

2022-2024

Community Health Needs Implementation Strategy



SSM Health St. Clare Hospital - Baraboo

707 14th street | Baraboo, Wi 53913

Message to our community

SSM Health St. Clare Hospital- Baraboo, member of SSM Health, is proud to deliver exceptional and compassionate care to the Baraboo area. Inspired by our founding Franciscan Sisters of Mary and guided by our Mission – Through our exceptional health care services, we reveal the healing presence of God – we cherish the sacredness and dignity of each person as demonstrated through our Values of compassion, respect, excellence, stewardship and community.

Our sustained community commitment can be seen through our collaborative partnerships with residents and organizations. We rely on these relationships to help us identify and develop plans to address high-priority community health needs. We are grateful for the opportunity to partner with the following organizations: Sauk County Health Department, Sauk County Health & Wellness Coalition, Baraboo and Wisconsin Dells area school districts, Ho-Chunk Nation, Hope House, County and Local Emergency Response Team, Local Law Enforcements, Sauk County Aging and Disability Resource Center, The City of Baraboo, Boys and Girls Club and the St. Clare Foundation.

Over the last 12 months, in collaboration with our community partners, we have conducted a community health needs assessment by gathering health-related information a variety of resources regarding Sauk County and the surrounding portions of adjacent Adams, Columbia and Juneau counties. We have also interviewed key health officials, conducted community discussion forums and/or focus groups to identify concerns about the health of these communities and the number of area-based programs and organizations that exist to address their needs. These discussions identified needs that were prioritized based on the level of importance to community members and the hospital's ability to truly make an impact.

The priorities we will address over the next three years:

#1 Mental Health

#2 Affordable Housing

#3 Substance Use

During this time, SSM Health St. Clare Hospital will further develop its community partnerships and deliver an exceptional experience through high-quality, accessible and affordable care to all residents. Please visit our website at ssmhealth.com to learn more about how we will continue to make a difference in our community.

I welcome your thoughts on how we can create a healthier Sauk County and surrounding counties.

Sincerely,

Kyle Nondorf

Interim President

SSM Health St. Clare-Baraboo



Executive summary

Background

St. Clare Hospital is pleased to present the 2021 Community Health Needs Assessment (CHNA). This CHNA report provides an overview of the health needs and priorities associated with our service area.

The goal of this report is to provide a deeper understanding of the health needs in the communities we serve, as well as a guide to help the hospital in its community health improvement implementation planning efforts and development of a strategy to address evaluated needs. The SSM Health Wisconsin Regional Board approved this CHNA on November 9, 2021.

The SSM Health Wisconsin Regional Board approved this CHNA report for 2021. St. Clare Hospital last conducted a CHNA in 2018. The Affordable Care Act (ACA) requires 501(c)(3), tax-exempt hospitals to conduct a CHNA every three years and adopt a strategic implementation plan to address identified the needs.



Priorities

- **Mental Health**—All key informant groups brought mental health to the forefront of the discussion. According to the CDC, mental and physical health are equally important components of overall health with depression increasing the risk of many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease and stroke.
- **Affordable Housing**- All key informant groups and survey respondents brought affordable housing to the forefront of the discussion. 28% of Sauk County households spend 30% or more of their income on housing. Households that rent are more likely to have a high housing cost burden 45% of Sauk County renters.
- **Substance Use** – Alcohol, tobacco and other drugs abuse is higher in Sauk County than in Wisconsin and is generally much higher than in Top U.S Counties. Alcohol outlet are places where someone can buy alcohol to drink and Sauk county has 290 alcohol approved licenses. That means our alcohol outlet density is a 2.26 rate of alcohol licenses per 500 people.

Strategies

- **Mental Health**-Increase community awareness, promote current resources available and collaborate with community partners to determine which social determinants of health are most impacting Sauk County community members. Address inequalities prevalent in Sauk County including income and insurance.
- **Affordable Housing**-Develop coordinated and collaborative action plans to address affordable housing. Engage community leaders to commit resources towards health improvement based on the assessment which includes affordable housing.
- **Substance Use** - Increase community awareness, promote current resources available and collaborate with community partners to determine which social determinants of health are most impacting Sauk County community members. Address inequalities prevalent in Sauk County including access to care and insurance.

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About SSM Health and St. Clare Hospital

SSM Health

SSM Health is a Catholic not-for-profit health system serving the comprehensive health needs of communities across the Midwest through a robust and fully integrated health care delivery system.

Headquarter in St. Louis, SSM Health has care delivery sites in Missouri, Illinois, Oklahoma, and Wisconsin. The

health system includes 24 hospitals, more than 300 physician offices and other outpatient care sites, 10 post-acute facilities, comprehensive home care and hospice services, a pharmacy benefit company, an insurance company, a technology company and an Accountable Care Organization.

With more than 10,000 providers and 40,000 employees in four states, SSM Health is one of the largest employers in every community it serves. An early adopter of the electronic health record (EHR), SSM Health is a national leader for the depth of its EHR integration.

Through our exceptional health care services, we reveal the healing presence of God.

SSM Health -St. Clare Hospital

Highlight of services

St. Clare Hospital offers a comprehensive range of acute inpatient services, along with an ambulatory care consisting of primary care and specialty care providers. Services include radiation oncology, total joint replacement, women's health services, cardiac/pulmonary rehab, sleep studies, chronic disease education and other clinical departments.

Community benefit

In 2020, SSM Health St. Clare Hospital – Baraboo provided \$3,342,514 in net community benefit, comprised of \$333,122 in charity care; \$896,113 in community services; and \$2,113,279 in unpaid costs of Medicaid. Through our investment in community benefit programs, we focus to enhance the health of all who live in our area. In 2020, we gave \$71,000 and collaborated with the following organizations: Sauk County Health

Department, Sauk County Justice, Diversion and Support (JDS) Programs , Sauk County Health and Wellness Coalition, Work Smart Network at the Sauk County Job Center, Wisconsin Department of Workforce Development's Vocational Rehabilitation Programs, Wisconsin Department of Workforce Development's Wisconsin Job Service and Satori House Recovery.

Additional affiliations and partnerships

The connection with SSM Health Dean Medical Group offers patients a seamless health care experience. Patients receive exceptional care from the moment they begin their journey with SSM Health. The heritage of healing continues today with a deep-rooted commitment to providing personal and compassionate care.

Hospital at a glance

Admissions | 1,064

Outpatient visits | 67,952

ER visits | 18,381

Births | 159

Beds | 100

Employees | 420

Medical staff | 348

Volunteers | 152

Charity care | 333,122

Hospital's Role in Conducting the Assessment

SSM Health St. Clare Hospital – Baraboo worked closely with the Health & Wellness Steering Committee to develop the 2021 Sauk County Community Health Assessment (CHA). The hospital was an active member in the Sauk County Community Health Assessment workgroup, has a representative serving as an advisor to the Health & Wellness Steering Committee and assisted in inviting community members to conversations to gather and collect community perspectives. The process benefited from input from several individual community leaders representing diverse constituencies.

Primary Data

SSM Health St. Clare Hospital – Baraboo sought and received input from the Sauk County Public Health Department. The hospital also worked closely with the Health & Wellness Steering Committee to develop the 2021 Sauk County Community Health Assessment (CHA). Community perspectives and data gathered during this endeavor were incorporated into the SSM Health St. Clare Hospital – Baraboo Community Health Needs Assessment. Community perspectives were gathered from multiple activities, including a community survey, key informant interviews, and focus groups (community conversations).

Secondary Data

In addition to a review of demographics, we gathered and reviewed data from broad sources to set the initial direction and priorities of the community health needs assessment. The secondary data was derived from a variety of unbiased sources including the County Health Rankings, 211 Count data from Sauk County, Community Commons, Wisconsin Hospital Association CHNA Dashboard and the Wisconsin Department of Health Service.



Our Progress since 2018

Priority 1: Mental Health

At St. Clare’s Hospital in Baraboo, SSM Health staff partnered with academic experts and county agencies to design and fund an educational training program for individuals engaged in Sauk County, Wisconsin’s criminal justice system. The intent was to create a pathway out of the criminal justice system and into employment which should result in improved access to health care and a better quality of life for the individuals and their families. In 2019, SSM Health formalized an agreement with the Sauk County Health Department, created an Education Navigator position and transferred funds to start the project. A Navigator with a background in alternative adult education was hired in January 2020 and, in the project’s first six months, the Navigator provided services, training and educational incentives to 36 people involved in Sauk County’s criminal justice system.

