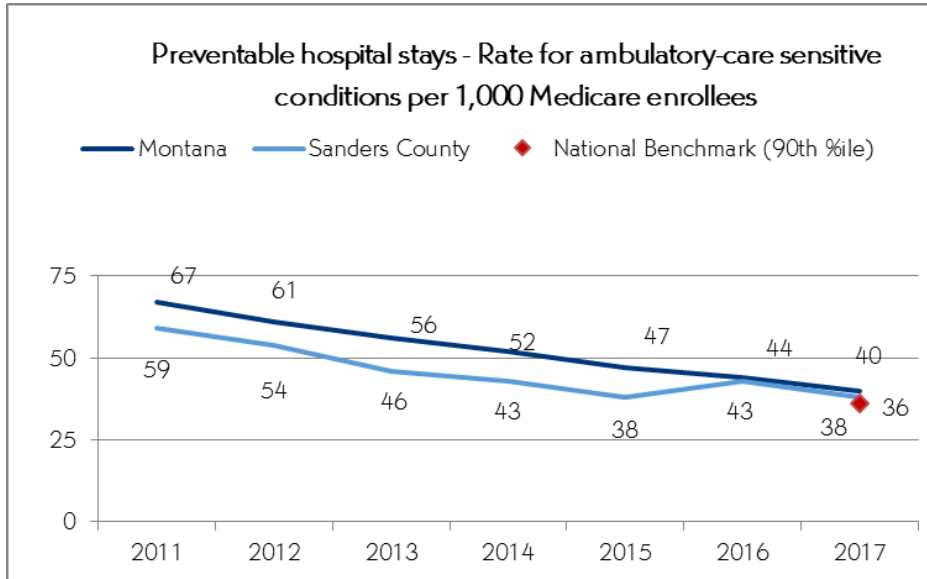
Cigarette smoking is identified as a cause of various cancers, cardiovascular disease, and respiratory conditions, as well as low birthweight and other adverse health outcomes. Measuring the prevalence of tobacco use in the population can alert communities to potential adverse health outcomes and can be valuable for assessing the need for cessation programs or the effectiveness of existing programs. The percentage of adults that report smoking in Sanders County has declined from 23% in 2013 to 18% in 2017. These rates are consistently above Montana, though they remain significantly above the national benchmark rate of 14%.



County Health Rankings, 2017

## Preventable Hospital Stays

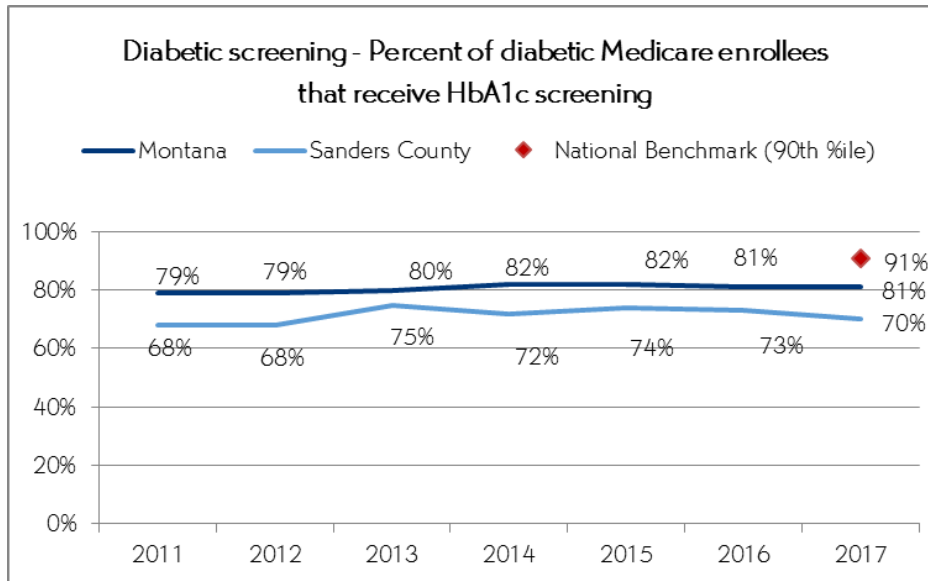
Hospitalization for diagnoses treatable in outpatient services suggests that the quality of care provided in the outpatient setting was less than ideal. The measure may also represent a tendency to overuse hospitals as a main source of care. Rates for Sanders County have varied over the past four years, to 38 per 1,000 Medicare enrollees in 2017. The rate has been consistently lower than the rate for Montana, and above the national benchmark of 36 per 1,000 Medicare enrollees.



