



**Presence St. Mary's Hospital  
Presence Heritage Village Campus  
Presence Home Care – Kankakee  
Presence Our Lady of Victory**

**Community Health Needs Assessment (CHNA)  
Implementation Strategy  
2013-2016**

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Provena Health and Resurrection Health Care merged on November 1, 2011 to form a new health system, Presence Health, creating a comprehensive family of not-for-profit health care services and the single largest Catholic health system in Illinois. Presence Health embodies the act of being present in every moment we share with those we serve and is the cornerstone of a patient, resident and family-centered care environment. “Presence” Health embodies the way we choose to be present in our communities, as well as with one another and those we serve.

Presence Health is sponsored by five congregations of Catholic religious women: the Franciscan Sisters of the Sacred Heart, the Servants of the Holy Heart of Mary, the Sisters of the Holy Family of Nazareth, Sisters of Mercy of the Americas and the Sisters of the Resurrection.

Our Mission guides all of our work: Inspired by the healing ministry of Jesus Christ, we Presence Health, a Catholic health system, provide compassionate, holistic care with a spirit of healing and hope in the communities we serve.

Building on the faith and heritage of our founding religious congregations, we commit ourselves to these values that flow from our mission and our identity as a Catholic health care ministry:

- **Honesty:** The value of Honesty instills in us the courage to always speak the truth, to act in ways consistent with our Mission and Values and to choose to do the right thing.
- **Oneness:** The value of Oneness inspires us to recognize that we are interdependent, interrelated and interconnected with each other and all those we are called to serve.
- **People:** The value of People encourages us to honor the diversity and dignity of each individual as a person created and loved by God, bestowed with unique and personal gifts and blessings, and an inherently sacred and valuable member of the community.
- **Excellence:** The value of Excellence empowers us to always strive for exceptional performance as we work individually and collectively to best serve those in need.

Presence St. Mary’s Hospital (PSMH) has been meeting the health needs of Kankakee County residents for over 115 years. Founded by the Servants of the Holy Heart of Mary, Presence St. Mary’s Hospital continues to carry out its mission of providing “compassionate, holistic care with a spirit of healing and hope in the communities” it serves.

PSMH is a 189 bed acute care facility employing 920 people, with a Level II Emergency/Trauma Center. PSMH provides many healthcare services such as a Regional Cancer Center, Rehabilitation Services, Family Birthing Center, Pediatric Unit, Mental Health Services, Sleep Disorder Center, Renal Dialysis Center, Wound Care, Infusion Center, Occupational Health and a Total Wellness Center. Located in Kankakee, Illinois, PSMH serves the Kankakee community and partners with our ministries in Kankakee to continue to carry out our mission of bringing healing and hope to our community.

**Presence Life Connections** includes all of the peri-acute health services and is a part of Presence Health. In the Kankakee market this includes the ministries of Presence Heritage Village, Presence Our Lady of Victory, and Presence Home Care.

**Presence Heritage Village Campus (PHVC)** includes Presence Heritage Village, Presence Heritage Estates, Presence Heritage Lodge, and Presence Intergenerational Center which includes Presence Fortin Villa Learning Center and Presence Heritage Day Break.

**Presence Heritage Village** is a 113 bed community with three distinct yet interrelated entities, each ensuring a smooth transition to the different levels of maturity and care that are needed along life's path. Heritage Village offers a trillium of care from shelter care to skilled care and Medicare (short term) rehabilitation services. Encompassed in the 24 hour monitoring and nursing services is a holistic approach with tenderness and respect. Each department's staff approximately 100 employees contributes to the lives of our residents in everything they do. Heritage Lodge is the perfect alternative for seniors who need a bit more assistance with their everyday needs. With the all the comforts of home the studio, one bedroom and two bedroom apartments in their award winning designs provides privacy within a warm and homelike atmosphere. Heritage Estates offers the essential privacy of one's own home and as a maintenance free community, those who have an active and independent lifestyle, the Estates' one and two bedroom patio homes are the ideal size and character for mature adults. Heritage Village employs 100 people as nurses, nursing assistants, food service workers, housekeeping and facilities maintenance, as well as activities and pastoral care specialists.

**Presence Intergenerational Center** is an intergenerational ministry that offers both adult day care at Presence Heritage Day Break as well as pre- and after- school services for children ranging from pre-schoolers to 6th grade at Presence Fortin Villa Learning Center. The two ministries are located in one building on the campus. Programming includes opportunities for the adults and children to interact and learn from each other.

