

Community Health Needs Assessment Implementation Plan 2017-2019

Advocate Good Shepherd Hospital

Date Created: May 2017

Date Reviewed/Updated:

PRIORITY AREA: Mental Health

GOAL: By 2020, improve the mental health of the adult population in the Advocate Good Shepherd Hospital Primary Service Area.

LONG TERM INDICATORS OF IMPACT

	Baseline Value, Date and Source	Frequency
1. Decrease rate of depression for Medicare recipients in McHenry	14.7% in 2015; Healthy Communities Institute (HCI), Centers for Medicare and Medicaid Services (CMS), 2017	Annual
2. Decrease rate of depression for Medicare recipients in Lake County	13.1% in 2015; HCI, CMS, 2017	Annual
3. Decrease average number of days that McHenry adults reported their mental health was "not good in the past 30 days"	3.3 days in 2015; HCI, County Health Rankings, 2017	Annual
4. Decrease average number of days that Lake County adults reported their mental health was "not good in the past 30 days"	3.3 days in 2015; HCI, County Health Rankings, 2017	Annual
5. Decrease emergency room rate due to mental health for adults, age 18 and older, for McHenry (zip code 60050)	121.5/10,000 from 2013-2015; HCI, Illinois Hospital Association (IHA), COMPdata, 2017	Annual

STRATEGY #1: Reduce the stigma of mental health through Mental Health First Aid training in McHenry.

TYPE: Counseling and Education

PARTNERS: McHenry School District 15, McHenry Township Senior Center, Good Shepherd Hospital Care Managers, Social Workers, Oncology Nurse Navigators

BACKGROUND ON STRATEGY

Evidence of effectiveness: Mental Health First Aid USA is an international evidence-based program, managed and operated and disseminated by the National Council for Behavioral Health. The program is based on a standard curriculum designed to educate the public about mental health, recognize individuals with mental health problems, and provide skills that students can use to help those who are having a mental health crisis to access help.

<http://www.mentalhealthfirstaid.org/cs/> (click here)

Advocate Good Shepherd Hospital will hold several Mental Health First Aid (MHFA) 8 hour sessions and will invest in training individuals to become certified Mental Health First Aid trainers. Target groups in McHenry will be teachers, PE instructors and coaches in McHenry School District 15 and Senior Services staff. The hospital will also hold Mental Health First Aid one-day sessions for Good Shepherd Hospital care managers, social workers and oncology nurse navigators.

SHORT TERM INDICATORS			
Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of Mental Health First Aid sessions sponsored by Good Shepherd Hospital in McHenry	2	4	4
2. Number of McHenry residents who complete the 8-hour Mental Health First Aid course	25	50	50
3. Number of Good Shepherd Hospital staff who complete the 8-hour Mental Health First Aid course	25	50	50
4. Number of individuals who complete the 40-hour Mental Health First Aid Trainer course	0	2	0
Impact Indicators	2017	2018	2019
1. Percentage of participants who agree or strongly agree that they are more confident about recognizing and correcting misconceptions about mental health and mental illness on posttest	85%	90%	90%
2. Percentage of participants scoring 90% or above on the Mental Health First Aid course exam	85%	90%	90%
3. Percentage of participants who can recognize someone at risk for suicide as measured by posttest	85%	90%	90%
4. Percentage of participants who know how to intervene with those at risk for suicide as measured by posttest	85%	90%	90%
5. Percentage of participants who have increased knowledge of de-escalation techniques measured by posttest	85%	90%	90%
6. Percentage of participants who know how to refer individuals to an appropriate resource for mental health and suicide prevention as measured by posttest	85%	90%	90%

STRATEGY #2: Increase the number of adults in Good Shepherd Hospital Primary Service Area who are screened for depression and referred to mental health services if screened positive.	TYPE: Clinical Interventions
PARTNERS: Good Shepherd Hospital Senior Services Program, Good Shepherd Hospital Care Management Department, Good Shepherd Hospital Social Workers, Good Shepherd Hospital Oncology Nurses, McHenry County Mental Health Board, Lake County Behavioral Health Action Teams	

BACKGROUND ON STRATEGY

Evidence of effectiveness: Mental Health & Mental Illness: Collaborative Care for the Management of Depressive Disorders

Collaborative care for the management of depressive disorders is a multicomponent, healthcare system-level intervention that uses case managers to link primary care providers, patients, and mental health specialists. This collaboration is designed to:

1. Improve the routine screening and diagnosis of depressive disorders
2. Increase provider use of evidence-based protocols for the proactive management of diagnosed depressive disorders
3. Improve clinical and community support for active patient engagement in treatment goal setting and self-management.

