

Spectrum Health  
Pennock  
**Community Health Needs Assessment**

2023-2025 Implementation Strategy

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# Executive Summary

In November 2022, Spectrum Health Pennock adopted the Community Health Needs Assessment that identified the top community health needs in Barry County. The present report provides details on strategies Spectrum Health Pennock will employ to address these community health needs between Jan. 1, 2023, and Dec. 31, 2025.

The significant health needs identified in the most recent Community Health Needs Assessment are mental health needs and access, health care access and quality, substance misuse, safe and affordable housing, and social connection and cohesion. Through stakeholder input, it was decided to address three of these needs in the present implementation strategy: mental health needs and access, health care access and quality, and substance misuse. The process of identifying or developing strategies to address these needs was a collaborative effort between Spectrum Health Pennock leaders, subject-matter experts, and Spectrum Health Pennock Community Board members.

Spectrum Health Pennock will dedicate significant resources toward improving the health of our community, with a focus on mental health, economic security, access to care, and discrimination and racial inequity. By committing to the included strategies, strengthening community collaborations and focusing on measurable outcomes, we plan to show improvement in these areas by the end of 2025.



# Introduction

## Mission

The mission of Spectrum Health is to improve health, instill humanity, and inspire hope. Spectrum Health is deeply committed to understanding the health needs of the communities we serve and collaborating to improve health for all residents, particularly those most in need.

## Description of Hospital

Spectrum Health is a not-for-profit health system that provides care and coverage, comprising 31,000+ team members, 14 hospitals (including Helen DeVos Children's Hospital), a robust network of care facilities, teams of nationally recognized doctors and providers, and the nation's third-largest provider-sponsored health plan, Priority Health, currently serving over 1 million members across the state of Michigan. People are at the heart of everything we do. Locally governed and headquartered in Grand Rapids, Michigan, we are focused on our mission: to improve health, inspire hope and save lives. Spectrum Health has a legacy of strong community partnerships, philanthropy and transparency. Through experience, innovation and collaboration, we are reimagining a better, more equitable model of health and wellness.

## Diversity, Equity and Inclusion

Spectrum Health has focused its diversity, equity and inclusion efforts in five areas: increasing the organization's cultural competency, supplier diversity, community engagement, equity of care and workforce diversity.

The anti-racism pledge commits to doing more, including:

- Conducting rigorous analyses of internal procedures, policies, practices, and cultural norms of the organization
- Increasing team member knowledge and skill
- Ensuring strategic priorities and associated tactics are regularly and systematically evaluated for their impact on health equity among patients, members and their communities
- Developing, implementing and rigorously evaluating data-informed strategies to ensure health equity among patients, members and the communities Spectrum Health serves

In addition, Spectrum Health has signed on with the American Hospital Association's #123forEquity pledge, which can be found at [ifdhe.aha.org/123forequity](https://www.aha.org/123forequity), and is embracing its role as an Anchor Institution, which is explained at this link: [healthcareanchor.network](https://www.healthcareanchor.network).

## Internal Revenue Service Requirements

The Patient Protection and Affordable Care Act of 2010 set forth additional requirements that hospitals must meet in order to maintain their status as a 501(c)(3) charitable hospital organization. One of the main requirements states that a hospital must conduct a Community Health Needs Assessment and must adopt an implementation strategy to meet the community health needs identified through the assessment once every three years. The law further states that the assessment must consider input from people who represent the broad interests of the community, including those with special knowledge of, or expertise in, public health. In response to the Affordable Care Act's requirements, Spectrum Health Pennock produced a 2021-2022 Community Health Needs Assessment and this document, the 2023-2025 Implementation Strategy.

# About this plan

## Selection of Significant Needs

The most significant health needs or issues in a community are often overarching areas that have several indicators that are also important issues on their own. Research activity from the Community Health Needs Assessment identified the following significant health needs:

- Mental Health Needs and Access
- Health Care Access and Quality
- Substance Misuse
- Safe and Affordable Housing
- Social Connection and Cohesion




These significant health needs were prioritized using a community-engaged approach in the community health needs assessment process. Page 134 of the 2021-2022 Spectrum Health Pennock Community Health Needs Assessment outlines the community-engaged prioritization process.