County Health Rankings, 2017

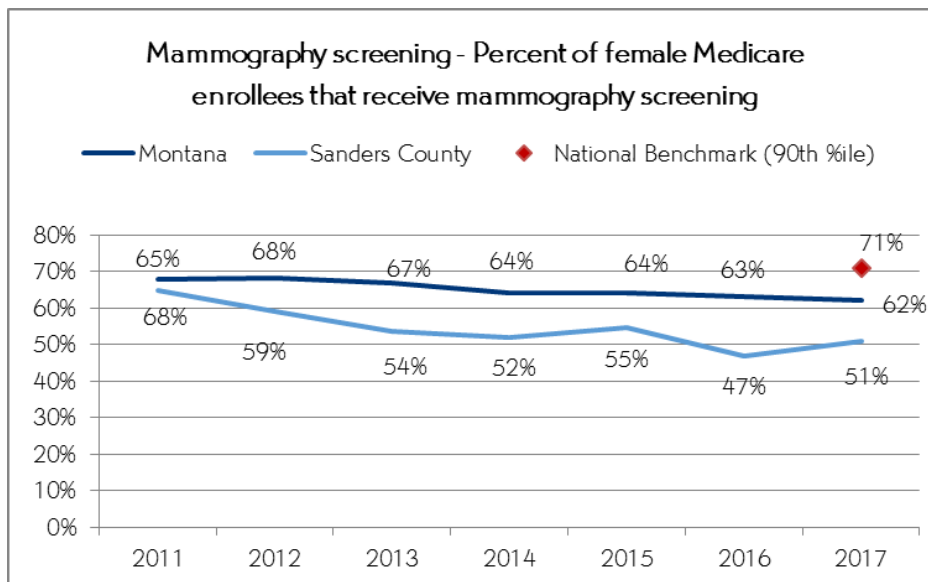
## Screening

Screening for potential health issues is a major indicator of future health issues within a community. Diabetes, which is one of the major health issues impacting our society today, was analyzed. Diabetes screening rates in Sanders County have decreased consistently over the past five years from 75% to 70%, which is below the Montana rate of 81%. The national benchmark rate for Diabetic screening is 91%.



County Health Rankings, 2017

Mammography screening rates in Sanders County have dropped from 68% in 2011 down to 51% in 2017, which is below the Montana rate of 62% and significantly below the National Benchmark rate of 71%.



County Health Rankings, 2017



# Appendix 3

## Resource List

Community Asset Mapping is an important aspect of the CHNA. The community assets and resources provided in this document help meet the needs of the communities in the CFVH service area. Each of the following community based organizations can work in partnership with health and social service providers to take a collaborative action to address the identified health needs.

Category	Service Type	Organization	Phone	City	Address	Web	Services
Work	Disability Support	Little Bitterroot Services	406.826.3689	Plains			
Work	Disability Support	MT DPHHS, Disability and Employment Transitions				<a href="http://dphhs.mt.gov/detd">http://dphhs.mt.gov/detd</a>	
Work	Disability Support	MT DPHHS, Disability and Employment Transitions				<a href="http://dphhs.mt.gov/detd">http://dphhs.mt.gov/detd</a>	
Work	Disability Support	Opportunity Resources	406.826.3189	Plains			
Work	Business development and expansion	Sanders county community development	406.827.6935	Thompson Falls	1111 Main Street		Support for new business, expansion and increasing employment
Work	Employment assistance	Sanders County job service	406.827.3472	Thompson Falls	2504 Tradewinds Way Suite 1	<a href="http://wsd.dli.mt.gov/local/thompsonfalls/">http://wsd.dli.mt.gov/local/thompsonfalls/</a>	employment applications, training and education, veteran's services
Work	Disability Support	Sanders County United for Disabilities	406.827.3913	Thompson Falls			

