



Presbyterian Healthcare Services Community Health Implementation Plan (CHIP)

Presbyterian Central New Mexico – Presbyterian Hospital, Kaseman Hospital, Rust Medical Center and Santa Fe Medical Center (under development)

2016 - 2019

 **PRESBYTERIAN**

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Executive Summary



*Jim Hinton, President
and CEO*

*Presbyterian
exists to
improve the
health of the
patients,
members and
communities it
serves*

Presbyterian's overarching purpose is to improve the health of the patients, members and communities it serves. Presbyterian Central New Mexico's role in achieving this purposes focuses on the patients, members and community of Bernalillo, Sandoval, Santa Fe, Torrance, and Valencia counties. In addition to the Presbyterian flagship hospital in downtown Albuquerque, Kaseman Hospital and Rust Medical Center provide quality medical care to residents of Central New Mexico. A new hospital is under construction in Santa Fe and will be included in the community needs assessment for Central New Mexico in 2016-2019.

As part of a Community Health Needs Assessment (CHNA) process, Presbyterian partnered with county health councils to conduct a community health needs assessment and update the previous CHNA to inform community health improvement activities for 2016-2019. Health councils in Bernalillo, Sandoval, Torrance, and Valencia counties identified significant health needs in the community and the PHS Center for Community Health worked with Presbyterian leadership to prioritize them. Given the Presbyterian investment in the community health priorities of healthy eating, active living, and prevention of unhealthy substance use, and the alignment of these priorities with community needs, these will remain priority areas for all Central New Mexico Counties for 2016-2019. In response to particular and significant needs, Presbyterian will also focus on behavioral health in Bernalillo, Sandoval, Torrance, and Valencia counties, violence prevention in Bernalillo and Valencia counties, and economic development in Sandoval County.

Community health forums were held in Bernalillo, Sandoval, Torrance, and Valencia counties to gain insight into the barriers, opportunities and potential strategies for achieving improvement of the stated priorities.

This Community Health Implementation Plan (CHIP) was developed to address the prioritized significant health needs identified in the CHNA process. The prioritized significant health needs are nutrition, physical activity, tobacco use and substance abuse. PHS describes these priorities as healthy eating, active living and prevention of unhealthy substance use. The CHIP describes briefly how PHS is addressing other identified significant health needs and focuses on those that were prioritized by the communities through the CHNA process. The plan identifies multiple strategies and interventions to impact the prioritized health needs.

To increase access to and consumption of healthy foods, PCNM is partnering with the New Mexico Children Youth and Families

Department and the USDA to offer free meals to children in the community in PHS hospital cafeterias. Additional healthy eating strategies include support of cooking classes, farmer's market incentive programs, and efforts to increase institutional consumption of locally sourced agricultural products.

Strategies to increase physical activity include increasing clinician referrals for walking and increased utilization of wellness trails. Additionally, PHS will support efforts to build awareness of and incentivize opportunities for active living.

Strategies for prevention of unhealthy substance use include supporting youth development programs and the Bernalillo County Opioid Accountability Initiative.

Expansion of the Mental Health First Aid program and efforts to combat the stigma of seeking treatment will address behavioral health needs in multiple counties.

Through several systemwide initiatives, including support of local public health initiatives, PHS will focus on local coalition and capacity building. Implementation plans reflect the PHS commitment to equity of care and the elimination of health and healthcare disparities.

Through development of internal capacity and strong partnerships, PHS will continue to monitor and assess the health of the community as well as the collective impact of all community health improvement activities.

The 2016-2019 CHNA process could not have been completed without the help and input from the county health councils, the volunteer community leaders that make up each of PHS's hospital Boards of Directors, community organizations and community members, and representatives from the New Mexico Department of Health. Presbyterian is very grateful for the support of each county health council and their willingness to partner. Through close and continued collaboration, PHS, with the help of community partners, hopes to have a lasting and meaningful impact on health and equity in New Mexico.

