

**2015 COMMUNITY HEALTH NEEDS ASSESSMENT
IMPLEMENTATION STRATEGY PLAN
BRYAN MEDICAL CENTER – BRYAN WEST CAMPUS**

I. INTRODUCTION

Bryan Medical Center on the Bryan West Campus is part of Bryan Health, a nonprofit, Nebraska - owned health care organization with two acute care facilities and several outpatient clinics. Bryan Health provides a comprehensive range of health care services with more than 4,000 staff members, which includes Bryan Medical Center; Bryan LifePointe, a medically-based wellness facility; The Bryan Foundation, which secures private funds to support Bryan Health system entities; Bryan Physician Network, which comprises board-certified physicians and nurse practitioners covering a wide range of medical specialties including family medicine, internal medicine, psychiatry, plastic surgery, neonatology, obstetrics and gynecology and maternal fetal medicine. Bryan Physician Network also operates an urgent care center located on the Bryan LifePointe Campus. Bryan Health also includes Bryan Heart, a comprehensive cardiology practice with cardiologists and cardiovascular surgeons providing a full range of cardiac services throughout the region; and the Bryan College of Health Sciences, an accredited college offering degrees in nursing and other health professions as well as a graduate degree in nurse anesthesia. In addition, Bryan Health includes Crete Area Medical Center, a critical access hospital located in Crete, Nebraska. In fiscal year 2014, charity care was provided to 8,197 patients. Bryan Health provided \$72.7 million in community benefits, of which \$11.5 million was charity care and \$51.2 million was unreimbursed care for Medicare and Medicaid.

Over the past year, representatives from Bryan Medical Center, as part of the Bryan Health team, participated in the Mobilizing for Action through Planning and Partnership (MAPP) process in cooperation with the Lincoln Lancaster County Health Department. The 100+ participants prioritized 80 health status issues into four broad health priorities: 1) Access to Health care; 2) Behavioral Health (including substance abuse); 3) Prevention of Chronic Disease; and 4) Prevention of Injuries. Committees then were established to develop plans in each of these four priority health issue areas. This process is outlined in the Community Health Needs Assessment Report. The report identifies the geographic area and population served, available health care resources, how the issues were prioritized and the steps leading up to the development of the Community Health Improvement Plan (CHIP). The CHIP includes each committee's goals and objectives for the four priority health issues identified by the MAPP participants. Bryan Medical Center is fully supportive of this process and participated in the Community Health Improvement Plan's development.

II. DESCRIPTION OF WHAT HOSPITAL WILL DO TO ADDRESS COMMUNITY HEALTH NEEDS

Bryan Medical Center, at locations on the Bryan East and Bryan West Campuses, uses health status information in the development of its strategic plan. The planning process begins with a review of the Mission and Vision of the medical center. Then, an environmental assessment is conducted to identify community needs and how services and resources can be best utilized to help address those needs. A Community Health Needs Assessment, which includes extensive health status information, has been a valuable resource in the hospital's planning process. Information from the Community Health Needs Assessment Report has been shared with the

Bryan Medical Center Board of Trustees as well as senior leadership. In addition, representatives from Bryan Medical Center and Bryan Health participated in the MAPP steering committee as well as the priority health issue committees that developed the Community Health Improvement Plan. Bryan Medical Center has a rich history of working with the community to address community health needs; staff from throughout the organization are involved in committees, community groups and initiatives that seek to address community health needs. In addition, the medical center will continue to address community needs by providing care to those in need regardless of their ability to pay, in keeping with the charitable mission of the medical center.

III. ACTION PLANS

A. Bryan Medical Center Mission

“To provide excellent care and promote health with a focus on quality, collaboration and compassion. “

Toward this end, Bryan Medical Center is dedicated to developing strategies that help address community health issues. The following implementation strategies represent Bryan Medical Center’s commitment to support the Community Health Improvement Plan and its objectives over the next three years.

B. Implementation Strategies

In developing the implementation strategies for the 2016-2018 three-year period, we chose to address the needs identified in the Community Health Improvement Plan in two different ways. First by identifying current Bryan Medical Center programs, services, and partnerships that address each health priority and second, by introducing new programs, initiatives, or service enhancements that will further impact the objectives set forth by each health priority committee.

Through the process of meeting with senior leaders, directors, managers and front-line staff at Bryan Medical Center to discuss the implementation strategies set forth in this plan, we came to the conclusion that many of the programs and services at Bryan Medical Center address multiple health priorities within the community. To keep the implementation strategy plan concise, we have employed the following icons throughout the plan to illustrate which priorities are being addressed by each program, service, partnership or initiative.