Priority 2: Chronic Disease



2018 goal: reduce heart failure readmissions to St. Clare Hospital from 16 annually to 14 annually. We achieved this goal reaching 12 readmissions in 2020. St. Clare Hospital continues to provide community support through our chronic disease outpatient program and the Better Breathers support group.

Cardiac Rehab expanded their Functional Capacity Program to include patients with hypertension, hyperlipidemia, obesity and Diastolic/Systolic Heart Failure.

Priority 3: Obesity and Nutrition

With funding from the St. Clare Foundation endowment, programming and grants were provided in 2020 to local agencies and organizations:

- Fun 'n Fit Program for 3rd Graders in Baraboo and Wisconsin Dells school districts
- Beyond Blessed Food Pantry – Fresh Meat for Pantry Participants
- Central Wisconsin Community Action Council – Fresh Produce, Dairy and Hygiene Items
- Happy Kids Network – Vine Street Market for Middle & High School Snacks
- Kids Ranch – Healthy Snacks and Wellness Programming
- Sauk County Children’s Giving Tree – Food In Crisis Program

The health needs of our community

Community health survey

A community perception survey of individuals who live, work, learn, or play in Sauk County, was conducted from **February-May 2021 with 1,612 responses received**. Over and under-represented data from our survey can be found in the table below.

Over-Represented Groups	Analysis (Survey Vs. Census)	
	Survey	Census
Female	72%	50%
Middle aged (ages 35-64)	61%	40%
Married	67%	54%
Homeowners with mortgages	54%	43%
Well-educated (bachelor's degree or higher)	48%	30%
White-non-Hispanic	91%	95%



Under-Represented Groups	Analysis (Survey Vs. Census)	
	Survey	Census
Men	25%	50%
Under age 24	NA	31%
Single	11%	27%
Renters	16%	31%
High school degree as highest education	22%	34%
Latinos	2%	5%

The Survey was balanced by key informant interviews and focus groups that underrepresented minority groups

- Ho-chunk Nation Tribal Members
- African Americans
- Latinos
- LGBTQ
- Renter
- Rural
- Singles
- Low income
- Disabled
- People living with chronic disease
- Young People

The health of our community

Priority 1: Mental Health

31%

of survey residents said mental services are a challenge to obtain!

- 15% of adults reporting fair or poor health.
- 12% of survey residents said everyone in their household could get the **Health services** they needed only **sometimes, rarely or never**
- 13% of adults reporting 14 or more days of **poor mental health per month**

Priority 2: Affordable Housing

28%

Of the population live in cost burdened households (housing cost are 30% or more of total household income).

- 8% of the population lack adequate access to foods.
- 40% of children enrolled in public schools are eligible for free lunch or reduce price lunch
- 2.45% of occupied housing units are **lacking complete kitchen facilities.**

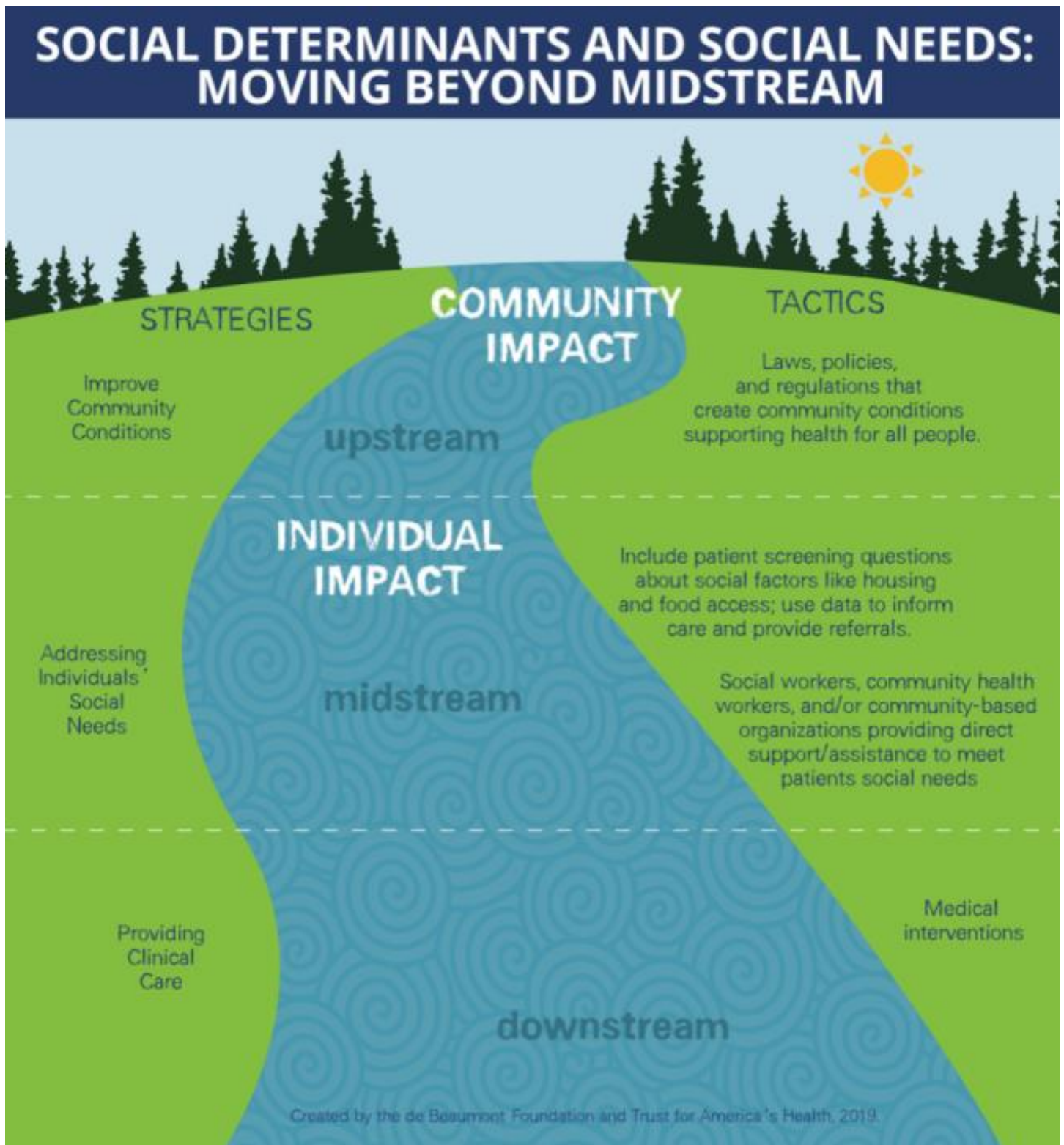
Priority 3: Substance Use

28%

Of adults self-reported excessive drinking in the last 30 days.

