Executive Summary

At the conclusion of year 2 fiscal year (July 2022 through June 2023) of the 2021 Community Health Improvement Plan, data was collected related to Indiana Regional Medical Centers’ Implementation Strategy. IRMC retained the services of Strategy Solutions, Inc. to produce a summary of the data collected during Year 2 of the implementation.

Goal 1: Improve Health Status by Increasing Participation in Education and Wellness, Focusing on Overweight/Obesity

Objective A: Continue to offer the Wellness Program to employees and community partners

- On average 733 participants (52% of employees participate)
- 415.8 total pounds lost, with average weight loss of 4.4 pounds*
- 602 participants completed nutritional challenge
- 68 health coaching sessions

*Data represents July - December

Objective B: Promote health and wellness to the community at-large

- 19,582 visits to S&T Wellness Center
- 550 participants received medical nutrition therapy
- Bariatric patients lost a total of 1,807.3 pounds
- 13 educational sessions with 359 participants
- 23 participants in LEAN, with a total weight loss of 304 pounds
Goal 2: Increase Access to Mental Health Services and Supports

Objective A: Serve community need by implementing a BH Outreach Program to connect emergency department BH patients with outpatient

1,941 patients saw psych liason or BH staff in ED with 974 referrals made
1,941 BH related visits in ED, with average wait time of 13.6
1,337 referrals to Ambulatory Social Work, with 25 connections*
873 post-discharge calls made, with 284 connections

*Data represents January – June 2023

Objective B: Provide education and outreach
- Hosted 7 events with 20+ participants
- Participates on suicide taskforce and intervention subcommittee
- Did 1 public service announcement

Objective C: Online resources made available through the hospital’s webpage
- Resources and links are available on the hospital’s webpage
- Working on behavioral health resource guide
Goal 3: Decrease Drug and Alcohol Use in Indiana County by Collaborating with the Armstrong-Indiana-Clarion Drug & Alcohol Commission on Prevention, Education, Intervention and Treatment Strategies

Objective A: Continue to partner with the Armstrong-Indiana-Clarion Drug & Alcohol Commission and ARMOT (Addiction Recovery Mobile Outreach Team and Overdose Task Force)

- Participated in 7 community collaboratives
- 33 NARCAN kits distributed in ED, NARCAN vending machine installed
- 441 patients presented to ED with substance use

Objective B: Increase referrals of patients who present in ED to ARMOT and other community agencies

- 282 patients referred to ARMOT, 131 referred to additional treatment programs, 116 completed treatment
- 29 patients received Buprenorphine in ED
- 77 patients admitted to inpatient treatment, 48 admitted to outpatient treatment
- 9 MOMS referrals, 4 enrolled
Objective C: Educate staff, providers, and the broader community in an effort to reduce the stigma around substance use

- 26 educational events with 539 participants
- 1,076 NARCAN kits distributed
- 47 staff trained on stigma, 100% report reduced stigma
- Patients sign opioid agreement when prescribed by PCP

Objective D: Increase access to inpatient rehab
- 94 patients connected to inpatient treatment
- 31 patients referred to outpatient treatment**
- ARMOT referred 107 patients to other providers

Objective E: Increase awareness of available services
- Promoting Alcdac/IRMC NARCAN vending machines through joint press release and media.
- Working on behavioral health resource guide and targeting to have complete for the opening of the new Behavioral Health building in 2024.

Objective F: Online resources made available through the hospital's webpage
- Completed
Methodology

IRMC conducted an evaluation of the Community Health Needs Assessment implementation strategies that have been underway over the second year of the implementation plan (fiscal year July 2022 through June 2023). The evaluation process included submission and review of the outcomes and impact data that was tracked and reported during the last fiscal year.