Access to Care



Behavioral Health



Chronic Disease Prevention



Injury Prevention

Current Programs, Services and Partnerships



Bryan Health eVisit

Bryan Health eVisit was introduced in 2015 and continues to grow its impact in the Lincoln community and surrounding Lancaster County. The desktop and mobile website was recently adapted to a mobile application, increasing the ease of use for the consumer. Currently within Bryan Health eVisit, a board-certified Nebraska physician responds to a series of questions the patient answers regarding his or her symptoms. Soon Bryan Health intends to expand from simply a question and answer textual format to additional telephone and possible video options. Bryan Health eVisit will also add additional protocols to expand the number of illnesses that doctors are able to diagnose through the site. One of the most impactful initiatives currently being developed through Bryan Health eVisit is the ability to directly schedule with a Bryan Physician Network provider if symptoms are too severe or cannot be assessed by an eVisit.



Bryan LifePointe Programming

Bryan Medical Center provides extensive educational outreach for the community, in particular, working through Bryan LifePointe to promote exercise, wellness education, cooking classes and disease management such as diabetes. Other Bryan Medical Center services housed at Bryan LifePointe include physical and occupational therapy, cardiac and pulmonary rehab, aquatic and music therapy. Bryan Medical Center also promotes the weight management program LifeTracks at Bryan LifePointe and LifeFit, a medically-based, comprehensive wellness program which is completed following physician referral. The Bryan Bariatric Advantage program works with Bryan LifePointe, as well, to address the needs of individuals considering bariatric surgery, as part of a comprehensive bariatric surgery program.



Bryan Sterling Connection

Bryan Medical Center sponsors Bryan Sterling Connection, a seniors membership group that promotes education and services for those older than 50. Many of the education programs offered to Sterling Connection members touch on management of chronic disease, accessing various health care services and programs, continued physical and mental fitness, and injury and fall prevention.



Cancer Programs

Bryan Medical Center supports the early diagnosis and treatment of cancer in the community. The medical center sponsors a cancer committee comprising physicians, nurses, cancer registrars, administrators, social workers and community volunteers. The committee focuses on community outreach, evaluating patient outcomes and improving care. A weekly community-wide cancer conference for all cancers and a bi-monthly thoracic conference, consisting of oncology professionals, offers patient consultation and physician education. The medical center also supports the LifeSpring Cancer Recovery Program, an exercise and education program for patients with cancer.

Bryan Medical Center participates in the Nebraska Cancer Research Center (NCRC), which recognizes the value of offering clinical trial opportunities locally to cancer patients. The NCRC belongs to the Missouri Valley Cancer Consortium Community Clinical Oncology Program (CCOP), along with affiliates Creighton Cancer Center and Alegant Health. NCRC is a program of Lincoln Medical Education Partnership, a non-profit organization. Since 1984, more than 1,600 patients have been enrolled in National Cancer Institute-sponsored treatment and cancer control trials through NCRC and more than 250 individuals have participated in prevention trials.



Childhood Injury Prevention

Bryan Medical Center hosts a child restraint system checkup clinic once a year in cooperation with SafeKids Nebraska. Safe Sitter classes also are held six times a year to equip teenagers and other caregivers in the community with the skills necessary to care for children and avoid any unintentional injury or harm. Bryan Medical Center also hosts the Bryan Kids Club Health and Safety fair, this year hosted at Haymarket Park, and works with other organizations in the community to promote accident prevention through public education. One of the ways this is done is through the Bicycle Helmet Program. Since the program began in May of 2015 at Bryan West Camus, 64 bicycle helmets have been given out. The Bicycle Helmet Program will expand to Bryan East Campus in May of 2016.



Community Health Center Support

Bryan Medical Center has consistently supported community health centers located in Lincoln including People's Health Center, People's City Mission Clinic and Clinic with a Heart. Many Bryan employees and providers volunteer their time and talents at one of these locations. Bryan Medical Center also supports the newest community health center to open in Lincoln, the Health 360 Clinic. This clinic, which opened its doors in 2015, is a collaboration between People's Health Center and Lutheran Family Services and is supported by the Community Health Endowment to provide both mental and physical health care services to the community's medically-underserved and uninsured populations in the same location. Bryan Medical Center senior leaders also often serve on the board of directors for many of these organizations.