- 26.6 per 1,000 people were diagnosis with Drug/Substance abuse.
- As of 2019 there were **21** reported **drug poisoning deaths** per 100,000.
- Within the Sauk county area there are **18.7% adults** who have **smoked or currently smoking.**

Social Determinants and Social Needs



Community Partners

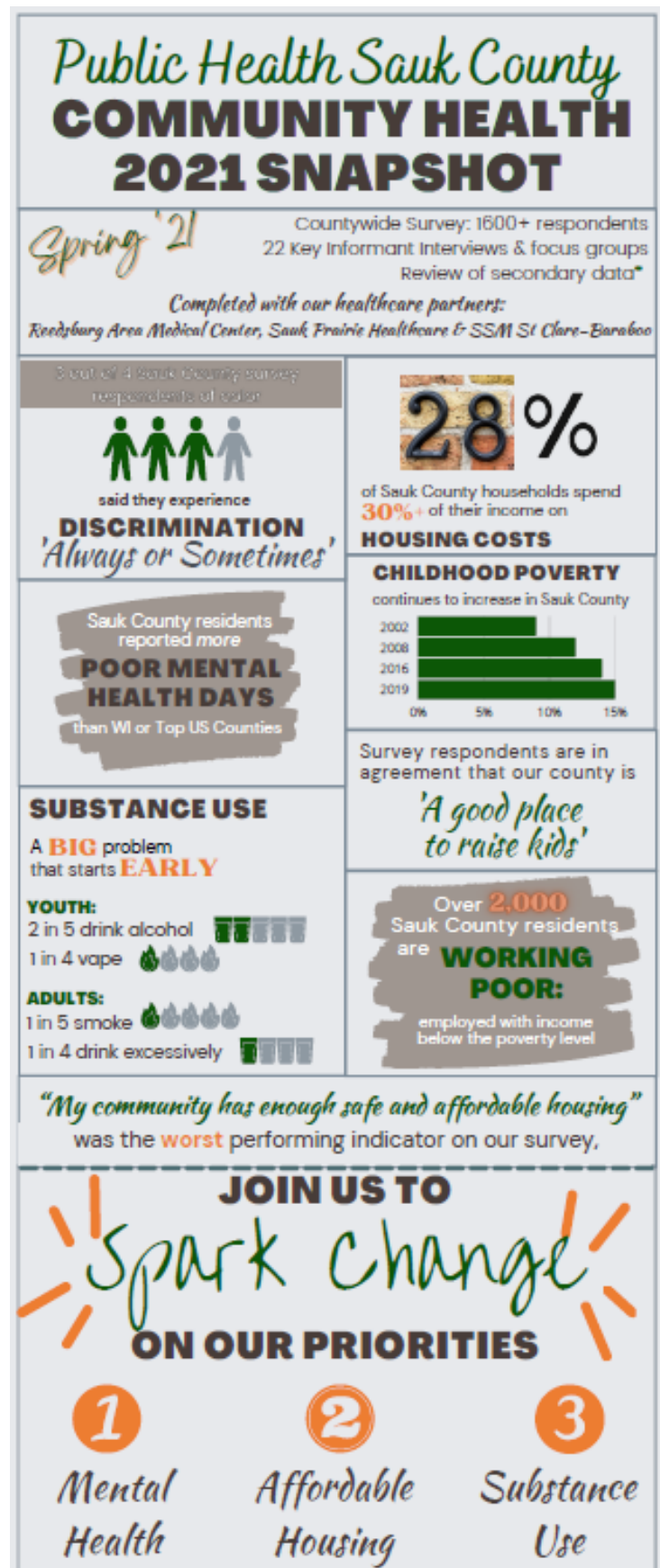
We are proud to be part of community projects that work to improve health outcomes in the areas we serve including the University of Wisconsin – Baraboo Rural Training Track Residency Program; Boys and Girls Clubs; Sauk County Development Corp; UW Platteville – Sauk County Campus Board; Journey Mental Health; Central Wisconsin Community Action and more.

Sauk County Health and Wellness Coalition - The individual members of this coalition demonstrate a strong commitment to assessing health needs and to work collaboratively with the goal of improving the health of Sauk County's population.

Mission Statement: We collaborate to raise awareness, provide education, and inspire action on health issues meant to improve the health of Sauk County residents.

The members of the committee represent:

- Reedsburg Area Medical Center
- Sauk County Health Department,
- Sauk Prairie Healthcare
- SSM Health- St Clare Baraboo

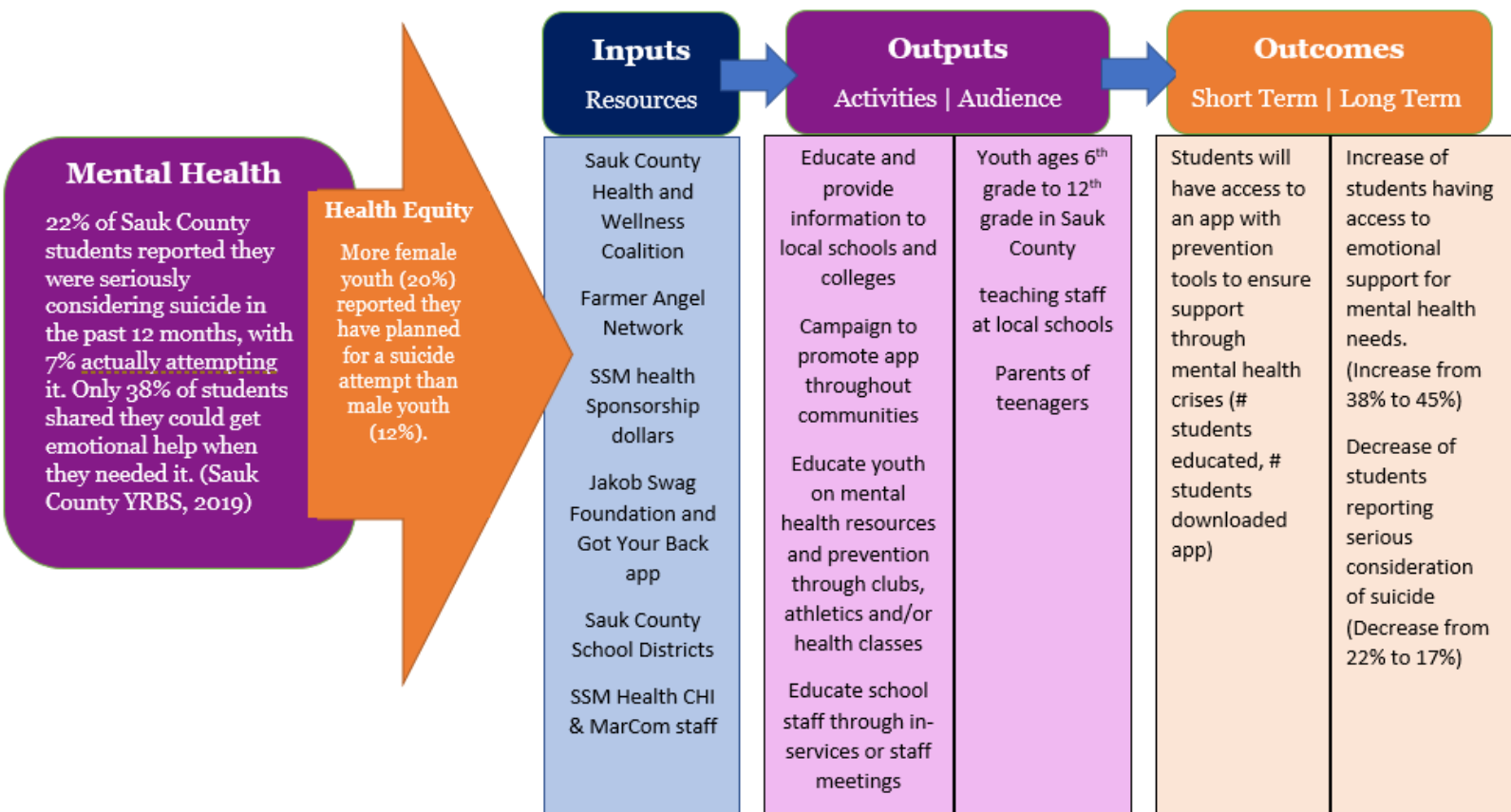


Mental Health: Youth Suicide Prevention

In 2021, as Mental Health came to the top of the identified priority needs in Sauk County, SSM Health donated \$30,000 to the Jakob SWAG Foundation to provide support for Wisconsin youth. The Jakob SWAG Foundation originated out of Green County, Wisconsin in efforts to prevent youth suicide in our youth. The Got Your Back app is a mental health and suicide prevention app equipped with support systems, resources and tools for monitoring and supporting youth in navigating their own mental health. Jacob's SWAG believes that talking about suicide and how it affected the family can open lines of communication within families and communities. According to the website, the foundation hopes to spread the message that "it is ok to not be ok." It is normal to feel sad or lonely. It is appropriate to seek support and help when you are feeling unwell and unsafe. Our children need to learn that talking about feelings in an effort to get better is the right thing to do. No one should suffer in silence.

