

Mat-Su CHNA (2013) Implementation Plan Progress Report

MSHF	MSRMC	Progress	Collaborative Partners
Statewide systems change – Behavioral Health Issues			
BH:1 Participate as a funding partner for <i>Recover Alaska</i> , a statewide collaborative focusing on systems change to reduce the negative impacts attributed to alcohol abuse in Alaska.		Participation continues at following funding levels: 2014/\$100K; 2015/\$170K; Results: social norms PSA produced/aired; Title IV policy change negotiated and advocated; Media project videos and articles produced and aired.	Recover Alaska and participating partners
BH:2 Support state-wide health reform initiative to provide factual research, data, and analysis regarding the state of health care in Alaska.		Participation continues at following funding levels: 2013/\$35K; 2015/\$20K Results: Supported Medicaid expansion efforts which was achieved and continue to support Medicaid Reform.	AK Health Reform participating partners
BH:3 Participate as a funding partner in <i>Alaska Adverse Childhood Experiences (ACEs) Steering Committee</i> , to help coordinate, drive collaboration, and align systems change to prevent and treat ACEs across Alaska. (2013, \$75,000)		Participation continues at following funding levels: 2013/\$75,000; 2015/\$25. Results: Supported application for Robert Wood Johnson Grant MARC Grant which was awarded. Nine Resiliency Trainers trained from Mat-Su who gave 24 trainings to 441 people.	Alaska Children’s Trust Alaska Mental HealthTrust Authority, Rasmuson Foundation, Alaska Family Violence Prevention Project
BH:4 Ensure MSHF representation on <i>the Pathways to Prevention, Working Together to End Violence Statewide Steering Committee</i>		Ongoing	Alaska Network on Domestic Violence and Sexual Assault Alaska Council on Domestic Violence and Sexual Assault
BH:5 Ensure MSHF representation on Steering Committee of AK Office of Children’s Services’ Early Childhood Comprehensive Systems Grant Program, supported by Health Resources and Services Administration.		Ongoing. In 2015 leveraged \$15K funding for Mat-Su projects.	AK Office of Children’s Services, Rasmuson Foundation, AK Mental Health Trust Authority Southcentral Foundation

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Local systems change – Behavioral Health Issues			
<p>BH:6 Convene and provide initial leadership for local behavioral health provider collaborative to develop scope of work for a behavioral health and trauma care Environmental Scan (continuum of prevention and treatment services). Fund this Environmental Scan and identify gaps and assess barriers.</p> <p>Coordinate local behavioral health systems analysis with AK Mental Health Trust’s statewide behavioral health systems analysis. Hire subject matter experts to inform process and a facilitator if necessary.</p>	<p>Ensure MSRMC representation in convening of Mat-Su behavioral health providers guiding the Environmental Scan and recommendations for improvements in the continuum of care. This will require a Business Associate Agreement with all partners.</p>	<p>MSHF and MSRMC collaborated to plan and complete a Mat-Su Behavioral Health Environmental Scan which assessed the system of care for behavioral health in Mat-Su, including crisis care. Two reports were produced, at least 16 presentations given. Reports can be found at: http://www.healthymatsu.org/focus-areas/BHES</p>	<p>Mat-Su and Anchorage Behavioral Health service providers and other related community organizations and systems, AK Mental Health Trust Authority, Statewide BH leaders and Department of Health and Social Services, Department of Corrections, and Office of Children’s Services</p>
<p>BH:7 Ensure MSHF representation on <i>Thrive Mat-Su</i> – a local substance abuse prevention coalition. Consider funding elements of THRIVE’s annual action plan.</p>		<p>Ongoing</p>	<p>Mat-Su Thrive partners</p>
<p>BH:8 Assist in creation of a Sexual Assault Response Team (SART) for Mat-Su. Support outpatient advocacy and education services with funding.</p>	<p>Maintain competent Sexual Assault Nurse Examiner coverage at MSRMC. Provide space and support for Mat-Su SART forensic exams and operations. Assume liability for SANE medical oversight. Collaborate with community partners on education component.</p>	<p>MSHF funding 2014 \$50K; MSRMC provides ongoing fully staffed 24/7 SART Team along with paid Medical Director position. Currently MSRMC provides exam room and space to meet this need</p>	<p>Mat-Su Borough City of Wasilla Alaska Family Services MSRMC Medical Center Mat-Su Domestic Violence Coalition</p>
<p>BH:9 Ensure MSHF representation on Mat-Su Domestic Violence Coalition. Fund Coalition facilitation.</p>	<p>Ensure MSRMC representation on Mat-Su Domestic Violence Coalition.</p>	<p>MSHF funding 2013 - \$15K; MSRMC Chief of Nursing and Family Birthing Director are members of this coalition.</p>	<p>Mat-Su Domestic Violence Coalition partners</p>

