



FISCAL YEAR 2023

Community Health & Well-Being Impact Report

SAINT  JOSEPH
HEALTH SYSTEM

A Member of Trinity Health



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Our Mission

We, Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Our Core Values

Reverence

We honor the sacredness and dignity of every person.

Commitment to Those Experiencing Poverty

We stand with and serve those who are experiencing poverty, especially the most vulnerable.

Safety

We embrace a culture that prevents harm and nurtures a healing, safe environment for all.

Justice

We foster right relationships to promote the common good, including sustainability of Earth.

Stewardship

We honor our heritage and hold ourselves accountable for the human, financial and natural resources entrusted to our care.

Integrity

We are faithful to who we say we are.

Our Vision

As a mission-driven innovative health organization, we will become the national leader in improving the health of our communities and each person we serve. We will be the most trusted health partner for life.

Dear Friends,

This year, our community and our colleagues continued to face challenges as our economy continues to be impacted by inflation and other financial challenges. To meet the ever-changing needs of the community, Saint Joseph Health System (SJHS) leveraged its resources and partnerships; focusing on those experiencing poverty and other vulnerabilities by connecting social and clinical care and addressing social needs.

SJHS invested over 48 million dollars in our community, with our community health and patient financial assistance programs providing health improvement services, community education and direct care to those who are uninsured, low income and are facing other vulnerabilities. Additionally, we invested over \$370,000 in supportive programs that provided food assistance, tobacco advocacy and cessation education, and diabetes prevention programs. Our Social Care Hub addressed the mental, physical, and emotional needs of patients and community members since the pandemic began and continues to provide needed connections to services.

From our safety net clinics to mobile food pantries and crockpot cooking classes to Diabetes Prevention Programs and free flu vaccinations SJHS is making a difference in the lives of our community.

We are grateful for the opportunities we have to serve our community, providing compassionate care and dedicated stewardship to the region and beyond.

Michelle Peters, *Regional Vice President, Saint Joseph Health System and Loyola Medicine, Community Health and Well-Being*

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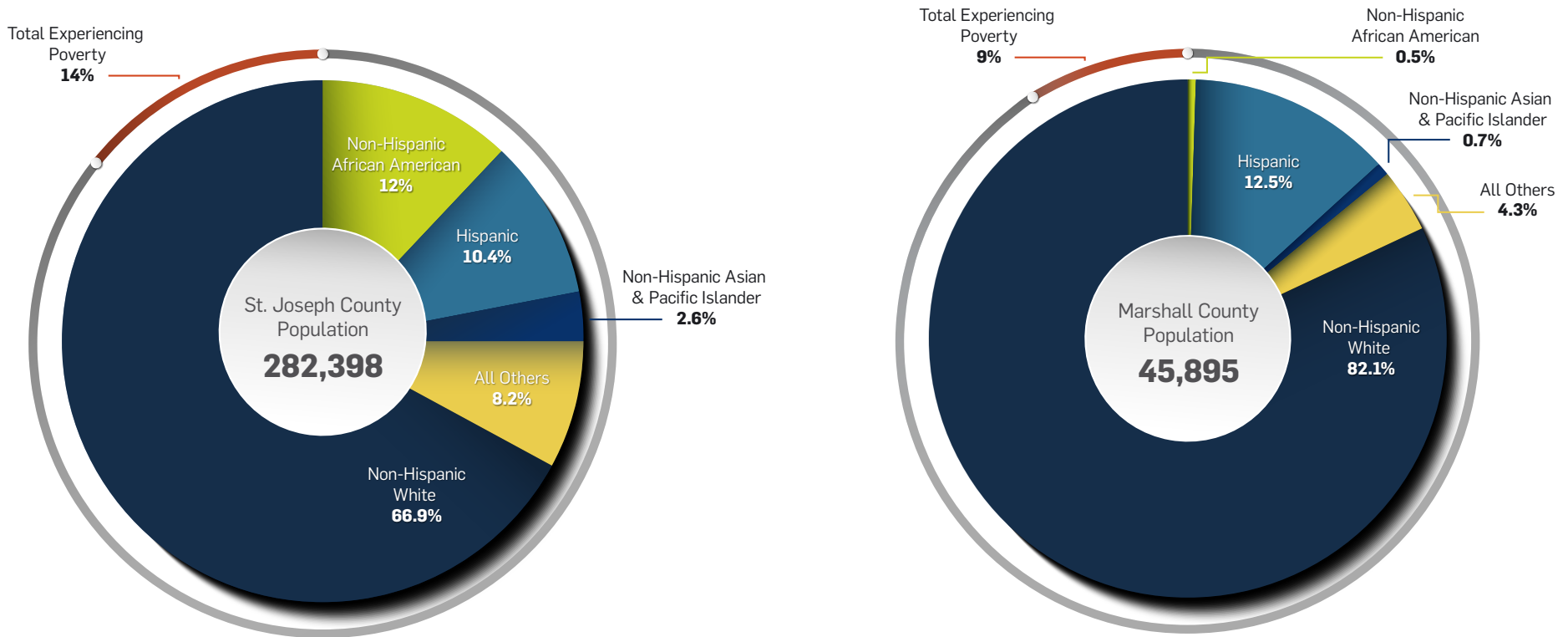