Suicide Awareness, Prevention & Education





Featuring the Got Your Back App
Powered by Jacob's SWAG Foundation

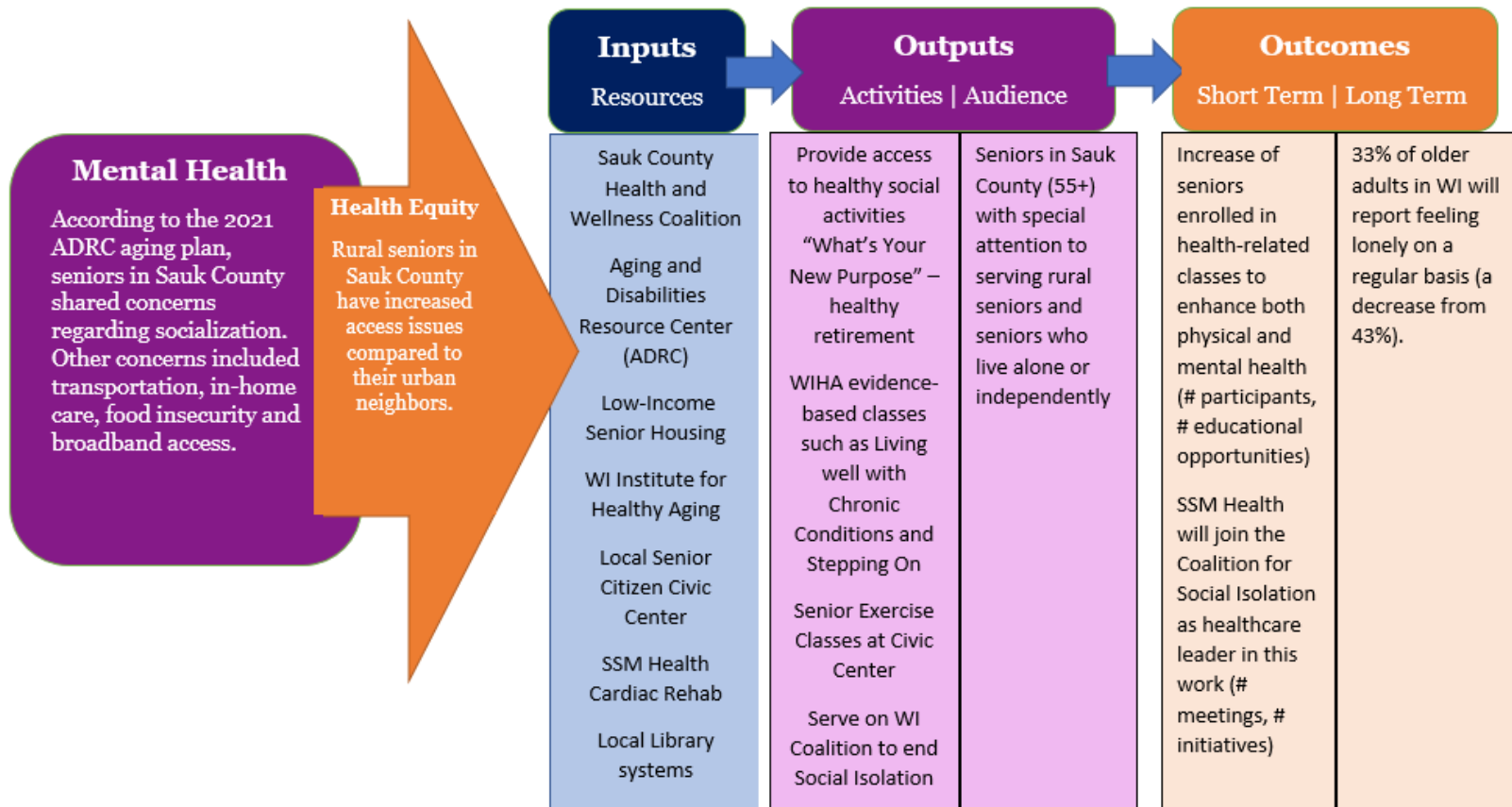



Mental Health: Social Connections for Seniors

In 2022, SSM Health will join the Wisconsin Coalition to End Social Isolation and Loneliness as a part of the strategic plan to improve social connection in our senior population.

Using a collective impact approach that brings together public and private entities, service providers, and individuals, the coalition seeks to organize to identify and deploy meaningful responses to the negative health impacts of social isolation and loneliness among older adults and people with disabilities in Wisconsin. To tackle the challenges, the coalition will focus on breaking down inequities in communities of color, rural communities and tribal nations, by addressing these areas:

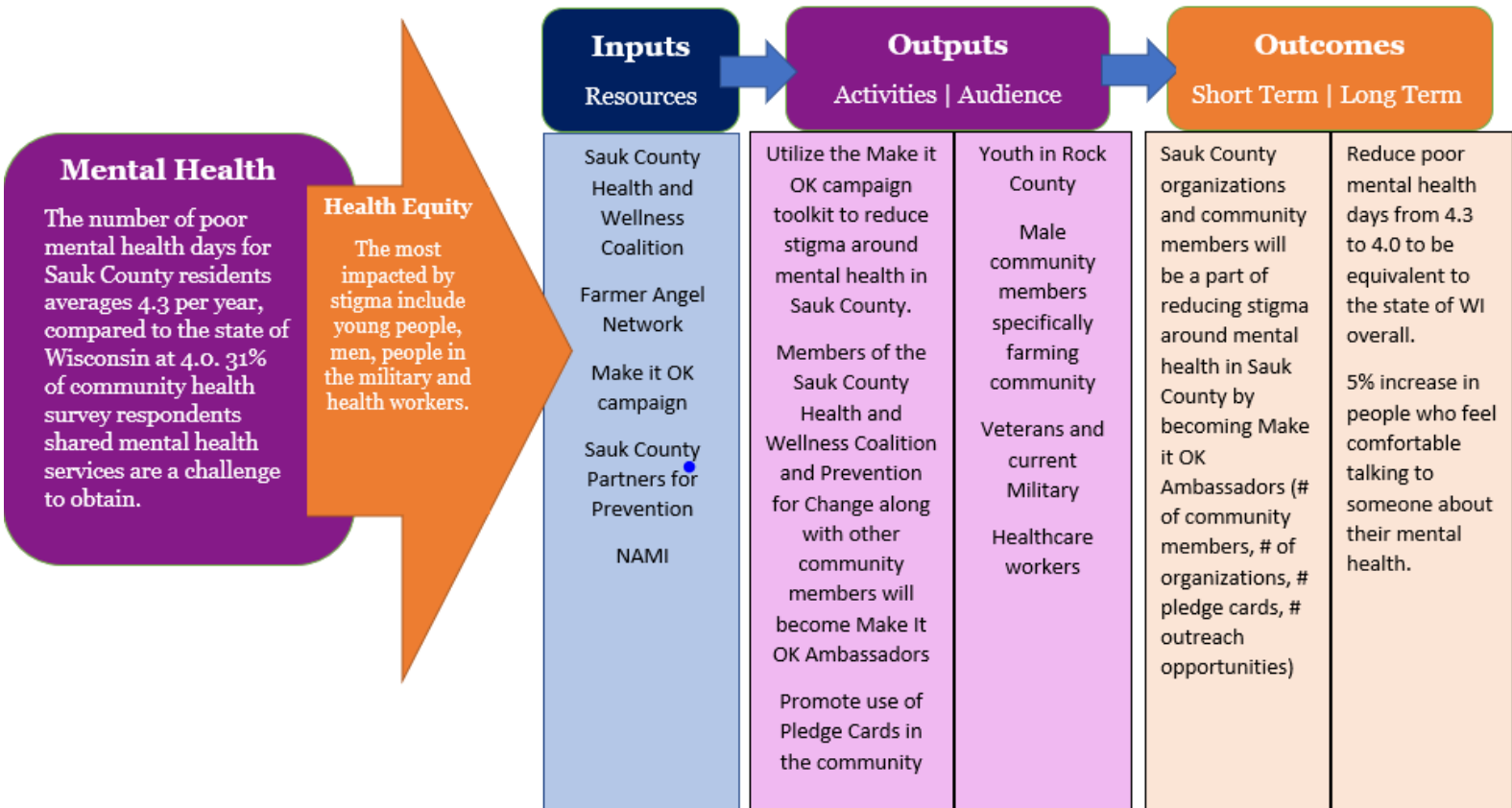
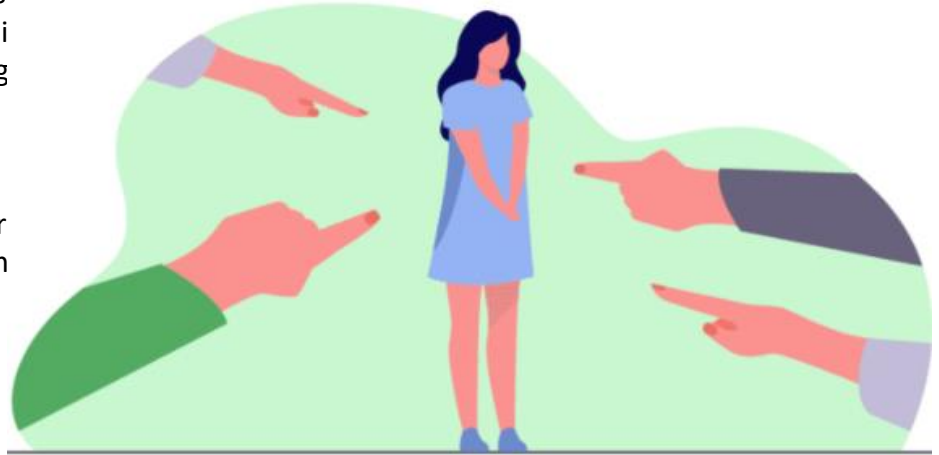
	Public Awareness We will raise awareness of loneliness as a public health issue and share strategies to improve connections and create a feeling of purpose.
	Research & Share We will create a research-driven knowledge base to support and inform coalition activities and interventions to be deployed locally.
	Detect & Respond We will share methods for identifying loneliness and provide access to meaningful and culturally-relevant resources and services.
	Advocate We will seek public policy solutions that combat the root causes and adverse consequences of isolation and loneliness.