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Screening and treatment – Behavioral Health Issues			
<p>BH:10 Work with community partners to prioritize and address gaps and barriers identified in the Environmental Scan that pertain to treatment. Gaps identified in the CHNA include child mental health services; local detox facility; local intermediate crisis care center; emergency department behavioral health/psychiatry services; elementary school counselors; senior mental health services. Consider start-up funding for services/programs demonstrated to address these gaps/barriers and be sustainable.</p>	<p>Work with community partners to prioritize and address gaps and barriers identified in the Environmental Scan that pertain to emergency, urgent care and in-patient department behavioral health and trauma services.</p>	<p>MSHF and MSRMC are collaborating on supporting and attending a First Responder Coalition for CIT training and High Utilizer Work Group. Talks are in progress with stakeholders to address recommendations from the Scan. Since 2013, MSHF has given grants to fund integrated care; family BH care, early intervention for college students and rural BH care. MSHF is working with community organizations to hold community forum on Heroin abuse.</p>	<p>Mat-Su Behavioral Health service providers and other related community organizations and systems MSRMC representatives Anchorage providers who receive referrals of Mat-Su residents Mat-Su Alcohol and Substance Abuse Coalition</p>
<p>BH:11 Promote training for and increase implementation of universal SBIRT (Screening, Brief Intervention and Referral to Treatment) by Mat-Su primary care and behavioral health providers.</p>	<p>Advocate for medical staff approval and implementation of SBIRT or similar (CHS) screening for MSRMC urgent care and ED patients.</p>	<p>MSHF has funded a project with UAA to promote SBIRT training at three primary care practices in Mat-Su. (2015/\$235K). MSRMC is currently evaluating SBIRT screening process to be used at hospital.</p>	<p>Mat-Su health care providers and MSRMC</p>
<p>BH:12 Ensure MSHF staff participation and incentivize Mat-Su provider representation in train-the-trainer education on trauma-informed care. Fund and facilitate provision of training to local behavioral health and primary care providers.</p>	<p>Advocate for medical staff approval and implementation of MSRMC Emergency Department (ED) and urgent care provider and staff training and competency in trauma-informed care.</p>	<p>MSHF trained 9 trainers and provided grant to Head Start to assist with trauma informed care education. Emergency department nurses have completed trauma education and recognition training.</p>	<p>MSRMC Medical Center MSHF Mat-Su behavioral health providers Mat-Su primary care providers</p>
<p>BH:13 Promote screening for ACEs by pediatric and urgent care providers and school nurses.</p>	<p>Advocate for medical staff approval of screening for childhood/adult trauma in urgent care/emergency department; maintain MSRMC SCAN (Scan for Child Abuse/Neglect) teams.</p>	<p>MSHF developed Mat-Su Initiative for Children and Families to decrease child maltreatment and promote family resilience. MSRMC is working to formalize SCAN screening in EHR and providing training on SCAN. Ongoing active multi-disciplinary SCAN meetings occur every month.</p>	<p>Local pediatric and primary care providers MSRMC and other urgent care providers MSBSD</p>