The adult day care program offer caregivers and families the added support they need during weekday hours, including handicap-accessible transportation. In an enriched family atmosphere, we offer socialization opportunities and a stimulating program for our adult clients, designed to maintain and improve their daily living and social skills. Currently services are offered Monday through Friday during daytime hours. With a full calendar of activities including outings to local parks and shopping centers as well as on-site activities like craft projects and games, we provide our clients with a variety of socialization opportunities. In addition, our adult day centers provide breakfast, lunch and snacks throughout the day.

Our child learning day center offers so much more than just attendance at a day care center – children at our ministry are enrolled in an education curriculum. Our ministry is one of a select few intergenerational centers in the state of Illinois and is patterned after the shared-site model – an industry best practice – that combines adult day with child care services in one location, which has significant benefits for children. Studies show that children who are part of an

intergenerational program display more empathy, are more socially accepting of others and, in general, overcome fear of older adults that children display who are not enrolled in an intergenerational program. Presence Fortin Villa Learning Center employs 21 people as teachers, assistant teachers, day care workers, food service workers, housekeeping and facilities maintenance, as well as activities specialists.

**Presence Home Care – Kankakee (PHCK)** employs 42 people. We have serve patients in Kankakee, Will, Iroquois, Ford, Livingston and parts of Cook County since 1972. Provena Home Care provided more than 22,400 home visits in skilled nursing, physical therapy, occupational therapy, speech therapy, medical social worker, and home health aide in 2011. Presence Home Care Kankakee has achieved the 2012 Home Care Elite recognizing the top 25% of agencies in quality outcomes, process measure implementation and financial performance.

**Presence Our Lady of Victory (POLV)** is a 107-bed community located in Bourbonnais, Illinois. OLV provides high-quality care for adults that includes rehabilitation services as well as intermediate and skilled nursing care. Short-Term Rehabilitation services at OLV include physical, occupational and speech therapy. Short-Term Respite Care provides full-time caregivers personal time away and also allows caregivers temporary or occasional time off to help them regain emotional strength or handle personal business. Skilled Nursing & Intermediate Care services are available for long-term residents who need assistance with the activities of daily living. Our nursing staff is available 24 hours a day, and we have different levels of nursing care to best meet your needs. Our Lady of Victory employs 126 people as nurses, nursing assistants, food service workers, housekeeping and facilities maintenance, as well as activities and Spiritual Health specialists.

This report summarizes the plans for PSMH, PHVC, PHCK and POLV to sustain and develop new community benefit programs that 1) address prioritized needs from the Mobilizing for Action through Planning and Partnerships (MAPP) Community Health Needs Assessment (CHNA) and 2) respond to other identified community health needs.

**Population:** The population in Kankakee County grew 9.3% from 2000 to 2010. The population is approximately divided among the 0-20, 40-60, and over 60 age groups; the average age is 36.7. Males and females are roughly in equal proportion, with the gender ratio leaning towards males until age 60. Bourbonnais and Bradley have grown faster than the county, at 22% and 24% respectively, while Kankakee has remained essentially the same. Cabery and Chebanse villages also grew over 100%. By township, Manteno had the most population growth at 40%, while Pembroke and Aroma Park each lost 10% of their population.

**Ethnicity:** Kankakee County is predominantly white (77.6%). This percentage fell slightly since 2000, while the black population stayed constant at 15.1% and the Hispanic population increased to 9%. Most of the Hispanic population is Mexican. While Bourbonnais and Bradley reflect the county pattern, Kankakee is less than 50% white, 40% Black and almost 20% Hispanic. In Kankakee County, the white population is older (median age 39.8) compared to the black (median age 29.5) and Hispanic (median age 23.1) populations. This suggests that the population will continue to shift. Most of the population, 95.5%, is native-born.

**Language Spoken:** Between 2008 and 2010 the primary language spoken in Kankakee County was English with 93.2% of the population speaking predominately English. Approximately 5.6% of the population speaks Spanish as their primary language, and 1.3% of the population speaks other languages.

