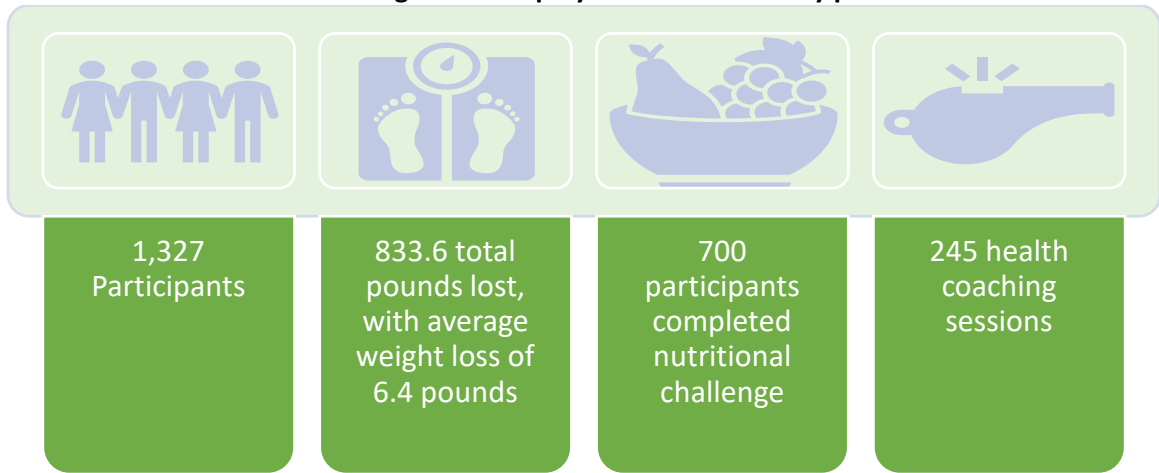


## Executive Summary

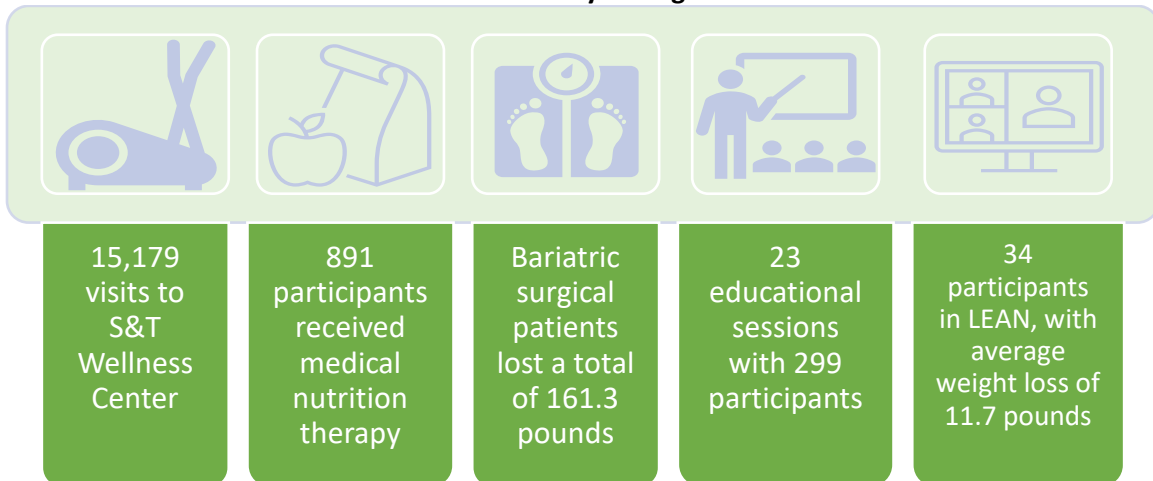
At the conclusion of year 1 of the 2021 Community Health Improvement Plan, data was collected related to Indiana Regional Medical Centers' Implementation Strategy. IRMC retained the services of Strategy Solutions, Inc. to produce a summary of the data collected during Year 1 of the implementation.