Progress Reports and Evaluation Discussion

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<tr>
<th>Goal 1: Improve Health Status by Increasing Participation in Education and Wellness, Focusing on Overweight/Obesity</th>
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| • IRMC has continued to offer our Wellness Program to employees and community partners  
  o On average, 733 participants per 6 months (52% of employees)  
  o 415.8 total pounds lost by program participants, with an average weight loss of 4.4 pounds**  
  o Offered 62 nutritional challenges with 997 participants, of which 602 completed the challenge (60.4%)  
  o Provided 68 health coaching sessions and had 144 educational encounters  
  o Offered 50 BWELL nutrition sessions and 9 Diabetes education sessions**  |
| • IRMC has continued to promote health and wellness to the community at-large  
  o 19,582 visits to S&T Wellness Center with 1,631 visits on average per month  
  o Provided medical nutrition therapy to 550 participants  
  o Provided services through the Weight Management & Bariatric Surgery Institute  
    ▪ 321 new patients  
    ▪ 192 follow up patients  
    ▪ Performed 35 bariatric procedures  
    ▪ Patients lost a total of 1,807.3 pounds  
  o Offered 13 educational sessions with a total of 359 participants  
  o Continued LEAN weight management program online with 23 participants, with a total of 304 pounds lost  |

**Reflects 6 months of data, January – June 2023

<table>
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<tr>
<th>Goal 2: Increase Access to Mental Health Services and Supports</th>
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| • IRMC served a community need by implementing a BH Outreach Program to connect emergency department BH patients with outpatient  
  o 1,941 patients seen by psych liaison with 974 referrals made  
  o The Emergency Department had 1,941 BH related visits, with average wait time to transfer to mental health facility of 13.6 hours  
  o Ambulatory Social Workers made 1,377 referrals  
  o Ambulatory Social Workers connected with 25 patients*  
  o Spoke with 284 BH patients post-discharge  |
| • IRMC continues to provide education and outreach  
  o Held 7 events with 20+ participants  
  o IRMC is an active member of the suicide taskforce and intervention subcommittee  
  o IRMC did one public service announcement  |
| • IRMC made online resources available through the hospital’s webpage and added links to outside resources |
Goal 3: Decrease Drug and Alcohol Use in Indiana County by Continuing to Collaborate with the Armstrong-Indiana-Clarion Drug & Alcohol Commission and ARMOT on Prevention, Education, Intervention and Treatment Strategies

- IRMC continues our relationship with local partners
  - Participated in 7 community collaboratives
  - Distributed 33 NARCAN kits in the ED
  - Installed 3 NARCAN vending machines (IRMC Emergency Dept entrance, IRMC at Chestnut Ridge, and Marion Center clinic) to provide kits for community members without needing a physician order for a script.
  - ED leadership and ARMOT collaborated to develop standard protocol for those who show up in ED of an overdose/receive substance use disorder diagnosis. Process changed from opt in to opt out which increased the number of referrals.
  - 441 patients presented to the ED with substance use as a factor

- IRMC has continued to refer ED patients to community partners
  - 282 referred to ARMOT
  - 131 referred to additional treatment programs
  - 116 completed treatment
  - 9 pregnant SUD referrals to MOMS, 4 enrolled
  - 29 patients received Buprenorphine in the ED
  - 77 patients with SUD admitted to inpatient treatment and 48 referred to outpatient treatment by Ambulatory Social Worker

- IRMC provides education to staff, providers and the broader community in an effort to reduce stigma
  - 26 educational events with 539 participants
  - 1,076 NARCAN kits distributed
  - Educated 47 IRMC staff on stigma reduction with 100% reporting reduced stigma pre/post training**
  - Patients sign opioid agreement when being prescribed an opioid by their PCP

- IRMC has increased access to inpatient rehab through local partnerships
  - 31 patients connected to Inpatient Treatment**
  - 31 patients referred to Outpatient treatment**
  - ARMOT program helps to increase access to inpatient treatment for patients at IRMC

- IRMC is working to increase awareness of available services
  - Promoting AICDAC/IRMC NARCAN vending machines through joint press release and media.
  - Working on behavioral health resource guide and targeting to have complete for the opening of the new Behavioral Health building in 2024.

- IRMC made online resources available through the hospital webpage with links to external resources

*Reflects 6 months of data, July – December 2022
**Reflects 6 months of data, January – June 2023