

# 2022

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# Annual Community REPORT



## Tomah Health

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TOGETHER IN CARE



# OUR MISSION

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To provide superior healthcare services to those who are sick or injured and offer services that support a healthy life.

## COMMUNITY HEALTH NEEDS ASSESSMENT & MONROE COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)

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Tomah Health collaborated with several regional healthcare providers and community-based organizations to conduct a comprehensive Community Health Needs Assessment. The partnership was formed to help prevent illnesses and diseases, while promoting healthy behaviors to improve the lives of area residents and to lower healthcare costs.

The collaboration conducted a region-wide assessment that identified and prioritized health needs by collecting and analyzing data and seeking input from various community representatives. The results of the assessment have been used to affirm existing programs, develop new strategies, and ultimately improve the overall health of the community.

From the Community Health Needs Assessment, collaborators developed the Monroe County Community Health Improvement Plan (CHIP) to specifically address needs in Monroe County.

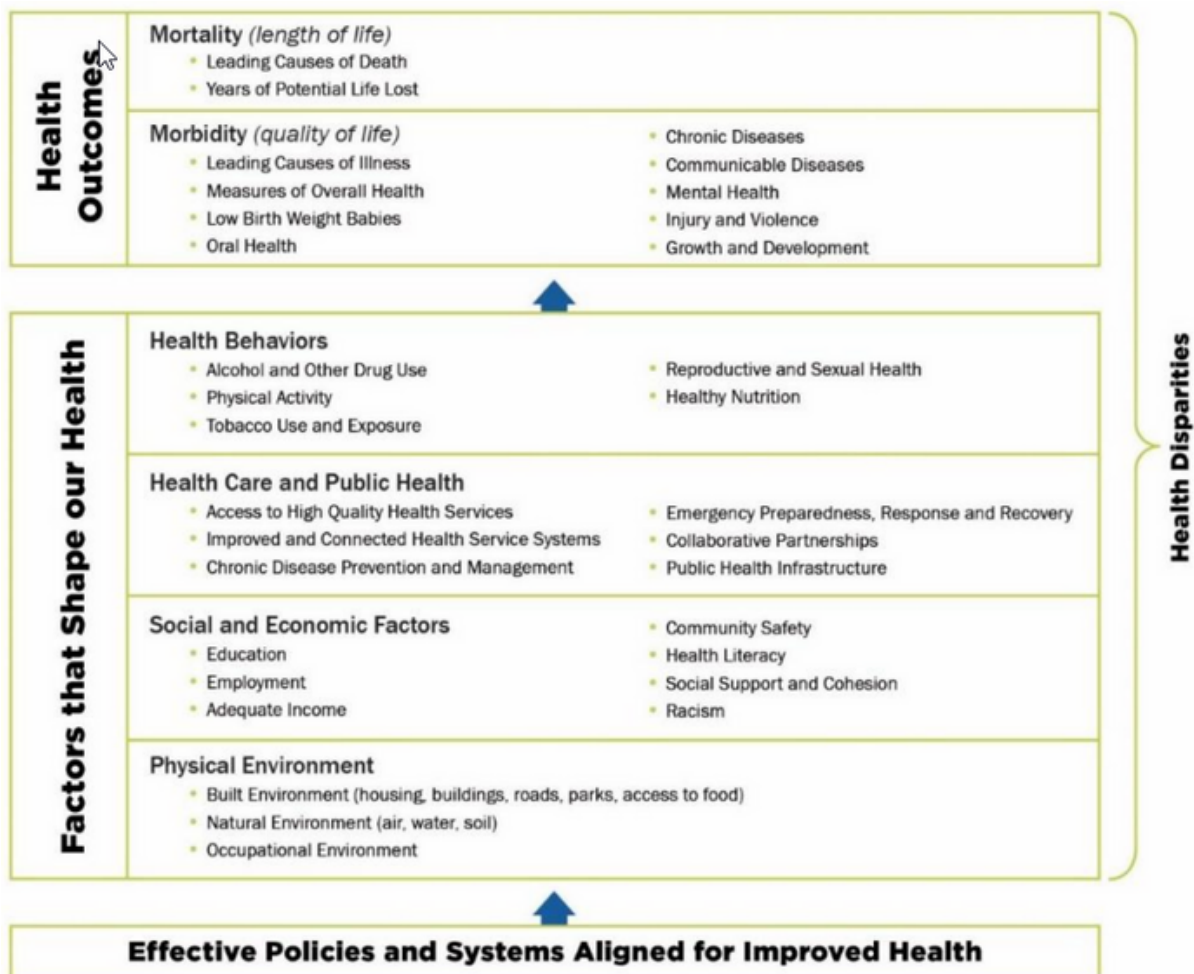
**Note:** Due to COVID-19, many of our typical community programs and efforts had to be altered or postponed.



# TOP 5 HEALTH FACTORS IN MONROE COUNTY\*

- Mental Health
- Alcohol & Other Drug Use
- Nutrition
- Childcare
- Wages & Poverty

(Monroe County Community Health Department 2019)



(University of Wisconsin Population Health Institute, 2019)

\*These health factors are not in any specific order



# MENTAL HEALTH

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Mental health is defined by the World Health Organization as “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community” (World Health Organization 2014).

