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2017-2019 Community Health Needs Assessment Implementation Plan

ADOPTED BY THE LORAIN BOARD OF TRUSTEES, OCTOBER 2016

MERCY HEALTH — REGIONAL MEDICAL CENTER

3700 Kolbe Road, Lorain, OH 44053



A Catholic healthcare ministry serving Ohio and Kentucky

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Introduction

Mercy Health — Regional Medical Center (“Mercy” or “Mercy RMC”) is a 338-bed, full-service hospital providing inpatient, outpatient and ancillary healthcare services. Mercy, along with local health, education, social service, non-profit and governmental agencies participated in a Community Health Needs Assessment (“CHNA”) conducted for Lorain County and surrounding areas. The detailed process, participants and results are available in Mercy’s Community Health Needs Assessment Report which is available on mercy.com.

This Community Health Needs Assessment Implementation Plan will address the significant community needs identified through the CHNA. The plan indicates which needs Mercy will address and how, as well as which needs Mercy won’t address and why.

Beyond the programs and strategies outlined in this plan, Mercy will address the healthcare needs of the community by continuing to operate in accordance with its Mission to extend the healing ministry of Jesus by improving the health of its communities with emphasis on the poor and under-served. This includes providing care for all individuals regardless of their ability to pay.

The strategies and tactics of this Implementation Plan will provide the foundation for addressing the community’s significant needs between 2017 and 2019. However, Mercy anticipates that some of the strategies, tactics and even the needs identified will evolve over that period. Mercy plans a flexible approach to addressing the significant community needs that will allow for adaption to changes and collaboration with other community agencies.

COMMUNITY SERVED BY HOSPITAL

Mercy has defined its community served as Lorain County, Ohio. Mercy chose this area as the community served for several reasons, including that the primary and secondary service areas of both Mercy RMC and Mercy Health — Allen Hospital (“Allen Hospital”) lie almost exclusively within Lorain County.

A portion of the city of Vermillion is located within the boundary of both Lorain and Erie counties. While not included in the 2015 Lorain County Community Health Assessment Project, agencies serving Erie and Huron counties were consulted during the process.

According to the U.S. Census Bureau’s 2010–2014 American Community Survey Five-Year Estimate, Lorain County has 302,465 residents, with 74% being adults over the age of 20, 13.6% being youths between 10–19, and the remaining 12.4% being adolescents under the age of 9. The majority of residents were Caucasian (85.3%), followed by Hispanic (8.8%), African American (8.4%), Asian (1%) and two or more races (3.5%). The mean household income in Lorain County (based on 2014 inflation-adjusted dollars) was \$67,033, while the median household income was \$52,610. In Lorain County, 14.6% of all residents, 11.1% of families and 22.3% of families with related children under 5 years old had an income in the past 12 months below the poverty level.

MISSION

We extend the healing ministry of Jesus by improving the health of our communities with emphasis on people who are poor and under-served.

Mercy’s Mission and culture are expressed through the organizational core values:

Compassion

Our commitment to serve with mercy and tenderness

Excellence

Our commitment to be the best in the quality of our services and the stewardship of our resources

Human Dignity

Our commitment to value the diversity of all persons and to be respectful and inclusive of everyone

Justice

Our commitment to act with integrity, honesty and truthfulness

Sacredness of Life

Our commitment to reverence all life and creation

Service

Our commitment to respond to those in need

Executive summary

BACKGROUND AND PROCESS

The process of conducting the community health needs assessment, including how we identified and prioritized the significant needs, the data sources we consulted and the list of participants, is explained in detail in Mercy RMC's CHNA report, which is available at mercy.com. An overview of the process is outlined below.

