



FISCAL YEAR 2022

Community Health & Well-Being Impact Report



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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 Who are Poor

We stand with and serve those who are poor, especially those 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 the COVID-19 pandemic persisted. 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 54 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 \$150,000 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.

The arrival of the COVID-19 vaccines in late 2020 brought hope and optimism to our colleagues, patients, and community. SJHS, together with Trinity Health and local community-based organizations, worked on COVID-19 vaccination outreach, education, and distribution. The "It Starts Here" campaign raised awareness about the benefits and accessibility of the vaccine, particularly in our more vulnerable communities, and our efforts continued this year with 267 clinics and 6,241 people receiving vaccinations.

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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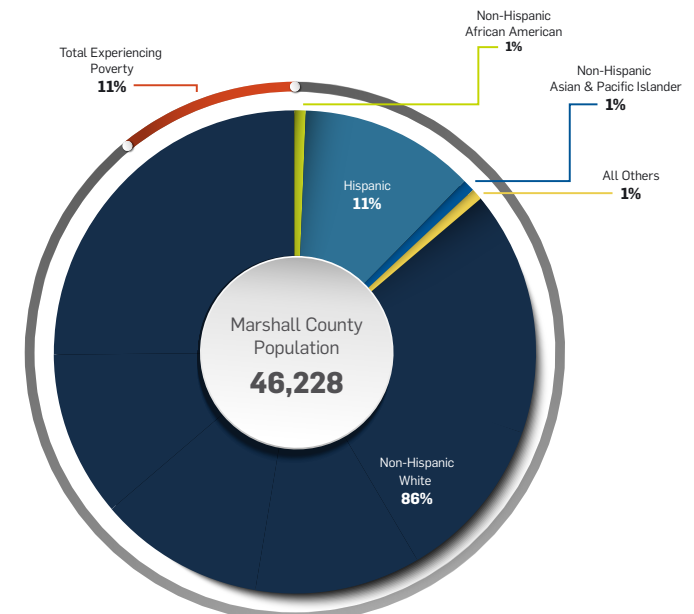
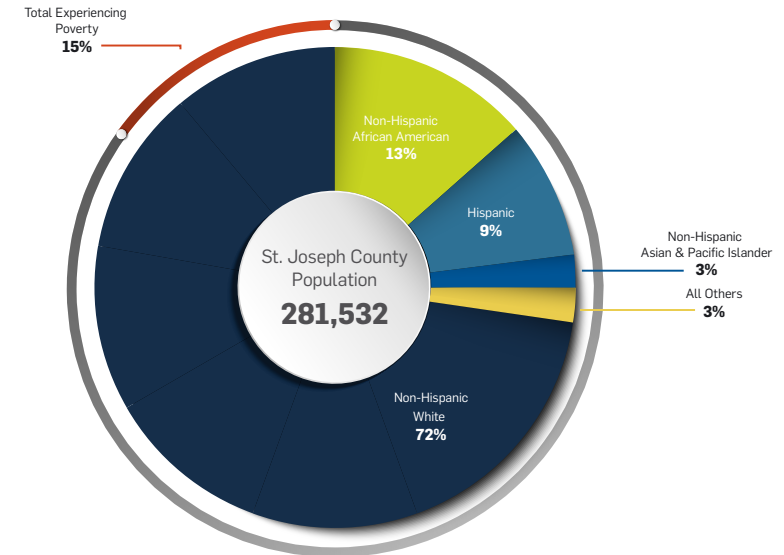
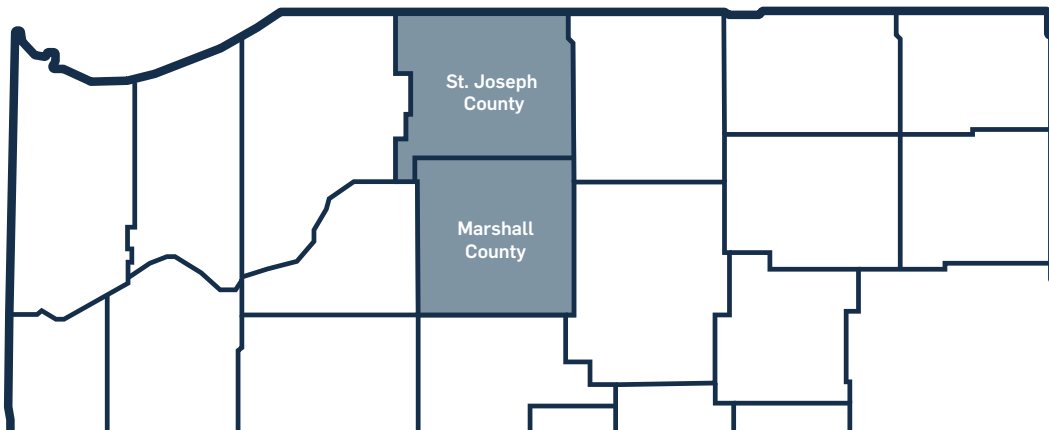