Community Health Endowment

Bryan Medical Center continues to support the efforts and serve on the board of the Community Health Endowment, which works to ensure a strong health care safety net, with access to quality, coordinated care and medical homes. Community Health Endowment was formed Oct. 1, 1997, per a master agreement between the city of Lincoln and Bryan Memorial Hospital (now Bryan Medical Center) to formally transfer ownership of Lincoln General Hospital to the Medical Center for approximately \$37,000,000. Since its inception, the endowment has returned more than \$19 million to the community. Bryan Health's CEO continues to serve as a member of the CHE Board of Directors.



Community Health Events

Bryan Medical Center hosts three major community health events throughout the year. Early in the year, in the midst of winter, Bryan Medical Center encourages the community to continue focusing on their physical well-being and hosts the Indoor Triathlon. To compete in this three part competition, participants run on a treadmill, bike on a stationary bike, and swim in the lap pool at Bryan LifePointe. In the future, Bryan hopes to add a kid's wave to the indoor triathlon because of the increasing number of youth participants. In the summer, Bryan hosts Home Run for Health at Haymarket Park. This event invites families to bring their children out to a Lincoln Saltdogs baseball game and participate in a health and safety fair and fun activities preceding the game. Finally, in the fall Bryan hosts it's very own 5K/10K run/walk. This race is designed to engage the community in an active lifestyle whether the participant's goal is to win their age division, break their own personal time record, finish their first 10K, or simply join their family and friends in a 5K walk. No matter the skill-level, everyone can find a way to get active and participate in this annual event.



Don't Be Sidelined

Partnering with Husker Sports Marketing, The Kim Foundation and other sponsors, Bryan Medical Center champions the "Don't Be Sidelined" behavioral health awareness program that provides access to resources, screenings, and education on a variety of behavioral health topics.



ED Connections

Bryan Medical Center will continue its collaboration with CHI Health St. Elizabeth to provide the ED Connections program which assists individuals presenting in the emergency department with identification and registration for programs they are eligible, such as Medicaid, and provide case management in the emergency room for clients with exceptional needs. Furthermore, Bryan Medical Center will assist all individuals presenting for care at the medical center with identification and registration for eligible programs through a continuously improved process for accessing financial assistance.



Employee Wellness Program

A primary population that has received Bryan Medical Center focus for chronic disease prevention is our own employees. Because Bryan is the largest private employer in Lincoln, this is a good start for the community. Extensive wellness programming has been introduced for our employees, including weight management, diabetes prevention and smoking cessation. Employees also participate in various wellness initiatives and educational programs that result in an incentive that offsets the cost of health insurance premiums each year. The employee wellness program also encourages Bryan employees to stop smoking and provides tobacco cessation education for these employees, contributing to the goal of decreasing tobacco use in Lancaster County.



Lincoln Public Schools and Partnership for a Healthy Lincoln

To protect the future of the community, Bryan Medical Center maintains its support of Lincoln Public Schools in promoting health and wellness to elementary school age children. Bryan Medical Center also partners with and financially supports Partnership for a Healthy Lincoln, a local organization that works with schools in the community to provide programming, screenings, and education to help the schools and their students meet specific health and wellness metrics outlined in the Community Health Improvement Plan for Chronic Disease Prevention and metrics outlined by national programs that schools are encouraged to follow. Many of these initiatives center on the reduction of childhood obesity and put an emphasis on healthy eating and regular physical activity.



Madonna Community Transportation Program

Madonna is the designated organization in the Lincoln community that provides handicap-accessible bus transportation for community members to/from doctors' appointments, therapy and other outpatient appointments. Bryan provides an annual contribution of \$25,000 for these services so that financially challenged members of our community will have access to medical care.



Mental Health Services

- ***Inpatient Services***

Adult Psychiatric Unit - This inpatient unit provides acute crisis stabilization for a variety of psychiatric diagnoses, including schizophrenia, personality disorders, dual diagnosis, bipolar disorder, depression, organic personality disorders and dementia.

Senior Mental Health Unit - This inpatient unit is for individuals age 55 and over, and provides acute crisis stabilization for patients experiencing mental health disorders, especially those related to dementia and the specialized needs of older persons.

Affective Disorders Unit - This adult inpatient unit provides acute crisis stabilization for depression and mood disorders, using a cognitive therapy focus for treatment.

Youth Mental Health Services Unit - This inpatient unit provides acute crisis stabilization for youth from the ages of 3-18. A range of diagnoses is treated utilizing individual and group structured therapies and activities. The most frequent diagnoses are major depression, mood disorders and adjustment disorders.

- ***Partial Hospitalization***

Adult Partial Hospitalization Services - Provided at the Counseling Center, these services include group and individual treatment for persons experiencing acute psychiatric symptoms or decompensating clinical conditions that severely impair capacity to function on a day-to-day basis, and at risk for inpatient hospitalization.