Mercy RMC and Mercy Allen, while separately licensed, are affiliated facilities with a common parent that jointly meet the needs of Lorain County residents. The CHNA conducted by Mercy was done on a countywide basis, including input from some 25 organizations that serve residents of the entire county. This approach represents a change from Mercy's prior CHNA. In 2013, Mercy Allen and Mercy RMC both conducted and prepared separate community health needs assessments, with each entity defining its community as that facility's primary service area. Based on experience, available resources, the service area of government agencies and other county service organizations, and Mercy's unified governance structure, Mercy believed it made more sense to define its community as the entirety of Lorain County and prepared a joint CHNA report.

LCCHAP and CTC surveys

The main source of data to determine the needs of Lorain County was the Lorain County Community Health Assessment Project - 2015 (LCCHAP), which was supplemented by the Public Services Institute (PSI) report from Lorain County Community College (LCCC).

PSI is a division of LCCC that links higher education and governments, nonprofit organizations and civic leadership through education, training and expert facilitation of group and community processes. Through research, these organizations address issues of importance in Lorain County, Northeast Ohio, and the entire state by using data and information as a part of planning, problem-solving and decision making. PSI has performed previous county assessments using external data sources and has an intimate working knowledge of Lorain County and the health of its residents.

The LCCHAP resulted a health needs assessment of the county at large. The project was coordinated and managed by the Hospital Council of Northwest Ohio, a nonprofit hospital association located in Toledo. The Hospital Council of Northwest Ohio collected the data, coordinated the health assessment process and integrated sources of primary and secondary data into the final report. As the main source of primary data for the countywide health assessment, the community health assessment used a written, cross-sectional survey. This survey was conducted in between August and November 2015. Local agencies, especially those which serve the under-served, low-income, minority or chronic-disease populations, were invited to participate in the survey development process.

To supplement this data, a secondary data source that focused on the youth of Lorain County was used. The Communities That Care (CTC) of Lorain County - 2014 was integrated into Lorain County Health Assessment Project - 2015. As part of the requirement of the Drug Free Communities and Support Program, CTC of Lorain County anonymously surveyed youth in grades 6, 8 and 10 at schools throughout Lorain County in fall 2014.

The results of both surveys were integrated into the 2015 LCCHAP report and were compared with and against historical data from Lorain County and state and national averages to determine Lorain County's opportunities for improvement. The initial results of the survey were presented to leaders of key health agencies who participated in the 2015 LCCHAP report in February 2016. The purpose of this Draft Results Meeting was to present initial findings, solicit input regarding changes to the presentation of data in the report, and get feedback regarding next steps and presentation of data to the community.

Lorain County Health and Well-Being Fact Book

As a supplement to the 2015 LCCHAP, PSI updated their 2015 Lorain County Health and Well-Being Fact Book, which is a comprehensive report that compares Lorain County to both Lorain County historical trends and state and national averages. The report includes demographics, maternal and child care, unemployment,

poverty, alcohol and tobacco use, healthcare coverage, access to care and leading causes of death.

Meeting of community leaders

A community event, which included 110 key leaders representing public health, law enforcement, schools, churches, public officials, social service agencies and the general public, was held by the 2015 LCCHAP member organizations in May 2016. The results of the 2015 LCCHAP prepared by the Hospital Council of Northwest Ohio were shared with attendees. Additionally, PSI facilitated a panel discussion during which updates on the Community Health Improvement Plan (CHIP) were provided. Finally, the leaders of each health initiative under the CHIP facilitated roundtable discussions with the attendees to provide further insight into their committee's accomplishments and gather further insight into the barriers and potential solutions for that particular health need

Identifying significant needs

STAKEHOLDER INTERVIEWS

To develop a three-year plan to address community health needs beginning in 2017, Mercy took the results from the previous work and engaged key community stakeholders to prioritize the needs. In May and June 2016, the PSI of Lorain County Community College was commissioned by Mercy RMC to conduct interviews with key community stakeholders and analyze the results.

The design of the stakeholder interviews built upon the comprehensive 2015 LCCHAP report by developing a shared understanding around the data, with the intent of identifying and prioritizing health-related needs based on severity of the problem, size of populations affected, community capacity to address the problem and availability of data to track and monitor outcomes.