Category	Service Type	Organization	Phone	City	Address	Web	Services
Work	Employment assistance	State of MT services assistance				<a href="http://dphhs.mt.gov/assistance">http://dphhs.mt.gov/assistance</a>	Information regarding variety of State programs and services available regarding employment and healthcare
Work	Disability Support	Thompson Falls Job Service Center	406.827.3577	Thompson Falls	1006 Maiden Lane		
Recreation & Hobbies	Horseback riding	Cabinet Ridge Riders	406.827.9305	Thompson Falls			
Recreation & Hobbies	Kayaking	Crazy Woman Kayaks	406.827.0052	Thompson Falls			
Recreation & Hobbies	Golf	Thompson Falls Golf Club	406.827.3438	Thompson Falls			
Recreation & Hobbies	Bowling	VFW Bowling Alley	406.826.5960	Plains	201 Lynch St		
Health & Wellness	Health Benefits Counseling	MT State Health Insurance Assistance Program	406.847.2767				
Health & Wellness	Pharmacies	Plains Drug	406.826.3552	Plains	214 E. Railroad		Pharmacy
Health & Wellness	Pharmacies	Doug's Drug	406.827.4349	Thompson Falls	122 W. Main St.		Pharmacy
Health & Wellness	Pharmacies	Walmart Pharmacy	406.251.6066	Missoula			
Health & Wellness	Pharmacies	Walgreens Pharmacy	406.543.1163	Missoula			

Category	Service Type	Organization	Phone	City	Address	Web	Services
Health & Wellness	Rehab	CFV Physical Therapy	406.826.4821	Plains	10 Kruger Road		
Health & Wellness	Rehab	Thompson Falls Physical Therapy	406.827.4442	Thompson Falls	120 Pond St.		
Health & Wellness	Rehab	Plains Physical Therapy	406.826.4383	Plains	200 South Hubbard St.		
Health & Wellness	Home Health	CFV Home Health	406.826.4873				
Health & Wellness	Primary Care	CFV Family Medicine Network	406.826.4810	Plains	10 Kruger Road		
Health & Wellness	Primary Care	Hot Springs Family Medicine Network	406.741.3602	Thompson Falls	209 Main St.		
Health & Wellness	Primary Care	Thompson Falls Family Medicine Network	406.827.4442	Thompson Falls	120 Pond St.		
Health & Wellness	Primary Care	Main Street Medical	406.827.4307	Thompson Falls	907 West Main St.		
Health & Wellness	Primary Care	Bull River Family Medicine	406.847.2100	Noxon	1029 MT. Highway		
Health & Wellness	Mental Health	Clark Fork Valley Behavioral Health	406.826.4810	Plains	10 Kruger Road		
Health & Wellness	Mental Health	Western Montana Mental Health Center	406.532.9190	Thompson Falls	704 Maiden Lane		
Health & Wellness	Mental Health	Sanders County Coalition for Families	406.827.3218	Thompson Falls	303 E. Main St.		
Health & Wellness	Mental Health	Recovery Center	406.532.9900	Missoula	1201 Wyoming St.		

Category	Service Type	Organization	Phone	City	Address	Web	Services
Health & Wellness	In-Home Assistance	Sanders County Council on Aging	406.741.2343				Homemaker and Respite Program
Health & Wellness	In-Home Assistance	Cabinet Mountain Home Care	406.293.2739	Libby			Home Care
Health & Wellness	In-Home Assistance	Addus Home Care	406.541.7787	Missoula			Home Care
Health & Wellness	In-Home Assistance	Summit Independent Living	406.728.1630				Independent Living
Health & Wellness	In-Home Assistance	ResCare	406.251.9333				
Health & Wellness	In-Home Assistance	Alcoholics Anonymous		Hot Springs	Lutheran Church		T & F 7:00 p.m. Lutheran Church
Health & Wellness	DME	NORCO	406.728.6362				
Health & Wellness	DME	Harrington Supply	406.721.8468				
Health & Wellness	DME	LinCare	406.543.1832				
Health & Wellness	DME	CFVH Home Oxygen	406.826.4852				
Health & Wellness	DME	Community Home Oxygen	406.728.4315				
Health & Wellness	Alcohol / Substance Abuse	Alcoholics Anonymous		Plains			M & Th 7:30 p.m. Methodist Church