## Needs Addressed in Implementation Strategies

The significant health needs addressed in this report are:

- Mental Health Needs and Access
- Health Care Access and Quality
- Substance Misuse

Spectrum Health recognizes that these significant health needs are not independent of each other. This was especially evident in the process of selecting and developing strategies that would address each significant health need. The table below was developed to highlight the intersectionality of strategies. Each strategy is displayed with icons denoting the significant health need(s) related to it. These icons use the following legend:

Significant Health Need	Icon
<b>Mental Health Needs and Access</b>	
<b>Health Care Access and Quality</b>	
<b>Substance Misuse</b>	

## Needs Not Addressed in Implementation Strategies

The following health needs identified in the 2021-2022 Community Health Needs Assessment are not addressed in this plan:

- Safe and Affordable Housing
- Social Connection and Cohesion

Additional details about these significant needs and the rationale for their exclusion are discussed in detail in the “Significant Needs Not Addressed” section.

## Process for Developing the Implementation Strategy

An Implementation Strategy Workgroup was established for Spectrum Health Pennock. This workgroup was made up of community board members and hospital leadership. In December 2021, the workgroup met to identify which of the five significant health needs identified in the assessment would be addressed by the hospital. To achieve this, a voting matrix that plotted feasibility and impact was utilized.

The Spectrum Health Pennock Implementation Strategy Workgroup discussed each of the areas and recommended mental health needs and access, health care access and quality, and substance misuse as the significant health needs to be addressed in the 2023-2025 Community Health Needs Assessment Implementation Strategy. This recommendation was brought to the Spectrum Health Pennock Community Board in January 2022 for a final recommendation of significant health needs to be addressed in the 2023-2025 Spectrum Health Pennock Implementation Strategy.

The Spectrum Health Pennock Implementation Strategy Workgroup focused on the selection of strategies and report development from February 2022 to May 2022. Throughout this process there was robust dialogue around current state strategies for the county, gaps in services, and potential collaborations between agencies and the hospital.

## Spectrum Health Pennock Implementation Strategy Workgroup

- Sarah Alden, Hastings Fiberglass, Spectrum Health Pennock Community Board Member
- Anita Asadorian, MD
- Marsha Bassett, Manager of Specialty Services, Spectrum Health Pennock
- Janine Dalman, Healthier Communities Liaison, Spectrum Health Pennock
- Angie Ditmar, Regional Market Leader – Southeast Region, Spectrum Health Pennock
- Lani Forbes, Barry County United Way, Spectrum Health Pennock Community Board
- Bernie Jore, Chief Operating Officer, Spectrum Health Pennock
- Liz Lenz, Barry County Community Mental Health Authority
- Steve Marzolf, Chief Nursing Officer, Spectrum Health Pennock
- Erin Moore, Michigan State University Extension
- Tammy Pennington, Commission on Aging and Spectrum Health Pennock Community Board Member
- Rich Thiemkey, Barry County Community Mental Health Authority
- Allison Troyer-Wiswell, Blue Zones
- Emily Welker, Director of Operations, Spectrum Health Medical Group

# Significant Health Needs Addressed

## Mental Health Needs and Access

### About the Significant Need

The Centers for Disease Control and Prevention defines mental health as “our emotional, psychological, and social well-being” and says, “It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.” The CDC also makes the distinction that mental health status and mental illness are not the same. Poor mental health can be experienced by anyone, regardless of diagnosis, and is considered shorter term in nature while mental illness refers to a diagnosable condition that affects individuals in a more long-term way.

Having access to mental health providers allows people to seek treatment for conditions that are severe enough to be detrimental to their health. In addition to barriers arising from limitations in health care coverage and the location of services, a major barrier to receiving quality mental health care is the number of providers available to provide services. Because prescription medication can be an important means of treating many mental health issues, there is a need for mental and behavioral health providers who can prescribe medication. In Barry County in 2020, the ratio of residents to mental health providers was 821 to one, compared to a ratio of 355 to 1 throughout the state. Encouragingly, this rate has continued to decrease over the years.

In addition to access to providers, mental health influences can be profoundly affected by experiences such as bullying, chronic disease, childhood trauma and violence. Generally, younger adults and adults with less education tend to report more poor mental health days. Income is also correlated, with those making less money being more likely to report more poor mental health days. The percentage of adults who reported frequent mental distress was twice as high in 18- to 34-year-olds compared to those 55 and older. Encouragingly, these rates are decreasing, but to make a measurable impact, more attention and resources will be required.

### Goal

To increase access to mental health resources.