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<p>BH:14 Improve quality of behavioral health care services by Mat-Su based inpatient and outpatient providers, utilizing evidence-based practices.</p>	<p>Address behavioral health quality of care issues at MSRMC. Explore the implementation of tele-psychiatry to support ED physicians. Sign MOA with State Division of Behavioral Health grantee to accept referrals/consult with ED staff. MSRMC will provide office space/equipment.</p>	<p>MSHF has given two grants to local FQHCs to improve integration of medical records for primary and BH health care. MSRMC as of 10/1/15 has moved a full time Social Worker into the ED to assist with BH. MSRMC is working with local FQHC to complete chart audit of BH high utilizers to explore their needs.</p>	<p>MSRMC Medical Center MSHF Mat-Su behavioral health providers Mat-Su primary care providers</p>
<p>BH:15</p>	<p>Improve care coordination with Anchorage and Mat-Su service providers to ensure effective referral and follow-up system for behavioral health patients seen at hospital facility. Provide post-discharge phone calls according to standard CHS protocol on all behavioral health patients seen in MSRMC ED.</p>	<p>MSRMC as of 10/1/15 has moved a full time Social Worker into the ED to assist with BH.</p>	<p>Mat-Su and Anchorage inpatient and outpatient behavioral health service providers.</p>
<p>BH:16</p>	<p>Hire and integrate behavioral health provider in Solstice Clinic in 2013 to help improve access to behavioral health services.</p>	<p>Behavioral health provider has been employed at Solstice since 2014.</p>	<p>Solstice Family Care</p>
<p>BH:17</p>	<p>Ensure that the following community-hospital initiatives have a mental health component: Healthy Woman Program, Men’s Health Fair</p>	<p>Healthy Woman fair supports several BH vendor booths and reaches out to engage community providers of mental health services.</p>	<p>Local BH Providers; Alaska Urology.</p>

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<p>BH:18 Support local systems change ideas and proposals that originate from various systems after becoming trauma-informed.</p>	<p>Documentation of human resources training on behavioral health issues.</p>	<p>MSHF will proceed with this task after trauma-informed training has occurred. MSRMC provides yearly training for staff on BH issues and are partnering with first responders to provide training for community and ED staff on Mental Health First Aid.</p>	<p>All above providers and systems Mat-Su Early Learning Collaborative Best Beginnings</p>
<p>BH:19 Continue to monitor and provide technical assistance as needed for specific treatment initiatives currently being funded: A local substance abuse treatment program Three year pilot project for tele-health substance abuse treatment Transportation of clients to substance abuse treatment and batterers intervention</p>		<p>Funding has continued for substance abuse treatment program telehealth program (2013-15/\$270,000) and transportation of clients for substance abuse treatment (2013-15/\$183,500)</p>	<p>Set-Free Alaska Alaska Family Services</p>
<p>Prevention- Behavioral Health Issues</p>			
<p>BH:20 Work with community partners to address gaps and barriers identified in the Environmental Scan that pertain to prevention, including funding potentially sustainable programs that address these areas.</p>		<p>Third report on prevention will be released by the end of 2015. It is being conducted by the UAA, Institute of Social and Economic Research.</p>	<p>Mat-Su Borough School District (MSBSD) Local youth organizations Faith-based groups Behavioral health providers</p>
<p>BH:21 Support and incentivize development of innovative parent support and education programs.</p>		<p>This task will be addressed after release of the Prevention System Assessment Report</p>	<p>MSBSD Mat-Su Early Learning Collaborative Faith-based community Local non-profits</p>