Category	Service Type	Organization	Phone	City	Address	Web	Services
Health & Wellness	Alcohol / Substance Abuse	Alcoholics Anonymous		Thompson Falls			M noon 501 Main St. T & F noon 107 Spruce St, Th 7:30 p.m. 306 Church St
Health & Wellness	Cancer Support	American Cancer Society, MT chapter	406.542.2191	Statewide			\$500.00 possible assistance. Call us.
Health & Wellness	Fitness	Bear Muscle Fitness	406.827.1177	Thompson Falls	502 Preston		
Health & Wellness	Medication Assistance	Big Sky RX	866.369.1233	Statewide			Financial Assistance
Health & Wellness	Alcohol / Substance Abuse	Flathead Valley Chemical Dependency Clinic, Thompson Falls	406.827.4241	Thompson Falls	1029 Main St.		Outpatient counseling and support
Health & Wellness	Fitness Center	Hot Springs Fitness Center	406.741.3488	Hot Springs	101 Wall Street		Resistance Training and Cardio-center
Health & Wellness	Massage & relaxation	Kathy's Massage		Hot Springs	117 3rd Ave NE		
Health & Wellness	Chiropractic	Lundgren Chiropractic Clinic	406.827.5500				
Health & Wellness	Alzheimer's support	MT chapter Alzheimer's Asso	800.272.3900			www.alz.org	24/7 Helpline

Category	Service Type	Organization	Phone	City	Address	Web	Services
Health & Wellness	Alcohol / Substance Abuse	MT Chemical Dependency Center	406.496.5403	Butte	525 E Mercury		Inpatient care for substance abuse with or without a mental health diagnosis
Health & Wellness	Support Group	NAMI	800-950-6264				mental illness support group
Health & Wellness	Pharmacies	Partnership for Prescription Assistance pparx.org	888-477-2669				
Health & Wellness	Alcohol / Substance Abuse	Pathways	406.756.3950	Kalispell			Inpatient care for substance abuse with or without a mental health diagnosis
Health & Wellness	Behavioral health support	Plains Alta Care			Plains School District		
Health & Wellness	Caregiver Support Group	Powerful Tools for Caregivers	800.266.4188				Support Group for Caregivers
Health & Wellness	Diabetes Support & Education	Quality Diabetes Education Initiative	406.535.4797	Statewide			Ask for information regarding a diabetes educator in your area
Health & Wellness	Massage & relaxation	Radiant Touch	406.741.5433	Hot Springs			
Health & Wellness	Wellness Programs	Rebeccas	406.826.3473	Plains			
Health & Wellness	Alcohol / Substance Abuse	Rimrock	800.227.3953	Billings	1231 N 29th		Inpatient care for substance abuse and eating disorders
Health & Wellness	Information and assistance on Medicaid, health	Sander's county council on Aging	800-246-5899 or 406.741.2343	Hot Springs			Assistance to enroll with services or obtain information on services

Category	Service Type	Organization	Phone	City	Address	Web	Services
	insurance, State of MT programs and financial assistance						
Health & Wellness	Massage & relaxation	Soul Retreat	406.269.0288	Thompson Falls			
Health & Wellness	Family health and disease and condition information	State of MT Public Health and Human Services division				<a href="http://dphhs.mt.gov/health">http://dphhs.mt.gov/health</a>	Health information and programs on chronic disease prevention and management
Health & Wellness	Behavioral health support	Western MT Mental Health Crisis Lin	406-532-9190				24 hour crisis intervention
Household Management & Personal Care	Home Health / Hospice skilled care	A Plus Health Care	406.755.4968	Kalispell			
Household Management & Personal Care	In Home Personal Care	Addus Healthcare	888.293.9651	Libby			
Household Management & Personal Care	Shopping	Harvest Food	406.827.4321	Thompson Falls	5254 Hwy 200 East		
Household Management & Personal Care	Personal Support	Helping Hands	406.291.4667				