Ministry Overview

Saint Joseph Health System is a not-for-profit, multi-hospital health system serving over 980,000 people in a nine-county area in Indiana and Michigan through its continuum of care, which includes:

- 254-bed acute-care hospital at the Mishawaka Medical Center
- 58-bed acute-care hospital at the Plymouth Medical Center
- More than 130 providers in the Saint Joseph Medical Group
- 6 Community Health Centers and additional points of access
- 3 Senior Living Communities

About one-third of the System Service Area is located in St. Joseph and Marshall Counties.



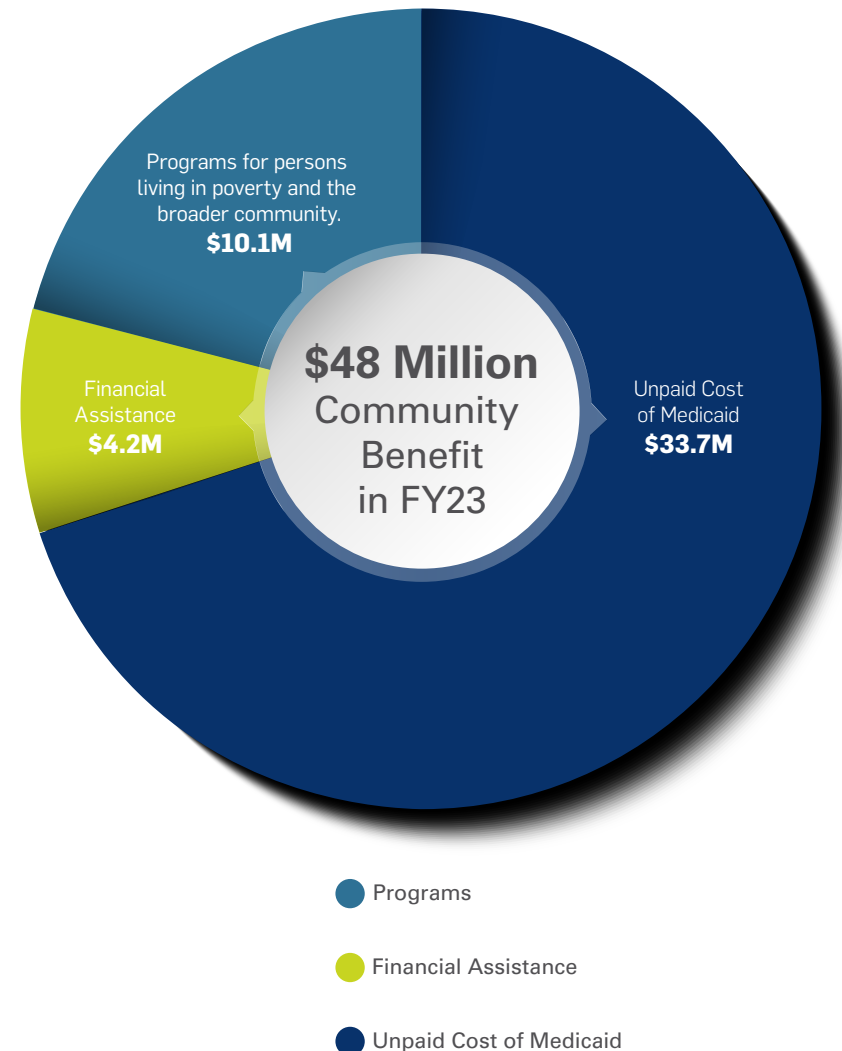
Community Benefit

In fiscal year 2023, Saint Joseph Health System contributed \$48 million in community benefit spending intended to benefit our vulnerable community members and those experiencing poverty, and to improve the health status of the communities in which we serve.

SJHS continually evaluates and responds to the most important needs of the community identified through our triennial Community Health Needs Assessment (CHNA) and in partnership with other local not-for-profit organizations and committees. The CHNA intentionally and authentically engages community residents and stakeholders to evaluate the overall health status of the greater Michiana region, identify the most pressing health-related needs and prioritize services relating to such needs.

Our latest CHNA, conducted in 2021, identified the following significant health needs, of which we are working to address:

- Access to mental health care
- Wellness - Access to resources (fresh foods, nutrition classes, gyms, etc.) and improve nutrition and eating habits and improving nutrition and eating habits
- Increasing participation in physical activities and exercise programs



Community Benefit

Investment & Contribution Spotlight

Addressing Food Insecurity- \$15,800

- Reduced the burden of food insecurity in our community by partnering with three community organizations to provide over 5,400 meals to those experiencing hunger in our school systems, in our neighborhoods, and in our homeless shelters. Additionally, fresh produce, whole grain and reduced sodium dry goods, eggs, and meat were provided for 1,127 people from 315 households through our mobile food pantry distribution; recipients also received salt-free seasoning to improve the food's taste and encourage healthier behaviors in those prone to health disparities.

