

RiverValley Behavioral Health Hospital Community Health Needs Assessment



November 2017

RiverValley Behavioral Health 2017 CHNA Report

RiverValley Behavioral Health Hospital (RVBH-H) is pleased to present its 2017 Community Health Needs Assessment (CHNA). This CHNA report builds on existing community health needs in Daviess County and its goal is to equip readers with a deeper understanding of the health needs in the community. This CHNA builds on the community health improvement efforts of the Green River District Health Department (GRDHD). The GRDHD Community Health Improvement Plan (CHIP) can be found at (<http://www.healthdepartment.org/CHACHIP.htm>). RVBH-H CHNA report utilizes data from GRDHD, OHRH, and The State of Obesity. To select health areas to prioritize, Daviess County community members reviewed data and considered existing state and national priorities. The following issues were identified as the greatest health challenges in Daviess County:

Reduction in Substance Abuse
Reduction in Obesity
Access to Care

Focus groups were conducted by RiverValley staff with consumers in Henderson and Owensboro. The consumers interviewed in the focus groups identified access to care as a concern.

CHNA Report Objective

The purpose of a CHNA is to understand health needs and prioritize needs in the community, with the goal of addressing those needs through the development of an implementation strategy. The results are meant to direct overall efforts to impact priority health needs.

Defined Community

For the purpose of this CHNA, RVBH-H has defined the community as its primary service area, Daviess County, KY.

RiverValley Behavioral Health Hospital

RVBH-H is an 80 bed private, not for profit behavioral health hospital for children ages 5-17 who require inpatient hospitalization. The primary goal for RiverValley Behavioral Health Hospital is to provide services that diagnose, treat, and stabilize mental and behavioral health issues thus resulting in an improvement of the individual's overall capacity to function. RiverValley Hospital provides a safe, structured environment for its patients, and a child and adolescent psychiatrist oversees their care.

Anyone who presents at the Hospital is provided with an assessment free of charge and admissions are based on the individual's need regardless of their race, creed, religion, sexual orientation, or ability to pay. If the child does not meet criteria for admission, he/she is provided with a crisis care plan and a referral to outpatient treatment.

Methodology

This CHNA report builds on existing community health assessment and improvement efforts in Daviess County. Daviess County needs and strengths were identified in the Green River District assessment and planning process. Current demographic data for Daviess County is available on the Owensboro Health Community Dashboard (<http://www.owensborohealth.org/health-wellness/health-needs-assessment/>).

MAPP Process for GRDHD Assessment and Improvement Planning

GRDHD utilized the strategic planning framework known as Mobilizing for Action through Planning and Partnerships, or MAPP, developed by the National Association of County and City Health Officials (NACCHO). MAPP is a community driven strategic planning process developed by NACCHO and the Centers for Disease Control and Prevention (CDC).

The MAPP process includes 6 phases including partnership development, visioning, assessment, identifying priority issues, formulating goals and strategies and taking actions. GRDHD considered four perspectives in assessing the health of our communities:

- Data Perspective: Quantitative data was used to develop a social, economic, and health portrait for the county. Data were drawn from

state, county, and local sources including Kentucky Health Facts, US Census Bureau Data, County Health Ranking, Kentucky Department for Public Health and the Kentucky Health Benefit Exchange.

- Organizational Perspective: Qualitative data was derived from forums and focus groups conducted.
- Individual/Household Perspective: To gather information about its population, GRDHD conducted a Community Assessment for Public Health (CASPER). This community survey provided information on perceived health of the community, strengths, weaknesses, health needs, environmental issues, and emergency preparedness.
- Historical Perspective
- Identifying Strategic Issues
- Formulating Goals and Strategies
- Taking Action

GRDHD MAPP Community Health Status Assessment

GRDHD gathered information about its population by conducting a Community Assessment for Public Health Emergency Response (CASPER). CASPER is a tool and methodology promoted by the CDC for conducting a post-disaster rapid needs and health assessment. Results for the CASPER can be found at (<http://grdhd.org/>). A number of Daviess County community members, organizations, and other stakeholders participated in Green River District 2015-2018 community health improvement planning process. Daviess County partners included: International Center, GRDHD, City of Owensboro Healthpark, RiverValley Behavioral Health, Community Dental Clinic, One Health Owensboro Health, WKU Student Daviess County Extension Office, Junior League, Daviess County Schools, Child Care Aware, Coventry Cares, United Way, Cliff Hagan Boys and Girls Club, Puzzle Pieces, YMCA, Bluegrass Family Allergy, Kentucky Cancer Program, UK Student, Wellcare Health.