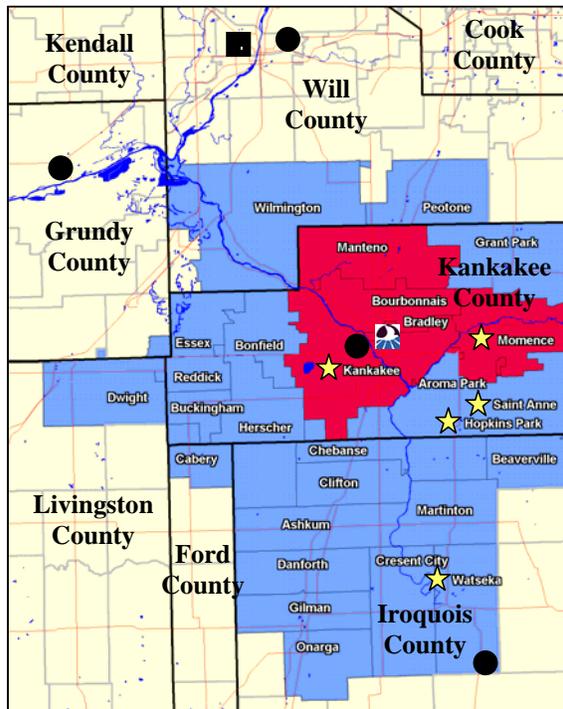
**Income:** Median household income for Kankakee County increased from \$41,532 to \$44,784 between 2000 and 2010. The 2010 median income was below the median for Illinois \$52,972, and the U.S. \$50,046. Median income increased both for whites (from \$44,412 to \$52,300) and Hispanics (from \$37,161, to \$44,750) during this time. Median income for blacks increased from \$25,294 to \$26,817, in 2010, which is lower than the median income for blacks for both Illinois and the U.S. (\$32,866 and \$33,578 respectively).

**Education:** The percentage of individuals with a high school degree or higher increased in Kankakee County from 79.8% in 2000 to 84.4% in 2010, as did the percentage with a bachelor's degree or higher (15.0% to 16.1%). The percentages for both categories are lower than those for Illinois and the U.S. in 2010. Only one Kankakee school and all Manteno schools equaled the average Illinois graduation rate for all students, (both at 87.8%) and for white students (97.9% and 93.3%, respectively). On the other hand, all but one school exceeded the average Illinois graduation rate of 78.0% for black students (Momence at 63.3%). Four schools had better than average Hispanic graduation rates, while Grant Park and Momence did much worse (66.7% and 60% respectively). There is a great deal of variability between schools and within schools. Only two schools reported Asian populations (not shown); both exceeded the state average.

# Target Areas and Populations

All school districts show chronic truancy rates in 2010 that were below the Illinois rate of 3.6% except Kankakee District 111 at 4.4%, Momence District 1 at 3.9% and St. Anne District 302, which is far above all others at 30.3%.

The communities with the greatest needs are east and south Kankakee (60901), parts of Momence (60954), Grant Park (60940), St. Anne (60964) and most of Pembroke Township (60944). Pembroke Township is a food desert. Fresh fruits and vegetables are available only in the summer. There have been many efforts to create community gardens, which would supply the area with fresh vegetables for freezing and canning for use later in the year. However, many of the residents of Pembroke Township live on a minimal budget and safe food storage is a problem.



Overview Statistics	
<b>Population</b>	27,537
<b>Median Age</b>	36.7
<b>Number of Persons per Household</b>	3.3

Median Household Income	
<b>Kankakee County</b>	\$44,784
<b>Illinois</b>	\$52,972
<b>United States</b>	\$50,046

Median Family Income	
<b>Kankakee County</b>	\$57,432
<b>Illinois</b>	\$65,417
<b>United States</b>	\$60,609

Population by Race	
<b>White (non-Hispanic)</b>	77.6%
<b>African American (non-Hispanic)</b>	15.1%
<b>Hispanic</b>	9%
<b>Asian</b>	0.2%

Population by Age	
<b>Under 15</b>	21%
<b>15 – 24</b>	14.6%
<b>25 – 44</b>	18.8%
<b>45 – 64</b>	26.1%
<b>65+</b>	19.5%

Education Attainment	Kankakee County	Illinois	United States
<b>College Degree</b>	16.1%	32.1%	30.7%
<b>Some College, no degree</b>	84.4%	21.6%	21.1%
<b>High School Diploma</b>	35.8%	27.7%	28.6%
<b>&lt; High School</b>	20.2%	18.6%	19.6%

## Process Used to Identify Community Needs

In October of 2011, PSMH invited Riverside Medical Center, the Kankakee County Health Department and the United Way of Kankakee County to investigate a process for obtaining a Community Health Needs Assessment (CHNA). The Illinois Public Health Institute (IPHI) led us through the Mobilizing for Action through Planning and Partnerships (MAPP) process. A core group of partners met in November, 2011 to review the MAPP process, the benefits of engaging in MAPP and the initial list of potential partners to participate on the steering committee. Additional partners were identified and invited to participate.

From January through June 2012 four separate assessments were conducted.

## Local Public Health System Assessment (LPHSA)

Over 75 public health system partners were invited to participate in the Kankakee County public Health System forum held in February 2012 at Kankakee Community College in Kankakee. Sixty-four partners participated in assessing how well the Kankakee public health system provides the ten essential public health services in Kankakee. The scores from that assessment are listed below.