## PREVIOUS & FUTURE ACTION

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Tomah Health has been a partner on the Monroe County Mental Health Coalition since 2014. This coalition aims to improve the mental health of Monroe County residents by improving access to mental wellness services and reducing stigma across the generations.

In the past, we have provided Adverse Childhood Experiences (ACES) & Trauma Informed Care trainings to support individuals who have experienced traumatic events. We have also partnered with the Monroe County Health Department to offer QPR Suicide Prevention Trainings in Monroe County.

The Coalition's current strategic plan involves a four step approach that focuses on the following:

- Mental Health Education & Training
- Systems Change & Advocacy
- Trauma-Informed Care
- Increasing Coalition Member Engagement

In addition to the coalition partnership, Tomah Health offers stress management presentations to local business and the Tomah Area School District. We also sponsor & host The Senior Health & Safety Expo, Women's Health Night, & Men's Health Night, large health events that bring local organizations that specialize in community services under one roof.





# ALCOHOL & OTHER DRUG USE

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In Monroe County, 24% of adults reported binge or heavy drinking and 32% of driving deaths involved alcohol (University of Wisconsin Population Health Institute 2019). In addition to alcohol, opioids and other drug use are of concern. In Wisconsin in 2019, 4.7% of the population misused opioids and 0.5% of the population used heroine, both of these numbers higher than the US average of 4.1% for opioid use and 0.3% for heroine use (Wisconsin Department of Health Services 2022),

## PREVIOUS & FUTURE ACTION

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Previously Tomah Health has partnered with the Monroe County Safe Communities Coalition to disperse medication lock boxes and educate community members on how to safely store and dispose of prescription and over-the-counter drugs.

Currently, Tomah Health is also exploring the possibility to be a site for a Suboxone Clinic in 2023. Suboxone is a controlled substance that helps those struggling with opioid addiction. It can decrease withdrawal symptoms and help with cravings to prevent relapse (McMahon 2022).

In our lab, we offer Methadone Monitoring Labs which allow patients to safely continue their treatment and reduce the risk of opioid relapse.

In the Emergency Room, there is information provided to all patients on the Coulee Recovery Center and staff will contact several facilities that provide rehab services if patients ask for help. We also recently started a Peer Recovery Coaching program where patients who present with substance abuse can meet with a peer coach who has lived through substance misuse and can offer support.

We have also began a "Shine a Light on Stigma" campaign to address the stigma of substance use disorders and people seeking care for our staff.



# NUTRITION

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Good nutrition is foundational in reducing the incidence of disease. In Monroe County, the two leading causes of death are heart disease and cancer, both of which are nutritionally linked (University of Wisconsin Population Health Institute 2019). In addition to this, in Monroe County, 38% of adults are obese and 23% are physically inactive (University of Wisconsin Population Health Institute 2019).

## PREVIOUS & FUTURE ACTION

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Tomah Health has been a partner on the Monroe County Nutrition Coalition since 2018. This coalition aims to improve the nutrition of Monroe County residents and reduce the diabetes death disparities.

The Coalition sends out "Harvest of the Month" materials to the local school districts and food pantries to encourage at home cooking and fruit and vegetable consumption.

As part of the Coalition's initiatives, Tomah Health has been looking into hosting a Community Garden Project. These plans were put on hold due to COVID-19, but the planning process has begun again.

In the planning of the new Tomah Health facility, a cooking demonstration kitchen was installed as part of the community meeting rooms. This kitchen allows the capability to host community cooking demonstrations which encourage a balanced diet.

Tomah Health also offers low cost nutritional food to staff and the community as part of our Nutrition Services Department. Community members can enjoy a delicious and balanced meal for less than \$5.00 a meal.

Recently, Tomah Health has donated over \$3,000 to the Neighbor for Neighbor Food Pantry to provide nutritious food for community members.

We also currently sit on the Tomah Area School District's Wellness Committee to encourage school staff to eat better and move more.





# CHILDCARE

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Children are the future and with 24% of the population of Monroe County being under the age of 17 (University of Wisconsin Population Health Institute 2019), Tomah Health has been a part of bringing this new life into the world since the 1950's.

## PREVIOUS & FUTURE ACTION

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Tomah Health offers educational classes out of our Obstetrics Department to help new parents and siblings with the process of bringing new life into the world. We currently offer the following classes in person and online:

- Prepared Childbirth
- Hydrotherapy
- Breastfeeding

We also offer free car seat safety checks and have a lactation consultant on staff.

For later in a child's life, we offer the SafeSitter Babysitting Class for children ages 11-14. This class helps students learn the responsibility of babysitting as well as staying at home alone. We cover how to respond to choking, cardiac arrest, AED use, strangers, changing diapers, behavior issues, meals & snacks, and different developmental stages.