MSHF	MSRMC	Progress	Anticipated Collaborative Partners
<p>BH:22 Support social norms campaign to educate on Adverse Childhood Experiences (ACEs) and to decrease stigma associated with seeking mental health services.</p>		<p>MSHF provided funding 2014/\$50K; 2015/\$50K and provided staff for steering committee. Results: PSAs developed and aired through AK and Mat-Su.</p>	<p>Local and statewide funding partners Local media outlets Faith-based organizations MSBSD</p>
<p>BH:23 Fund programs that promote resiliency and protective factors among Mat-Su youth. MSHF is currently supporting these projects: A capital development project for local Head Start and administration building Build out of a second floor to community recreation and ice arena.</p>		<p>Funded Head Start capital project (2013: \$500,000) and initiative to train staff and parents on Trauma-Informed care (2014: \$15K). Big Lake community Center build-out completed (2013/\$800,000).</p> <p>Third Report in BHES will assess Prevention System. Collaborated with United Way of Mat-Su to hold 2014 community meeting on Adverse Childhood Experiences attended by 100 professionals and residents. Nine Mat-Su professionals trained in ACEs resiliency training who have given 24 trainings for 441 people in nine sectors.</p>	<p>CCS Early learning Center Big Lake Lions Club Mat-Su youth programs and nonprofits MSBSD</p>

MSHF	MSRMC	Progress	Collaborative Partners
Local Systems Change- Access to Health Care			
<p>A:1 Convene and provide facilitation and initial leadership for a Mat-Su provider collaborative to guide scope of work development for an Environmental Scan of the complete continuum of behavioral health and trauma care (prevention and treatment services). Fund this Environmental Scan and identify gaps and assess barriers. Hire subject matter expert to inform work and a facilitator if necessary.</p>	<p>Ensure MSRMC representation in convening of Mat-Su behavioral health and trauma providers guiding the Environmental Scan and recommendations for improvements in the continuum of care. Provide demographic, diagnosis, service, and disposition data and input for Environmental Scan in relation to the urgent care, emergency, and in-patient department behavioral and mental health, child abuse, domestic violence, and sexual assault patients.</p>	<p>See BH:6</p>	<p>Mat-Su behavioral health and trauma providers and other related community organizations and systems MSRMC Medical Center Anchorage providers who receive referrals of Mat-Su residents</p>
<p>A:2 Work with community partners to address gaps identified in the Environmental Scan. Consider start-up funding for services/programs demonstrated to address these gaps/barriers and be sustainable.</p>	<p>Work with community partners to address gaps identified in the Environmental Scan that pertain to behavioral health services for children, adults and families seen in the urgent, care, emergency and in-patient departments.</p>	<p>See BH10</p>	<p>Mat-Su behavioral health and trauma providers and other related community organizations and systems MSRMC Medical Center Anchorage providers who receive referrals of Mat-Su residents</p>
<p>A:3 Hold stakeholder forums to educate and get feedback from Mat-Su residents on the Health Insurance Marketplace (HIM). (2013, \$50,000)</p>	<p>Allow interview of MSRMC CEO by State of Reform contractor on HIM.</p>	<p>Postponed – focused instead on promoting Medicaid Expansion.</p>	<p>State of Reform The Wilson Agency</p>

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Local Systems Change – Access to Health Care			
<p>A:4 Create a collaborative group to explore the creation of a Mat-Su Project Access to coordinate physician and hospital donated specialty care for individuals unable to pay.</p>	<p>Ensure MSRMC representation in collaborative group to explore the creation of a Mat-Su Project Access and explore MSRMC role in supporting this project</p>	<p>MSRMC is currently working on seeking a physician champion for this project and will continue to work on this in the coming year.</p>	<p>Mat-Su Health Services; Sunshine Clinic; Chickaloon Village Traditional Council; MSRMC Medical Center; Private specialists in Mat-Su</p>
<p>A:5 Support Coalition of Mat-Su Seniors with facilitator and subject matter expertise to develop a senior services cooperative model.</p>		<p>Project funded from 2013- 2015 for \$150K +. A consolidation report was produced and areas where centers can collaborate were presented. Centers are working on selecting areas to collaborate.</p>	<p>Mat-Su Senior Services Centers</p>
<p>A:6 Support Mat-Su Senior Services Task Force facilitation and recommendations.</p>		<p>From 2013-2015 supported facilitator for Task Force and then Mat-Su Council on Aging. Council is now independent and collaborating with other councils in state and playing role in Borough planning.</p>	<p>Mat-Su Senior-oriented non-profits and others.</p>
Decrease barriers to access to mental, behavioral, and physical health care locally			
<p>A:7 Provide scholarships to Mat-Su certificate, undergraduate and graduate students pursuing careers in behavioral health, primary care, and direct service areas where Mat-Su has a workforce shortage. (2013, \$300,00</p>		<p>From 2013-2015 provided \$300K per year for scholarships for over 180 scholarships.</p>	<p>Mat-Su Borough School District</p>