Summary of Essential Public Health Services Scores		
<b>EPHS 1</b>	Monitor health status to identify community health problems	56.0
<b>EPHS 2</b>	Diagnose and investigate health problems and health hazards	97.0
<b>EPHS 3</b>	Inform, educate and empower people about health issues	52.8
<b>EPHS 4</b>	Mobilize community partnerships to identify and solve health problems	42.7
<b>EPHS 5</b>	Develop policies and plans that support individual and statewide health efforts	64.6
<b>EPHS 6</b>	Enforce laws and regulations that protect health and ensure safety	71.1
<b>EPHS 7</b>	Link people to needed personal health services and assure the provision of health care when otherwise unavailable	59.4
<b>EPHS 8</b>	Assure a competent public and personal health care workforce	50.6
<b>EPHS 9</b>	Evaluate effectiveness, accessibility and quality of personal and population-based health services	56.3
<b>EPHS 10</b>	Research for new insights and innovative solutions to health problems	31.3
<b>Overall Score</b>		<b>58.3</b>

### **Community Themes and Strengths Assessment (CTSA)**

Two separate methods of data collection were used in conducting CTSA. In a county-wide random sample, 5,000 residents were mailed a community survey from February 13, 2012 through March, 15, 2012. There were 399 returned surveys.

From April through June 2012, four focus groups were held across the county to get a broader perspective from those under-represented in the survey. The focus groups were held with the Hispanic Partnership, the NAACP, Kankakee Triad (those over 65), and the Teen Group. Over sixty-four participants gave their input to strengths and assets of their community and their perception about the quality of life in Kankakee County.

Many crosscutting themes were identified across the community survey, and focus groups:

- Communication – There is a need for better communication of the resources and availability of programs and services in the county. Some residents are aware of programs and services available to them in the county, but many are not aware of these existing services. Better communication would alleviate this issue.
- Equity/Accessibility – Sometimes people are aware of services, however, these services are not always accessible to them. Transportation and affordability were the two issues that arose most often concerning accessibility. Equity was another crosscutting theme throughout the reports. Not all communities have the same quality of services available to them.
- Building Relationships – Collaborations and partnerships with organizations and leveraging existing resources is important to not only the residents of the community, but also to the service providers. More sharing of information and resources is important to improve the quality of life in Kankakee County

### **Community Health Status Assessment (CHSA)**

The CHSA committee comprised of steering committee members, data and planning staff from the two local hospitals and the health department. The assessment was initiated in January of 2012 and was completed in August of 2012.

### **Forces of Change Assessment (FOCA)**

The FOCA was completed in April 2011 with thirty-seven participants, consisting of MAPP steering committee members and other community leaders. Factors and trends most impacting Kankakee County include the current economy with rising unemployment, loss of services and programs, and an increased need for mental health services.

Additional forces of change noted that are reflective of many issues on the national agenda. For example, health care reform, immigration reform, regulation of medical malpractice, use and overuse of technology, and need for sustainable energy resources are issues being considered on the national level, but they would also have an impact on local and state health care and social service delivery systems.

### **Secondary Data**

Our secondary data came from our Emergency Department statistics for the first three quarters of 2012. We also received data from the Kankakee Health Department which corroborated our findings. We found out that we have many people who do not have access to health maintenance and use our Emergency Department as their medical home. Processes and budgeting is in process so that we can open up a clinic to refer many of these patients, to provide them with a medical home and continuous care rather than episodic emergent care. This clinic will go live in the first quarter of 2013, it will house several advanced practice nurses and a physician who will provide this population continuous care.

The primary reasons for emergent care in our Emergency Department are:

- Cardiac related issues (related to chronic disease, diabetes, obesity, and hyperlipidemia).
- Respiratory issues, (COPD, asthma, colds and flu).
- Many admissions to our ED, over 3,300 visits, could have been handled in a less emergent setting.

### **Results of the 2012 Needs Assessment Identifying Strategic Issues**

In May 2012, IPHI facilitated a half-day strategic issues session. Participants consisted of the MAPP steering committee members, committee members from each assessment and additional community leaders. Approximately 38 participants attended the strategic issues session. Data points were drawn from each of the four assessments and reviewed with the group. Brainstorming and nominal voting processes were used to identify and prioritize issues and problems that were cross - cutting throughout the assessments. Small group discussion further explored the problems to determine if they met the criteria for strategic issues.