Daviess County selected three strategic initiatives to implement:

- Reduce Substance Abuse
- Reduce Obesity
- Access to Care

RiverValley Behavioral Health Hospital Improvement Plan

Initiative 1: Reduce Substance Abuse

Daviess county currently has on roster approximately 10 different AA groups, 3 NA groups and 1 group that caters specifically to the families and loved ones of substance users. Between them all, there are about 32 different meetings per week, covering all 7 days. Many of which, have contacts for group leaders listed. Owensboro also is the location for the Yellow Banks AA/NA office which is open 5 days a week during business hours or on an emergency basis.

Daviess county also hosts about 4-6 different rehab programs depending on need. There is a lack of detox facilities: the state hospital and other local programs cannot treat individuals who are under the influence. OHRH has a program but only if the patient is suffering acute DT (delirium tremens) or tachycardia symptoms as a result of their withdrawal.

One thought is to focus on an educational platform that is more comprehensive than 'Just Say No'. In addition, having and drawing more psychiatric providers into the community health centers, as many individuals that are abusing substances are doing so in order to self-medicate an underlying and undiagnosed mental illness.

As a community, we need to begin fostering a culture of acceptance, and understanding by not treating addicts as criminals, but rather as members of the community that need a bit more help. A major reason many addicts do not receive adequate treatment is the fear of legal, financial, and social persecution and exclusion. Needle drop off or recycling, safe areas for addicts to gain access to needed withdrawal medication, access to rehab or drop-in shelters must be a focus as well.

According to SAMSHA, in Kentucky, 100,000 people age 12 or older report being dependent on or abusing illicit drugs. RVBH-H does offer Substance Abuse treatment for children ages 12 to 17 by a licensed CADC. The Affordable Care Act was designed to provide more coverage for those previously uninsured and has expanded access to services. However, there has been difficulty getting the Kentucky MCOs to pay for this service and there have been few referrals.

However, this service continues to be offered as it seems to be needed and there are few resources available in this area for this age group.

Initiative 2: Reduce Obesity

According to the State of Obesity (<https://stateofobesity.org/states/ky/>) Kentucky has the seventh highest adult obesity rate in the United State and 33.5% of the children aged 10-17 are obese. The state of Kentucky has initiated policies set to reduce childhood obesity including requirements for early childhood centers to promote healthy eating and define physical activity. RiverValley professionals (therapists, case management, psychiatric providers, and et al.) encourage positive eating habits utilizing a dietician and following state guidelines regarding meals.

In our efforts to integrate physical and mental wellness, we have added a unique Health Coach position to our organization. This position is responsible for carrying out the InSHAPE program, which is a researched-based comprehensive wellness program intended to improve the physical and mental health of adults with severe mental illness through health behavior modification. The Health Coach is a full-time employee experienced in physical education and mental health, and provides education, training curriculums, and even a contract with the Health Park to provide workout programs with the full-time employee on site for guidance and individual training regiments. The Health Coach collects data essential to measuring outcomes of client participation and progress, as well as work collaboratively with clinical and medical providers to advance and support integrated care services.

Initiative 3: Access to Care

Access to health care was reported as a priority need. MAPP Assessment participants recognized the presence of substantial facilities, resources and services. The rise in mental health issues was also listed as a concern in the MAPP. Addressing the gap in mental health services could also help address other health issues.

RiverValley recently released a series of commercials aimed for our current seven (7) county service area encouraging those that are in need or mental health care to reach out. RiverValley also operates a 24/7 crisis line which services as a

provider for the National Suicide Prevention Hotline (Lifeline and Talk). In addition, Owensboro is home to approximately seven (7) different mental health providers; not including OHRH or RiverValley that would be able to provide talk therapy or referrals for psychiatric care.

Conclusion

RiverValley Behavioral Health Hospital is using the needs of the community in an effort to incorporate mental and physical health concerns into treatment. This report provides an understanding of the prioritized health related needs in Daviess County, KY. RVBH-H has made efforts to impact and address the areas of: reduction in obesity, reduction in substance abuse, and access to care. RVBH-H seeks to improve the mental and physical health of each patient and provides a complete psychosocial assessment for all free of charge. RVBH-H will continue to participate in community focus groups and work towards positively impacting the community and patients alike.