### 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

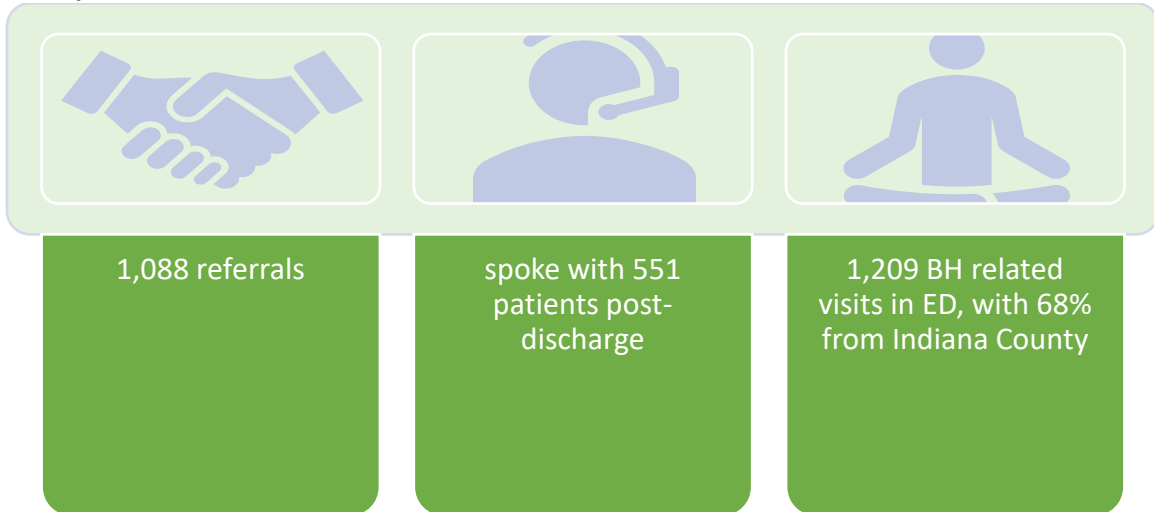


#### Objective B: Promote health and wellness to the community at-large



## 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**



**Objective B: Provide education and outreach**

- Had a table at IRMC Park for Mental Health Awareness month with resources
- Participates on suicide taskforce and intervention subcommittee

**Objective C: Online resources made available through the hospital's webpage**

- Added resources and links to hospital's webpage

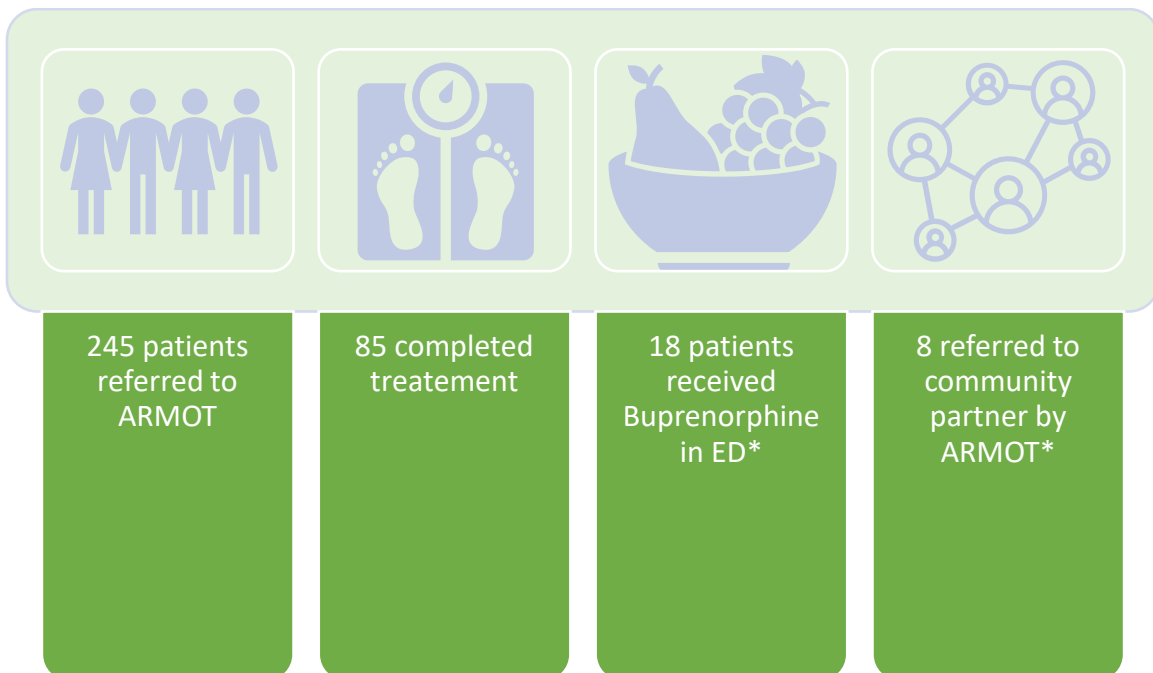
**Goal 3: Decrease Drug and Alcohol Use in Indiana County by Collaborating with the Armstrong-Indiana-Clarion Drug & Alcohol Commission on Prevention, Education, Intervention and Treatment Strategies**