Presbyterian plans to offer free meals to children in the community at PHS Hospitals in Central New Mexico



Central New Mexico Community Health Implementation Plan

Overview

Presbyterian Healthcare Services exists to improve the health of patients, members, and the communities it serves. Presbyterian was founded in New Mexico in 1908, and is the state's only private, not-for-profit healthcare system and its largest provider of care.

Presbyterian operates eight hospitals in the communities of Albuquerque, Clovis, Espanola, Rio Rancho, Ruidoso, Socorro and Tucumcari; a statewide health plan; a growing multi-specialty medical group; and three community ambulance systems. Presbyterian is the second largest private employer in New Mexico with more than 10,000 employees and provides services to one in three New Mexicans.

The three hospitals currently operated by PHS in Central New Mexico are Presbyterian Hospital, Presbyterian Kaseman Hospital, and Presbyterian Rust Medical Center. All three are general acute care hospitals that offer emergency services around-the-clock.

In addition to the expansion of community health priorities for the next three years, PHS designated a new Center for Community Health in 2016 with a focus on community health improvement. The Director, Leigh Caswell, MPH, has over 10 years of public health experience in New Mexico. The Center for Community Health is staffed by individuals with public health experience and expertise, including a Community Health Epidemiologist, hired in 2016. The Presbyterian Center for Community Health is committed to improving community health through community engagement and sustainable collective impact.

The Presbyterian Center for Community Health assisted Presbyterian Central New Mexico to complete and report the Community Health Needs Assessment (CHNA) and the Community Health Implementation Plan (CHIP) for 2016-2019. Presbyterian Central New Mexico will continue to receive support for community health needs assessment and plan implementation and evaluation from the Center for Community Health.

For the purposes of the Community Health Needs Assessment, PHS has generally defined the "community" of each hospital as the county in which the hospital is located. Due to the geography and the overlapping service areas of the three hospitals in Central New Mexico, however, Presbyterian Central New Mexico (PCNM) hospitals have identified their community as Bernalillo, Sandoval, Santa Fe, Torrance, and Valencia counties.

Community Health Needs Assessment Background

In 2016, as part of the Community Health Needs Assessment (CHNA) process, Presbyterian Central New Mexico and the Presbyterian Center for Community Health contracted with the Bernalillo, Sandoval, Valencia, and Torrance County Health Councils to conduct community health assessments and identify significant community health needs in each county. Each contracted county health council submitted a description of the prioritized needs, sources of supporting data, how the needs were determined, and the alignment of the needs with state and national health goals (Healthy People 2020 www.healthypeople.gov). The methods used by each health council to gather data and determine and prioritize health needs are described in the CHNA report.

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The top five community health needs for 2016-2019 identified by the Bernalillo County Community Health Council and submitted to PHS are:

1. Violence prevention
2. Reduce the percentage of residents living below the poverty line
3. Reduce the opioid overdose death rate
4. Improve maternal, infant, and early childhood outcomes
5. Reduce the obesity rate

The top six community health needs for 2016-2019 identified by the Sandoval County Health Council and submitted to PHS are:

1. Access to health care
2. Mental and behavioral health
3. Preventive services/chronic care management
4. Nutrition, physical activity, and obesity
5. Health literacy and wellness
6. Communities collaborating around health

The top five community health needs for 2016-2019 identified by the Torrance County Health Council and submitted to PHS are:

1. Teen births
2. Substance abuse
3. Community violence
4. Abuse and neglect
5. Access to services

The top five community health needs for 2016-2019 identified by the Valencia County Health Council and submitted to PHS are:

1. Reduce child abuse rates
2. Reduce drug overdose deaths
3. Reduce the proportion of adolescents who experience major depressive episodes
4. Reduce the use of alcohol or illicit drugs in adolescents
5. Increase vegetable consumption

The preliminary community health needs assessment for Santa Fe County was conducted by the Community Health Epidemiologist, Meredith Root-Bowman, MPH, MPA with input and data from the Department of Health Community Epidemiologist in the Health Promotion Program for the Northeast Region, Kelly Gallagher, Ph.D. This data was also provided to Christus St. Vincent Hospital in Santa Fe for the completion of their 2016 CHNA. The Santa Fe County Health Policy and Planning Commission and Santa Fe County Community Services Department *FY 2015-2017 Action Plan* was reviewed for alignment. Significant health priorities for Santa Fe County were determined by Center for Community Health staff based on epidemiological data, consultation with public health experts, government and other healthcare organization priorities, alignment with current PHS strategy, and feasibility.