Youth Partial Hospitalization Services - Provided on appropriate inpatient unit, youth services include group and individual treatment, integrated with inpatient

services, for youth ages 5-18 experiencing acute psychiatric symptoms or decompensating clinical conditions that severely impair capacity to function on a day-to-day basis, and at risk for inpatient hospitalization.

- ***Counseling Center***

Individual and Family Therapy Services - Brief, family systems, solution-focused treatment in an office setting.

Biofeedback Services - Treatment plans are developed with referring physician input. Biofeedback is generally an outpatient service; however, biofeedback services also are available to inpatients as needed.

Men's Domestic Abuse Groups - Separate, weekly outpatient psycho-educational group for men who have displayed violent behavior. Designed to create behavioral, attitudinal and emotional change enabling men to reduce or resolve conflicts without resorting to violence.

Psychological Evaluations - Trained psychologists provide psychological evaluations including the following specialty evaluation areas: bariatric surgery, and memory disorders.

Educational Presentations - Our monthly calendar provides information on mental health and parenting presentations.

- ***Assessment and Observation Services***

Mental Health Emergency Department (ED) - Specially trained mental health nurses or mental health social workers complete a brief evaluation and confers with emergency services physician and/or on-call psychiatrist regarding treatment options. Facilitates admission process or suggests community treatment options.

Mental Health Observation Services - Five observation rooms in Mental Health ED, extended observation to assess and make disposition decisions for mentally ill or substance-abusing adult. Offers observation, treatment and stabilization at a less intensive level of care than inpatient hospitalization. Intended for up to 12 hours before disposition, not to exceed 23 hours, 59 minutes.

- ***Adjunct Services***

ECT Clinic - Located in the Mental Health Assessment and Observation area of the Emergency Department, the Bryan ECT clinic provides scheduled Electroconvulsive Therapy (ECT) treatments. ECT is a special procedure that uses electricity to treat patients with severe depression and other mental illnesses who cannot use or do not respond to medications or psychotherapy.

- ***Support Group***

Wellness Recovery Action Plan (WRAP) Community Groups - Voluntary support groups available for youth and adults that are facilitated by Peer Specialists. This group helps individuals create a wellness plan that is individualized, self-directed and empowering.

- **Screenings**
Confidential, online mental health and substance abuse screenings are available at bryanhealth.org/onlinescreenings
- **Student Training Site**
Bryan Medical Center also continues to serve as a student training site for counselors, social workers, nurses, physician's assistants through their respective educational institutions and for primary care physicians through the Lincoln Medical Education Program.



Nurse Navigators

Bryan Medical Center currently employs nurse navigators that support patients with three types of cancer: lung, breast and colorectal. Oncology nurse navigators often extend their impact by conducting incidental follow-up on scans that are done for other concerns but where incidental nodules or masses are identified and need to be followed up on.

An additional nurse navigator supports patients through the Bryan Bariatric Advantage program and a respiratory therapy patient navigator has been added for patients with COPD. Bryan Heart, in partnership with Bryan Medical Center, has implemented heart failure nurse navigators to identify potential care gaps that can lead to readmissions. These individuals all assist patients and their families to make informed health care decisions and access appropriate health care services.



Other Community Education Programs

In addition to any education programs previously mentioned offered by Bryan LifePointe or through Bryan Sterling Connection, Bryan Medical Center provides community education on numerous medical and community health topics. In 2015 topics ranged from popular Safe Sitter classes for youth babysitters, to protecting your heart, Medicare planning, grief seminars and many more. Already in 2016 programs are planned around women's heart disease, fall prevention, hospice care, and radon as well as several regularly scheduled educational seminars.



Physician Recruitment & Education

There are many reasons behind lack of access to health care services; among them is the shortage of health care professionals. Bryan Medical Center is a strong supporter of education for health care professionals - including ongoing financial support for: 1) the Bryan College of Health Sciences, with more than 700 students enrolled in graduate and undergraduate degree programs through Bryan's School of Nursing, Health Profession and Nurse Anesthesia programs, and 2) the Lincoln Medical Education Partnership Residency Program for future primary care providers. In addition, Bryan also serves as a clinical training site for a long list of health care disciplines; including radiology, lab, physical therapy, pharmacy, emergency medical technicians and paramedics, etc. This commitment to education of the next generation of health care professionals ultimately improves access to health care in our region. Bryan Medical Center also provides

support for the recruitment and retention of needed medical specialties in Lincoln in keeping with the medical center's Medical Staff Development Plan.