Ministry Overview

Saint Joseph Health System is a not-for-profit, multi-hospital health system serving over 900,000 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 150 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 2022, Saint Joseph Health System contributed \$54 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



- Programs
- Financial Assistance
- Unpaid Cost of Medicaid

Community Benefit

Investment & Contribution Spotlight

Healthy Corners at the Center for Homeless - \$49,492

- A 'refresh' of the former "chapel" space into a useful multi-use room with improved seating and convertible furniture to accommodate cooking classes, nutrition education, and spiritual care
- The complete renovation of the 2nd floor kitchenette designed for the 'healthy snack' program for families when the kitchen is closed. This 'pop up' provides the provision of 'fresh' and "on-the go" snack items made readily available to the women and children living in the family dorm

SJHS Mobile Food Pantries, partnership with Food Bank of Northern Indiana- \$29,040

- Served over 1,200 families at four mobile food pantries in Elkhart, Mishawaka, Plymouth, and South Bend. Food distributed included whole wheat and reduced sodium options, fresh produce, eggs, bread, and meat. Leftover food boxes and produce were provided to Saint Joseph Family Medicine Woodland, People's Clinic, Sister Maura Brannick Health Center and St. Adalbert's Church and School.

Mental Health - \$9,270

- 18 school health staff, community health workers, and outreach coordinators were trained in Youth Mental Health First Aid. Equipping them to recognize the signs and symptoms of emotional distress in the children they serve.
- Three CHW staff, with a combined caseload of 150+ at-risk community members, completed certification to ensure they have the maximum skills to do their work and positively impact patient rapport.
- Nearly 3,000 employees were invited to identify as bilingual by participating in our Welcoming and Inclusive Bi-lingual name badge project. The project aims to increase the social connectedness provided in our facilities and in our community for those who are non-native English speakers.

Pay-It-Forward Bike Program- \$7,150

- Funded a mobile bike garage/trailer for South Bend Bike Garage's Pay-It Forward Bike Program. The South Bend Bike Garage is an all-volunteer group that fixes bikes, sells bikes at reduced costs, and allows people to earn bikes through six hours of volunteering.

Rapid Resources - \$3,000

- Purchased supplies for the hygiene/cleaning product closet, which is utilized by the patients served by our Community Health Worker Program and any patients identified as needing assistance in relation to the COVID-19 pandemic.

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), who are trusted members of the community and serve as liaisons between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.

SJHS has six CHWs; three are bilingual, speaking both Spanish and English; two are certified interpreters; all are active members of the Michiana Coalition of Community Health Workers. In fiscal year 2022 (July 1, 2021 – June 30, 2022), our CHWs addressed the needs of 1,267 patients, working closely with our clinical staff and community partners.

Two CHWs work hand in hand with our care management team and patients who are dually-enrolled, meaning having both Medicaid and Medicare. Patients who are dually-enrolled face many obstacles and barriers. This is where CHWs step-up and step-in to help patients follow their care plans.