Category	Service Type	Organization	Phone	City	Address	Web	Services
Household Management & Personal Care	Respite	Hot Springs Health & Rehabilitation					
Household Management & Personal Care	Shopping	McGowan Grocery	406.826.3889	Plains	116 E Railroad		
Household Management & Personal Care	Weatherization	MT weatherization training				<a href="http://weatherization.org">http://weatherization.org</a>	
Household Management & Personal Care	Pet Care	Paws Here Pet	406.826.4656	Plains	1253 River Rd W		
Household Management & Personal Care	Home Health / Hospice skilled care	Personal Touch Home Care	406.758.5401	Kalispell			
Household Management & Personal Care	Lawn maintenance	Quality Landscape Seeding	406.826.7300	Plains	191 Lower Lynch Creek Rd		
Household Management & Personal Care	Landscaping	Quarter Circle 2B Land Management	406.360.0832	Thompson Falls			
Household Management & Personal Care	Lawn maintenance	River Road		Plains	406.826.3876		146 River Rd E
Household Management & Personal Care	Interior repairs	Spectrum Medical	406.883.0246	Polson			

Category	Service Type	Organization	Phone	City	Address	Web	Services
Living arrangements	Housing	Bennett Homes	406.827.4663	Thompson Falls			Senior housing
Living arrangements	Real Estate	Century 21	406.826.2800	Plains	112 E Railroad		M & Th 7:30 p, Methodist Church, back basement
Living arrangements	Assisted Living	Cherry Hills Assisted Living	406.827.1272	Thompson Falls	214 Church		
Living arrangements	Real Estate	Clearwater Montana Properties	406.471.3737	Hot Springs			
Living Arrangements	Heating	Community action Partnership of Northwest MT	800.344.5979	Kalispell		lieap@capn m.net	Low Income Energy Assistance
Living arrangements	Housing	Lion's Manor	406.827.3115	Thompson Falls			subsidized housing
Living arrangements	Disability Support	Little Bitterroot Group Home	406.826.3694	Plains			
Living arrangements	Real Estate	Montana Broker Properties	406.741.2424	Hot Springs			
Living arrangements	Assisted Living	Mountain View Manor	406.8267762	Plains	3 Jackalope lane		
Living arrangements	Housing	New Horizons	406.826.5599	Plains			Assisted Living
Living arrangements	Nursing Homes	Nursing Home Compare				<a href="https://www.medicare.gov/nursinghomecompare/search.html">https://www.medicare.gov/nursinghomecompare/search.html</a>	Comparative information on nursing homes in the region

Category	Service Type	Organization	Phone	City	Address	Web	Services
Living arrangements	Housing	Sagewood	406.827.6111	Plains			Assisted Living
Living arrangements	Disability Support	Sheldon House	406.741.2270	Hot Springs			
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Big Sky Pantry	406.847.2662	Noxon			
Friendship & Social Activities	Gathering Place	Coffee Hound	406.741.2580	Hot Springs	101 Wall Street S		x
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Community Harvest Food Bank	406.827.6333	Thompson Falls	704 Preston Ave W		Pantry hours 10:00 to 3:00 Tuesdays and Thursdays
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Dixon Senior Center	406.246.3310	Dixon			
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Gospel Mountain Assembly of God Food Bank	406-827-4611	Thompson Falls	1120 Preston Ave		Pantry hours 12:00 to 2:00 Wednesdays
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Heron Senior Citizens	406.847.8685	Heron	27 Railroad Ave		Meals 5:30 to 6:30 p.m. every Wednesday
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Hot Springs Food Pantry	406.741.2182	Hot Springs	100 Main Street		Pantry open 9:00 to 2:00 on Tuesday
Friendship & Social Activities	Senior Centers & Resources	Hot Springs Senior Citizens Center	406.741.2344	Hot Springs	101 Main St		