The MAPP process provided PSMH with a comprehensive framework for assessing community needs, and developing and addressing strategic issues. The purpose of the Kankakee County Needs Assessment and Community Health Plan is to provide a community plan that is developed by and for the community. The benefits of Kankakee engaging in the process include: a healthier community that improves the quality of life for the people who live and work there, and increased visibility of public health in the community, an increased awareness and knowledge about public health issues, preparation of our local public health system to better anticipate, manage and respond to changes in the county, a greater collaboration and sharing of resources among partners and finally a reflection of priorities in hospital community benefit plans.

## Identifying Community Priorities

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PSMH, PHVC, PHCK and POLV recognize that priority setting is a critically important step in the community benefit planning process. Decisions around priorities have a pivotal impact upon the effectiveness and sustainability of the endeavor. Each ministry worked with IPHI and the Kankakee Collaborative to identify priority issues for the county.

### **Description and Purpose**

MAPP defines strategic issues as “those fundamental policy choices or critical challenges that must be addressed in order for a community to achieve its vision.” During this phase of the MAPP process, participants developed an ordered list of the most important issues facing the community. Strategic issues were identified by reviewing the results of the four MAPP assessments, identifying recurring themes, issues and ideas, and determining how those issues affect the achievement of the shared vision of Kankakee County. This process is necessary in setting priorities and for future goal setting for the Community Health Plan.

### **Community Involvement**

The community was engaged in the strategic issues phase on several levels. The MAPP Steering Committee, assessment committees and invited community members participated in an all-day planning session to review data, identify issues and develop a prioritized list of issues and health problems. Twenty-eight partners attended an all day workshop.

### **Process**

On May 13, 2012, the Kankakee County MAPP Steering Committee, assessment committee and other invited community members engaged in an all-day strategic issues planning session, facilitated by the IPHI. Approximately thirty people participated.

Prior to the meeting, participants were sent meeting packages with the defined criteria to identify a strategic issue as well as an e-mail link to access the reports online to review and identify any issues, needs or themes across the four assessments. MAPP staff presented an overview of the data and provided data points from each assessment for review.

A large group discussion followed, allowing participants the opportunity to identify and discuss any cross-cutting themes or issues emerging from the assessment results. Some grouping of similar issues occurred. A list of potential strategic issues was developed followed by using a nominal voting process to narrow the potential strategic issues for discussion in smaller breakout groups.

Participants' self-assigned to groups based on their interest and knowledge of the strategic issue. The task for the groups was to review the data and potential strategic issues to determine if it was strategic. Each group was given a strategic issues worksheet and relationship diagram to guide and record their discussion. Copies of the assessment data points and hard copies of the assessments were made available to each team.

## Identifying Community Priorities

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The following criterion was used:

- Issue is grounded in data from the MAPP assessments
- Issue is forward-thinking
- Issue is cross-cutting
- Issue seizes on current opportunities
- Issue represents a fundamental choice to be made at the highest levels of the community and local public health system
- Issue centers on a tension or conflict to be resolved
- Issue may have no obvious solution
- Issue is something the public health system can address
- Issue requires multi-sector, collaborative approach

The small groups reported out to the larger group to review the findings. Using the nominal group process, the participants identified the top five priorities.

A three-question survey was developed to validate the prioritization and to gain additional input from public health system partners. Using an online survey, all assessment committee members, MAPP Steering Committee members and partners attending the LPHSA were invited to participate in the identification and prioritization of strategic issues.

The MAPP Steering Committee decided to use the full list of potential issues in the community survey in order to ensure the group had captured the priorities of the community.

The strategic priorities identified for Kankakee County over the next five years are:

- Mental health needs, patient population, access issues.
- Chronic disease management
- Access to care (e.g. diabetes, heart disease, obesity, etc.)
- Unemployment/workforce economics
- Violence, safety, and substance abuse
- Coordination of care/case management
- Communication
- Responsiveness to a multicultural community
- Cancer
- Senior health issues
- Teen pregnancy

The rankings from the strategic issues meeting and the two survey questions were listed in rank order under their respective categories. Staff identified the strategic issues listed in all three categories. The top five issues were identified as the priority issues to address. The MAPP Steering Committee gave final approval of the strategic issues.

## Identifying Community Priorities

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### Summary of Key Findings

Eleven potential strategic issues were identified during the large group brainstorming session (see page 11.) Following the group discussions and second voting, the participants identified the following five strategic issues:

- Mental Health Needs
- Chronic disease management
- Access to Care
- Awareness of Services

PSMH, PHVC, PHCK and POLV'S Implementation Strategy was developed based on the findings and priorities established by the Kankakee County MAPP CHNA and a review of the hospital's existing community benefit activities. PSMH co-facilitated the MAPP CHNA process with the Kankakee County Health Department and was involved not only in the initial planning of how to assess the county but also organized the community assessments and helped develop the action teams working on implementation.