Mental Health: Reducing Stigma

Even though mental health is a growing problem across all demographics, many people don't seek help. There are a variety of reasons why someone might choose not to get help, but mental health stigma is one of the main reasons.

"Make it Okay" campaigns decreased stigma between 2017 and 2019. There was a 5% increase in people who felt comfortable talking to someone about their mental health. There was a 7% increase in people who would tell their friends if they had a mental illness and a 4% decrease in the number of people who were reluctant to receive help.

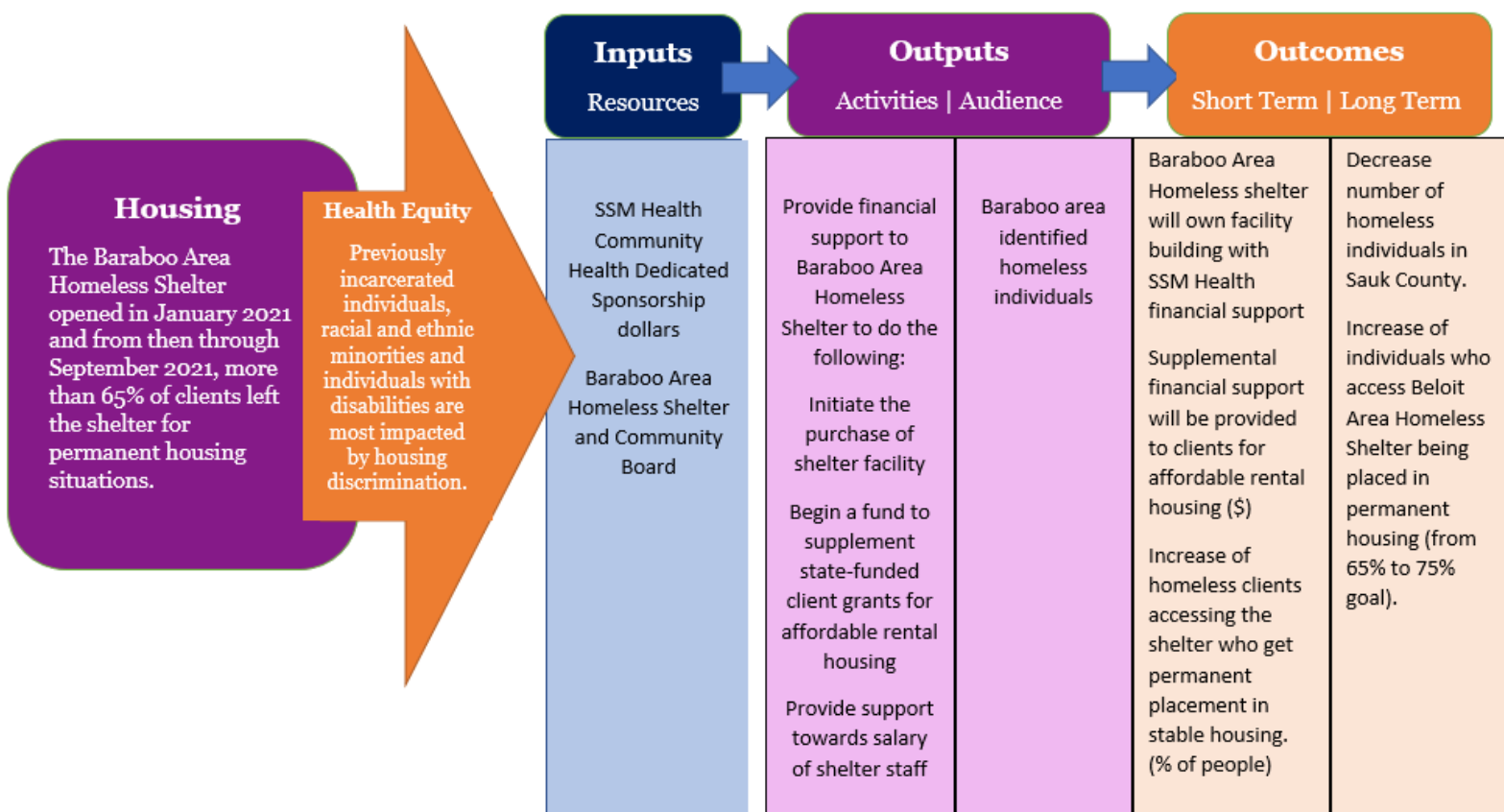


Housing: Homelessness



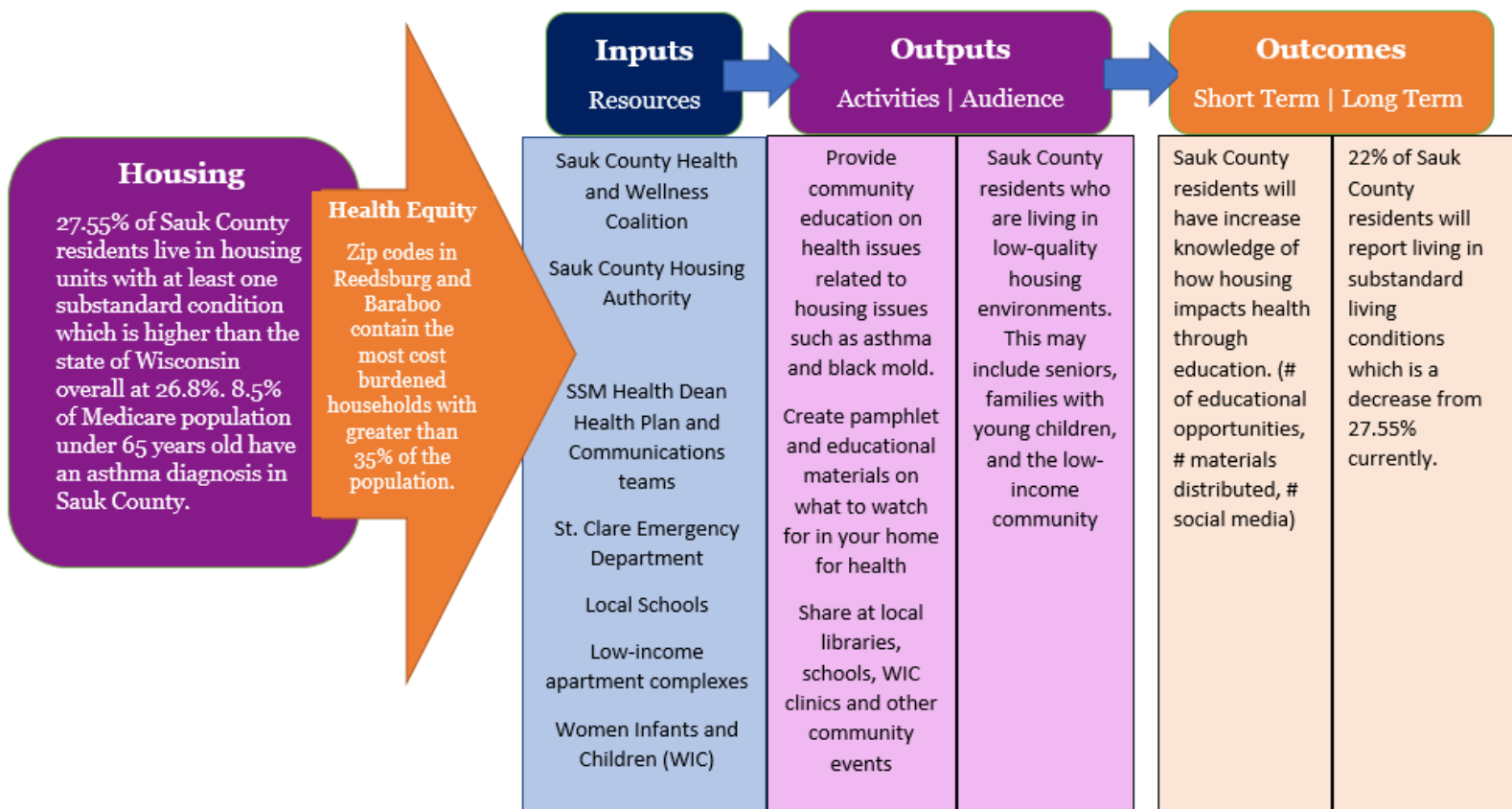
HOPE IS WHERE THE HEART IS

Facing the challenges of today requires problem-solvers who bring different perspectives and are willing to take risks. Baraboo Area Homeless Shelter emerged out of a pursuit to inspire and support the community, and a desire for actions to speak louder than words. Established in 2019, we're an organization driven by progressive ideas, bold actions, and a strong foundation of support. Baraboo Area Homeless Shelter works to provide shelter and comprehensive case management services to persons experiencing homelessness in Baraboo, Wisconsin and the surrounding area. In 2022, St. Clare Hospital is confirming our dedication to serving those most impacted by housing issues by providing a \$50,000 donation to the Baraboo Area Homeless shelter to expand their great work.