Category	Service Type	Organization	Phone	City	Address	Web	Services
Friendship & Social Activities	Communications assistive equipment	MT telecommunications Access Program (MTAP)	800.833.8503	Helena	111 N Last Chance Gulch	<a href="http://dphhs.mt.gov/detd/mtap.aspx">http://dphhs.mt.gov/detd/mtap.aspx</a>	Financial assistance with communication devices
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Noxon Senior Center	406.847.6000	Noxon	207 Second Street		Meals every Thursday at 12:30 and 2nd and 4th Monday of the month
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Open Gate Ranch	406.827.4805	Trout Creek	21 Alger Rd		Pantry hours 24/7
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Plains Assembly of Good Shekinah Kitchen	406.826.3333	Plains	700 Clayton St		Open Tuesdays 8:00 a.m. to 2:00 p.m.
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Plains Community Food Bank	406.826.5714	Plains	302 Central		Open Tuesdays 9:00 a.m. to 2:30 p.m.
Friendship & Social Activities	Public Libraries	Plains Library	406.826.3101	Plains	108 W Railroad St		
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Plains Paradise Senior Center	406.826.3018	Plains	205 W Meany		Meals 12:00 on Wednesdays and 5:30 on Fridays. Meals on Wheels everyday at 11:00 except weekends
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Salvation Army	406.826.3668	Plains			

Category	Service Type	Organization	Phone	City	Address	Web	Services
Friendship & Social Activities	Food / Clothing banks / Sr. Centers	Thompson Falls Community Harvest Food Bank	406.827.9897	Thompson Falls			
Friendship & Social Activities	Public Libraries	Thompson Falls Library	406.827.3547	Thompson Falls	911 Main St		
	Food / Clothing banks / Sr. Centers	Thompson Falls Senior Citizens Center	406.827.3457	Thompson Falls	1191 Mount Silcox Dr.		Pantry hours 12:00 to 1:00 Tuesdays and 5:00 on Thursdays
	Food / Clothing banks / Sr. Centers	Trout Creek Senior Citizens	406.827.4461	Trout Creek	# 10 Larch Street		Pantry hours 11:00 to 6:00 Tuesdays and Fridays. Meals at 6:00 Tuesdays and Fridays
Family Responsibilities	Domestic Violence / Elder Abuse	Adult protective services (tribal)	800.318.8865				
Family Responsibilities	Child Care	Contact local chamber of commerce or engage friends and family					Contact local chamber of commerce or engage friends and family
Family Responsibilities	Domestic Violence / Elder Abuse	Elder Abuse	406.827.4317				
Family Responsibilities	Animal care	MT large animal sanctuary and rescue	406.741.3823	Hot Springs	649 Far West Rd.		

Category	Service Type	Organization	Phone	City	Address	Web	Services
Work	Vocational Services	Rebeccas	406.826.3473	Plains	406.826.3473		
Family Responsibilities	Domestic Violence / Elder Abuse	Sanders County Coalition for Families	Office 406.827.3218 Help Line 406.827.3745				
Family Responsibilities	Animal care	Thompson River Animal Care Shelter	406.827.8722	Thompson Falls	157 Cherry Creek Rd		
Personal or Family Resources	Personal Support	Family Members in area					
Personal or Family Resources	Personal Support	Friends in area					
Personal or Family Resources	Personal Support	Members of community clubs available to assist					
Personal or Family Resources	Personal Support	Membership of faith-based organization available to assist					
Personal or Family Resources	Personal Support	Neighbors who want to assist					
Personal or Family Resources	Personal Support	Out of town or State family available to assist					
Personal or Family Resources	Personal Support	Volunteers at local community service					