The local hospitals and the health department financially contributed to the MAPP CHNA, while other community partners provided in-kind support through their time in serving on the Executive Committee and MAPP Action Teams, as well as by providing meeting space, printing and other resources as needed. The Kankakee County MAPP Collaborative has grown in size during the implementation phase. New partners were added who had expertise in the respective action teams. Their insight is crucial to move the work of the action teams forward to improve the quality of life for Kankakee County residents.

After consolidating overlapping issues identified in the MAPP CHNA, the top identified needs in Kankakee County are:

- Access to care (primary, specialty, behavioral health, substance use disorders)
- Awareness of services and how to access them
- Collaboration and linkage within systems

For 2013, PSMH will continue to serve on the MAPP Executive Committee and MAPP Action Teams to address the identified needs in Kankakee County within the next three to five years.

Our overall focus will be on:

- Access to care
- Awareness of services and how to access them
- Chronic disease management Prevention and management of chronic care issues

The past year was a transitional one for our ministries. The Kankakee-area Presence Life Connections (PLC) ministries (Presence Heritage Village, Presence Home Care, and Presence Our Lady of Victory) have been working in collaboration with PSMH to identify opportunities to partner on community outreach programs.

Based on the CHNA , the PLC ministries directed their focus on Chronic Disease Management. The PSMH programs that provided opportunities for them to partner were the Asthma Camp and Fit "N" Healthy program. During 2012, the PLC ministries assisted PSMH in promoting and supporting the Asthma Camp. Promotion of the Asthma Camp was conducted through staff volunteers to help with the distribution of collateral material. Support for the Asthma Camp also included several hours attending planning meetings, helping fill the gift bags all attendees receive on their first day, helping set up camp, screening attendees, supervising attendees, assisting with various activities and helping with the clean up after the camp.

Dialogue with PSMH on Fit “N” Healthy began late in 2012. Discussions took place regarding how the Kankakee Regional PLC Ministries can support the efforts of the Fit “N” Healthy program and best utilize the talents and expertise of their staffs.

Going forward into 2013, the Kankakee-area PLC Ministries will continue to promote and support the Asthma Camp by staff volunteering time and efforts with the planning and execution of the camp. The Kankakee Regional PLC Ministries will also become more involved with the Fit “N” Healthy program through assistance in promotion and support by providing staff volunteers to help with the screening process every ten weeks four times a year.

Obesity and chronic disease caused by obesity is very high on the community needs assessment coming in second as a strategic priority. PSMH will continue to implement the Fit “N” Healthy program, because we have seen results that our meeting the health needs of our community. Fit “N” Healthy is a program that PSMH developed in the DUHN Community in 2008. Our participants meet twice a week in the Lisieux Center gymnasium on Kankakee’s east side with a certified fitness trainer. There are 4 ten week sessions a year. We offer pre- and post- screenings including blood pressure, BMI (body mass index), glucose, HDL, triglycerides and measurements. Body measurements are also obtained. Along with the screenings we offer a bi-weekly education regarding, nutrition, cardiac education, sleeps disorders, behavior health, and respiratory disorders. We have more than 50 participants a session and have had over 250 participants this year.

The Kankakee Soldiers, a semi-pro basketball team, and PSMH’s Community Benefit Department have partnered to spread awareness concerning bullying and safety in the schools and the local communities of Kankakee County. PSMH also teaches the importance of physical activity and good nutrition in developing a healthy lifestyle that will sustain kids for years to come. Every month PSMH visits several different schools to host an assembly which consists of a 20 minute communication/feedback session which engages the students on these three topics. When each child enters the assembly hall, they are given a ticket that will give them a chance of winning a free t-shirt, or a pass to “Hidden Cove” or tickets to a Soldiers Home game. Then they do a fun activity that allows more children to win a chance to play “The Bozo Shoot a Basket” game for many great prizes such as t-shirts, game cards (Hidden Cove) and free tickets to the Soldiers games. This is a part of giving back to the community which in total lasts about 1 hour each assembly. We have traveled to several schools so far Milford, Manteno, King, Kennedy Middle Grade, and Aquinas Catholic Academy to name a few. We will continue visiting schools throughout the year. Through this partnership we have had success stories in which kids are opening up to their parents and teachers on needing help from bullying which has saved one young youth from committing suicide.