Physical Activity- \$7,300

- Helped over 1,100 community members get more active through two physical activity programs, the reinstatement of our Senior Fit classes in the community, encouraging elderly individuals to maintain their strength, flexibility, health and independence with bi-weekly fitness class offerings, and the continuation of our annual school wellness challenge during the month of February for students in grades K-5 in area schools.



Community Benefit

Mental Health - \$2,440

- 309 Latino community members and their families received access to monthly mental health workshops to help them navigate life's challenges and lead healthier, happier lives.
- Educated over 2,000 children and guardians on substance use at 525's Say Boo to Drugs event. Smoke Free St. Joe was joined by our Pharmacy residency program, which helped families recognize the harm in mistaking medicine for candy and provided tips for safely storing and disposing of medication.

Slow Cooker Cooking Class- \$1,300

- To improve nutrition and eating habits, twenty-four families from the Latino community were invited to learn how to prepare food in a slow cooker properly. Participants learned safety tips for operating a slow cooker, sampled two recipes, received a slow cooker to take home following the class to help them implement the skills they learned, and were linked to other useful resources in our community, such as Unity Gardens and local farmer's markets.



Saint Joseph Health System's Latino Outreach Coordinator Anamilena Dillon educates members of the community, in partnership with Purdue Extension and Unity Gardens, on healthy eating.

Advancing Social Care

Social Care addresses social needs – such as access to food, housing, healthcare, employment – and facilitates connections to unmet needs.

One way SJHS facilitates connections is through our Certified Community Health Workers (CHWs), trusted community members who serve as liaisons between health/social services and the community to facilitate access to services and improve service delivery's quality and cultural competence.