<http://www.thecommunityguide.org/index.html> (click here)

The United States Preventive Services Task Force (USPSTF) recommends screening for depression in adults and adolescents in outpatient primary care settings when adequate systems are in place for efficient diagnosis, treatment and follow-up for depressive disorders. The implementation of collaborative care models is one way to ensure that such systems are in place. Based on updated evidence, results are applicable to the following:

- Adults (20-64 years) and older adults (65 years and older)
- Women and men
- Caucasian, African-American, Latino and mixed race populations
- Economically mixed populations
- A diverse range of organizations and settings.

<https://www.thecommunityguide.org/findings/mental-health-and-mental-illness-collaborative-care-management-depressive-disorders> (click here)

PHQ-9

The Patient Health Questionnaire (PHQ) is a self-administered version of the PRIME-MD diagnostic instrument for common mental disorders. The PHQ-9 is the depression module, which scores each of the 9 DSM-IV criteria as “0” (not at all) to “3” (nearly every day). In addition to making criteria-based diagnoses of depressive disorders, the PHQ-9 is a reliable and valid measure of depression severity. These characteristics plus its brevity make the PHQ-9 a useful clinical and research tool.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1495268/> (click here)

Advocate Good Shepherd Hospital will implement depression screening for hospital patients, age 65 and older, obstetric patients, and cardiology patients. Hospital health care professionals will refer individuals who screen positive for depression symptoms to community and mental health services.

SHORT TERM INDICATORS

Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of Good Shepherd Hospital patients, age 65 and older who are screened for depression per year using the PHQ-9 tool	0	600	900
2. Number of Good Shepherd Hospital Obstetric patients who are screened for depression postpartum per year, using the PHQ-9 tool	0	300	600
3. Number of Good Shepherd Hospital Cardiology patients who are screened for depression per year using the PHQ-9 tool	0	300	600
4. Number of electronic or fax referrals made to the Lake County Health Department mental health programs per month	Baseline	TBD	TBD
5. Develop internal hospital processes and protocols for electronic or fax referrals to McHenry County mental health agencies	Develop process and protocols	N/A	N/A

Impact Indicators	2017	2018	2019
1. Percentage of patients who completed the referral to the Lake County Health Department Behavioral Health programs per month	Develop tracking mechanism	Baseline	TBD
2. Percentage of patients who completed the referral to McHenry County mental health agencies per month	Develop tracking mechanism	Baseline	TBD

STRATEGY #3: Strengthen Good Shepherd Hospital’s linkages to community mental health agencies within the hospital’s service area for patients with positive PHO-9 scores through a Mental Health Resource Fair and Memorandums of Agreement.	TYPE: Long-Lasting Protective Interventions (Capacity Building)
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PARTNERS: McHenry County Mental Health Board, McHenry County Substance Abuse Coalition, Good Shepherd Hospital Social Workers, Good Shepherd Hospital Care Management Dept, Lake County Behavioral Health Action Teams

BACKGROUND ON STRATEGY

Evidence of effectiveness:

Mental Health & Mental Illness: Collaborative Care for the Management of Depressive Disorders
 To improve the quality of depression management, collaborative care models have been developed from the Chronic Care Model over the past 20 years. Collaborative care is a multicomponent, healthcare system–level intervention that uses case managers to link primary care providers, patients, and mental health specialists. This collaboration is designed to (1) improve routine screening and diagnosis of depressive disorders; (2) increase provider use of evidence-based protocols for the proactive management of diagnosed depressive disorders; and (3) improve clinical and community support for active client/patient engagement in treatment goal-setting and self-management. Collaborative care models are effective in achieving clinically meaningful improvements in depression outcomes and public health benefits in a wide range of populations, settings, and organizations. Collaborative care interventions provide a supportive network of professionals and peers for patients with depression, especially at the primary care level. (*American Journal of Preventive Medicine*, 2012;42(5):525–538); Published by Elsevier Inc. on behalf of American Journal of Preventive Medicine).