## FIT 'N HEALTHY

### Program Description

Fit "N" Healthy is a program offered in the DUHN community of Kankakee County and provides education and exercise to those suffering from obesity and obesity related health problems. Our participants meet with a certified fitness trainer twice a week for 10 weeks. Each session has participants work out for about 40 minutes followed by a 10 minute cool down period. We offer four 10 week sessions per year. Pre and post screenings are taken which include blood pressure, BMI (body mass index), glucose, HDL, triglycerides and body measurements. Along with the screenings we offer bi-weekly education regarding nutrition, cardiac education, sleep disorders, behavior health and respiratory conditions linked to obesity. Our program also offers a spiritual component in which our participants glean support from each other through prayer and scriptural meditation. Provision of the space to provide our programs was given by St. Teresa's Catholic Church in East Kankakee part of our DUHN community. The Lisieux Center Gymnasium houses the program.

<b>Community Need:</b> Education on obesity and the issues surrounding sustained obesity					
<b>Aim Statement:</b> That in each 10 week session participants will lose an average of five pounds and change at least one poor dietary behavior.					
Outcomes	Strategy	Action Steps	Ministry Role	Community Partner Role	Evaluation Plan/ Measures of Success
1) In each ten week session there will be an average weight loss of 5 pounds and a reduction in all of the other screenings. 2) There will be a change in at least one poor dietary behavior.	Four ten-week sessions every year that will provide exercise, education and the tools necessary to live a healthier life style.	PSMH will provide a fitness trainer and people from our service lines to educate participants on the importance of healthy, active lifestyles. The education includes behavioral health, nutritional health, exercise, sleep study screenings, cardiac and respiratory health. We will also provide screenings for blood glucose, cholesterol, B/P, weight, and BMI.	Provision of a fitness trainer, and service line educators. Nurses from Home Health will assist in the screenings pre and post program.	St. Teresa's Catholic Church allows us to use the Lisieux Center Gymnasium, located in the DUHN community of East Kankakee.	Weight loss, knowledge of nutritional foods and how to find what you need to eat healthy.

## PRIMARY MEDICAL CARE CLINIC

### Program Description

The MAPP Partnership for a Healthy Community is one of the groups created under the Kankakee County MAPP program.. This group is comprised of PSMH, other local hospital staff, the health department and other behavioral health providers with the goal of increasing access to primary, specialty and behavioral health services for Kankakee County residents.

- How can the Kankakee County community collaborate to maximize and expand resources that will increase access to and awareness of primary and specialty health care that is affordable, geographically accessible and culturally sensitive?

<b>Community Need:</b> Access to Primary Medical Care					
<b>Aim Statement:</b> Decrease in ED use for patients who visit frequently for non-emergent medical care.					
Outcomes	Strategy	Action Steps	Ministry Role	Community Partner Role	Evaluation Plan/ Measures of Success
The provision of a medical home for those who do not have one, to continually treat their health needs rather than providing episodic care in our ED.	Development of a Clinic on campus that would meet the needs of those who need a medical home and have used our ED to provide for their health needs.	Hiring a Physician, and Advanced Practice Nurses, and staff, building a space, and triaging in the ED. All non-emergent cases will be referred to the clinic.	Provision of space, and human resources.	Referral base to our clinic from the DUHN community.	The number of referrals and the number of permanent clients in need of a medical home. A reduction in the admissions to the ED for episodic health care

## MENTORING SAFETY IN THE PRIMARY AND MIDDLE SCHOOLS

### Program Description

The Kankakee County Soldier's, PSMH and the Kankakee Collaborative have teamed together to mentor children in the Primary and Secondary Schools, teaching safety in our schools. Team building and planning will assist in developing an education plan associated with bullying, will also collaborate with the Soldiers in developing a nutrition class and a educational opportunity on exercise; how to use your body and how to fuel it effectively.

<b>Community Need:</b> Safety in the primary and middle school environment					
<b>Aim Statement:</b> That attendance will improve for those students who previously felt threatened or bullied.					
Outcomes	Strategy	Action Steps	Ministry Role	Community Partner Role	Evaluation Plan/ Measures of Success
3) Meeting with each of the elementary and Middle schools in Kankakee County to teach students to teach awareness of bullying and safety.	Development of a plan to teach and assist the schools with education around bullying and safety in the school. There is also a Childhood obesity component to the program.	Provision of a plan for each age group regarding bullying, safety, obesity and the need for physical activity.	Provision of Human Resources and Nutritional Education.	Kankakee County Soldiers will provide education and incentives for safety and non-violence in the schools	Evaluation will be on the attendance to each of the programs.

## DR. AROCHA'S CAMP AIRE

### Program Description

A two day Asthma camp that will teach children with asthma how to manage their Asthma and what trigger to avoid to assist in controlling their asthma. Activities will be planned, baseball, swimming, hiking, crafts and others. Along with activities we will also provide “camp” crafts.