Housing: Housing and Health Impact Awareness

Safe, affordable housing is imperative to the health of an individual and for a thriving community. Evidence shows housing and health can be understood as supporting the existence of four pathways. First, the health impacts of not having a stable home (the stability pathway). Second, the health impacts of conditions inside the home (the safety and quality pathway), third, the health impacts of the financial burdens resulting from high-cost housing (the affordability pathway) and lastly, the health impacts of neighborhoods, including both the environmental and social characteristics of where people live (the neighborhood pathway).

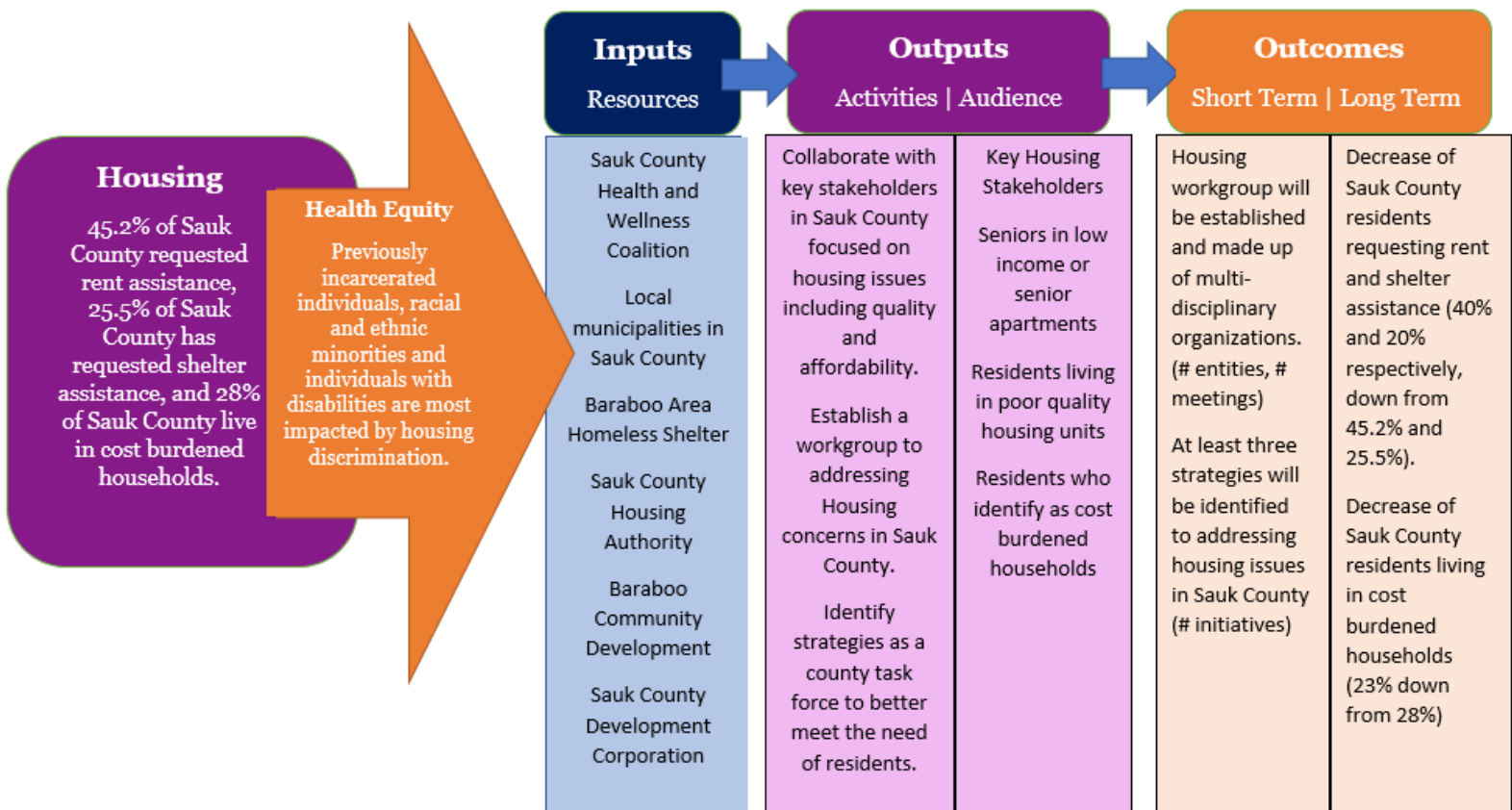


Housing: Task Force Development

Selected conditions provide information in assessing the quality of the housing inventory and its occupants. This data is used to easily identify homes where the quality of living, and housing can be considered substandard. Of the 26,222 total occupied housing units in the report area, 7,223 or 27.55% have one or more substandard conditions. This indicator reports the number and percentage of owner- and renter-occupied housing units having at least one of the following conditions:



- 1) lacking complete plumbing facilities
- 2) lacking complete kitchen facilities
- 3) with 1 or more occupants per room
- 4) selected monthly owner costs as a percentage of household income greater than 30%
- 5) gross rent as a percentage of household income greater than 30%.