### Addressing the Need

#### School Blue Envelope Program

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##### Background

During the 2021-2022 academic year, Spectrum Health’s School Blue Envelope Program was implemented in four school districts in Barry County, initially educating all middle and high school staff and administrators. By expanding the School Blue Envelope Program during 2023-2025, the Spectrum Health Behavioral Health Services S.A.F.E. team, in collaboration with community partners, intends to increase knowledge of suicide prevention, improve confidence of middle and high school staff when responding to students with suicide crises, reduce suicides in school-age youth as students

are identified and receive early interventions with S.A.F.E. action steps, and adopt a common language among all school personnel to identify students at risk. The program consists of:

- Two different training courses on a protocol aimed at identifying and properly handling situations in which a student or staff member has expressed suicidal ideation. Training is universally offered to all staff and administration in the school.
- Clinical review meetings each academic school year for the first three years.
- Data collection to identify trends of student demographics, interventions provided and social characteristics associated with suicidal ideation. Opportunities for participating schools to collaborate to share best practices, engage teams, and identify and overcome barriers. Annual condensed refresher courses for school staff.

### Objectives

- By Dec. 31, 2023, all participating schools will complete the required annual continuing education training.
- By Dec. 31, 2024, 85% of newly trained participating staff will report they “strongly agree” or “moderately agree” that they have confidence in responding to a student who has expressed suicidal thoughts.
- By Dec. 31, 2025, Spectrum Health Pennock will increase the number of schools in Barry County participating in the School Blue Envelope Program from four to five schools.

### Collaborations

Delton Kellogg, Thornapple Kellogg, Hastings and Maple Valley school districts; Barry County Christian School; and Barry Community Foundation.

### Resources

Spectrum Health Pennock will provide a 0.7 full-time-equivalent team member to support the program.

### Strategy-Specific Diversity, Equity and Inclusion

Spectrum Health Pennock will prioritize school districts with higher social determinants, suicide attempts and/or deaths, as identified by available state and local data. A regular clinical review process for participating schools

is built into the program to encourage program fidelity, share best practices and evidence-based interventions, address challenges, remove barriers, and adjust suicide prevention strategies according to identified needs and trends. These opportunities will be available without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

## Outpatient Behavioral Health Consults



### Background

Over the years, Spectrum Health Pennock has worked closely with Barry County Community Mental Health Authority and Pine Rest Christian Mental Health Services to address behavioral health issues. In 2021, Spectrum Health Pennock had an average of 33 hours per individual (approximately 2,000 hours) for pediatric and adult psychiatric patients who presented to the hospital for treatment. This comprised over 700 visits last year. To help address the high volume of need, Spectrum Health Pennock increased psychiatrists’ virtual hours to cover 24 hours a day, seven days a week, and increased staffing for a psychiatric social worker to be available for 24/7 coverage – both in-person and virtually. In 2022, psychiatric medical staff grand rounds were increased to seven days per week to include the hospitalist if the patient is an inpatient. There is still a significant delay in getting patients admitted to an appropriate site of care in a timely manner, creating long patient holding hours as they wait for psychiatric consultation and subsequent placement with a provider or institution.

### Objectives

- By Dec. 31, 2023, Spectrum Health Pennock will reduce psychiatric holding hours in the emergency department, from 2,000 hours per-year baseline, by 2% (40 hours) as measured by emergency department and medical surgical and intensive care unit score card.
- By Dec. 31, 2024, Spectrum Health Pennock will reduce emergency department psychiatric holding hours by 4% (80 hours) from baseline of 2,000 hours.
- By Dec. 31, 2025, Spectrum Health Pennock will reduce emergency department psychiatric holding hours, by 6% (120 hours) from baseline of 2,000 hours.

## Collaborations

Barry County Community Mental Health Authority

## Resources

Spectrum Health Pennock will provide licensed psychiatric social workers, nurses and providers.

## Strategy-Specific Diversity, Equity and Inclusion

Spectrum Health Pennock will offer psychiatric consultations to all patients of Pennock Hospital needing the service. These opportunities will be available to adults in Barry County without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status, and Pennock Hospital will ensure proper transportation and plan of care for identified patients.

# Health Care Access and Quality

## About the Significant Need

According to the National Academies of Sciences, Engineering, and Medicine, access to health care is defined as the “timely use of personal health services to achieve the best possible health outcomes.” Better personal health is closely linked to improved access to health care. Improved access can take many forms, but most pertinent to Barry County residents is regular access to a primary care provider and dentist. Improved access to providers helps put an emphasis on preventive medicine, which is important in identifying health problems early, reducing health disparities and reducing early mortality.