The Center for Community Health worked with Presbyterian Central New Mexico (PCNM) leadership to review and prioritize the significant health needs for 2016-2019 for this region. Per IRS requirements, PCNM heavily weighted community input in identifying and prioritizing significant health needs. The importance to the community as well as consideration of size and severity of the need, community assets, alignment with PHS purpose, vision, and values, existing

interventions, sustainability, resources, and potential for greatest impact informed the selection and prioritization of three significant health needs PCNM will address in Central New Mexico. Based on community input, alignment with county priorities, the potential to impact significant health issues in New Mexico, and the substantial investment in these areas in 2016-2019, Presbyterian will continue to focus on the following areas in all five counties that make up the Central New Mexico region:

1. Healthy eating
2. Active living, and
3. Prevention of unhealthy substance use

In response to community needs and the described criteria, additional PHS priorities for 2016-2019 include:

4. Behavioral health in Bernalillo, Sandoval, Torrance, and Valencia counties
5. Violence prevention in Bernalillo and Valencia counties, and
6. Economic development in Sandoval County

As part of the Community Health Needs Assessment process, community health forums facilitated by the Director of the Presbyterian Center for Community Health and the Community Health Epidemiologist were held in Bernalillo, Sandoval, Torrance, and Valencia counties to gain insight into the specific barriers, opportunities and potential strategies for achieving the stated priorities in each community. Input affirmed the health priority areas and provided valuable information on community assets and potential partners for community health improvement plans. As outlined in the IRS requirements, forum participants included:

- People with special knowledge of or expertise in public health
- Federal, tribal, regional, state, or local health or other departments or agencies with current data or other information relevant to the health needs of the community served by the hospital facility
- Leaders, representatives or members of medically underserved, low- income and minority populations, and populations with chronic disease needs, in the community served by the hospital
- Business and economic development professionals and non-profit leaders

A summary of the community health forums including a list of participants for each can be found in the CHNA. Community members, forum participants, and those unable to attend forums were encouraged to contact the Center for Community Health with any additional comments and input. Additional input on the detailed implementation plans was gathered from the county health council coordinators and NM DOH representatives.

Plan Development

Presbyterian and community partners have been using and will continue to use a collective impact approach for community health improvement planning and implementation. This approach focuses on capacity-building and partnership with local health infrastructure to leverage resources and implement

broad evidence and practice-based community health activities in order to address significant health needs in the county.

The following principles were identified to guide the development of the interventions incorporated in the Implementation Plans:

- Data will be used to drive identification of interventions
- Interventions will be based on professional theories and will be consistent with professional and/or best known evidence or practices
- The purpose of the interventions will be clearly stated and easy to understand
- Interventions will be simple and will support and enhance existing interventions
- Interventions will be practical and realistic
- Interventions will be sustainable
- Interventions will be engaging to the priority population
- Interventions will be age appropriate and culturally relevant
- Interventions will promote equity and will not reinforce disparities in health outcomes
- The plan will be integrated with existing hospital and PHS plans
- PHS will collaborate with existing agencies to strengthen adopted strategies
- Interventions will be evaluated and monitored

Additionally, PHS used the guidelines from 2015 IRS Schedule H instructions (p. 17-18), which specify that a community health intervention must:

- Be carried out or supported for the purpose of improving community health or safety
- Be subsidized by the organization
- Not generate an inpatient or outpatient bill
- Not be provided primarily for marketing services
- Not be more beneficial to the organization than to the community (e.g. not designed primarily to increase referrals of patients with third-party coverage)
- Not be required for licensure or accreditation
- Not be restricted to individuals affiliated with the organization (employees and physicians)
- Meet at least one community benefit objective, including improving access to health services, enhancing public health, advancing generalizable knowledge, and relieving government burden
- Respond to demonstrated community need

Plan for Prioritized Significant Health Needs

Presbyterian will implement activities specific to the prioritized needs in each county in Central New Mexico.