SJHS has seven CHWs; four are bilingual, speaking both Spanish and English; three are certified interpreters; all are active members of the Michiana Coalition of Community Health Workers. In fiscal year 2023 (July 1, 2022 – June 30, 2023), our CHWs addressed the needs of 4,829 patients through 16,762 encounters, working closely with our clinical staff and community partners.

In April of 2023, our Community Health Workers implemented a new congestive heart failure (CHF) program created by Trinity Health, designed for patients to better manage their CHF – the leading driver of preventable hospitalizations. Thirty-four patients were successfully enrolled in the CHF Program in FY23. CHWs follow up with patients every two weeks for six months by phone or home visit. Thirteen patients were provided body weight scales and nine were provided blood pressure monitors. CHWs reviewed how to take weight and blood pressure measurements daily to improve self-management of the disease for participants.



One of our CHWs discovered a husband and wife qualified for the congestive heart failure program. This CHW reached out to both. The wife declined the program, but the husband did not.

During the home visit, the CHW reviewed the care plan with a husband and his wife in the background. It was evident from the questions the husband was not managing his diagnosis of CHF well. He was not taking his medications like he was supposed to, not weighing himself daily, and did not have access to nutritious meals.

Our CHW gave the husband a pill box and calendar to help him keep better track of his medicine, a scale, and a daily weight log sheet and discussed healthier alternatives to the food he enjoyed.

After the one-hour visit, the wife admitted to the CHW that she also did not have her CHF under control and wanted to join the program.

Advancing Social Care

Safety Net Health Centers

Over 39,000 individuals received care at one of our four safety net health centers during fiscal year 2023. Safety Net Health Centers provide wellness education, prevention, and comprehensive primary care services. The centers were established to serve those who are uninsured, underinsured, or have Medicaid. The centers also include medication assistance programs for patients who qualify and operate internal small scale food pantries to meet the immediate needs of those they serve. SJHS's wrap-around care also embeds community health workers into the on-site care teams, providing much needed same day resources.

Diabetes Prevention Program

Saint Joseph Health System's National Diabetes Prevention Program – Health In Action – is a Center for Disease Control lifestyle change program. With 112 participants enrolled between July 2022 and June 2023, a collective 630 pounds weight loss and a weekly average of 138 physical activity minutes was achieved. Of the 112 participants, 63 were enrolled in the Spanish-La Salud en Accion program. Additionally, the Health and Wellness Educator for La Salud en Accion, Anamilena Dillon, supported affiliate sites of Trinity Health by accepting patient referrals into her virtual program. This expanded the availability of linguistically appropriate services for our patients.

In 2022, Community Health Worker and Health and Wellness Educator Debby Miller completed the Master Training Select program. In February 2023, she trained six Trinity Health colleagues, including four colleagues from SJHS, to become lifestyle coaches. Debby's contributions increased the capacity of the National Diabetes Prevention Program across communities.



Our community health worker in Plymouth visited a patient in the emergency department (ED) due to an infection. The patient left without treatment because they had to report to work.

Our ED staff and CHW attempted to contact patient to come back to the ED and receive treatment. If patient was not treated the infection could lead to severe illness or death. However, the patient's phone was disconnected, and the last known address was incorrect.

Our CHW found patient through social media and asked patient to call her at once. The patient called saying they could not leave work. Our CHW explained to the patient the severity of the issue and convinced the patient to visit the ED after work. Thanks to the persistence of our care team, the patient received the necessary treatment at the ED.

Advancing Social Care

School Health Initiatives & Youth Enrichment

In agreement with five public school corporations, three colleges/universities and K-8 schools of the Catholic Diocese of Fort Wayne/South Bend serving St. Joseph and Marshall counties, SJHS provided a nurse or paraprofessional in each school. In fiscal year 2023, School Health Services responded to 319,595 visits to the health office, 21,406 more visits than in FY22.

Additionally, SJHS works with several area high schools to provide on-site injury prevention, care, and athletic event coverage, totaling over 20,000 encounters.

