

RiverValley Behavioral Health Hospital Community Health Needs Assessment



June 2020

RiverValley Behavioral Health 2020 CHNA Report

RiverValley Behavioral Health Hospital (RVBH-H) is pleased to present its 2020 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). RVBH-H CHNA report utilizes data from GRDHD and OHRH. 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
- Increase Healthy Behaviors
- Reduction in Obesity
- Access to Care and Mental Health Services

In April 2020, RiverValley Behavioral Health was awarded a grant to become a Certified Community Behavioral Health Clinic (CCBHC) which will allow for an expansion in mental health and addiction services to vulnerable individuals. CCBHCs are responsible for directly providing nine types of services with an emphasis on the provision of 24-hour crisis care, utilization of evidence-based practices, care coordination and integration with physical health care. As a CCBHC, RiverValley is committed to caring for those who are underserved.

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. RVBH-H has produced this CHNA in accordance with the Affordable Care Act and Section 501(r) of the Internal Revenue Service tax code for nonprofit tax exempt hospitals. 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.

2017 CHNA Review

An additional component of the CHNA is to evaluate the impact of the actions taken to address the significant health needs from our previous CHNA report. In the last report, RiverValley Behavioral Health Hospital selected the priority area for action as:

- Substance Abuse
- Obesity
- Access to Care

The following table represents progress made since the approval of the 2017-2020 CHNA.

Health Need Identified	Planned Activity to Address Health Need	Was Activity Implemented ?	Results, Impact and Data Source
Substance Abuse	RVBH-H offers Substance Abuse treatment for children ages 12 to 17 by a licensed CADC	No – discontinued as no referrals were made to this program	SAMSHA reports 100,000 people age 12 and older are dependent on or are abusing illicit drugs.
Obesity	RVBH-H offered an In-Shape program with a Health Coach	No – discontinued due to lack of interest	State of Obesity reports KY has the seventh highest obesity rate in the country.

Access to Care	Released a series of commercials to promote RVBH-H and to make the community aware of services	No-completed the series	In 2018, Medicaid enrollment saw a 10% in KY when most states saw a 5% increase
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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 needs 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 assessments 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.

The Green River District Health Department (GRDHD), in conjunction with community partners and coalition members, set up the community dialogue boards or dispersed feedback cards at local events around the region. Two

questions were asked: What are important characteristics of a healthy community? What is one thing would you change to improve the health of your community? The purpose was to engage different communities to get a broader sense of “community” and “improvement.” OHRH conducted key informant interviews to further understand the needs of the community.

GRDHD in conjunction with community partners and coalition members set up the community dialogue boards or dispersed feedback cards at local events in each county around the region. In hopes to gather even more community input, GRDHD hosted health forums in each county in the Green River District. One method of collecting feedback was Poll Everywhere, the interactive audience response system.

Determined by the information obtained from the community dialogue feedback, each group described their idyllic community. Overall, the Green River District Region has expressed that in order to have a healthy community there must first be universal Respect. This includes but is not limited to Respect for: the citizens including cultural diversity, property, federal, state and local laws. Many were in agreement that to have a healthy community there must be access to local health care facilities including hospitals and clinics.

The community has demonstrated great resilience, strength and mutual support throughout the COVID-19 pandemic. Multiple meetings have been held to establish surge beds, rest areas for first responders, and developing strategies to ensure people’s physical and mental health needs are being met throughout the crisis. The community partnerships are working together to ensure access to care for all demonstrates strong leadership and a respect for the citizens of Daviess County.

Focus groups were conducted by RiverValley Behavioral Health Hospital staff with patients in March 2020 and COVID-19 and access to care were identified as concerns. These concerns are being taken very seriously and through social media and the OHRH website, among other platforms, efforts are being made to communicate access to care options as well as care procedures. RiverValley Behavioral Health Hospital (RVBH-H) is following CDC guidelines and doing all that is possible to prevent the spread of disease.

RVBH-H had also heard from community outreach that there was a need for Mental Health First Aid training across many venues. In April 2020 RVBH was awarded a grant to become a Certified Community Behavioral Health Clinic (CCBHC) and many community goals are being established in support of integrating collaboration across services, departments and community.

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:

- Community 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

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/>).

From the list of community concerns, RVBH-H has chosen to focus on the following:

- Reduce Substance Abuse
- Reduce Obesity
- Increase Healthy Behaviors
- Access to Care and Mental Health Services

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.

The Affordable Care Act was designed to provide more coverage for those previously uninsured and has expanded access to services. When OHRH asked community members about substance abuse, many reported mental health as being a barrier to seeking treatment. As a CCBHC, RVBH focuses on treating the whole person, not just the substance use behavior. Treating the underserved and those with dual diagnoses will be expanded upon in the coming months.

Initiative 2: Reduce Obesity

According to the State of Obesity () 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. RVBH-H professionals (therapists, case management, psychiatric providers, and et al.) encourage positive eating habits, utilize a dietician and following state guidelines regarding meals.

As a CCBHC, RVBH will become more focused on treating the whole person and addressing physical health needs as part of treatment. In the coming months, a family APRN will begin providing integrative care to those with physical health and mental health needs. This should especially benefit those with serious mental illness (SMI) who often tend to have more trouble securing and maintaining services.

Initiative 3: Increase Healthy Behaviors

The desire for a “culture of health” and a “wellness mindset” in the community stood out in the key informant interviews by OHRH. One of the most significant health needs identified was that of mental health; increasing trauma informed care and a need for behavioral health access. Transportation was also identified as a need. RVBH-H and RVBH locations in Owensboro are on a bus line which allows families greater access to care. Trauma informed care is provided both

inpatient and outpatient and is considered a very important and integral part of treatment. RVBH-H works with a dietician to ensure meals are healthy throughout a child's inpatient stay. RiverValley also operates a 24/7 Crisis Line which services as a provider for the National Suicide Prevention Hotline. When accessing the Crisis Line, people can call, text or chat.

RVBH-H will work with community partnerships to continually seek areas for improvement in care coordination and coordination of community support systems to keep patients healthy and improve quality of life.

Initiative 4: Access to Care and Mental Health Services

Access to health care was reported as a priority need. Access to health services profoundly affects the overall health of a person. Those who do not have medical insurance are less likely to seek care whether preventative or for serious health condition. Kentucky has seen major increases in the number of insured populations. In the 2018 Medicaid Open Enrollment, Kentucky saw a 10% increase over the previous year's enrollment when the majority of other states saw on average a 5% decrease in the number of enrollees. RVBH-H support patients by easing language barriers, providing financial assistance to those who are uninsured or cannot afford to pay, and assist with any other barriers to health care services. RVBH plans to increase capacity of physical health integration. By January 2021, there is a plan to hire a pediatric provider and by July 2021, hire a family medicine provider. In addition, there is a plan to increase outpatient availability in rural communities and decrease wait times.

RVBH will continue to provide Mental Health First Aid training to any community partner who requests it. Throughout the Coronavirus crisis, RVBH has expanded the use of telehealth and telephonic sessions to aid families. This allowed families and patients to receive mental health services that might not otherwise be available.

MAPP Assessment participants recognized the presence of substantial facilities, resources and services. Many RVBH facilities were updated in 2019 and 2020 and future construction is planned for other RVBH locations to address updates to patient care areas.

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. 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, increase in healthy behaviors and access to care and mental health. 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.