Bernalillo County

Healthy Eating

Goal 1

Increase access to healthy food for youth and families in Bernalillo County

Offer CYFD at-risk and summer feeding programs at Presbyterian Hospital

Assess the feasibility of offering CYFD at-risk and summer feeding programs at Presbyterian Kaseman Hospital

Support local procurement efforts for Presbyterian operations

Implement FreshRx program at selected Presbyterian Medical Group clinics to connect patients and their families with fresh produce and nutrition education

Goal 2

Increase use of Bernalillo County Farmers' Markets

Incentivize more farmers to increase produce availability

SNAP 2 for 1 and other incentives

Increase awareness through coordination, signage, and outreach

Goal 3

Support cooking and nutrition education to Bernalillo County residents for youth and adults

Active Living

Goal 1

Support increased physical activity through access to safe places to exercise

Develop, map, and publicize trails

Engage providers in referring patients to utilize wellness trails

Provide rewards for participating in active living opportunities

Goal 2

Support evidence based or theory driven chronic disease and/or diabetes management and prevention initiatives

Support integration of Community Health Workers into care teams for prevention activities and connection to wellness opportunities

Prevention of Unhealthy Substance Use

Goal 1

Encourage statewide dissemination of SAMSHA-HRSA Mental Health First Aid Training for first responders, medical personnel, and other interested community members.

Goal 2

Support the Bernalillo County Opioid Accountability Initiative

Goal 3

Support Positive Youth Development

*Support the
Bernalillo
County Opioid
Accountability
Initiative*

Behavioral Health

Goal 1

Support Health Council priorities and initiatives for behavioral health

Bring greater awareness to existing mental and behavioral health resources, particularly for families and adolescents

Help reduce stigma of mental and behavioral health conditions and treatment

Goal 2

Encourage statewide dissemination of SAMSHA-HRSA Mental Health First Aid Training for first responders, medical personnel, and other interested community members.

Work with Health Council to determine training priorities

Investigate training corrections personnel and local government personnel

Investigate training school personnel and youth leadership groups

Goal 3

Investigate and support long term strategy for the prevention of unhealthy substance use throughout the system

Violence Prevention

Goal 1

Support Health Council priorities and initiatives to prevent violence

Increase information and awareness of existing resources for prevention of and treatment for adverse childhood experiences and domestic violence

Goal 2

Support positive youth development

- Support home visiting and parental support programs
- Support positive youth development programs

Goal 3

Support early childhood interventions for violence prevention

Sandoval County

Healthy Eating

Goal 1

Increase access to healthy food for youth and families in Sandoval County

- Assess the feasibility of offering CYFD at-risk and summer feeding programs at Rust Medical Center
- Support local procurement efforts for hospital operations
- Support food recovery and food waste elimination efforts in Sandoval County

Goal 2

Support cooking and nutrition education to Sandoval County residents for youth and adults

- Encourage and increase utilization of available community demonstration kitchens

Goal 3

Support innovative food access models through MoGro and the Cuba Mobile Market

Support innovative food access models through MoGro and the Cuba Mobile Market

Active Living

Goal 1

Support increased physical activity through access to trails

- Develop, map and publicize trails
- Engage providers in referring patients to utilize wellness trails
- Provide rewards for participating in active living opportunities

Goal 2

Support organized groups in Sandoval County that encourage and educate about active living and health

- Provide education about active living

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Encourage businesses and other entities to develop and disseminate messaging to promote wellness

Encourage and support increased physical activity for youth

Provide resources and education to seniors, residents with low mobility, or those who are beginning to be more active to encourage active living

Provide incentives or rewards for participating in active living opportunities

Prevention of Unhealthy Substance Use

Goal 1

Support positive youth development in Sandoval County

Goal 2

Encourage statewide dissemination of SAMSHA-HRSA Mental Health First Aid Training for first responders, medical personnel, and other interested community members.