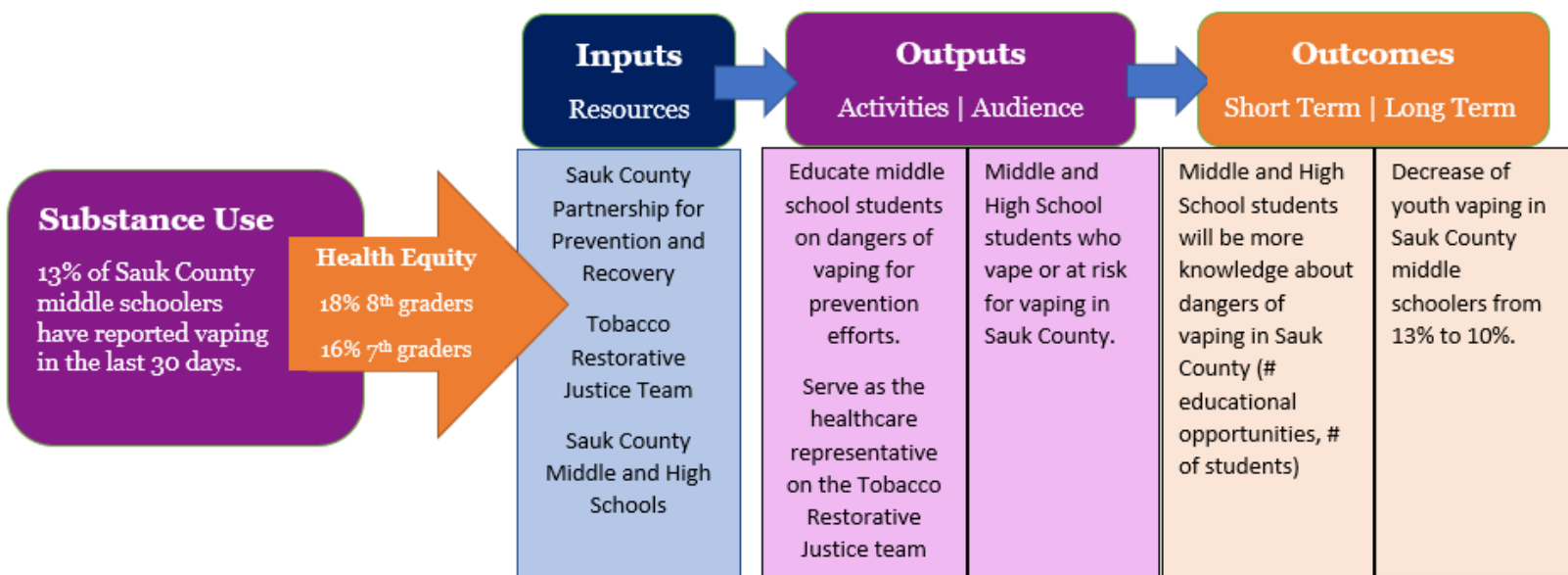


Substance Use: Vaping Prevention

The Sauk County Partnership For Prevention is an alliance of community members and local organization, including SSM Health St. Clare Hospital, that are dedicated to preventing the dangerous use of alcohol, tobacco, and other drugs. We currently address 3 types of dangerous substance use in our communities:

- The use of alcohol by youth under age 21
- The use of vaping products by youth under age 18
- The misuse of prescription drugs by residents age 12+

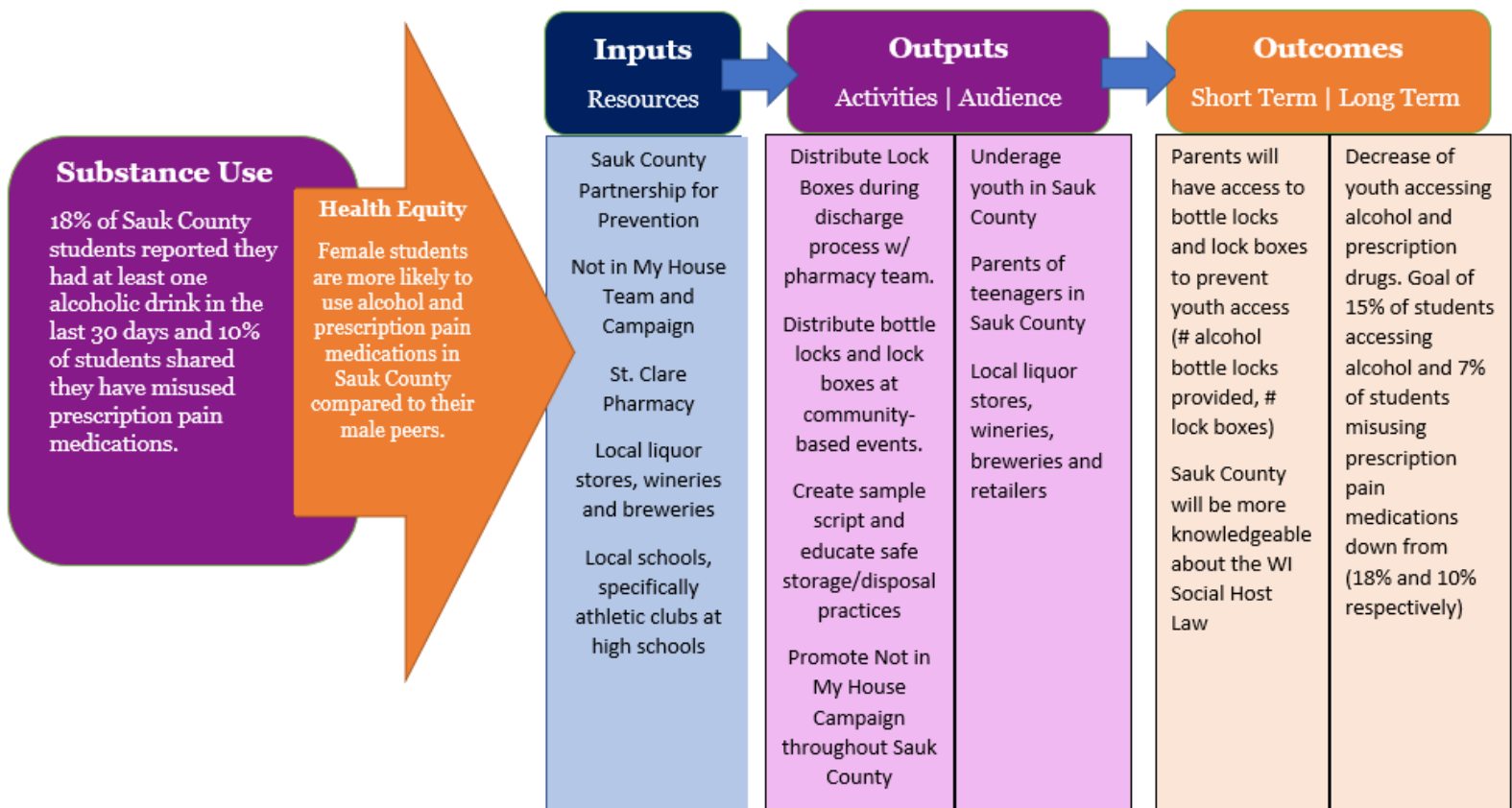
In Sauk County, vaping has skyrocketed among youth. We partner with local municipalities to help update clean air ordinances to include vaping. We collaborate with Sauk County schools to deliver vaping and other drug prevention curriculum to students, update school tobacco policies and signage, and help connect nicotine-addicted teens with resources to quit.



Substance Use: Not in My House Campaign

Substance misuse is a serious concern in our communities. The Partnership For Prevention is working on a variety of initiatives to help all of our community members reach their full potential.

Most underage drinkers in Sauk County don't buy alcohol directly from retailers. They get it from social sources like parties, older friends or siblings, or parents and other relatives-- their own or their friends'. The Not in My House campaign encourages parents and other adults to say "Not in My House" to underage drinking and builds awareness of Wisconsin's Social Host Law.

