



*Great Plains Health Alliance
Leased Hospital*

**December 10, 2020
COMMUNITY HEALTH NEEDS ASSESSMENT**

210 W. 1st Street
St. Francis, KS 67756
www.cheyennecountyhospital.com
785-332-2104

Prepared By:

Carol Sloper, Consultant



Greater Northwest Kansas
COMMUNITY FOUNDATION

105 W. 4th Street, Bird City, KS 67731

Cheyenne County Hospital Community Health Needs Assessment December 2020

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I. Executive Summary

Community Health is not just the physical health of individuals living within a geographic area, it is the intersection of physical health, mental health, economic health and social support that impacts the ability for individuals, businesses and the community at-large to thrive. When needs are not being met in any one of these areas, the “health” of the community is at jeopardy.

Thomas G. Bognanno, President and CEO of Community Health Charities, said it best: “Community health impacts everything—educational achievement, safety and crime, people’s ability to work and be financially healthy, life expectancy, happiness and more. Health impacts every other facet of life, from a child’s ability to learn to an adult’s ability to work, so health is critical for education and financial well-being.”¹

CHNA Purpose

As a 501(c)(3) charitable organization, per section 501(r)(3)(A) of the IRS, Cheyenne County Hospital must conduct a community health needs assessment (CHNA) every three years and adopt an implementation strategy to meet the community health needs identified through the CHNA. Beyond the legal requirement, health leaders in Cheyenne County believe that by conducting a CHNA periodically, a snapshot of the health of the overall community can be captured and reviewed by the public with the goal of addressing the unmet needs uncovered. These needs may be appropriate for the hospital to address, but some findings may need to be addressed by other community groups or organizations. This process can be a conduit to collaboration. The survey data helps facilitate community discussions to remove barriers which keep individuals and the entire community from thriving.

There is no one definition of “community health need.” This is up to the interpretation of the stakeholders engaged in the process. To assess the health needs of its community, a hospital facility must survey a broad representation of the community to identify the significant health needs of the community. It must also prioritize those health needs, as well as identify resources potentially available to address them. Resources can include organizations, facilities, and programs in the community, including those of the hospital facility, potentially available to address those health needs.

CHNA Survey

The most recent CHNA prior to this assessment was conducted in 2017. In that survey, 7.6% of the adult population of Cheyenne County responded to the survey with the top concerns being: Health Care Worker Staffing; Mental Health (Access, Diagnosis, Placement, Substance Abuse); Community Health Education; and Access to Affordable Health Insurance. Over the past three years, Cheyenne County Hospital (CCH) and other community entities created programs to address these concerns. This current CHNA continues to build on past priorities by providing the data to support additional programs and changes to continue to improve the overall health of Cheyenne County.

The 2020 CHNA was conducted by a third-party consultant, Carol Sloper of Greater Northwest Kansas Community Foundation of Bird City, Kansas. Mrs. Sloper has a bachelor’s in Journalism and Mathematics Education and has experience with large and small hospital operations in both urban and rural settings. In 2014, she was part of the team which conducted the Cheyenne County Hospital CHNA. Her impartial view of the data helped facilitate robust discussion of the information gleaned from the survey and process.

The 2020 survey tool (*see Supporting Documents A*) resulted in a 14.7% response rate (317 out of 2,156 people ages 18 and over). The demographics of the people who responded closely mirrored census data regarding age, race, and zip code. The male population was underrepresented, despite attempts to solicit a balanced response based on gender.

The primary community concerns which emerged from the 2020 CHNA include:

- Attracting and Retaining Youth / Businesses (Economic Development, Job Creation);

- Cost of Living (Including Health Care, Food, Housing, High Taxes);
- Health Care Providers (Retain, Recruit, Consistency, Availability, Quality);
- Mental Health Services (Local Availability, Cost, Substance Abuse);
- Local Access to Health Care Specialists; and
- Confidentiality / Trust (Including Health Care, Public Officials / Government).

Two of these top concerns were also deemed priorities in the 2017 CHNA: Cost of Living (Health Care) and Mental Health Services (Availability, Substance Abuse).

Cheyenne County Hospital Leadership acknowledges that they may not be able to have a direct hand in change for some of these top concerns, but they most certainly will have implementation strategies to address Health Care Providers, Local Access to Health Care Specialists, and Confidentiality / Trust (Health Care). Other organizations and businesses in the community will need to collaborate to address the economic concerns and cost of living. An alliance already exists and is actively working to address Mental Health Services at a regional level.

Legal Requirements

As stated previously, hospitals which are 501(c)(3) Charitable Organization require a community health needs assessment (CHNA) to be completed every three years and to adopt an implementation strategy to meet the community health needs identified through the CHNA. To conduct a CHNA, a hospital facility must complete the following steps:

1. **Define the community it serves.** (*Cheyenne County and surrounding area citizens who obtain health care in Cheyenne County.*)
2. **Assess the health needs of that community.** (*Survey tool widely distributed, not to just a single faction. Include multilingual survey tool.*)
3. In assessing the community's health needs, **solicit and consider input received from persons who represent the broad interests of that community**, including those with special knowledge of or expertise in public health. (*Establish an assessment committee / stakeholder to review the community health needs data that represents a broad spectrum of the population served. Solicit input from public at a community forum.*)
4. **Document the CHNA in a written report** (CHNA report) that is provided for the hospital leadership team and an authorized body of the hospital facility. (*Based on CHNA written report, hospital board or administration should develop and implement actionable strategic initiatives to address results.*)
5. **Make the CHNA report widely available to the public.** (*Publish online, publish highlight of results in local newspaper, have printed copies available at patient facing locations throughout the health complex.*)

A hospital facility is considered to have conducted a CHNA on the date it has completed all these steps, including making the CHNA report widely available to the public.