Behavioral Health

Goal 1

Support Health Council priorities and initiatives for behavioral health

Support the Sandoval County Behavioral Health Coalition

Bring greater awareness to existing mental and behavioral health resources, particularly for families and adolescents

Help reduce stigma of mental and behavioral health conditions and treatment

Support culturally appropriate prevention and treatment initiatives

Support initiatives to increase access to behavioral and mental health care for school aged youth

Encourage integration with SAMSHA-HRSA Mental Health First Aid Training

Economic Development

Goal 1

Support the Sandoval Economic Alliance

Support health workforce development

Consider opportunities for synergistic business growth near Rust Medical Center

Support campaign to 'buy local' with support of small, local business

Santa Fe County

Healthy Eating

Goal 1

Increase access to healthy food for youth and families in Santa Fe County

Explore feasibility of offering the CYFD at-risk and summer feeding programs at the Presbyterian Santa Fe Medical Center

Support local procurement efforts for hospital operations

Goal 2

Increase use of Santa Fe County Farmers' Markets

SNAP 2 for 1 and other incentives

Goal 3

Support cooking and nutrition education to Santa Fe County residents for youth and adults

Active Living

Goal 1

Support increased physical activity through access to safe places to exercise

Engage providers in referring patients to utilize wellness trails

Prevention of Unhealthy Substance Use

Goal 1

Encourage statewide dissemination of SAMSHA-HRSA Mental Health First Aid Training for first responders, medical personnel, and other interested community members.

Torrance County

Healthy Eating

Goal 1

Increase access to healthy food for youth and families in Torrance County

Investigate increased availability of fresh produce and healthy staples to non-urban communities in Torrance County

Explore feasible expansion of CYFD summer feeding in Torrance County

Support community gardening activities and education

Increase number of local farmers and local food businesses sponsoring or otherwise participating in healthy eating initiatives

Goal 2

Increase use of Torrance County Farmers' Markets

SNAP 2 for 1 and other incentives

Incentivize more farmers to increase produce availability

Increase awareness through coordination, signage, and outreach

Goal 3

Support cooking and nutrition education to Torrance County residents for youth and adults

Identify and increase utilization of available public or demonstration kitchen facilities

Support organized events in Torrance County that encourage and educate about healthy eating and nutrition

Active Living

Goal 1

Support increased physical activity through access to safe places to exercise

Engage providers in referring patients to utilize wellness trails

Encourage increased use of trails through signage and incentives

Explore the expansion of school facility joint use agreements

Support long term planning for improvement of built environment to increase safety for bicyclists and pedestrians in Torrance County.

Prevention of Unhealthy Substance Use

Goal 1

Support positive youth development

Support prevention efforts in schools

Provide technical assistance to the Torrance County Health Council for evaluation of DWI prevention efforts

Support youth oriented community programs

Explore the expansion of school facility joint use agreements

Behavioral Health

Goal 1

Support Health Council priorities and initiatives for mental and behavioral health

Bring greater awareness to existing mental and behavioral health resources, particularly for families and adolescents

Help reduce stigma of mental and behavioral health conditions and treatment

Goal 2

Encourage statewide dissemination of SAMSHA-HRSA Mental Health First Aid Training for first responders, medical personnel, and other interested community members.