Screening Services & Early Detection Center

Bryan Medical Center supports access to preventative services through online and mobile screening services offered on the Bryan website and throughout the community. The Early Detection Center located on Bryan East Campus provides follow up consultations for individuals who take online screenings and identify risk factors, for example through HeartAware for cardiovascular risk. In addition, they reach out to the community to do mobile screenings for various groups such as the City of Lincoln Employees, Lincoln Police Department, and local churches. Recently, Bryan Medical Center has signed on to provide screenings and education at The Malone Community Center, whose mission is to honor and strengthen the African American community in Lincoln and Lancaster County by serving as a cornerstone for educational, cultural, and advocacy programs for all people. Bicuspid Aortic Valve (BAV) screening was recently added to provide first degree relatives of patients diagnosed with BAV a low cost alternative to screening and counseling. Early detection of BAV is critical, since as many as 40% of BAV will experience complications by the time they reach their 50s.



Senior Center Balance Assessments

In addition to many fall prevention education opportunities that are offered at Bryan Medical Center and at Bryan LifePointe, the Rehabilitation Services Manager at the medical center frequently visits area senior centers with balance assessment equipment to provide additional awareness and education in the community. Bringing these assessments to the centers provides greater access and helps identify risk for falls within a specific at-risk population.



Substance Abuse Services

- ***Inpatient Services: Detoxification***

Alcohol Detoxification - The Bryan Independence Center has three private rooms for alcohol detoxification. This service is for individuals experiencing acute or potential withdrawal and require medical supervision to safely detoxify from alcohol. Each individual is assessed for continuing care needs and medical services are available 24 hours a day. Individuals are evaluated at the Emergency Department prior to admission to ensure they are medically stable enough for treatment.

Opiate Detoxification – The Bryan Independence Center also utilizes our private rooms for opiate detoxification. Individuals requesting opiate detoxification are evaluated and their admission coordinated with the individual, the prescribing physician, and a plan is established for ongoing treatment following detoxification. Individuals are evaluated at the Emergency Department prior to admission to ensure they are medically stable enough for treatment.

- ***Short Term Residential Treatment***

A highly structured, full day of treatment groups and activities lasting from morning hours through the evening hours. Staff includes 24-hour nursing, 7 days a week, full medical services available as needed and on-site counseling and paraprofessional staff. Adolescents must be 16-18 years in age to participate in this level of care, individuals 18 and older are assigned to adult levels of care as appropriate. Afternoon scheduling includes an on-site teacher who provides structure and coordinates coursework with the individual's schools.

- ***Day Services: Six hours of intensive substance use services***

Group, psychoeducational lectures, and individual treatment sessions, integrated with inpatient services. Day Service programming is integrated throughout the day with short term residential starting at 8:45 am and ending at 4:00 pm. Adults and adolescents are eligible to participate in Day Services. Adolescents must be 15 or older and assessed for appropriateness for Day Services. Afternoon scheduling includes an on-site teacher who provides structure and coordinates coursework with the individual's schools.

- ***Intensive Outpatient Treatment***

AM Intensive Outpatient Treatment - Monday through Friday, 8:45 am to 11:30 am includes group therapy and psychoeducational programming. Clients are also seen on an individual basis at least once per week. Adults and adolescents, at least 15 years of age, are eligible for this level of care.

Evening Intensive Outpatient Treatment - Monday, Tuesday and Thursday evenings for three hours. Adolescent programming runs from 4-7 pm and adult programming runs from 6-9 pm. Programming includes group therapy and psychoeducational lectures. Clients are also seen on an individual basis at least once per week. Adults and adolescents, at least 15 years of age, are eligible for this level of care. Adolescents participate in 1.5 hours of group, a 30 minute skill-building session led by a paraprofessional, and one hour of psychoeducational group.

Adult Outpatient Groups - Adults participate in one hour of group therapy weekly and meet with the counselor for an individual session at least once a month, most meet at least twice a month.

Adolescent Outpatient Groups - Adolescents, age 15 and older, participate in group therapy two hours weekly and are engaged in individual therapy at least twice a month. Some individuals may only be seen weekly for individual sessions at this level of care due to lack of engagement or working to develop skills to actively participate in treatment.

- ***Substance Use Evaluations***

Screening - Completed by a licensed alcohol/drug counselor or licensed mental health practitioner, clients are assessed for substance use and current risk factors that allow professional staff to recommend care that is at an appropriate level of service with regard to client's presentation, usage, support resources, and well-being.

Evaluation - An in-depth assessment of individuals substance use, addiction history, support resources, prior services, which also includes gathering of collateral information from identified resources such as family, employer, prior service providers, etc. Information gathered for this evaluation is used to refer to an appropriate level of care to meet client needs.