Mat-Su Health Foundation	MSRMC	Progress	Partners
A:8 Work with community partners to address barriers identified in the Environmental Scan, including funding potentially sustainable programs that address these areas.	Work with community partners to address barriers identified in the Environmental Scan, including funding potentially sustainable programs that	Reports just being released. Work will begin on this task in 2016.	To be determined.
A:9 Continue funding to support the Mat-Su Transit Coalition. Help complete and promote findings and recommendations of the Mat-Su Transit Economic Impact Study to reduce the transportation barriers to accessing primary care and behavioral health services		This study is on hold. Currently funding facilitators for two nonprofit transit operators on merger talks and Mat-Su Transit Coalition. Working to develop an RFP for assessment of transit system in Mat-Su.	Valley Transit MASCOT Mat-Su Human Service providers
A:10 Fund Mat-Su based health fairs. (2013, \$ 16,170)	Ensure MSRMC representation at local health fairs as appropriate. Continue organizing specialty health fairs such as the Baby Fair, Women’s Health Fair, Men’s Health Fair, Senior Circle and Healthy Woman programs.	MSHF provided funding for several health fairs in the borough from 2013-2015 totaling \$45K+. MSRMC has a fully developed complement of outreach health education programs that support community health and wellness. These programs continue to gain in popularity. The health fairs include free labs.	Chickaloon Village Traditional Council Willow Health Organization Senior Centers
A:11 Provide start-up and 2 years’ operating support for a Mat-Su Aging and Disability Resource Center. (2013- 14, \$460,000)		Done. ADRC is now funded by state and federal funds.	LINKS Mat-Su Parent Resource Center ADRC Steering Committee
A:12 Fund development of an informational DVD on accessing services for baby boomers with aging parents. (2013, \$15,000)		Completed	Affinity Films, Inc.
A:13 Fund FQHC in Anchorage that sees Mat-Su dental patients; incentivize Anchorage provider to help Mat-Su FQHC in Wasilla to add sustainable dental service. (2013, \$100,000). Fund construction of health clinic facilities at local children’s camps. (2013,		Dental health project - Completed. Camp construction - completed. Also, contributed funding to construction of a health clinic in rural area of borough – Sutton, AK.	Anchorage Neighborhood Health Center, Mat-Su Health Services, Camp Singing Hills and Camp Togowoods, SCF, Chickaloon Tribal Council

Mat-Su Health Foundation	MSRMC	Progress	Partners
Local Systems Change – Obesity and Overweight			
O:1 Provide funding to local schools to participate in the MSHF <i>Healthy Schools Program</i> , a national program focused on reducing the prevalence of child obesity. (2013, \$150,000)		Program continued at the following funding levels: 2014: \$150,000 2015: \$150,000	Matanuska-Susitna Borough School District (MSBSD)
O:2 Support Mat-Su Trails and Parks Foundation to coordinate trail development/maintenance and Trail Master Plan. (2013, \$80,000)		Plan completed. Created Mat-Su Trails and Parks Foundation with 5 years of funding @ \$275K per year.	Mat-Su Trails and Parks Foundation Mat-Su Borough
Promotion of Physical Activity			
O:3 Fund local programs that promote physical activity: Play 60 Challenge (2013, \$2,905); Sports field improvements (2013, \$15,000); Adaptive playground (2013, \$10,000); Technical assistance for local ski club's (2013, \$3,750); Completion of community recreation and ice arena outside core area (FY13, \$800,000)	Support community initiatives such as: Relay for Life Local running races Maintain employee wellness program.	2013 MSHF initiatives completed 2014/2015 continued to support local races. MSRMC supports numerous community initiatives that promote exercise, wellness and healthy lifestyle choices, as well as initiatives that encourage civic pride and community involvement.	Mat-Su Sea Hawk Meadow Lakes Community Development Inc. City of Wasilla Mat-Su Ski Club Big Lake Lions Club Other local non-profit organizations
Promotion of Healthy Nutrition			
O:4	Support community nutrition initiatives such as: Wrap around nutritional counseling services for bariatric patients Meeting space for overeaters anonymous Contribution to local food drives	MSRMC supports community and staff participation in local food drives and serves as a collection point for several area food banks. Also provides free community meals for Christmas and turkey dinners at Thanksgiving, through employee outreach initiative.	Overeater's Anonymous Local non-profit organizations and schools