Work with Health Council to determine training priorities

Investigate training corrections and local government

Investigate training school personnel and youth leadership groups

Valencia County

Healthy Eating

Goal 1

Increase access to healthy food for youth and families in Valencia County

Support local procurement for school meals

Investigate increased availability of fresh produce to non-urban communities in Valencia County

Goal 2

Increase use of Valencia County Farmers' Markets

SNAP 2 for 1 and other incentives

Incentivize more farmers to increase produce availability

Increase awareness through coordination, signage, and outreach

Support local procurement for school meals

Goal 3

Support cooking and nutrition education to Valencia County residents for youth and adults

Identify and increase utilization of available public or demonstration kitchen facilities

Support organized events in Valencia County that encourage and educate about healthy eating and nutrition

Active Living

Goal 1

Increase physical activity for County residents

Support increased physical activity through increased access to safe, walkable areas

Coordinate with the Valencia County Health Council and government entities for utilization of the recent walkability study

Goal 2

Support organized events in Valencia County that encourage and educate about active living and health

Provide education about active living

Provide rewards for participating in active living opportunities

Prevention of Unhealthy Substance Use

Goal 1

Support positive youth development

Support home visiting programs for parents and families

Support youth oriented recreation programs

Expand Mental Health First Aid Training

Behavioral Health

Goal 1

Support Health Council priorities and initiatives for behavioral health

Bring greater awareness to existing mental and behavioral health resources, particularly for families and adolescents

Help reduce stigma of mental and behavioral health conditions and treatment

Goal 2

Encourage statewide dissemination of SAMSHA-HRSA Mental Health First Aid Training for first responders, medical personnel, and other interested community members.

Work with Health Council to determine training priorities

Investigate training corrections and local government

Investigate training school personnel and youth leadership groups

Goal 3

Respond to identified gap in community based services left by lack of funding for School Based Health Centers in Valencia County

Convene community partners to identify strategies to fill gaps in care

Violence Prevention

Goal 1

Support Health Council priorities and initiatives to reduce violence

Increase information and awareness of existing resources for prevention of and services for adverse childhood experiences and domestic violence

Support home visiting and parental support programs

Systemwide Strategies and Interventions

PHS and the Center for Community Health will be implementing several system-wide activities to support the priorities of healthy eating, active living, and prevention of unhealthy substance use as well as additional priority areas specific to each community where PHS has hospitals. The Center for Community Health will work with PCNM to tailor these statewide strategies to meet the specific needs of Central New Mexico as these interventions relate to the identified health needs.

Goal 1

Support coordinated strategy to inform residents about available resources for healthy eating, active living, and prevention of unhealthy substance use

Goal 2

Develop and implement social marketing campaign to influence behavior change related to healthy eating, active living, and prevention of unhealthy substance use

Goal 3

Support evidence based or theory driven chronic disease and/or diabetes management and prevention initiatives

Goal 4

Partner with the county Health Councils to support healthy eating, active living, prevention of unhealthy substance use, other county specific priority areas, and other health council priorities identified in the CHNA and unaddressed directly by this plan

Support health council efforts to build relationships and increase activities outside of major metropolitan areas and improve health in rural and other areas of the county

Build relationships with Christus St. Vincent Hospital, New Mexico Department of Health, the Santa Fe County Health Policy and Planning Commission and other local entities to support community health priorities in Santa Fe County and unaddressed directly by this plan

Goal 5

Advance local community health leadership development and support community capacity building efforts in each county

Goal 6

Promote equity and the elimination of health and healthcare disparities

Investigate and promote cultural relevancy and language accessibility for community health improvement activities

Broaden coalition of stakeholders and partners to better facilitate services and programs that address needs of medically underserved, low-income, or minority populations

Community Health Needs Not Addressed in This Plan

Given the Presbyterian investment in the community health priorities of healthy eating, active living, and prevention of unhealthy substance use, and the alignment of these priorities with community needs these will remain priority areas for all Central New Mexico Counties in for 2016-2019. In response to the CHNA of particular and significant needs, Presbyterian will also focus on behavioral health in Bernalillo, Sandoval, Torrance, and Valencia counties, violence prevention in Bernalillo and Valencia counties, and economic development in Sandoval County. Consistent with the PHS purpose to improve the health of the patients, members and communities it serves, Presbyterian remains committed to providing preventive, acute, episodic and chronic care to address the priority health conditions in each community with input from communities, key stakeholders and governance.

