

CBM Implementation Plan – Mercy/Siouxland Surgery Center

The Mercy/SSC partnership has participated in the Sioux City Tri-State Area (Iowa/Nebraska/South Dakota) Community Health Needs Assessment. In that Assessment several priorities were identified.

1. Assess to Primary Care
2. Exercise and Nutrition for youth
3. Mental Health
4. Poverty (SOCIOECONOMIC HEALTH DISPARITIES)
5. Dental Health

The Mercy/SSC partnership has competencies and expertise to address two of these identified needs plus one other need (preventively). As the partnership is a specialty surgical hospital three of these identified needs are outside its scope of services. Therefore the partnership will address (a) exercise and nutrition for youth and (b) poverty (related to health outcomes).

Specific actions related to exercise and nutrition will address the bi-modal community of North Sioux City (zip code 57049). Exercise and nutrition opportunities will be made available to youth (girls and boys) from lower income families via scholarships to schools (Dakota Valley, Elk Point Jefferson, and Beresford plus Akron-Westfield in Iowa) and extracurricular programs (Velocity, youth sports, camps), city programs, and club/gym membership opportunities (Crossfit/BEO, Legends of Gold, and other). In addition, sponsorship/support of area wide spaces (baseball complex, Riverside soccer fields) will be budgeted. Funding directly to school Athletic Directors/Principals will be provided to support student in need of participation fees or equipment. Bob Peebles, CEO Mercy, and Greg Miner, CEO Siouxland Surgery Center, presented a \$3,000 check to Bill Clements, Athletic Director, Dakota Valley Schools to purchase equipment, or support fees for poor or marginalized student in the District.

Support for nutrition education and health food choices will be provided to those with the greatest need (with some possible participation in CHE/Trinity and external grant applications). There are two schools adjacent to the South Dakota 57049 zip codes with students in need. They are Riverside and Sacred Heart, both located in Iowa. Exercise and nutrition education and support to these schools will be incorporated into the budget. Riverside Elementary school is in a high needs zip code in Iowa. Metrics for these programs will be tied to healthy 2020 goals for physical activity.

In addition, the Management Committee of the Siouxland Surgery Center suggested adopting communities to address poverty (related to health outcomes). Specifics to address socioeconomic health disparities are being developed. Physicians serve as consultants to the local FQHC, Siouxland Community Health Center. Already in place are free injury screening is available for athletic related injuries through CNOS. Other possibilities include a free annual or bi-annual surgical days, for those who have delayed elective surgeries due to cost. Screenings for stroke prevention could be conducted in the community to provide better access to these preventative services.

In addition, the Mercy/SSC partnership continues to make sure high quality specialty services are available to local communities. This eliminates/reduces the transportation, time off from work, and related costs of specialty services to families. These costs often impact lower income families the most.

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Implementation Plan:

1. Access to Primary Care
 - Working with Emergency Department to identify persons without a medical home and offering follow up appointments with providers accepting new patients – Mercy Medical Services & Siouxland Community Health Center.
 - Providing financial assistance (for patients on a sliding scale) to Siouxland Community Health Center.
 - Participate in Mission Health (reduced cost and prequalification for financial assistance for patients with Medical Home at MMS or SCHC).
 - Educate and enroll persons in health insurance via exchange (Healthcare.gov)
 - Support SCHC primary care at Siouxland Mental Health Center (SMH).
 - Provide Health Literacy Education to families in partnership with Mary Treglia Immigration House and Community Action Head Start Program – using books like "*What to Do When Your Child is Sick?*" Goal to decrease ambulatory sensitive ED visits and establish Medical Homes.
 - Provide funding for medication assistance programs.
2. Diabetes/Cardiology work with Winnebago & Omaha
 - ADA certified clinic in Winnebago
 - Cardiology clinic in Omaha
 - Working with local tribes (Winnebago, Omaha, Lakota and others) to improve diabetes and cardiovascular education and impact health behaviors
 - Also, encouraging exercise and nutrition for youth
3. Exercise & Nutrition - for Youth (and adults)
 - Focus on 51103 51105 68776 68071 (Sioux City, South Sioux City, Winnebago)
 - Partner with those serving youth (K-8 especially) - Schools, Clubs & Tribes – to increase exercise and opportunities to participate in sports)
 - Provide funding for and collaboration with Sioux City School District for fitness tracking software
 - Support internal Colleague Wellness as example for community
 - Working with Mary Treglia, Midtown Community Center, Siouxland District Health, local schools and School Districts, Boys Club, Girls Inc, religious organizations, youth clubs and others to educate on the importance of good nutrition and exercise, and to encourage more active/healthy lifestyles.
 - Soccer @ Irving; wrestling & baseball at Boys Club; St Michaels (SSC) & YMCA/Four Seasons partnership; softball & basketball @ Winnebago; girls volleyball & wrestling at East Elementary, Middle and High Schools; football at West Middle School; multi-sports program at North Middle School; wrestling and football at South Sioux City Elementary, Middle and High School; wrestling, basketball, volleyball, and soccer at Bishop Heelan Elementary, Middle, and High Schools; multi-sports program at Dakota Valley Middle School and youth wrestling and girls volleyball at Dakota Valley Elementary School. Youth exercise at St Paul's Lutheran Elementary School; supported Youth for Christ After School Program; supported Mid-Town Community Center Gardening & Nutrition Program.
 - Sponsored Girl Scouts Exercise and Nutrition Program (and STEM – Science, Technology, Engineering and Math).
 - Sponsored Boy Scout enrollment campaign and Scout FIT Program (and STEM)
 - Donated to Soup Kitchen to feed the homeless (also developing a partnership to provide health care to those who are homeless).
4. Mental Health

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- Understand ongoing reorganization of mental health services in State of Iowa
 - Improve working relationship/partnership with Siouxland Mental Health (SMH). Donated funds to support a mental health care coordinator employed at SMC to work out of Emergency Departments at Unity Point – St. Luke's and Mercy Medical Center. Goal to remove barriers to services and coordinate care in outpatient settings; also to facilitate inpatient placement in safe and supportive environments.
 - Improve Discharge Planning and medications for persons with mental illness
 - Support SCHC & SMC partnership to provide physical medical care to patients with mental illness.
 - Develop a plan for improved outpatient mental health care (2014).
5. Socioeconomic
- Partner with Project Micah, Lutheran Churches, and Social Agencies to address poverty via strengthening families.
 - Work with Mary Treglia to better employ and use talents of New Iowans (immigrants to Siouxland). We have a growing Latino population and a growing African population (refugees from Eastern Africa)
 - Work with St Michael's School/Parish - South Sioux City to make Catholic School education affordable
6. Dental Health
- Maintain ongoing system (without CTC funding). Support treatment and expansion of dental facilities at SCHC.