Mat-Su Health Foundation Overweight and Obesity Strategic Activities	MSRMC Medical Center Strategic Activities	Progress	Anticipated Collaborative Partners
O:5 Fund local program focused on sustainable local production of food. (2013, \$12,000)		Completed	Palmer Museum of History and Art
O:6 Fund Mat-Su Food Coalition formation and facilitation to create efficient and sustainable operations of local food pantry efforts. (2013, \$15,000)		Completed	Mat-Su Food Coalition
O:7 Fund community kitchen to support numerous food distribution systems and efforts in core area. (2013, \$50,000)		Completed	Good Shepherd Lutheran Church

OTHER HEALTH NEEDS

Some issues identified through the community health needs assessment have not been addressed in this plan as comprehensively as others. In order to make a significant impact where the community is ready and willing to engage, resources must be applied. Some community needs fall out of the scope of expertise and resources of MSHF and MSRMC. The following chart outlines how some of the needs identified in the assessment are being addressed in a limited way by MSHF or MSRMC and/or more extensively by others in the community.

Community Need	Efforts to address	Progress
Injury	<p>MSRMC will support child safety seat installation checks program run by Mat-Su Services for Children and Adults (MSSCA) for MSRMC Obstetrics patients.</p> <p>MSRMC will sponsor a Bike safety fair for the community.</p> <p>MSRMC will continue to sponsor SHARP's needle disposal program.</p> <p>See "alcohol and substance abuse" table. Approximately 21% of all injuries in the Mat-Su involve alcohol and/or substance abuse.</p>	<p>Staff nurses at MSRMC are trained and educated in regards to safe seat installation. The hospital continues to sponsor the annual bicycle rodeo that continues to grow in community popularity, providing children and adults with safety equipment and education. MSRMC continues to support the sharps disposal initiative.</p>
Tobacco use	<p>MSHF will support the Cancer Action Network Alaska Smoke Free Campaign. (2013, \$25,000)</p> <p>Maintain and enforce smoke-free campus policy at MSRMC.</p>	<p>2014 - \$50K; 2015 – \$50k</p> <p>Indoor smoke-free ordinance passed in Palmer; Every patient seen at MSRMC and the urgent care center are offered information and screened for tobacco and alcohol.</p>
Homelessness	<p>MSHF will maintain staff representation on the Mat-Su Housing and Homeless Coalition operating board.</p>	<p>Ongoing</p>
Immunizations	<p>Improving access to care will assist with making sure that all adults and children have access to immunizations.</p>	<p>MSHF provides scholarships for members to AK Maternal Child Conference.</p>
Cancer	<p>MSHF and MSRMC will continue efforts to support health fairs which promote some cancer screening efforts.</p> <p>Efforts to address tobacco, alcohol abuse, and obesity will help to prevent cancers caused by these lifestyle health risk activities.</p>	<p>Ongoing. MSRMC annual health fairs actively encourage participation by cancer education and prevention groups, including the American Cancer Society and local oncologists. MSRMC also hosts Breastival in October, a cancer awareness, education and remembrance event.</p>