A total of 25 in-depth interviews were conducted with key individuals who represented a cross-section of community leaders, including healthcare providers, funding entities, nonprofit health and social service providers, faith-based organizations, philanthropies and

others. More than half of the organizations served all of Lorain County, with the others serving smaller areas within the county such as an individual city or a portion of the county.

Many of those interviewed also serve areas surrounding Lorain County, including western Cuyahoga County, Huron County and Erie County. Several organizations serve low-income residents exclusively, but other segments of the population were represented. These segments include seniors, minority populations, single parents, pregnant females, youth, those with mental illness, immigrant laborers, families who have experienced domestic violence, those with chronic disease needs, religious congregations and the general public.

The PSI report also compared the results of the Ohio Health Assessment Project with historical data and similar metrics from external sources, and included information from personal interviews with additional key stakeholders in Lorain County.

The interview process with key stakeholders was designed to assess in depth how interviewees viewed the health needs of the community in terms of the factors outlined above. With this assessment, the process then led to prioritization of those needs. Mercy Health — RMC and Mercy Health — Allen Hospital recognized that although all criteria are important, they aren't all equally important. The hospitals weighted the criteria as follows to allow for a more meaningful ranking among the needs:

- Size of population affected (4)
- Severity of health need (3)
- Ability to evaluate outcomes (2)
- Community capacity to address the need (1)

Based on the overall composite score for each significant health need, the most pressing health needs of the community served by the hospitals were determined.

Implementation Plan

Mercy is committed to addressing the health needs of the community through the strategies and tactics described in this implementation plan. In addition, Mercy continues to work with other county agencies on a broader Lorain County Community Health Improvement Plan (CHIP).

The Lorain County CHIP was still being finalized during the development of Mercy’s 2014–2016 Community Health Needs Assessment and Implementation Plan. The plans are in alignment, however, with both the CHIP and Mercy’s CHNA focusing on many of the same issues. These issues include: improving access to care, reducing infant mortality (part of expand coordinated education and prevention services), improving weight issues and obesity, reducing alcohol, tobacco and drug use and abuse, and improving mental health. Mercy is represented on all subcommittees, co-chairs the Access to Care subcommittee and is committed to fulfilling the goals set forth in the overall CHIP.

PRIORITIZED SIGNIFICANT COMMUNITY HEALTH NEEDS

The table below lists the significant community needs that were identified through the CHNA and specifies which needs Mercy RMC will address.

Prioritized significant community health need	Addressed by hospital
Exercise and weight status.....	Yes
Leading cause of death.....	Yes
Access to care.....	Yes
Use of alcohol, tobacco and other drug use among adults.....	No
Preventive healthcare.....	Yes
Use of alcohol, tobacco and other drug use among youth	No
Maternal and child health.....	No
Mental health.....	Yes

IMPLEMENTATION STRATEGIES TO ADDRESS SIGNIFICANT COMMUNITY HEALTH NEEDS

EXERCISE & WEIGHT STATUS

Description

As detailed in Mercy’s Community Health Needs Assessment Report:

In 2015, 69 percent of adults in Lorain County were overweight or obese according to their body mass index (BMI). This compares with 67 percent in 2011. There was a significant increase in the obese category, from 32 percent of adults in 2011 to 37 percent in 2015. The 37-percent rate of 2015 obesity is much higher than the Ohio rate of 33 percent and the national average of 30 percent. The obese rate jumps to 44 percent for those residents of Lorain County aged 30-64 and 41 percent for those with an income under \$25,000. In 2015, 53 percent of adults engaged in physical activity for at least 30 minutes, three or more days per week, compared with 56 percent in 2011. In 2015, 23 percent of adults didn’t engage in any physical activity, compared with 21 percent in 2011.