- ***Intervention Nurse Consultation***

Intervention Nurses respond to requests by physicians at Bryan Medical Center East and West Campuses, CHI Health St. Elizabeth, Madonna Rehabilitation, and CHI Health Nebraska Heart Institute to complete a consultation. This includes an interview with the client, assessment of substance use and frequency that allow them to make a recommendation to an appropriate level of care following the individual's medical stabilization.

- ***Family Support Group***

Led by a licensed LADC or LMHP, this is a free service offered to friends and families of individuals who are struggling with issues of addiction. Individuals are able to participate in a drop-in service that allows them to ask questions and seek out support resources for self-care and learning to support and establish boundaries with their family members.

- ***Family Workshop, Day and Evening***

Led by a licensed LADC or LMHP as a free service for friends and families of individuals who are currently being served in some level of care at the Bryan Independence Center. Individuals are provided education about the disease of addiction, support resources such as Al-Anon, and are able to ask questions related to the disease of addiction and how to support their family member in recovery. The workshop also includes a communication exercise with the family and their family member. Workshop is offered at alternating day and evening times.

- ***Lancaster County Juvenile Drug Court***

The Bryan Independence Center continues to contract with Lancaster County for Juvenile Drug Court treatment services.

- ***Student Training Site***

The Bryan Independence Center also continues to serve as a student training site for counselors, social workers, nurses, physician's assistants through their respective educational institutions and for primary care physicians through the Lincoln Medical Education Program.



Suicide Prevention

Bryan Medical Center has been involved in various suicide prevention efforts. Some of these efforts have been done on a state level which have impacted the local level and other prevention efforts have been done specifically on the local level, as well. The Nebraska State Suicide Prevention Coalition was formed in July of 1999 to focus on suicide prevention in the state of Nebraska. Bryan Medical Center Counseling Center

and Program Development Manager has co-chaired the state coalition since it started and the meetings are held at Bryan Medical Center each month.

- ***LB 923 Participation***

The state coalition worked in collaboration with other entities and former Senator McGill on LB 923 that went into effect in 2015. This bill requires annual one-hour training on suicide awareness and prevention for all school personnel in the state of Nebraska. The state coalition worked with the state of Nebraska who was awarded a 5 year 3.5 million dollar Garrett Lee Smith Substance Abuse and Mental Health Administration Grant focused on youth suicide prevention. This grant started in 2014 and has helped provide several things including the following: the training required in LB 923, gatekeeper training for the general public, training for clinicians, awareness on suicide prevention, and postvention.

- ***Local Outreach to Suicide Survivor (LOSS) Team***

Postvention efforts supported by the aforementioned grant are the expansion of the Local Outreach to Suicide Survivor (LOSS) teams across the state to have one in each of the six behavioral health regions by the end of the 5 year grant. This effort is being modeled after the first Nebraska LOSS team that became operational in Lincoln in the summer of 2009. Bryan Manager of Counseling and Program Development helped support the development of the LOSS team in Lincoln and the monthly meetings are held at Bryan Medical Center. LOSS teams are comprised of two individuals who have lost someone in their lives to suicide (suicide survivor) and a mental health clinician. A team of three respond to families who have lost someone to suicide in Lincoln. The Lincoln Police Department has incorporated a standard operating procedure where the Lincoln Police Chaplain or Officer informs the family about the LOSS team. If the family is interested in having a connection then the chaplain or officer make a call to the LOSS team coordinator who dispatches a team to meet with the family. In Lancaster County, the County Sheriff makes this connection. The LOSS team provides resources to families on support groups and suicide survivor information. Postvention is prevention because suicide survivors are at a higher risk for suicide. Research conducted on LOSS teams indicate that families who do not have contact with a suicide survivor wait 4.5 years before seeking supportive services. Those who have contact with another survivor such as a LOSS team wait only 39 days on average before reaching out for support.

- ***Local Suicide Prevention Coalition***

In December of 2014 a local suicide prevention coalition was started in Lincoln, Nebraska. The local coalition is comprised of individuals from public and private schools, agencies, business leaders, hospital representatives, colleges, and many others. Bryan Medical Center Counseling and Program Development Manager is on the leadership group for the local coalition.

Training Collaboration - The local coalition worked with Region V to host an evidence-based training session at Bryan Medical Center where a select group of

Lincoln leaders were brought together for two days of planning focused on suicide prevention in Lincoln, Nebraska. The local coalition has formed sub groups that are focusing on the goals developed from this training targeting youth suicide prevention in the City of Lincoln.