Encouragingly, Barry County adults are more likely to have a primary care provider than the state average. However, 18- to 24-year-olds and 25- to 34-year-olds are two and three times more likely to report not having a primary care provider than the other age groups, respectively. Generally, males are three times more likely to report not having a primary care provider than females. As income increases, the likelihood that a Barry County adult has a primary care provider also increases. Although there are generally positive rates of primary care provider access, those who do not have one tend to

report that cost is a factor. 9.7% of Barry County adults report not seeing a provider when needed due to cost, compared to 7.9% of Michigan adults overall. Non-white adults were twice as likely as white adults to report not being able to afford seeing a provider. When it comes to accessing dental care, non-white Barry County residents and those with lower incomes tend to report lower rates of access. Breast and colon cancer screening rates are encouragingly high across all groups, but there is still work to be done to close the gap where disparities exist, such as with income and race/ethnicity.

Preventive care practices, such as screenings and vaccinations, are essential tools and methods to detect diseases early and prevent severe illnesses. Early detection and preventive measures could avert serious illnesses and reduce premature deaths in the community.

## Goal

To increase access to health care for Barry County residents with diabetes or who are prediabetic, and for adolescents with behavioral health issues.

## Addressing the Need

### Personal Action Toward Health (PATH) for Diabetes

#### Background

More than 1 in 3 American adults has prediabetes. Diabetes and comorbidities associated with diabetes create unnecessary use of hospital services. It is a disease that can be prevented and, in many cases, managed outside of the hospital.

Diabetes PATH is a 6-week self-management workshop designed to help people take an active role in managing their diabetes. This program (also referred to as the Diabetes Self-Management program) meets the American Diabetes Association’s Diabetes Support Initiative criteria, a measure of high-quality programming. To increase access to diabetes education for patients with type 2 diabetes, Spectrum Health will certify one trainer in Diabetes PATH.

The target population is all identified adults with prediabetes, type 1 or type 2 diabetes, and their family, friends and caregivers.



Spectrum Health Pennock diabetes educators will conduct these classes for all referred patients. Programming will be held at Spectrum Health Pennock but may include outreach locations to increase access as identified by the patient base. During the workshops, participants will learn skills to manage diabetes, including:

- Developing healthy eating and exercise plans
- Navigating stress and difficult emotions
- Managing medications
- Communicating with family, friends and health care providers
- Decision-making and evaluating treatment options
- Goal setting

### Objectives

- By Dec. 31, 2023, Spectrum Health Pennock will certify at least one trainer to teach Diabetes PATH.
- By Dec. 31, 2024, Spectrum Health Pennock will partner with Michigan State University Extension to host one Diabetes PATH workshop in Barry County.
- By Dec. 31, 2025, Spectrum Health Pennock will partner with Michigan State University Extension to host two Diabetes PATH workshops in Barry County.

### Collaborations

Michigan State University Extension and independent primary care providers.

### Resources

Spectrum Health Pennock will dedicate at least a 0.4 full-time-equivalent team member.

### Strategy-Specific Diversity, Equity and Inclusion

Educators commit to meeting patients where they are in their health journey, which includes expanding into other communities and a virtual offering where travel is a barrier. These opportunities will be available to adults in Barry County without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

## Coordinated Approach to Childhood Health

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### Background

The CATCH program pairs policy, system and environmental supports with direct education to influence the nutrition and physical activity choices of school-age youth. The two main behavioral targets are helping children identify and choose healthy foods and increasing moderate-to-vigorous physical activity. CATCH's training and curriculum provide the information and resources teachers and staff need to implement strategies to improve child health.

The CATCH program is based on the Centers for Disease Control and Prevention's Whole School, Whole Community, Whole Child model and has four main components: 1) the Eat Smart school nutrition program, 2) classroom curriculum, 3) a physical education curriculum and 4) a Coordination Kit. The Coordination Kit provides a step-by-step guide to facilitate collaboration among administrators, teachers, nutrition staff, parents and other important stakeholders. Most importantly, CATCH makes nutrition learning and physical activity fun. Over 120 peer-reviewed scientific publications affirm the effectiveness of CATCH in increasing physical activity and healthy eating and reducing obesity and overweight status. Additionally, participating schools establish a school wellness committee that implements the CATCH program. Participating schools complete an environmental and policy scan that documents the school's current wellness environment and policies.