In 2015, 90% of adults in Lorain County were eating between 1 and 4 servings of fruits and vegetables per day, although the American Cancer Society recommends the minimum should be 2 ½ cups per day to reduce the risk of cancer and promote good health. The 2009 BRFSS reported that less than a quarter of Ohio adults were eating the recommended number of servings of fruits and vegetables per day. The number one barrier to consuming fruits and vegetables reported by adults was too expensive (17%).

In the 2014 Youth Survey, only 9% of Lorain County 6th graders ate 4 or more servings of fruit per day, while 9% did not eat any fruit during the past 7 days. For 8th graders, only 6% ate 4 or more servings of fruit per day, with 10% not eating any during the past 7 days. For 10th graders, 7% ate 4 or more servings per day, with 13% not consuming any fruit during the past 7 days.

Goal

Increase both awareness of the importance of fruit and vegetable consumption as well as the actual consumption of fruits and vegetables among Lorain County youths and

adults with a special emphasis on households with children under 18 who are at or below 185% of the Federal Poverty Level.

Expected Impact

Improve the overall health of adults and youths in Lorain County by increasing the consumption of fruits and vegetables by increasing awareness and making access easier. This will also build a foundation for a healthy lifestyle with the children by engraining proper eating and nutrition habits at a young age.

Targeted Populations

Adults in Lorain County; about 11% of respondents cited reasons involving cost or access to outside facilities for not exercising. Mercy's Parish Nursing Program currently offers many free or low-cost exercise classes that target low income residents of Lorain County. Lorain County youths and adults with a special emphasis on households with children under 18 who are at or below 185% of the Federal Poverty Level.

Strategies

Formulate regional strategy through The Center for Health Affairs - The Center for Health Affairs, the leading advocate of hospitals in Northeast Ohio, is coordinating the efforts of all its member hospitals in selecting one health need that affected all the communities where member hospitals were located. After discussion and reviewing of each hospital's Community Health Needs Assessment data, obesity and weight was selected. An inventory of each hospital's programs currently addressing obesity and weight was performed. Member hospitals selected one initiative and will collaborate on the regional initiative through The Center for Health Affairs to increase awareness of fruit and vegetable consumption through the SNAP-Ed "Celebrate Your Plate" marketing campaign.

Mercy will also continue to provide free or low cost exercise classes throughout the community.

Strategic Measures

The SNAP-Ed Program will measure consumption of fruits and vegetables purchases made with a card for households with children under 18 years old who are at or below 185% of the Federal Poverty Level.

Mercy will track the number of free or low cost exercise classes and programs offered and the number of participants.

Community Collaborations

- Center for Health Affairs
- Lorain County General Health District and Lorain County Metro Parks through the CHIP - Lorain County Health Improvement Plan

Community Resources Available

The existing healthcare facilities and other resources within the community, that are available to meet the prioritized need include:

- Weight Watchers operates in Lorain County
- There is currently not a dedicated Bariatrics program in Lorain County

LEADING CAUSE OF DEATH

Description

As detailed in Mercy's Community Health Needs Assessment:

Cancer accounted for 23% of all deaths in 2013, and was the leading cause of death in the county. Lung cancer was the leading cause of both male and female cancer deaths from 2009–2013 according to the CDC. Approximately 25% of females and 19% of male adults were current smokers.

Goal

Decrease the percent of lung and bronchus cancers diagnosed in late stage in Lorain County by 7% by 2019.

Expected impact

Between 2008 and 2012, among all leading and screenable cancers, lung and bronchus cancers had the highest rate of late-stage diagnosis (74.6%) in Lorain County. These cancers also have one of the lowest five-year survival rates and are the leading cause of cancer mortality in the U.S., accounting for one-third of all cancer-related deaths. In 2016, approximately 16% of all new cancers in Ohio are expected to be lung and bronchus. The lung nodule screening program allows these cancers to be detected at a much earlier stage. Currently there is no lung nodule screening program within 25 miles of Mercy RMC.