Parking Garage Signage - One of the sub groups set a goal to install signage in the City of Lincoln Parking garages. Bryan Medical Center has placed suicide prevention signage in its parking garages in 2015. Bryan Medical Center helped the local subgroup by taking its suicide prevention parking garage sign template and designing the signage that was recently installed in Que place garage in Lincoln. The committee has a goal to have signage installed in all of Lincoln's parking garages and is currently working with the City of Lincoln to meet this goal. They plan to address private parking garages as well. Bryan Medical Center also designed the sign that was submitted to CHI St. Elizabeth for their parking garages.



Trauma Center Programs

According to the American College of Surgeons, trauma centers must have an organized and effective approach to injury prevention and must prioritize those efforts based on local trauma registry and epidemiologic data. Bryan Trauma Center on the Bryan West Campus continues to develop a Trauma Survivors Network within the community to raise awareness as well as create a support system for those who have survived accidents and other traumas. Bryan Medical Center shows a continued commitment to trauma care through its reverification by the American College of Surgeons as a Level 2 trauma center and participation in the State of Nebraska Statewide Trauma System. Additionally, members of the trauma program hold positions on the Statewide Trauma Advisory Board. To raise awareness of the emergency response system in the state, Bryan hosts a Tribute to Trauma Champions event each spring, recognizing two trauma survivors and all of their caregivers from first responders, to trauma center team members, to rehabilitation and therapy teams throughout the community.



Trauma Team Community Education

Bryan Medical Center not only provides education on injury prevention relating to childhood injuries but also speaks to many different community organizations and groups regarding a range of topics from suicide prevention, concussions, falls, and bicycle and pedestrian safety. In 2015 alone, the Trauma Outreach and Injury Prevention Coordinator at Bryan Medical Center spoke, presented, or represented Bryan at nearly 30 different events or meetings in Lincoln and Lancaster County. Already in 2016 Bryan has 15 programs on the books. Injury prevention efforts often receive far less attention and resources than prevention efforts focused on chronic disease and other areas. Therefore it is a goal of Bryan Medical Center and our Trauma Team to provide needed education in collaboration with the Lincoln community and the surrounding area.



Website Improvements

Over the last year, Bryan Medical Center and Bryan Health have made tremendous improvements to the organization's web presence including a refreshed website with several new features to enhance patient access. These features include detailed physician profiles, online appointment request, and online form completion. Over the implementation period, Bryan plans to expand these features to include even more forms to be complete online and before the patient's appointment as well as expand the online appointment request to other clinics and service areas.

New Initiatives



Community Awareness of Mental Health

We will support the enhancement of education to the community and professionals. Bryan Medical Center has been a co-sponsor and the host of Mental Illness Awareness Week activities, working with a community-wide committee of providers to plan and carry out community education. This event is in October each year. We plan to facilitate the addition of Mental Health Month community activities which will occur in May of each year. Supporting May and October activities will increase community exposure to mental health issues and reinforce wellness, identification and treatment.



Community Outreach Events

Over the next three years, Bryan Medical Center will develop and host community outreach events on the Bryan East Campus and Bryan West Campus, which coincide with some of the neighborhoods identified by the Community Health Endowment and the Lincoln-Lancaster Health Department as high-need. The outdoor events may include physical fitness activities, healthy eating options, and could include involvement from Bryan Medical Center's Diabetes Education Program.

Potential partners in this event could include the 40th and A Neighborhood Association and Holmes Elementary School at Bryan East Campus and the Near South Neighborhood Association, South Street Merchants Association, Irvingdale Neighborhood Association, and Saratoga Elementary School at Bryan West Campus.



Community Outreach Liaison: Adolescent Substance Use

This individual would function in a variety of roles, all focused on partnering with adolescents and others in our community who are invested in helping our adolescents to refrain from patterns of substance use. Our outreach would also include college-age students.

Some of the roles would involve:

1. Intervention: Teaching and coaching on how to intervene with empathy, care, and support.

2. Navigating: Teaching and coaching on how to navigate access and entry to substance use services.
3. Service Connection: Assisting parents and families regarding where to go for help and information.
4. Community Connection: Partnering to organize and sponsor sober events; skate night, VIP guests, etc.
5. Education Connection: Teach educators to better understand addiction and recovery. Schedule guest speakers for school staff and/or students. Offer on-site consultation for substance use issues.
6. Family Connection: Facilitate and lead a weekly Parent/Family Support Group open to the community.
7. Recovery Connection: Assist adolescents discharging from the Bryan Independence Center to connect with sponsors, peers, and mentors (something like the Teammates program).
8. Treatment/Continuing Care Connections: Assist high risk adolescents and the professionals working with them on post-treatment connections.
 - Next Level of Care
 - Next Appointments
 - Physician follow-up
 - Medications
 - School Re-entry



Electronic Health Record

Bryan Medical Center and Bryan Health have selected a new Electronic Health Record (EHR) that will be implemented over the next two years. The selection and implementation of a new EHR will impact access to care in many ways. This record will be a comprehensive system covering all aspects of care that are provided at Bryan whether it is hospital-based or clinic-based and everywhere in between. The all-encompassing record will mean great care coordination across the health system and make it easier for patients to access care because the caregivers will have everything they need at their fingertips.