The identified CATCH committees and school administration will work with Spectrum Health Pennock team members to determine what areas and policies they would like to focus on each year. CATCH provides an opportunity to reverse the trend of chronic disease and help break the intergenerational cycle that is contributing to poor eating habits and physical inactivity. Healthy students are better prepared to learn and succeed in the classroom. Through the CATCH platform, schools can improve the school health environment through policy, program development and culture change. This change in schools will require everyone to work together, as well as coordinated messaging from the health system, administrators, teachers, parents and students.

## Objectives

- By Dec. 31, 2025, Spectrum Health Pennock will expand the Coordinated Approach to Child Health program to one K-8 school within Barry County per year (2022 calendar year baseline is zero).
- By Dec. 31, 2025, 100% of the Barry County schools participating in the Coordinated Approach to Childhood Health program will implement at least one policy or environmental support designed to encourage students to choose healthy foods and be physically active every day.

## Collaborations

Program collaborators include area public elementary schools in Barry County and CATCH International.

## Resources

Spectrum Health Pennock will provide a 0.7 full-time-equivalent health educator to facilitate delivery of the CATCH program in area elementary schools.

Spectrum Health Pennock will provide participating schools with supplies in the form of the CATCH kit and tools that are required to properly conduct the program.

## Strategy-Specific Diversity, Equity and Inclusion

Effort is being made to offer the CATCH program to schools with lower academic scores and a higher prevalence of free and reduced-price lunch. CATCH is appropriate for all students in participating schools and focuses on establishing equity by encouraging policy and environmental change. Health care professionals would like to see more attention and resources dedicated to promoting a healthy diet and providing access to healthy food choices, weight loss programs and nutritional counseling. These opportunities will be available to all students, regardless of socioeconomic circumstances, race, religion, ethnic background, gender identity or sexual orientation.

## Youth Behavioral Health Clinics

### Background

Access to health care is an especially acute problem for kids and youth, who often do not know how to ask for help and who face a nationwide shortage in age-appropriate mental health services. Like most of the nation, Michigan has a severe shortage of child

and adolescent psychiatrists. A ratio of 47 child and adolescent psychiatrists per 100,000 population is considered adequate; Michigan has 11 per 100,000—a deficit of over 76%.

A gap in services was identified for Barry County students who have behavioral health needs such as bullying, relationship issues with parents and friends, anxiety, depression, substance misuse, poor or failing grades, peer pressure and social media pressures. Students face long wait times to receive care, often waiting months to be seen. Transportation is often an issue, as most services are not local. Additionally, the staffing ratio for school social workers is not adequate for the student population.

The Spectrum Health Youth Behavioral Health Clinic offers an opportunity through telehealth with the assistance of a licensed psychiatric social worker to connect youth age 14 and older with a psychiatrist located in Grand Rapids, bringing access to students within the school setting and reducing the need to travel.

## Objectives

- By Jan. 1, 2023, Spectrum Health Pennock will operationalize telehealth behavioral health programs at Thornapple Kellogg and Delton Kellogg high schools.
- By Sept. 1, 2024, Spectrum Health Pennock will initiate one additional telehealth behavioral health program within Barry County schools.
- By Dec. 31, 2025, Spectrum Health Pennock will initiate one additional telehealth behavioral health program within Barry County schools, increasing from three schools to four schools.

## Collaborations

Thornapple Kellogg, Hastings and Delton Kellogg school districts, Corewell Health Foundation Pennock, and Custer Office Furniture

## Resources

Spectrum Health Pennock will provide a 1.0 full-time-equivalent team member.

## Strategy-Specific Diversity, Equity and Inclusion

Spectrum Health Pennock will offer psychiatric consults through a school-based youth behavioral health clinic to all students age 14 and older to meet legal requirements of care and needing the service, regardless of race,

religion, ethnic background, gender identity or sexual orientation.

## Substance Misuse

### About the Significant Need

The American Public Health Association defines substance misuse as the “use of illegal drugs and the inappropriate use of legal substances, such as alcohol and tobacco.” It should come as no surprise that substance misuse and poor health are closely linked. Not only are health and mortality influenced by substance misuse, but crime and safety concerns increase as well—both of which are important to suppress when trying to maintain a healthy community.