Targeted populations

Any adult in Lorain County may have the procedure, but it is targeted to adults between the ages of 55–77 who are either current or former smokers.

Strategies

Establish a lung nodule screening program with a nurse navigator component. The nurse navigator will assist patients by detailing next steps, scheduling follow-ups, setting appointments and identifying financial aid where applicable.

Strategic measures

Decrease the percentage of lung and bronchus cancers diagnosed in late stage in Lorain County from 74.6% to 67.6% by 2019.

Community resources available

Existing healthcare facilities and other resources in the community available to meet the prioritized need include:

- Mercy RMC, Mercy Allen, University Hospitals Elyria Medical Center and multiple physician offices located throughout the county
- Mercy’s Cancer Center in Elyria – allows residents to be treated on as outpatients close to home
- Lorain County Health & Dentistry – federally funded community health center that provides outpatient medical and dental services to the underserved in Lorain and surrounding communities
- Lorain Free Clinic – coordinates community resources for low-income and uninsured residents of Lorain County, providing comprehensive healthcare at minimal or no cost
- County Health Districts – Lorain County General Health District and Elyria City Health Department
- Mercy Parish Nursing Program – participates in 100 parishes throughout the county and offers health screenings, mostly free, to those who cannot afford or have difficulty accessing healthcare

ACCESS TO CARE

Description

As detailed in Mercy’s Community Health Needs Assessment:

18% of adults did not see a doctor in the past year due to cost. Although this is a decrease from 20% in 2011, it’s higher than the state and national rates of 13%. The county rate jumped to 37% for those with income below \$25,000. A survey of adults in Lorain County indicated that for 29% of them, cost was the top reason they didn’t seek care when they were sick. Only 52% of adults in Lorain County had one person they thought of as their personal doctor or healthcare provider. The Ohio rate is 74% and the national rate 70%. 18% had none.

Goal

Decrease the percentage of adults who do not have a personal doctor to 14% by 2019; Reduce barriers to access for care, especially for the poor and underserved.

Expected impact

Residents of Lorain County having a doctor they can identify as their personal physician. Currently, many show up at emergency rooms for routine care more appropriately and cost-effectively given in a doctor’s office. Additionally, a personal doctor is better equipped to manage a patient’s health, especially if they have a chronic condition.

Targeted populations

Adults in Lorain County who don’t currently have a primary care physician. Many of these adults are impoverished and underserved and currently use emergency departments as their source of primary care.

Strategies

Increase number of patients that have a primary care physician through education at points of access and community collaboration

Strategic measures

Decrease the percentage of adults who do not have a personal doctor from 18% to 14% by 2019.

Community collaborations

- Lorain County CHIP
- Lorain City School District

Community resources available

Existing healthcare facilities and other resources in the community available to meet the prioritized need include:

- Mercy RMC, Mercy Allen, University Hospitals Elyria Medical Center and multiple physician offices located throughout the county
- Mercy's Parish Nursing Program – participates in 100 parishes throughout the county and offers health screenings, mostly free, to those who cannot afford or have difficulty accessing healthcare
- Lorain County Health & Dentistry – federally funded community health center that provides outpatient medical and dental services to the underserved in Lorain and surrounding communities
- Lorain Free Clinic – coordinates community resources for low income and uninsured residents of Lorain County, providing comprehensive healthcare at minimal or no cost
- Other agencies such as Cornerstone Among Women and Haven House assist low-income women with pregnancy and domestic abuse issues
- Other organizations such as Oberlin Community Services, Lorain County Community Action Agency, Lorain Catholic Charities, Haven House and Neighborhood Alliance help struggling individuals meet basic needs

ALCOHOL, TOBACCO AND OTHER DRUG USE AMONG ADULTS

Description

As detailed in Mercy's Community Health Needs Assessment:

In 2015, 16% of Lorain County adults were considered frequent drinkers, compared with 13% in 2011. The rate of adults who are current smokers remained 22%, the same as in 2011. This rate is still higher than the Ohio rate of 21% and the national rate of 18%. However, the rate increases to 36% for those with an income under \$25,000 and 27% for those residing in an urban area. In 2015, 25% of all women were smokers, compared with 22% in 2011 and 20% in Ohio. For males, the 2015 rate was 19%, compared with 22% in 2011. The 2015 rate for Ohio was 22%. Marijuana use by adults rose from 7% in 2011 to 10% in 2015. Overdose deaths in Lorain County have averaged

nearly 65 per year from 2012–2015. From 2006–2011 the average was 21 per year.

Goal

Mercy will not directly address this community need as other organizations in Lorain County are specifically designed and better prepared to respond to this need through resources and experience. Mercy will support them as needed.

Reducing the incidence of smoking among youths and adults and reducing the number of deaths from opiates/heroin are both objectives being addressed through Lorain County's Health Improvement Plan (CHIP). Mercy has representation on the CHIP steering committee as well as on all individual health needs subcommittees. Mercy is committed to fulfilling the goals set forth in the overall CHIP. Additionally, Mercy will continue to enforce its tobacco-free campuses policy, as well as promote smoking cessation programs for employees and patients. Mercy, as a system, is developing a policy to address the epidemic of heroin overdoses in its communities.

Community resources available

Existing healthcare facilities and other resources in the community available to meet the prioritized need include:

- The Urban Minority Alcoholism and Drug Abuse Outreach Program – serves one of Ohio's largest Hispanic communities and a large African American population by ensuring they have affordable access to programs that treat alcohol, tobacco and drug abuse
- The Alcohol & Drug Addiction Services Board of Lorain County (ADAS) – Government agency responsible for planning, evaluating, coordinating, funding and contracting for the delivery of publicly financed alcohol and other drug addiction, prevention and treatment services for the benefit of Lorain County residents
- The LCADA Way – cares for individuals and families struggling with drug and alcohol addiction

PREVENTIVE HEALTH

Description

As detailed in Mercy's Community Health Needs Assessment:

In 2015, 65% of adults had visited a doctor for a routine checkup in the past year, up from 55% in 2011, while 54% had a flu shot, up from 45% in 2011. For women age 40

and over, the rate of mammograms in the last year was lower than for those with an income under \$25,000 and for those residing in a rural area. The rate for woman 40 and over who had a clinical breast exam in the past two years was much lower than state and national averages. Only 27% of men had a prostate-specific antigen (PSA) test in the past year, compared with 32% in 2011. The state and national averages in 2014 were both 43%. The rate dropped to 22% for those residing in an urban area.

Goal

Mercy will not add any additional strategies to directly address this community need and thus not make it one of its top priorities. Mercy will continue to offer thousands of free screenings through its Parish Nursing Program, many of which are attended by underserved and impoverished residents who otherwise would not be able to afford or receive this service.

Mercy will also continue to provide free educational sessions throughout the year on crucial health topics such as hypertension, cardiac health, diabetes, the importance of flu vaccines and breast health. These sessions often occur in the parishes, where the residents have easy access to and are hosted by physicians. The collaboration with the Lorain County General Health District in promoting its vaccine programs, especially flu vaccines, will also continue. Mercy Allen will also directly address this community need through working to improve mammography utilization in the rural portion of Lorain County, where the mammography rate for women over 40 is low.