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



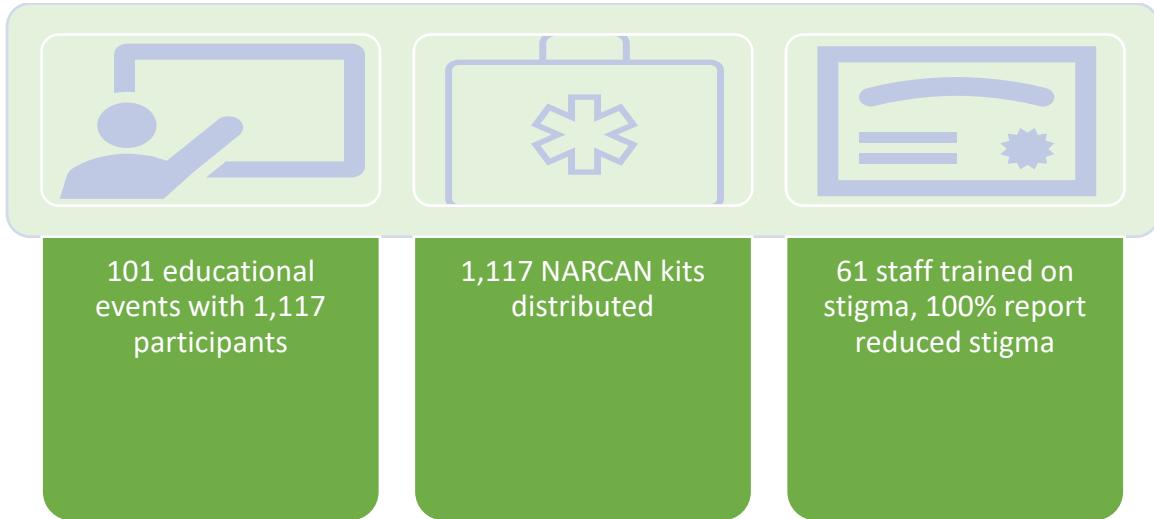
\*Reflects 6 months of data

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



\*Reflects 6 months of data

**Objective C: Educate staff, providers, and the broader community in an effort to reduce the stigma around substance use**



**Objective D: Increase access to inpatient rehab**

- 43 patients connected to inpatient treatment\*
- 6 patients referred to outpatient treatment\*
- ARMOT referred 8 patients to other providers\*

**Objective E: Increase awareness of available services**

- Marketing efforts to promote warmline for 24/7 access to services
- Media campaign to promote AICDAC services

**Objective F: Online resources made available through the hospital's webpage**

- Added resources and links to hospital's webpage

\*Represents 6 months of data

## Methodology

During July and August 2022 and then October 2022, IRMC conducted an evaluation of the Community Health Needs Assessment implementation strategies that have been underway over the first year of the implementation plan (July 1, 2021, through June 2022). 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

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

- IRMC has continued to offer our Wellness Program to employees and community partners
  - 1,327 participants this year
  - 833.6 total pounds lost by program participants, with an average weight loss of 6.4 pounds
  - Offered 25 nutritional challenges with 700 participants, of which 75 completed the challenge (10.7%)\*
  - Provided 245 health coaching sessions and had 15 educational encounters
- IRMC has continued to promote health and wellness to the community at-large
  - 901 participants in Corporate BeWell Program
  - 15,179 visits to S&T Wellness Center with 1,264 visits on average per month
  - Provided medical nutrition therapy to 891 participants who lost a total of 25 pounds
  - Provided services through the bariatric center
    - 323 new patients of which 55 were surgical
    - Followed up with 255 patients
    - Performed 8 bariatric procedures
    - Surgical patients lost a total of 161.3 pounds
  - Offered 23 educational sessions with a total of 299 participants
  - Continued LEAN weight management program online with 34 participants, with average weight loss of 11.7 pounds

\*Reflects 6 months of data, January – June 2022

### Goal 2: Increase Access to Mental Health Services and Supports

- IRMC served a community need by implementing a BH Outreach Program to connect emergency department BH patients with outpatient
  - Ambulatory Social Workers made 1,088 referrals
  - Ambulatory Social Workers connected with 158 patients
  - Spoke with 55 BH patients post-discharge
  - The Emergency Department had 1,209 BH related visits (68% were from Indiana County), with average wait time to transfer to mental health facility of 14.86 hours
- IRMC continues to provide education and outreach
  - Participated in Mental Health Awareness month, had a table of resources available at IRMC Park and engaged in conversations with community members
  - IRMC is an active member of the suicide taskforce and intervention subcommittee
- 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 12 NARCAN kits in the ED\*
  - 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.
  - 307 patients presented to the ED with substance use as a factor\*
- IRMC has continued to refer ED patients to community partners
  - 245 referred to ARMOT
  - 85 completed treatment
  - 18 patients received Buprenorphine in the ED\*
  - 8 patients referred to Open Door or Crossroads by ARMOT\*
- IRMC provides education to staff, providers and the broader community in an effort to reduce stigma
  - 101 educational events with 1,117 participants
  - 1,117 NARCAN kits distributed
  - Educated 61 IRMC staff on stigma reduction with 100% reporting reduced stigma pre/post training
- IRMC has increased access to inpatient rehab through local partnerships
  - 43 patients connected to Inpatient Treatment\*
  - 6 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
  - Marketing efforts to promote warmline for 24/7 access to services
  - Media campaign to promote AICDAC services.
- IRMC made online resources available through the hospital webpage with links to external resources

*\*Reflects 6 months of data, January – June 2022*