



# Bonner General Health Implementation Strategy

This Implementation Strategy report summarizes Bonner General Health’s plans to address the prioritized needs from the 2016 Community Health Needs Assessment. The hospital recognizes that the Implementation Strategies in this report are to be used as a guide and will serve as a framework in addressing the identified needs. As the hospital moves forward, many resources, on-going commitments and partnerships will be necessary to effectively assist in creating healthier communities in Bonner County and the surrounding area.

## 1) Obesity

### ➤ **Current activities**

- Provide education and awareness in the hospital and community
- Promote increased physical activity and exercise in the community
- Promote and fund employee-based Wellness Program(Fit4Life)

### ➤ **Proposed activities**

- Participate in Community partnership for Healthy Mothers & Children
  - ◆ With Community Partners, identify and educate the community on healthy food choices
- Collaborate with Kaniksu Land Trust and participate in the Park Prescription Program to encourage community members to exercise
- Provide nutritional education in the community
- Provide Diabetes Education to the community through Health Fairs (including a Diabetes Education Fair) and Support Groups
- Participate in Food for Our Children program
  - BGH Staff coordinates the food purchase, packing, and delivery of weekend food for three schools in our community (Sandpoint Middle School, Lake Pend Oreille Alternative School, and Sagle Elementary School)
- Continue to support, promote and fund Fit4Life BGH Employee Wellness Program
- Continue to provide the BGH Intensive Behavioral Health for Obesity Program
- Continue to sponsor and support community events involving exercise (run/walk/swimming/biking events)

### **Anticipated Impact**

BGH will raise awareness of the impacts of obesity and will work to educate and improve healthy habits in our community, specifically exercise and nutrition. We will continue to partner with multiple community organizations to create access points for education in our community.

## 2) Child Abuse/Neglect

### ➤ **Current activities**

- Participate in Food for Our Children program



# Bonner General Health Implementation Strategy

- BGH Staff coordinates the food purchase, packing, and delivery of weekend food for three schools in our community (Sandpoint Middle School, Lake Pend Oreille Alternative School, and Sagle Elementary School)
- Collaborate with Panhandle Alliance for Education by sponsoring their fundraising events and distributing books to parents when their child is born
- Sponsor Kinderhaven’s fundraisers to ensure that abused and/or neglected children have a safe place to live
- **Proposed activities**
  - Continue to identify opportunities and partners who support children in crisis and provide a safe, secure home in which their emotional, physical, and mental well-being is protected and enriched.
  - Participate with organizations that promote and provide programs to help parents develop positive parenting skills and teach children safety and protection skills.
  - Provide awareness among clinicians, schools, and others on the many issues related to child safety.
  - Work with the Special Education Counselor at the Lake Pend Oreille School District in their program to help children develop skills and give them tools that make them less susceptible to bullying and unsafe touching.

## **Anticipated Impact**

BGH will partner with other community organizations that focus on helping parents develop the skills and resources to understand and meet their children’s emotional, physical, and developmental needs and protect their children from harm. We will also work with the School District to give the students the tools that will enable them to be better prepared to deal with bullying and abuse.

## **3) Suicide**

- **Current activities**
  - BGH has an employed Psychiatrist and opened a Psychiatry Clinic to help those identified with suicidal ideations.
  - BGH leads grief classes in the schools that have been impacted by teen suicide.
  - BGH staff participates in Community Organizations that focus on dealing with suicide (Lake Pend Oreille School District Suicide Prevention Task Force, Suicide Prevention Action Network of Idaho, and 7B Drug Free)
- **Proposed activities**
  - Continue to support our Psychiatry Clinic and add other providers as resources allow.
  - Continue to offer grief counselors to lead individual and/or group grief therapy sessions in the schools that are impacted by teen suicide and in the community.
  - Encourage and support staff members who are interested in participating on Boards or Committees focused on preventing suicide in our community.
  - Participate and support CAST: Coping and Support Training in our community.
  - Continue to educate staff and providers on the signs and symptoms of a suicidal patient.



# Bonner General Health Implementation Strategy

## **Anticipated Impact**

Suicides and attempted suicides continue to occur in our community. BGH will continue to partner with the community to provide education, support groups and counseling. Through participation in our community we anticipate reductions in suicide risk behavior and a reduction in the suicide rate in Bonner County.

## **4) Mental Health**

- Current activities
  - BGH has an employed Psychiatrist and a Psychiatry Clinic to help address the needs in Sandpoint.
  - BGH leads support groups in the community.
  - BGH participates in NAMI (National Alliance on Mental Illness) Organization.
  - BGH staff participates in the 7B Drug Free Organization.
  - BGH works with law enforcement, the court system, and physicians to improve the mental health hold process.
- Proposed activities
  - Continue to support our Psychiatry Clinic and add other providers as resources allow.
  - Develop partnerships with other organizations to improve access to mental health services in our community.
  - Continue to collaborate with NAMI.
  - Identify, organize and lead, when appropriate, support groups related to mental health.
  - Encourage staff to participate on Boards or Committees of organizations that focus on mental health.
  - Participate and support CAST: Coping and Support Training in our community for children who exhibit depression, anxiety, hopelessness, family distress, anger/aggression, etc.

## **Anticipated Impact**

BGH recognizes that the mental health issues in our community continue to grow and that the needs are not currently being met. BGH will participate where ever possible to improve mental health access and address the growing concerns.

## **Health Needs Not Being Addressed**

In an effort to maximize any resources available for the priority areas listed above, the CHNA Advisory Committee determined that the following issues would not be explicitly included in this community health improvement plan:

- Cancer
- Diabetes
- Tobacco Usage

For these areas, it was determined that there are other health care facilities and organizations in the region who are addressing these needs or have more specialized resources at their disposal.