Community resources available

Existing healthcare facilities and other resources in the community available to meet the prioritized need include:

- Mercy RMC, Mercy Allen, University Hospitals Elyria Medical Center and multiple physician offices located throughout the county
- Mercy's Parish Nursing Program – participates in 100 parishes throughout the county and offers many free health screenings and educational sessions
- Mercy's Angels & Amigas – reaches out to the African American and Hispanic communities by promoting breast health through education and free screenings
- Lorain County Health & Dentistry – federally funded community health center that provides outpatient medical and dental services to the underserved in Lorain and surrounding communities

- Lorain Free Clinic – coordinates community resources for low-income and uninsured residents of Lorain County, providing comprehensive healthcare at minimal or no cost
- County Health Districts – Lorain County General Health District and Elyria City Health Department

ALCOHOL, TOBACCO AND OTHER DRUG USE AMONG YOUTHS

Description

As detailed in Mercy's Community Health Needs Assessment:

Drinking of alcohol among youth as a whole in Lorain County declined from over 20% in 2009 to roughly 14% in 2014. The current drinking rate among 10th graders of 21.9%, which is below the national rate of 23.5%. In 2014, 22% of 10th graders were considered current drinkers.. However, 40% of 10th graders had alcohol in the past year, and over 47% report that alcohol is fairly easy or easy to get and it remains the most prevalent drug of choice.

Cigarette smoking among youth as a whole in Lorain County declined from about 13% in 2009 to roughly 8% in 2014. The current smoking rate of 10.3% among 10th graders is higher than the national rate of 7.2%. 17% of youths had smoked in the past year. Cigarettes are the third most prevalent drug of choice. Cigarette use among 8th graders remained nearly the same, at 7.4% in 2014 compared with 7.8% in 2009.

Current use of marijuana among youths as a whole in Lorain County declined from about 12% in 2009 to below 10% in 2014. The current marijuana rate among 10th graders is 13.1%, below the 2009 rate of 16.8% and the national rate of 16.6%. Marijuana is still the second most prevalent drug of choice. Marijuana use among 6th graders increased from 5.8% in 2009 to 7.3% in 2014.

Goal

Mercy will not directly address this community need because other organizations in Lorain County are specifically designed and better prepared to respond to this need through resources and experience. Mercy will support them as needed.

Reducing the incidence of smoking among youths and adults and reducing the number of deaths from opiates/heroin are both objectives being addressed through Lorain County's CHIP. Mercy has representation on the CHIP steering committee as well as on all individual health needs subcommittees and is committed to fulfilling the goals set forth in the overall CHIP. Additionally, Mercy will continue to enforce its tobacco-free campuses policy, and promote smoking cessation programs for employees and patients. Mercy, as a system, is developing a policy to address the epidemic of heroin overdoses in its communities.

Community resources available

Existing healthcare facilities and other resources in the community available to meet the prioritized need include:

- The Urban Minority Alcoholism and Drug Abuse Outreach Program – serves one of Ohio's largest Hispanic communities and a large African American population by ensuring they have affordable access to programs that treat alcohol, tobacco and drug abuse
- The Alcohol & Drug Addiction Services Board of Lorain County (ADAS) – government agency responsible for planning, evaluating, coordinating, funding and contracting for the delivery of publicly financed alcohol and other drug addiction, prevention and treatment services for the benefit of Lorain County residents
- The LCADA Way – cares for individuals and families struggling with drug and alcohol addiction

MATERNAL AND CHILD HEALTH

Description

As detailed in Mercy's Community Health Needs Assessment:

In 2015, only 56% of women got a prenatal appointment in the first three months of pregnancy. In addition, 11% smoked and 7% consumed alcohol during pregnancy. The number of mothers who didn't receive prenatal care during the first trimester of pregnancy rose from 29.2% in 2013 to 36.8% in 2014. African American and Hispanic women and women under 25 were all less likely to begin prenatal care during early pregnancy. The rate of low birth weights was 9.3% in 2014, which was below the Ohio rate of 11.8%. However, the rate of low birth weights jumped to 10.4% for African American births and 17.9%

for births to mothers under age 15. The rate of women who smoked while pregnant improved, decreasing from 20.5% in 2006 to 18.8% in 2013 and 18.1% in 2015. However, the 2015 rate was still above the 2014 rate for Ohio (11.5%) and the U.S. (16.9%).