Nearly 13% of Barry County residents engaged in binge drinking in the past month, which can be defined as consuming more than four alcoholic drinks in a sitting (for women) and five drinks (for men). Younger adults tend to binge more often than older adults, and white adults are twice as likely to binge drink than non-white. Males also report significantly higher rates of binge drinking than females. Marijuana use, while decriminalized in Michigan, is still federally illegal. Just over 10% of adults reported smoking marijuana in the past 30 days. In 2018, 16.7% of high school students reported using marijuana in the past 30 days, which is an increase from 2016 (14.1%). It is important for the overall health of Barry County residents to avoid substance misuse.

### Goal

To increase resources to help address the issue of substance misuse and proper disposal of medications and syringes for Barry County residents.

### Addressing the Need

#### Medication and Needle Takeback Access and Education



#### Background

Barry County has a long history of collaboration to implement countywide, biannual medication and takeback events. These events are held in Hastings at the Barry County Expo Center. They are heavily attended,

with cars frequently lined up on the highway to get into the disposal site on those days. Takeback events are open to anyone who has medications and hazardous waste to dispose of. Spectrum Health Pennock has provided one staff member to help facilitate the events.

There is a need to increase access to properly dispose of unneeded medications and needles, especially from senior citizens. Education around disposal and risks was also identified as important for the 40 and under population to prevent groundwater contamination and reduce access to prescription medications by children and those the medication was not prescribed for.

#### Objectives

By Dec. 31, 2023, Spectrum Health Pennock will increase team member support for the medication and needle takeback events from one to two full-time-equivalent team members.

By Dec. 31, 2024, Spectrum Health Pennock will increase the number of medication and needle disposal days for Barry County residents from two events to three events per year.

By Dec. 31, 2025, Spectrum Health Pennock will increase team member support for the medication and needle disposal events from two to three full-time-equivalent team members.

#### Collaborations

Barry County Substance Abuse Task Force, Barry County Community Mental Health Authority and the Barry County Sheriff's Department.

#### Resources

Spectrum Health Pennock will provide 2.0 full-time-equivalent team member to support medication takeback and education.

Spectrum Health Pennock will invest \$2,000 annually in targeted digital and social media marketing to the 40 and under adult population.

#### Strategy-Specific Diversity, Equity and Inclusion

Targeted marketing will occur through digital and social messages for adults 40 and under, as well as print and radio ads and press releases to ensure that all adults in Barry County can receive information regarding the importance of proper disposal of medications and

needles and where and when the takeback events will occur, as well as any additional drop sites for proper disposal within Barry County. These opportunities will be available to adults in Barry County without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

## SCRIPT and Tobacco and Nicotine Treatment Program



### Background

The Tobacco Cessation Program at Spectrum Health Pennock is a comprehensive program that focuses on decreasing tobacco use among adults and pregnant women. A tobacco treatment specialist trained through the University of Massachusetts uses evidence-based strategies when working with adults in Barry County who use tobacco and/or nicotine.

The Tobacco and Nicotine Treatment program began in 2021 and continues to grow from both internal referrals and referrals made by external community agencies. The SCRIPT (Smoking Cessation and Reduction in Pregnancy Treatment) program is an evidence-based cessation program for pregnant women.

The tobacco treatment specialist works with the general adult population in Barry County to provide tobacco cessation counseling. The tobacco treatment specialist also partners with Spectrum Health Pennock Obstetrics and Gynecology providers to work with pregnant women to help them reduce and/or quit using tobacco and nicotine.

### Objectives

- By Dec. 31, 2023, 10% of participants in the Tobacco and Nicotine Treatment program will report a decrease in tobacco/nicotine use.
- By Dec. 31, 2024, 10% of participants in the Tobacco and Nicotine Treatment program will report a decrease in tobacco/nicotine use.
- By Dec. 31, 2025, 10% of participants in the Tobacco and Nicotine Treatment program will report a decrease in tobacco/nicotine use.
- By Dec. 31, 2025, 30 pregnant women who are

referred by Spectrum Health Pennock obstetrics and gynecology providers will be enrolled in the SCRIPT program.

### Collaborations

Barry County Community Resource Network and Barry County Substance Abuse Taskforce

### Resources

Spectrum Health Pennock will provide a 0.5 full-time-equivalent certified tobacco treatment specialist.