In the past, we have also partnered with the Boys & Girls Club and donated the trainings for First Aid & CPR to their staff. We have also had previous partnerships with The Parenting Place to support their education efforts for parents.





# WAGES & POVERTY

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In Monroe County, 11% of households are at or below the poverty line and an additional 20% of households are ALICE (Asset Limited, Income Constrained, Employed) households (University of Wisconsin Population Health Institute 2019). 20% of children in Monroe County are also in poverty and 40% of households make \$49,999 or less annually. (University of Wisconsin Population Health Institute 2019).

## OUR CONTRIBUTION

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Tomah Health has been a top tier employer in Monroe County for decades. We do our best to offer competitive wages and decrease the poverty rates in Monroe County by employing over 410 staff and offering:

- Pay raises twice a year to every employee
- Low cost food from our Nutrition Services Dept.
- Birthday gifts
- Tuition assistance
- 50% off hospital services discount
- Free exercise facilities
- Yearly fitness reimbursement
- Free influenza & COVID-19 vaccines
- Free massage chair sessions
- Three free injury evaluations (non-work related)
- Reimbursed continuing education
- Reimbursed licensing & certifications
- Free leadership & workforce development training
- 5% 401K Fund Match

## COMMUNITY CARES PROGRAM

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At Tomah Health, we also offer our Community Cares Program for patients who may have a difficult time paying their bill. In 2021 we donated over \$540,000 in medical bills for community members.

We also offer a steep self pay discount for those patients who are uninsured and financial counseling to help patients navigate their healthcare costs.



# OTHER SERVICES

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Tomah Health has been a cornerstone in the community for over 65 years. Since 1952, we have stayed committed to our mission to provide superior healthcare services to those who are sick or injured and offer services that support a healthy life.

## COMMUNITY INVOLVEMENT

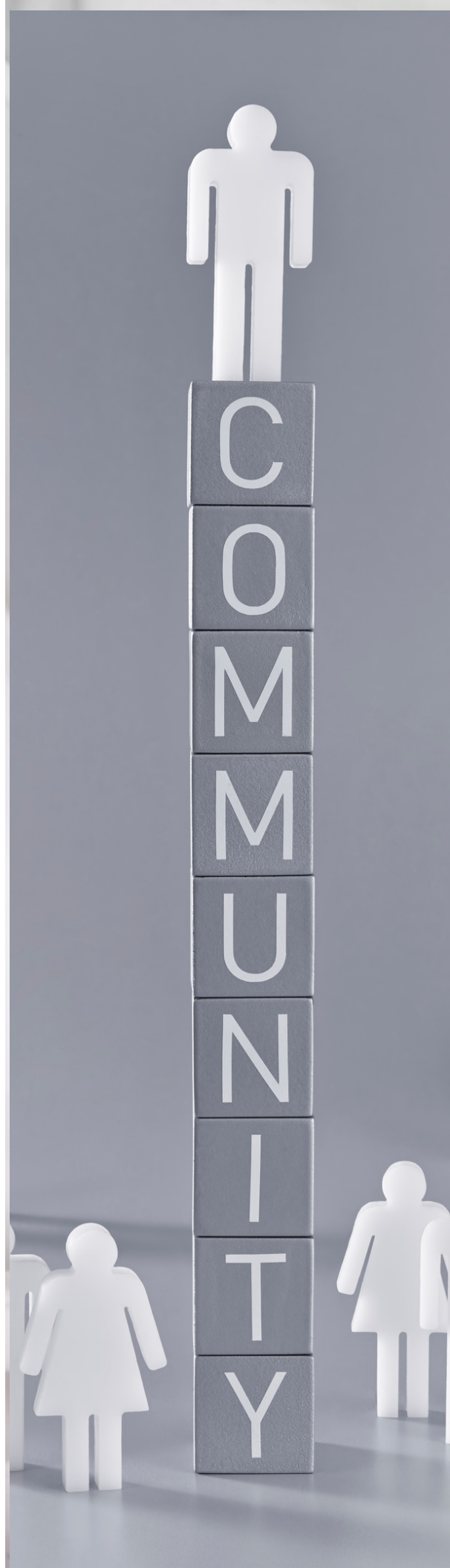
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In addition to our community involvement to address the highest identified needs in Monroe County, we also work to meet other community needs.

In 2022, we continued to serve on the Western Wisconsin Healthcare Emergency Readiness Coalition (HERC) and our Emergency Preparedness Specialist served as the Regional Chair for both the HERC and the State Emergency Preparedness. Our efforts in risk mitigation and emergency preparedness allowed us to better navigate the COVID-19 Pandemic and the arrival of over 10,000 Afghan Guests to Fort McCoy Army Installation in 2021.

We also partner with the Tomah Area School District and provide Bloodborne Pathogen Training, CPR/AED & First Aid certifications for staff, hospital tours for students, and serve as a clinical site for one of the Healthcare Careers Classes at Tomah High School.

We host and coordinate the Parkinson's Support Group, teach dozens of educational classes in the community every year, and partner with other local organizations to support the residents of Monroe County.



# SOURCES

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