Top three reasons for CHW referral

- Housing
- Transportation
- Access to healthcare



A dually enrolled patient with an extensive plan of care, received a cancer diagnosis and was able to begin treatment with the help of our CHW's dedicated bus to help transport patients to and from doctor appointment/community resources. The CHW has worked hard to ensure the patient is attending all of their appointments and has the other resources needed such as food and medication while fighting their battle.

Advancing Social Care

Safety Net Health Centers

Over 47,000 individuals received care at one of our four safety net health centers during fiscal year 2022. Safety Net Health Centers provide wellness education, prevention, and a comprehensive array of 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. Additionally, SJHS's wrap-around care embeds Community Health Workers into the care teams on-site, 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 85 participants enrolled, the group lost nearly 300 pounds with an average of 137 physical activity minutes completed by participants. We are currently working on two new cohorts.

In August of 2022, we began offering in-person classes again. Virtual classes will also be available thanks to a grant from the State of Indiana; we purchased technology for participants who would rather participate virtually.

Lifestyle Coach Debby Miller was selected by the Diabetes Training and Technical Assistance Center (DTTAC), to become a master trainer.



"We work with patients facing hardships on a regular basis. One patient who stands out to me is an elderly and undocumented woman who unfortunately doesn't qualify for many assistance programs. I was able to assist her with SJHS's financial assistance program, allowed her to go to one of our clinics. By her receiving our assistance and finding a clinical home, I was able to provide for her medical care and provide her with medication assistance. In addition to her healthcare needs, I coordinated delivery of a monthly food box and set-up rides to her doctor's appointments. She benefited from having someone navigate for her and now feels better knowing she has someone who can potentially give her assistance with different things she may need."

Erlinda Beuno-Singleton,
Community Health Worker

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 2022, School Health Services responded to 298,711 visits to the health office.

Additionally, SJHS works with several area high schools to provide on-site injury prevention and care along with athletic event coverage.

In February, students in grades K-5 at schools serviced by our School Health Services team, were invited to participate in our This Counts Spring Training Wellness Challenge by recording their minutes of activity outside of school. 1.09 million minutes were reported outside of the classroom by 688 students in grades K-5 at 15 participating schools, an average of 1,597 minutes per student.

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 COVID-19 Vaccination

SJHS held 267 clinics, providing 6,241 doses of the COVID vaccination. SJHS continues to provide first doses at many of our community sites and provides boosters to the at-risk population.

SJHS received a Beacon Grant (\$760,000), which allowed SJHS to provide vaccination clinics in four counties. Partnering with non-traditional organizations and businesses expands SJHS's reach.

“It Starts Here Cycle II” award totaling \$61,000 used for education and access to COVID-19 vaccines at:

- Hope Ministries (a shelter in St. Joseph County), Elkhart Excel Center
- Public events such as YMCA Health Kids Day, MLK Jr. Day celebration, 4-H fairs in Marshall and St Joseph counties, Culver Lake Fest, and many others

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 referrals. SJHS has conducted two Courage to Quit cohorts; one virtually and one in-person at LifePlex in Marshall County.



SJHS hosts a vaccination event at Four Winds Field. This is just one of the 267 clinics hosted, which provided 6,241 doses of the COVID vaccination to individuals in need and at-risk populations.

Impacting Social Influencers of Health

Tobacco Initiatives

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.



St. Joseph County coalition (Smoke Free SJ):

- Provided tobacco/vaping prevention education and outreach to 1,076 youth and adults at local events and organizations.
- Partnered with Our Lady of Hungary to display new No Tobacco/No Vaping parking lot signs in English and Spanish.



Marshall County coalition (Breathe Easy MC):

- Provided tobacco/vaping prevention education and outreach to 793 youth and adults at local events and organizations.
- Partnered with Indiana Department of Health Tobacco Prevention and Cessation Commission staff to facilitate tobacco/vaping prevention discussion with local Marshall County School superintendents and staff.

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A Member of Trinity Health