### Strategy-Specific Diversity, Equity and Inclusion

The Tobacco and Nicotine Treatment program and SCRIPT will be made available to all community members through general methods of promotion. Where cost or transportation is a concern, efforts will be made to break down barriers to increase participation, such as virtual counseling and insurance-reimbursed nicotine replacement therapy. Counseling can also be held at off-site locations to better reach the community. These opportunities will be available to adults in Barry County without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

## Significant Health Needs Not Addressed

### Affordable Housing

#### Justification for Decision

The 2021 Barry County Community Health Needs Assessment identified affordable housing as a community significant need. Housing prices have increased and have become prohibitive, particularly for individuals and families who rent. Additionally, appropriate senior housing, which would allow individuals to age in place safely, is severely limited. However, the need for safe and affordable housing goes well beyond the need of vulnerable families and seniors

for whom stable housing can facilitate compliance with disease management plans. Individuals and families across the whole economic spectrum in Barry County are experiencing barriers to safe and affordable housing. The housing crisis has caused local collaborative efforts to emerge in Barry County. Solving the housing issue would require skills and expertise (such as urban planning and political advocacy) beyond the limited resources of Spectrum Health Pennock's community health service line. Consequently, the hospital workgroup decided that the best course of action would be to partner with and support existing local collaborative efforts.

## Community Resources

- The Barry County Chamber and Economic Development Alliance contains the EDA Housing Committee, which includes local government, the Barry Community Foundation, Barry County United Way, and several other businesses and nonprofits, including Barry County Habitat for Humanity.

## Social Connection and Cohesion

### Justification for Decision

Social connection and cohesion are vital facets of life for all age groups, particularly for adolescents and seniors, both of whom are at a critical juncture in their personal development. Among other changes, individuals in these phases of life are adjusting to significant changes in their ability to live independently, while meeting their own needs. The lack of a solid social network or a strong sense of belonging can foster a sense of isolation and disconnectedness, which, in turn, affects an individual's mental health and physical well-being. Many community initiatives in Barry County already impact social connection and cohesion, albeit indirectly.

Although this is an extremely important health need, the hospital workgroup determined that it would be better addressed as part of the more extensive upcoming community health improvement plan process. During

that process many of the organizations whose work affects social connection and cohesion could discuss how to address this issue with more intention and how it could be coordinated.

## Community Resources

- Michigan State University Extension and 4-H
- Leadership Barry County Youth Advisory Committee
- Barry County Community Mental Health Authority
- Barry County Substance Abuse Task Force
- Blue Zones Activate Barry County
- Barry County Commission on Aging
- Young Life
- Barry County church youth groups

# Appendix

## Abbreviated Tables

Significant Need: Mental Health				
<b>Goal:</b> To increase access to mental health resources.				
Target Population	Strategy	Objective	Measurable Impact	Reference Page for More Information
School staff and administrators in Barry County middle and high schools	School Blue Envelope Program	By Dec. 31, 2023, all participating schools will complete the required annual continuing education training.	Number of participating schools that completed the required annual continuing education training	6
		By Dec. 31, 2024, 85% of newly trained participating staff will report they “strongly agree” or “moderately agree” that they have confidence in responding to a student who has expressed suicidal thoughts.	Percent of newly trained participating staff reporting that they “strongly agree” or “moderately agree” that they have confidence in responding to a student who has expressed suicidal thoughts	6
		By Dec. 31, 2025, Spectrum Health Pennock will increase the number of schools in Barry County participating in the School Blue Envelope Program from four to five schools.	Number of schools in Barry County participating in the School Blue Envelope Program increased from four to five schools	6
Barry County Residents	Outpatient Behavioral Health Consults	By Dec. 31, 2023, Spectrum Health Pennock will reduce psychiatric holding hours in the emergency department, from 2,000 hours per-year baseline, by 2% (40 hours) as measured by emergency department and medical surgical and intensive care unit score card.	Psychiatric holding hours in the emergency department reduced by 2% from baseline of 2,000 hours	7
		By Dec. 31, 2024, Spectrum Health Pennock will reduce emergency department psychiatric holding hours by 4% from baseline of 2,000 hours.	Psychiatric holding hours in the emergency department reduced by 4% from baseline of 2,000 hours	7
		By Dec. 31, 2025, Spectrum Health Pennock will reduce emergency department psychiatric holding hours by 6% from baseline of 2,000 hours.	Psychiatric holding hours in the emergency department reduced by 6% from baseline of 2,000 hours	7

## Significant Need: Health Care Access and Quality

**Goal:** To increase access to health care for Barry County residents with diabetes or who are prediabetic, and for adolescents with behavioral health issues.