Classes on nutrition and health maintenance will be provided. Return demonstration will allow us to see how successful the child has been in controlling their asthma.

<b>Community Need:</b> Educating children who live with chronic asthma					
<b>Aim Statement:</b> Children will understand they can live active lives with better management of their asthma.					
Outcomes	Strategy	Action Steps	Ministry Role	Community Partner Role	Evaluation Plan/ Measures of Success
4) Children will be better equipped to manage their asthma.	A two day camp, “Camp Aire” held at a local campground that will provide children with asthma provide education on their personal triggers, and a normal camp experience with activities and play. A follow-up session will be held in the winter, to reiterate education and to help us continue to monitor the children.	Provision of an agenda for camp that will both educate children and parents on living a normal childhood with their Asthma.	Provision of Human Resources and Respiratory, nutritional, fitness, fun and craft activities. Presence Life Connections will help provide human resources for both events.	Provision of campground and space to accommodate camp.	Children will be evaluated at both sessions to assess their understanding. Missed school days, hospitalizations will also be assessed.

In addition, PSMH, PHVC, PHCK and POLV will continue to meet community needs by providing charity care, Medicaid and SHIP services.

For each of the priority areas listed above, PSMH, PHVC, PHCK and POLV will work with the Kankakee Health Department, Helen Wheeler Behavioral Health Clinic, Aunt Martha's, Kankakee County Soldiers and community partners to:

- Identify any related activities being conducted by others in the community that could be enhanced by collaborating with one another.
- Develop measurable goals and objectives so that the effectiveness of their efforts can be measured.
- Build support for the initiatives within the community and other health care providers.
- Develop detailed work plans and continually monitor progress.

In alignment with our mission of providing compassionate, holistic care with a spirit of healing and hope in the communities we serve, Presence Health is committed to providing meaningful and measurable community benefit activities. In order to accomplish our mission, a formal approval process has been established both at the board and leadership levels. The Implementation Strategy must be reviewed annually and approved by the Senior Leadership Team, Ministry Mission Committee of the Board and the Board of Directors.

The following plan has been developed based on documented community need and analysis that reviewed community and ministry resources. This plan will be implemented in 2013.

The below signatures signify that this plan has been reviewed and approved for 2013.

*Am. M. DeFina* 4-18-13  
 President & CEO  
 Presence St. Mary's Hospital  
 Date

*Carrie A. Thomas* 4-10-13  
 President & CEO  
 Presence Life Connections  
 Date

*Rose Jaeger* 4-18-13  
 Vice President, Mission Services  
 Presence St. Mary's Hospital  
 Date

*Aracelia Garcia* 4-10-13  
 Vice President, Mission Services  
 Presence Life Connections  
 Date

**Plan Prepared By:**

- Rebecca Barney-Nichols, Director, Presence Day Break Center
- Tomie Carter, Manager of Community Benefit, Presence St. Mary's Hospital
- Robin Gifford, Administrator, Presence Our Lady of Victory
- Pamela Gultczynski, Director, Presence Home Care
- Sr. Anne Jaeger, Vice President Mission Services, Presence St. Mary's Hospital
- Carol McIntyre, Administrator, Presence Heritage Village
- Deborah Starnpanato, Director, Presence Fortin Villa Learning Center

*[Signature]* 4/10/13  
 Mission Committee of the Board Adoption Date  
 Presence St. Mary's Hospital

1-9-13  
 Mission Committee of the Board Adoption Date  
 Presence Life Connections

*Kay Green* 2/20/13  
 Board of Directors Approval Date  
 Presence St. Mary's Hospital

2-4-13  
 Board of Directors Approval Date  
 Presence Life Connections

PSMH, PHVC, PHCK, POLV and the Kankakee Collaborative will share the 2013 Implementation Strategy with all internal stakeholders including employees, volunteers and physicians. This document is available at [www.presencehealth.org](http://www.presencehealth.org) and is also broadly distributed within our community to stakeholders including community leaders, government officials, service organizations and community collaborators.

The following notice is posted in several areas of PSMH to assure community awareness of the Community Benefit Act. This report is on file with the Illinois Attorney General's Office:

Illinois Community Benefits Act  
This hospital annually files a report  
of its Community Benefit Plan with the  
Illinois Attorney General's Office.  
This report is public information and  
available to the public by  
contacting:

Charitable Trusts Bureau  
Office of the Attorney General  
100 West Randolph Street, 3rd Floor  
Chicago, Illinois 60601-3175  
(312) 814-3942

Required by Section 20(c) of Public Act 093-0480