Category	Service Type	Organization	Phone	City	Address	Web	Services
		providers available to assist					
Financial	Information on activities and services	Area VI Agency on Aging	800-266-4148			<a href="http://www.westernmontanaagingservices.org">www.westernmontanaagingservices.org</a>	Homemaking, financial assistance with housing, heating, other multiple services
Financial	Low Income Assistance	Community action Partnership of Northwest MT	1.800.344.5979	Kalispell			
Financial	Banking	First Security Bank	406.827.7000	Thompson Falls	107 Fulton Street		
Financial	Banking	First Security Bank	406.826.2000	Plains	510 E Railroad Ave		
	Medicare bills assistance	Medicare	Personal or Family Finances		800.633.4227		
Financial	Weatherization	MT weatherization training				<a href="http://weatherization.org">http://weatherization.org</a>	
Financial	Banking	Rocky Mountain Bank	Personal or Family Finances	Plains	406.826.3662		108 E Railroad
Financial	Banking	Rocky Mountain Bank	406.826.3662	Plains	108 E Railroad		

Category	Service Type	Organization	Phone	City	Address	Web	Services
Long-term planning options	Options Counselling	Sanders County Council on Aging	406.741.2343	Hot Springs			
Financial	Banking	Valley Bank of Hot Springs	406.741.2000	Hot Springs	100 Main Street		
Financial	Banking	Valley Bank of Thompson Falls	406.827.9490	Thompson Falls	1222 Maiden Lane		
Financial	Banking	Whitefish Credit Union	406.827.5626	Thompson Falls	107 Pond Street		
Financial	Banking	Whitefish Credit Union	406.827.5626	Thompson Falls	107 Pond Street		
Community Involvement	School	Bluehawk Booster Club	406.827.3561	Thompson Falls			
Community Involvement	City	City of Thompson Falls	406.827.3557	Thompson Falls			
Community Involvement	Community Club	Clark Fork Shrine Club	406.826.4414	Plains	506 S Peirce		



Category	Service Type	Organization	Phone	City	Address	Web	Services
Community Involvement	Library	Friends of Library	406.827.3547	Thompson Falls			
Community Involvement	Artist Society	Hot Springs Artists Society	406.741.2382	Hot Springs	Symes Hotel		
Community Involvement	Chamber of Commerce	Hot Springs Chamber of Commerce	406.741.2662	Hot Springs			
Community Involvement	Chamber of Commerce	Plains Chamber of Commerce	406.826.4700				
Community Involvement	Public Libraries	Plains Library	406.826.3101	Plains	108 W Railroad St		
Community Involvement	Community Club	Sanders County Arts Council	406.826.0500	Plains	905 S Central Ave		
Community Involvement	Historical Society	Sanders County Historical Society					
Other	Council on Aging	Sanders County Council on Aging	406.741.2343	Hot Springs			
Other	Transportation	Sanders County Transportation- Dial a Ride	406.741.2346				

# Appendix 4

# Clark Fork Valley Hospital

Plains, Montana

## 2017 Implementation Plan



# Priority 1: Substance Abuse

## **Objective/Strategy**

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- Establish primary prevention for substance abuse
- Help people receive the substance abuse care they need through improved navigation of treatment programs and resources available, better education, and appropriate crisis planning.

## **Tactics**

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- Enhanced training/education for patient care staff regarding substance abuse
- Support and grow the Local Advisory Council for Mental Health Needs (LAC) coalition to address substance abuse and mental health problems county wide
- Work with community to identify available resources and program for substance abuse intervention and preventions in the county and region.
- Maintain substance abuse prevention/treatment resource guide
- Collectively (organization-wide) provide education regarding insurance, financial assistance options, and the importance of “recovery community” support groups
- Network with treatment programs and develop the connection/network to connect people with the programs
- Develop more robust recovery support group in the county that appeals to younger people and a wider group

## **Programs/Resources to Commit**

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- 4 hours annual CFVH Provider Staff training regarding substance abuse
- Public meeting space around community
- 1 Annual community awareness event
- \$70,000 commitment over 3 years to establish a sustainable Behavioral Health Program and enhance Substance Use Disorder treatment

## **Impact of Programs/Resources on Health Need**

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- Rate of addiction, DUIs, and substance abuse in the County
- Using available survey models- Behavior Risk Factor Survey (BFRS), Youth Risk Assessment Survey (YRAS), County Health Ranking