In February, students in grades K-5 at schools serviced by our School Health Services team were invited to participate in our Spring Training Wellness Challenge by recording their minutes of activity outside of school. One hundred twenty-six classrooms in grades K-5 at participating schools participated in the challenge. An average of 1,600 minutes of physical activity per student outside the school day during the month of February was recorded.

In August, 26 children, aged 6-12 years old, participated in a Youth Enrichment Day at the MLK Center Day Camp in South Bend incorporating physical activity, team building, hands-on nutrition education and other learning opportunities (tobacco education, self-esteem and body image acceptance lessons, stress awareness/ management, and health coping).



Latorya Greene, director of CHWB and tobacco initiatives, and, Sandi Pontius, tobacco education coordinator, conclude Youth Enrichment Day at the MLK Center with a graduation ceremony, where campers shared one thing they learned. All left with a t-shirt, basketball, and other goodies.

Advancing Social Care

Community Vaccination Efforts

SJHS held 360 clinics and outreach programs, with a total of 8,618 vaccinations given.

The needs of uninsured and underinsured individuals were met through our vaccination efforts with local partners, including Center for the Homeless, St. Margaret's House, Excel Center, the Boys and Girls Club of St. Joseph County, Bread of Life, Life Plex, Bowen Center, Marshall County Council on Aging, David's Courage, Marshall County Military Stand Down and the Marshall County Senior Expo. 161 individuals received free flu shots and 1,457 received free COVID-19 vaccinations between July 2022 and June 2023.

Community Flu Shot clinics were held in St. Joseph and Marshall Counties. Participants were asked to bring a canned good for our food pantries at Sister Maura Brannick Health Center and Saint Joseph Health Center.



Patty Carroll, RN, Lindsay Latkowski, RN, and Janet Wunderlich, RN, administering flu and COVID vaccinations at a community clinic.

Impacting Social Influencers of Health

Tobacco Cessation Initiatives

Funded by the Indiana Department of Health Tobacco Prevention and Cessation Commission, SJHS has Tobacco Education Coordinators in both St. Joseph and Marshall Counties, a Latino Outreach Coordinator and a Youth Coordinator.

SJHS received nearly 100 tobacco cessation referrals for Courage to Quit and Indiana Tobacco Quitline. SJHS has conducted four Courage to Quit cohorts, three virtually and one in-person, at Hellenic Senior Living of Mishawaka in St. Joseph County. SJHS has provided tobacco cessation services to a women's group at the Marshall County Jail.

SJHS celebrated 13+ years as lead agency for Tobacco Prevention and Cessation services in St. Joseph County and 7+ years in Marshall County, working against the tobacco industry's influence through advocacy, social alteration, and policy change.



Latorya Greene, Director, Community Health and Well-Being and Tobacco Initiatives and Sandi Pontius, Tobacco Education Coordinator are presented a proclamation from the South Bend Common Council on the 5th year anniversary of the City of South Bend Clean Air Ordinance, currently the strongest comprehensive smoke-free air policy in the state of Indiana.

Impacting Social Influencers of Health



St. Joseph County coalition (Smoke Free SJ):

- Provided tobacco/vaping prevention education and outreach to 18,827 youth and adults at local events and organizations.
- Featured in local media WSBT, ABC57, WNDU, the South Bend Tribune and social media reaching more than 33,000 individuals.
- Celebrated the 5th anniversary of the City of South Bend Clean Air Ordinance, currently the strongest smoke-free air ordinance in the State of Indiana. The South Bend Common Council presented a proclamation celebrating the occasion.



Marshall County coalition (Breathe Easy MC):

- Provided tobacco/vaping prevention education and outreach to 13,301 youth and adults at local events and organizations.
- Featured in local media The Pilot News and social media reaching nearly 3,000 individuals.
- Partnered with Project HOPE and Marshall County School Superintendents to host RemedyLive Get Schooled ESACPE Tour. Provided substance abuse, vaping and mental health coping skills to 3,507 Marshall County youth at local Marshall County High Schools - Argos, Bremen Triton, John Glenn, Culver and LaVille and Middle Schools - Plymouth and Bremen.

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