Implementation of the new EHR system will also provide continuity and ease of access to other programs and resources. The methods by which patients can access our financial assistance programs will be improved and streamlined and many more resources will be easily shared because of the improved technology.



Employee Wellness Diabetes Management Initiative

In 2016, the Employee Wellness program at Bryan Medical Center will begin a Diabetes Management Initiative that will promote a chronic disease management and prevention model, piloted first with Bryan Medical Center employees. Employees that are part of the pilot will take place in a high-touch process which aims to ensure medication compliance and mental well-being, while also focusing on nutrition and physical activity. Participants will work with Primary Care Providers, health coaches, and mental health providers to reach their goals.

Once the pilot is complete the following year, Bryan Medical Center hopes to introduce this initiative to the community as a whole, and eventually modify the program to meet the needs of other chronic diseases including obesity and coronary heart disease among others.



Financial Commitments

Already in 2016, Bryan Medical Center has provided over \$80,000 in contributions to various health and community needs-related causes within Lincoln and Lancaster County. Those supported include Community Crops, providing healthy food options in the community; YMCA, promoting physical health and well-being for kids, Food Bank of Lincoln; St. Monica's Services for Women, a center for victims of domestic abuse, and many others – several of which are identified throughout this plan. A full list of contributions is provided on Bryan Medical Center's Form 990.



Mental Health and Care Delivery Integration

Bryan Medical Center will study approaches to further integrating behavioral health with care delivery for our community.

- Facilitate placement of behavioral health providers into care delivery settings and programs to support integrated care delivery.
- Explore the use of telehealth in providing integrated care.
- Work in collaboration with new integrated Medicaid MCO's that will be managing care by January 1, 2017.
- Create outreach on this subject targeting primary care physicians in the community.



Operation Tipping Point & Community Violence

As the incidence of violence is on the rise in Lincoln, the Bryan Trauma Center is becoming more involved with programs such as Operation Tipping Point to provide healthy alternatives for living for members of gangs and other individuals involved in violence to seek alternative choices in their lives.

As a member of this project the Bryan Trauma Center will engage in activities related to Operation Tipping Point through various means such as counseling and coalition involvement to promote awareness of alternatives to gang violence in the community.



Peer Specialist Support

We will expand our support of the Peer Specialist role.

- We will provide education to community groups on the role of Peer Specialists in enhancing traditional behavioral health treatment and outcomes.
- We will work to facilitate educating consumers on the role and requirements to perform as a Peer Specialist.
- We will work to formalize Peer Support and Peer Specialists as an identified level of care and identified providers, respectively, in the state of Nebraska.



Resource Education and Awareness

Many patients at Bryan Medical Center require assistance to overcome various obstacles to receiving care. There are many resources provided throughout the community that are available to our patients from the City of Lincoln, Lancaster County, non-profit organizations, and other partners. Resources include assistance for transportation, nutritional needs, and medications.

For example, the Lancaster County Medical Society provides assistance to patients when they cannot afford their medications. While this is something Bryan Medical Center does not directly provide, it is our responsibility to provide points of contact to our patients for these resources. Bryan Medical Center will work to improve the education and awareness regarding these resources that we provide to our care management team and other team members so that our patients are adequately connected with available resources in the community. Bryan Medical Center will also make a concerted effort to focus specifically on resources for our geriatric patient population.

IV. COMMUNITY HEALTH NEEDS NOT BEING ADDRESSED AND REASONS WHY

Bryan Medical Center remains supportive of the entities whose core function is to address community needs. Through direct involvement, financial support, or other means, the medical center is able to address every objective within the Community Health Improvement Plan in some way.

V. ADOPTION/APPROVAL

The Bryan Medical Center Board of Trustees approved and adopted the Community Health needs Assessment Implementation Strategy Plan on Monday, April 25th, 2016 as a means to address priority community health needs identified in the Community Health needs Assessment Report for Lincoln and Lancaster County, Nebraska.