## **Accountable Parties**

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- CFVH Staff who follow up
- Local Advisory Council for Mental Health Needs (LAC)
- CFVH
- Community members
- Individuals with substance abuse and families

## **Partnerships/Collaboration**

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- Flathead Valley Chemical Dependency
- Public Health
- Sanders County Coalition for Families (SCCF)
- Western Montana Mental Health
- Schools
- Bars

## Priority 2: Primary Care

### **Objective/Strategy**

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- Improve access to primary care

### **Tactics**

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- Look for ways to extend hours of primary care availability
- Assess and identify barriers to primary care access at CFVH-Family Medicine Clinics ( i.e. hrs., staffing, workflow, customer service)
- Develop action plan to address high impact issues
- Investigate the use of 340 B program to expand pharmacy after hours to aid/ allow expansion of urgent care hours.
- Investigate appropriate application of urgent care model in CFVH system- urgent care or other model to reduce outmigration after hours (as opposed to Emergency Department)
- Communicate and be more responsive to provider concerns
- Educate providers about the resources to provide a comprehensive continuum of primary care services (i.e. diabetic education, mental health, etc.)

### **Programs/Resources to Commit**

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- Funds for assessment
- Time/staff to improve primary care efficiency (as guided by assessment)
- study to investigate need for additional space in Thompson Falls, or better use of existing space (i.e. extended hours)

### **Impact of Programs/Resources on Health Need**

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- Improve patient satisfaction
- Decrease wait time for new patient appointments and urgent care needs
- Improve physical/mental health of our patients
- Greater primary care efficiency and better care coordination

### **Accountable Parties**

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- Leadership
- Clinic manager
- Providers, staff

### **Partnerships/Collaboration**

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- Clark Fork Valley Hospital
- Potentially Pharmacies (especially after hours)

## Priority 3: Obesity and Healthy Lifestyles

### **Objective/Strategy**

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- Reduce County obesity rates and increase physical activity rates through focus on Healthy Lifestyles

### **Tactics**

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- Coordinate and promote initiatives towards better eating habits and more exercise opportunities
- Continue to build on current initiatives
- Create more cohesion among existing activity groups, structure
- Promote community involvement
- Increase collaboration with community stakeholders
- Seek out community leads/volunteers for groups
- Work with schools to promote health lifestyle among youth and family

### **Programs/Resources to Commit**

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- Develop 3 additional community programs addressing physical activity or healthy lifestyle
- CFVH Marketing to assist in promotion of those groups/programs already encouraging a healthy lifestyle
- Staff Commitment to organize a County Healthy Living Council

### **Impact of Programs/Resources on Health Need**

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- County Body Mass Index (BMI) Rate
- More cohesive network of activities that promote healthy lifestyles
- Diabetes
- Physical activity rate

### **Accountable Parties**

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- Clark Fork Valley Hospital Leadership
- Providers
- Community stakeholders
- Community Health Improvement Specialist

### **Partnerships/Collaboration**

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- Grocery store collaboration on samples/cooking
- After School Program for promoting healthy snacks with kids
- Food Banks
- Various exercise classes

## Priority 4: Health Care Education and Outreach

### **Objective/Strategy**

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- Grow community outreach program that already exist by enhancing internal awareness among employees and external awareness among the community

### **Tactics (How)**

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- Evaluate and expand on current education and outreach opportunities
- Increase provider/clinical referrals to existing programs, and allow referrals through Epic Referrals among employees/staff; engage employees to learn and be aware of what events are going on
- Word of mouth
- “Train a trainer”
- Promote community involvement
- More promotion through community partners
- Outreach to Thompson Falls and Hot Springs
- Targeting youth population

### **Programs/Resources to Commit**

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- Staff, space/physical resources
- Investigate community facility assets
- Develop 3 additional health education community activities

### **Impact of Programs/Resources on Health Need**

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- Increased activity participation rates
- Increasing awareness of services

### **Accountable Parties**

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- Clark Fork Valley Hospital and providers

### **Partnerships/Collaboration**

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- Collaborate with schools, churches, senior centers, etc.