What follows is a description of how PHS is addressing the remaining needs identified in the CHNA that fall outside of the three health priority areas and not incorporated into the CHIP. The CHIP strategies and interventions address all of the significant needs prioritized by Presbyterian. Additional health needs identified by each county are addressed.

The top five community health needs for 2016-2019 identified by the Bernalillo County Community Health Council and submitted to PHS are:

1. Violence prevention
2. Reduce the percentage of residents living below the poverty line
3. Reduce opioid overdose death rate
4. Improve maternal, infant, and early childhood outcomes
5. Reduce the obesity rate

Violence prevention, reducing opioid overdose deaths are directly addressed by specific plans under the PHS priority areas of violence prevention and prevention of unhealthy substance use. Prevention and reduction of obesity is directly addressed by the strategies within the healthy eating and active living priority areas.

As one of the largest private employers in the region, Presbyterian contributes to the job and economic development of the community. Presbyterian estimates the new Santa Fe Medical Center will create about 295 jobs, including provider and support staff, and that about 214 people will be hired during construction. As a not-for-profit health system, Presbyterian has an obligation to provide a community benefit and address the overarching health issue of poverty and its effects on access to health services. In 2015 it provided approximately \$15.0 million at cost in free medical care and \$40.7 million at cost in uncompensated care. PHS also donated \$50,000 to Albuquerque Healthcare for the Homeless.

In addition to the provision of women's health/obstetrics & gynecology and support services and pediatrics specialty clinical services, Presbyterian has several community-based home visiting programs that facilitate maternal, infant and child health and focus on outreach to at-risk, uninsured populations. Presbyterian also offers a wide array of classes designed to prepare families for success including preparing for labor, infant CPR, and preparing siblings for their new family member's arrival.

Presbyterian has earned the prestigious Baby-Friendly® Hospital designation from Baby-Friendly USA, Inc. To qualify as Baby-Friendly®, PHS demonstrated and implemented 10 evidence-based practices that support breastfeeding. Baby-Friendly® hospitals and birthing facilities must

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adhere to the Ten Steps to Successful Breastfeeding to receive and retain the designation. Doula services, Nurse Midwife services, and breast feeding support services are available to expectant and new mothers. The Women's Center at Presbyterian and Text4Baby have collaborated to help keep mothers and babies healthy. Free weekly pregnancy and expectant parenting text messages help guide participants through pregnancy, labor and delivery, and infancy. Presbyterian community clinics provide primary care to women, children, and families including prenatal care and referrals for nutrition and other health promoting services.

The top six community health needs for 2016-2019 identified by the Sandoval County Health Council and submitted to PHS are:

1. Access to health care
2. Mental and behavioral health
3. Preventive services/chronic care management
4. Nutrition, physical activity, and obesity
5. Health literacy and wellness
6. Communities collaborating around health

Mental and behavioral health, nutrition, physical activity, and chronic disease management are addressed directly by priority specific and system-wide strategies and interventions. Prevention and reduction of obesity is being impacted by healthy eating and active living priority goals and interventions. Presbyterian is participating in communities collaborating around health with the inclusion of systemwide strategies focused on collaboration, collective impact, and local health leadership and capacity building.

Systemwide strategies include promoting cultural relevancy and language accessibility for community health improvement activities. PHS will also seek to better facilitate community health services and programs that address needs of medically underserved, low-income, or minority populations. Presbyterian spends significant resources on health communications and health information technology as part of innovation and best practice. For example, through a new Discharge Call Center, patients leaving inpatient or emergency services are contacted within 72 hours to assist them and their families with a safe transition to home, provide education as needed, reinforce discharge instructions and seek opportunities for improvement. Presbyterian uses trained staff, as well as video and phone interpretation services, to meet the needs of its patients to obtain, process, and understand basic health information and services in order to make appropriate health decisions. These interpretation services can be accessed anywhere in PHS hospitals or clinics and increase access to care.