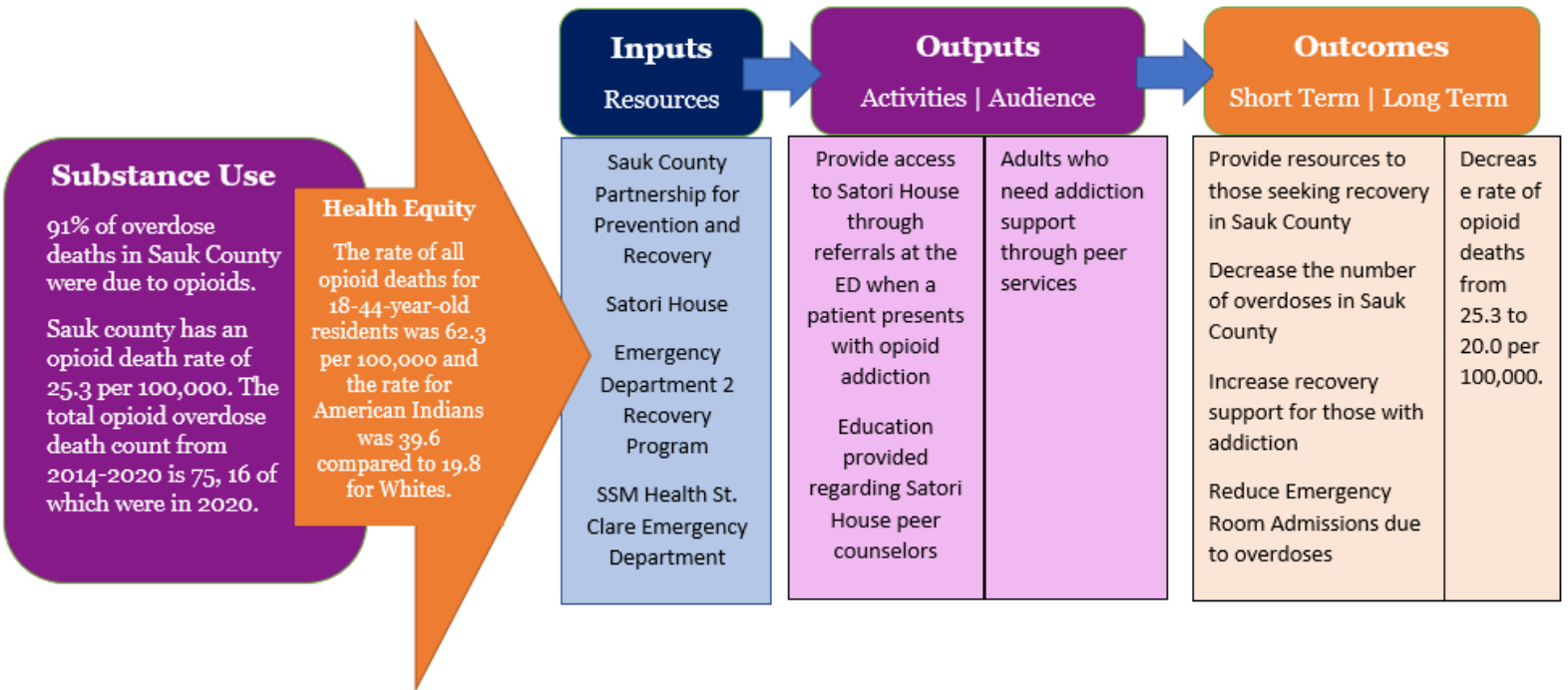


Substance Use: ED2Recovery+

Emergency Department 2 Recovery services are currently occurring in several hospital sites across the state offering referrals, support, and follow up for treatment and recovery to individuals that have experienced an opioid or stimulant overdose or anyone presenting an opioid or stimulant use disorder. Additionally, recovery coaches and certified peer support specialists may also offer peer support services outside of emergency department settings for individuals struggling with opioid or amphetamine use disorder. Outside services including and not limited to EMT services, first responders, public health departments, probation and parole offices, law enforcement, and treatment and/or recovery centers. This statewide peer support network will function as a portion of the State Opioid Response. The ultimate goal of the program is to unite treatment systems to promote peer support services that will:



- Decrease the number of overdose fatalities in Wisconsin
- Increase treatment and recovery support service utilization of the target population
- Reduce Emergency Department admissions due to overdoses
- Provide peer support services in a community setting
- Be a sustainable and collaborative peer support network



Community health improvement initiatives outside of this plan: Education Navigator

Evidence suggests that Sauk County has a generational pattern of involvement with its criminal justice system. In addition, a high proportion of individuals in Sauk County Jail, Huber Work Release, Adult Treatment Court, Medication Assisted Treatment, and extended supervision released prison citizens do not have a high school diploma. Incarceration – particularly without an education – can adversely affect individuals and their families. Often the children of incarcerated persons suffer unmet social needs (food insecurity, housing insecurity, insufficient access to health care) leading to adverse childhood experiences (ACEs) and trauma that could span generations.

By providing culturally and linguistically competent navigation through and to educational resources (instruction, tutoring, training, testing/credentialing), it is anticipated that some people involved in the Sauk County correctional system will use education as a pathway out of incarceration and into employment. By reducing the generational cycle of incarceration and by providing navigation through and to the education system, this project should reduce incarceration, recidivism, and revocation rates. It is anticipated that this change will also lead to more formerly incarcerated individuals become and staying employed which should lead to greater access to health care, improved health conditions, and reduced adverse childhood experiences (ACEs) and trauma for the children of the incarcerated.

35

Previously incarcerated individuals received education navigation services in 2020-2021.

Student Impact Letter...

I want to share my personal experience with this program so far. I've been in recovery from drug addiction for 3 years. During my last cycle of use I endured severe trauma, which completely took away my confidence and self worth. It has been a goal for me to obtain my GED as part of my healing process. In addition to trauma, I have diagnosed anxiety and PTSD, which has often left me paralyzed in fear and caused me to avoid even considering a classroom setting.

I learned about this program through my line of work, and I was hesitant to enroll; however, I am now so happy that I took this step! Sasha is very welcoming and nonjudgmental. From the very first encounter, I felt safe and less anxiety ridden. Some of what I love best is that it's at my own pace, without pressure of timelines or limited amount of attempts. Sasha is very encouraging and understanding of my past, which has helped me to slowly rebuild my confidence. She's patient and able to explain things in ways that I'm able to learn. For example, there are times I have panic attacks and almost completely shut down; rather than getting frustrated with me, she kindly helps me stay focused so that I'm able to keep moving forward. This same kind of panic attack has affected me in past attempts to get my GED.

I feel that a classroom setting would make it nearly impossible for me to be successful; however, one on one with Sasha is the learning environment that I know I need to complete this goal. I really hope this program continues in this county for a very long time to help others in similar situations as mine. I now truly believe that I will be able to get my GED and build a future with more opportunity.

2022-2024

Appendices

SSM Health St. Clare Hospital

707 14th street | Baraboo, Wi 53913

Appendix A: Sauk County Community Health Improvement Structure

Health & Wellness Steering Committee

- Steers Healthy Sauk 2030, assessment and community health improvement plans
- Composed of (at minimum): SC Public Health, area healthcare systems, and the Ho-Chunk Nation Health Dept.

Data Council

- Committee of Healthy Sauk 2030
- Develops mutually beneficial procedures for data collection, analysis, and sharing to improve health outcomes across agencies.
- Ensures data points and collection procedures are inclusive and equity-focused

Healthy Sauk 2030 coalition

- Serves as advisory group for community health improvement
- Health equity focus

Mental Health

Action Team of Healthy Sauk 2030

Farmer Angel Network:
Mental health for farmers

Affordable Housing

Action Team of Healthy Sauk 2030

Drug Use

Sauk County Partnership for Prevention. Meets monthly, 4th Thurs 1-2 pm

South Central Alliance for Tobacco Prevention meets quarterly on 2nd Thursday

Appendix B: References

Data Source	Description
American Community Survey (US Census Bureau)	The American Community Survey (ACS) helps local officials, community leaders, and businesses understand the changes taking place in their communities. It is the premier source for detailed population and housing information about our nation.
County Health Rankings and Roadmaps	The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. It provides a starting point for change in communities.
Wisconsin Dept of Health Services – Data and Statistics	Health-related data from over 100 federal and state data tracking and database systems.
Community Commons	Community Commons is a site that holds curated tools, resources, and inspirational stories to drive public health work forward. Data tools, maps, and tables on this site are created to build healthy, equitable, and sustainable communities.
211 Counts	2-1-1- Counts offers data about the top requests- the most important basic needs of callers such as food, shelter, and clothing.
Wisconsin Hospital Association CHNA Dashboard	The Mapping Tool allows hospitals, and community partners, the opportunity to identify areas of need in their community by analyzing clinical conditions and community characteristics. Using data from both the WHA Information Center and American Community Survey, the tool allows for specific analysis down to the census tract level of individual communities.