Target Population	Strategy	Objective	Measurable Impact	Reference Page for More Information
Adults 18 years or older living in Barry County with Type 2 diabetes	Personal Action Toward Health Program (PATH) for Diabetes	By Dec. 31, 2023, Spectrum Health Pennock will certify at least one trainer to teach Diabetes PATH.	At least one trainer certified to teach Diabetes PATH	8
		By Dec. 31, 2024, Spectrum Health Pennock will partner with Michigan State University Extension to host one Diabetes PATH workshop in Barry County.	One Diabetes PATH workshop hosted in Barry County	8
		By Dec. 31, 2025, Spectrum Health Pennock will partner with Michigan State University Extension to host two Diabetes PATH workshops in Barry County.	Two Diabetes PATH workshops hosted in Barry County	8
K-5 schools in Barry County	Coordinated Approach to Childhood Health (CATCH) Program	By Dec. 31, 2025, Spectrum Health Pennock will expand the Coordinated Approach to Child Health Program (CATCH) by one school annually over 2023 baseline.	The CATCH program expanded by at least one school annually	9
		By Dec. 31, 2025, Spectrum Health Pennock will expand the Coordinated Approach to Child Health Program (CATCH) to one K-8 school within Barry County per year (2022 calendar year baseline is zero).	The CATCH program expanded by at least one K-8 school annually within Barry County	9
		By Dec. 31, 2025, 100% of the Barry County schools participating in CATCH will implement at least one policy or environmental support designed to encourage students to choose healthy foods and be physically active every day.	At least one policy or environmental support designed to encourage students to choose healthy foods and to be physically active every day implemented by 100% of schools in Barry County	9
Youth in Barry County	Youth Behavioral Health Clinics	By Jan. 1, 2023, Spectrum Health Pennock will operationalize telehealth behavioral health programs at Thornapple Kellogg and Delton Kellogg high schools.	Telehealth behavioral health programs operationalized at Thornapple Kellogg and Delton Kellogg high schools	10
		By Sept. 1, 2024, Spectrum Health Pennock will initiate one additional telehealth behavioral health program within Barry County schools.	At least one additional behavioral health telehealth program initiated in Barry County schools	10
		By Dec. 31, 2025, Spectrum Health Pennock will initiate one additional telehealth behavioral health program within Barry County schools, increasing from three schools to four schools.	At least four behavioral health telehealth programs initiated in Barry County schools	10

## Significant Need: Substance Misuse

**Goal:** To increase resources to help address the issue of substance misuse and proper disposal of medications and syringes for Barry County residents.

Target Population	Strategy	Objective	Measurable Impact	Reference Page for More Information
Adults in Barry County	Medication and needle takeback access and education	By Dec. 31, 2023, Spectrum Health Pennock will increase staff support for the medication and needle takeback events from one to two full-time-equivalent team members.	Increased staff support of the medication and needle takeback events from one to two full-time-equivalent team members	11
		By Dec. 31, 2024, Spectrum Health Pennock will increase the number of medication and needle disposal days for Barry County residents from two events to three events per year.	Increased number of medication and needle disposal days for Barry County residents from two to three events annually	11
		By Dec. 31, 2025, Spectrum Health Pennock will increase staff support for the medication and needle disposal events from two to three full-time-equivalent staff members.	Increased staff support of the medication and needle disposal events from two to three full-time-equivalent team members	11
Adults in Barry County participating in SCRIPT or Tobacco and Nicotine Treatment program	SCRIPT and Tobacco/Nicotine Treatment program	By Dec. 31, 2023, 10% of Tobacco and Nicotine participants will report a decrease in tobacco/nicotine use.	Percentage of Tobacco and Nicotine treatment program participants reporting a decrease in tobacco/nicotine use	12
		•By Dec. 31, 2024, 10% of participants in the Tobacco and Nicotine Treatment program will report a decrease in tobacco/nicotine use.	Percentage of Tobacco and Nicotine treatment program participants reporting a decrease in tobacco/nicotine use	12
		By Dec. 31, 2025, 10% of participants in the Tobacco and Nicotine Treatment program will report a decrease in tobacco/nicotine use.	Percentage of Tobacco and Nicotine treatment program participants reporting a decrease in tobacco/nicotine use	12
		By Dec. 31, 2025, 30 pregnant women who are referred by Spectrum Health Pennock Obstetrics and Gynecology providers will be enrolled in the SCRIPT program.	Number of pregnant women who were referred by Spectrum Health Pennock Obstetrics and Gynecology providers enrolled in the SCRIPT program	12





**Spectrum  
Health**

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Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجاناً. اتصل على الرقم 1.844.359.1607 (TTY: 711).