<https://www.thecommunityguide.org/findings/mental-health-and-mental-illness-collaborative-care-management-depressive-disorders> (click here)

In order to build linkages to mental health specialists for Advocate Good Shepherd Hospital patients who screen positive for depression symptoms, the hospital will sponsor a Mental Health Resource Fair to introduce mental health agencies to hospital staff (providers, nurses, social workers, care managers). Resource Fair attendees will learn about services provided and insurance coverage accepted by the mental health agencies, in order to increase the knowledge that Good Shepherd Hospital staff have about mental health resources available for patients. Additionally, Good Shepherd Hospital will pursue the establishment of Memorandums of Agreement (MOA) with mental health specialists for referrals of hospital patients who need mental health treatment.

SHORT TERM INDICATORS			
Process Indicators	Annual Targets by December 31		
	2017	2018	2019
1. Number of Memorandums of Agreement (MOA) with McHenry County community mental health agencies	0	5	5
2. Number of MOA's with Lake County community mental health agencies	1	5	5
3. Number of Good Shepherd staff who attend the Mental Health Resource Fair	0	125	0
4. Number of Mental Health Resource Fair attendees who complete the pre-and post- tests	0	100	0
Impact Indicators (Include baseline if available and year)	2017	2018	2019
1. Percent increase in the number of referrals made to community mental health agencies in McHenry County	0	Baseline	TBD
2. Percent increase in the number of referrals made to community mental health agencies in Lake County	0	Baseline	TBD
3. Average percent increase in Good Shepherd Hospital staff's knowledge of the Lake and McHenry County mental health agencies, as measured by a pretest and posttest	0	Baseline	TBD

ALIGNMENT WITH COUNTY/STATE/NATIONAL PRIORITIES			
Strategy	County IPLAN	SHIP (State Health Improvement Plan)	Healthy People 2020
1	<p>Increase the number of individuals trained in Mental Health First Aid</p> <p><u>Target Populations:</u> McHenry County adults ages 18 and older McHenry County youth under 18 years of age</p> <p><u>Outcome Objective:</u> By 2017, decrease the proportion of McHenry County adults that report poor mental health days to 12.3%. (Baseline is 13.7%, IBRFS; Baseline: 10% improvement; McHenry County Health Department IPLAN</p>	<p>Goal 3: Reduce deaths due to behavioral health crises.</p> <p>Strategy 1: Identify providers who can provide early intervention for people at risk; Healthy Illinois 2021, State Health Improvement Plan.</p>	<p>Mental Health Treatment Mental Health and Mental Disorders MMHD-9: Increase the proportion of adults who receive treatment; Healthy People 2020</p>

Strategy	County IPLAN	SHIP (State Health Improvement Plan)	Healthy People 2020
1	<p>Reduce the average annual count of all emergency room visits due to mental health diagnoses by 10% from 12,453 per year to 11,208 per year by 2021. (Outcome objective); Lake County Health Department Community Health Improvement Plan</p> <p>Reduce the proportion of adults who report having a day or more in the past month where their mental health status prevented them from carrying on usual activities by 10% from 14% to 13% by 2021. (Outcome Objective); Lake County Health Department Community Health Improvement Plan</p>		
2		<p><u>Long-term Objective:</u> Evaluate the effectiveness of screening tools, training and referrals.</p> <p><u>Goal:</u> Increase early identification of mental illnesses, substance use disorders, or serious emotional disorders at primary care and other settings, for assessment of risk and need for treatment.</p> <p><u>Short-term Objective:</u> Provide training to non-traditional providers in how to utilize and incorporate screening and brief intervention tools into their practice. Illinois Mental Health Services Five Year Strategic Plan 2013-2018</p>	<p>Mental Health and Mental Disorders MMHD-4.1 Reduce the proportion of adults aged 18 years and older who experience major depressive episodes (MDEs)</p> <p>Mental Health and Mental Disorders MMHD-9.2 Increase the proportion of adults aged 18 years and older with major depressive episodes (MDEs) who receive treatment Healthy People 2020</p>

Strategy	County IPLAN	SHIP (State Health Improvement Plan)	Healthy People 2020
3		<p><u>Short-term Objective:</u> Ensure that non-traditional providers can facilitate referrals to mental health services in an effective and efficient manner. Illinois Mental Health Services Five Year Strategic Plan 2013-2018</p> <p>Goal 4: Improve the opportunity for people to be treated in the community rather than in institutional settings. Strategy 1: Build partnerships to focus on narrowing the treatment gap by increasing knowledge of alternative programming in lieu of institutional settings. Strategy 4: Review models for effective community care/ readmission prevention currently in use in Illinois hospitals/health systems. Healthy Illinois 2021, State Health Improvement Plan.</p>	