The top five community health needs for 2016-2019 identified by the Torrance County Health Council and submitted to PHS are:

1. Teen births
2. Substance abuse
3. Community violence
4. Abuse and neglect
5. Access to services

As previously stated Presbyterian has a number of women's health services to assist in prevention of teen pregnancy as well support for teen parents. Positive youth development

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interventions, like those included in this plan, protect youth from a variety of risk behaviors including substance use, sexual activity and teen pregnancy, poor mental health and injury.

Additionally, as a priority of both Healthy People 2020 and the New Mexico Department of Health there are many interventions statewide and in each county to address this issue. Some of these existing interventions offered or funded by the department of health include: Confidential reproductive health services provided at low- or no-cost at county public health offices and some community health centers and school-based health centers; community education programs focusing on service learning and positive youth development, adult/teen communication, and comprehensive sex education including Cuidate, a Hispanic culturally-based HIV sexual risk reduction intervention; and a text messaging service that offers teens and parents free, confidential, and accurate answers to sexual health questions via text message in either English or Spanish.

Other State Agencies that work with teen pregnancy prevention include: Office of School and Adolescent Health provides primary care and behavioral health care at School-Based Health Centers. Family planning services are provided where approved by the school district. There are also numerous statewide non-profits, healthcare providers, and other groups offering programming and services to prevent teen pregnancy and support teen parents and their families.

Presbyterian and other local home visiting agencies as well as programs administered by the Children Youth and Families Department and Adult Protective Services help address abuse and neglect. Domestic violence screening, suicide assessment and depression screening are incorporated into all PHS ambulatory patient visits, and referral sources are provided when indicated.

As previously stated Presbyterian provides free and uncompensated medical care to community members in need and engages in telehealth and other innovative service delivery methods to increase access to care.

The top five community health needs for 2016-2019 identified by the Valencia County Health Council and submitted to PHS are:

1. Reduce child abuse rates
2. Reduce drug overdose deaths
3. Reduce the proportion of adolescents who experience major depressive episodes
4. Reduce the use of alcohol or illicit drugs in adolescents
5. Increase vegetable consumption

All of the Valencia County community health needs are incorporated into and addressed by the priority areas of healthy eating, active living, prevention of unhealthy substance use, behavioral health, and violence prevention. Significant health needs identified by the Valencia County health council are addressed by strategies and interventions within the 2016-2019 CHIP.



Plan Adoption and How to Get Involved

Board Approval and Implementation

This Community Health Implementation Plan was approved by the PCNM Board in July 2016 and by the PHS Board Quality Committee in August 2016.

PCNM will implement the CHIP throughout 2016-2019 with regular updates that will be posted on phs.org.

If you have questions about the plan or would like to participate in the process, please call the PHS Center for Community Health at (505) 559-6852.

Additional Resources and Opportunities

Below are a few additional resources and services in Central New Mexico.

For a more complete picture of assets, existing services, and community programs in each county please see the Central New Mexico CHNA or visit the ShareNM directory.

- ShareNM www.sharenm.org/communityplatform/newmexico
- Bernalillo County Health Council www.bchealthcouncil.org
- Sandoval County Health Council www.sandovalcounty.com/healthcouncil
- Santa Fe Health Policy and Planning Commission
www.santafecountynm.gov/committees/health_policy_and_planning_commission_hppc
- Torrance County Health Council Call (505) 832-4495 for more information
- Valencia County Health Council www.communitywellnesscouncil.org

*Visit the Healthy Here Mobile Farmer's Market
facebook page to learn more about healthy eating
resources in Central New Mexico*
www.facebook.com/HealthyHereMobileFarmersMarket

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