Goal

Mercy will not add any additional strategies to directly address this community need and thus not make it one of its top priorities. Mercy will continue to support underserved women and infants in Lorain County through its Resource Mothers Program. This program is specifically designed to respond to the critical need for preventive healthcare education and support services for low-income, high-risk pregnant and parenting women and their families. The goal is to enhance birth outcomes, promote healthy behaviors and empower the parent by assisting them with connections to various community services. Targets for healthy birth weights and immunizations are being met for all births occurring through this program.

Mercy's Resource Mother's program also supports those who can't afford necessities through its short-term and long-term client programs. While short-term clients have their needs met during one visit, long-term clients are brought into the program during pregnancy and remain until the baby reaches the age of 1. The client meets with their resource mother monthly to review a care plan and goals, and learn about proper car seat instructions, pediatricians and other resources available to them. Clients on these programs receive items such as formula, diapers, wipes, clothing, bottles, food, cribs and other baby essentials.

Reducing infant mortality is an objective being addressed through Lorain County's Health Improvement Plan (CHIP). Mercy has representation on the CHIP steering committee as well as all on individual health needs subcommittees and is committed to fulfilling the goals set forth in the overall CHIP. Additionally, Mercy's Parish Nursing Program, obstetrics physicians, and birth and delivery department will continue to work with pregnant women, and those who just gave birth, on smoking cessation programs to promote a healthy environment for unborn babies and newborn infants.

Community resources available

Existing healthcare facilities and other resources in the community available to meet the prioritized need include:

- Mercy RMC, Mercy Allen, University Hospitals Elyria Medical Center and multiple physician offices located throughout the county
- Mercy's Resource Mother's Program – reaches out to at-risk pregnant women in the community to ensure proper prenatal and post-birth care
- Cornerstone Among Women – assists low-income women with pregnancy issues
- Lorain County Children and Families Council – promotes the well-being of children and families in Lorain County
- County Health Districts – Lorain County General Health District and Elyria City Health Department

MENTAL HEALTH

Description

As detailed in Mercy's Community Health Needs Assessment:

In the past year, 20% of adults in Lorain County had a period of two weeks or more when they felt sad, blue or depressed. 3% of adults considered attempting suicide in the past year, compared with 4% in 2011. Among youth, 11% considered suicide. 1% of adults attempted suicide in the past year.

Goal

Increase the number of access points and use of those access points within Mercy for mental health patients throughout Lorain County.

Expected impact

Increased access for Lorain County residents struggling with mental health issues and are having difficulty accessing mental healthcare. Barriers include cultural stigmas associated with mental illness, lack of knowledge of how to access proper treatment and lack of physical means to access proper treatment.

Targeted populations

Those in the general population who are afflicted with mental health issues, with an emphasis on minority and underserved populations.

Strategies

Increase the number of Mercy access points and use of those access points by mental health patients by creating new access and programs or reducing barriers to access for current programs.

Strategic measures

Increase the number of Mercy behavioral health access points by 20% throughout Lorain County by 2019. Increase use of Mercy behavioral health services at these access points throughout Lorain County by 2019.

Community collaborations

- Lorain County CHIP – Lorain County Board of Mental Health
- Margeau's Free to Be Program – a program that reaches out to women and young women within Lorain County to improve and maintain their self-esteem, mental health and overall goal achievement

Community resources available

Existing healthcare facilities and other resources within the community available to meet the prioritized need include:

- Mercy – offers both inpatient and outpatient behavioral health services
- Lorain County Board of Mental Health – provides mental health services for the county
- Lorain County Pride Initiative – an offshoot of the Alcohol & Drug Addiction Services of Lorain County that provides resources to residents of the City of Lorain experiencing anxiety, depression and problematic substance abuse issues due to recent economic downturn
- Nord Center – provides behavioral health services for Lorain County
- Pathways Counseling & Growth Center – a nonprofit that provides mental health counseling services primarily to Medicaid and low-income residents
- County Health Districts – Lorain County General Health District and Elyria City Health Department