CHNA Timeline

The CHNA process began with a kick-off meeting with the designated task force on February 12, 2020. Ten of the 12 task force members attended the meeting. The purpose of the meeting was to discuss the scope, purpose, and requirements of the CHNA; determine the scope / content of the survey instrument; discuss community stakeholders in the process; and establish a timeline for completion.

The primary milestones included:

- Survey questions were determined by a subcommittee of the task force in March 2020.
- An online and paper survey was created in April 2020 by the consultant.

- The survey was distributed from May 1 to June 15, 2020. During that time, all task force members participated in marketing the survey via social media, newspaper ads / press releases, flyers and word of mouth (*see examples in Supporting Documents B*).
- Data was compiled by the consultant in June through July 2020.
- Draft Executive Summary of data was provided via email to the Task Force in early August.
- Eight of the 12 task force members met August 17, 2020 to discuss survey findings and establish proposed priorities.
- The final Executive Summary (*see Supporting Documents C*) was shared by Rance Ramsey, Hospital CEO, at a public Strategic Doing community meeting on August 25, 2020 at Fresh Seven Coffee in St. Francis, hosted by Cheyenne County Kansas Community Foundation, with an open invitation to attend the Public Forum on October 19, 2020. Approximately 65 people attended the August meeting.
- In September 2020, the Public Forum was advertised broadly throughout Cheyenne County in the newspaper, social media, flyers, direct emails to specific stakeholders, and personal invitations (*see examples in Supporting Documents D*).
- A Public Forum was held on October 19, 2020 from 6:30 to 8:30 p.m. at the Bird City American Legion Hall in Bird City, Kansas to review the full survey data and conduct a priority exercise by all attendees. 26 people attended the meeting in person including online via Zoom.
- The final CHNA Publication was completed in December 2020.
- In December 2020, Cheyenne County Hospital leadership team and board will establish and implement a community health improvement plan.
- In December 2020, the CHNA will be published on CCHs website for public access and announced in the local newspaper and on social media.

II. Methodology

Process Overview

The process was developed and implemented utilizing the contracted professional services of Greater Northwest Kansas Community Foundation (GNWKCF). The CHNA Task Force, comprised of health leaders in Cheyenne County, came together to develop the survey questionnaire. Past CHNA survey tools were reviewed, and some questions included to maintain some continuity to trends. Emerging priorities were considered, and questions added for a deeper dive such as mental health issues which surfaces repeatedly in CHNA survey results.

It is important to note that in 2020, the world was amid a pandemic of novel coronavirus (SARS-CoV-2). Due to the contagious nature of this virus, extra caution was required when conducting public projects. In past years, the hospital was able to conduct the survey in conjunction with a public health fair, attend community meetings to discuss the CHNA, and visit one-on-one with people to increase distribution of the survey. Distribution of the survey in 2020 required non-personal methods of delivery. Likewise, the public forum was less attended than in past years, even with the option of joining through web-conferencing.

Cheyenne County Hospital (CCH) conducted the Community Health Needs Assessment (CHNA) Survey May 1 through June 15, 2020. The target audience was Cheyenne County citizens age 18 and above (2,156 persons²). Every effort was made to reach the following demographics to ensure the survey adequately represented each group: St. Francis - 47%; Bird City - 16%; outside incorporated cities - 37%; elderly persons 65 and older - 27%; minority - 3%; and poverty level - 12.4%.

The primary survey was conducted through an online link; however, printed copies in both Spanish and English were available and distributed throughout the county to Hispanic and elderly persons. The CHNA survey instrument consisted of 34 questions that focused on four main areas.

Overall, 316 people or 14.7% of the target population responded to the survey, which is a 7.1% increase over the 2017 CHNA survey.

Survey was conducted from May 1 – June 15, 2020

- **Survey with 34 questions**
 - Community Concerns / Opinions
 - Delivery of Health Care Services / Barriers
 - Behavior / Mental Health Care Services
 - Demographics
- **Administered by Third Party (GNWKCF)**
 - Online Link (SurveyMonkey.com)
 - Paper Survey in English and Spanish
- **Widely distributed:**
 - Published in newspaper (articles & ads)
 - Shared on Social Media
 - Shared on Hospital Website
 - Reminders given at points of contact
 - Included in Bird City Utilities
 - Included with Senior Meals in St. Francis
 - Available at Bird City Area on Aging
 - Inserted in Cheyenne Co. Food Pantry boxes
 - Notices posted throughout county
 - Emails sent to large employers
 - Personal invitation to Hispanic population through friends and employers

After the survey ended, data was compiled by GNWKCF staff and shared with the CHNA Task Force for review. The group performed a data review and determined initial priorities, noted trends, and discussed interesting results.

A public forum was then held to review the survey findings and provide an opportunity for citizens to have input on the findings, ask questions, and prioritize community health needs. At the end of the public forum, citizens were encouraged to sign up on a committee to further explore the main priorities through a Strategic Doing Process with a third-party facilitator, Betty Johnson of Betty Johnson & Associates from Lawrence, Kansas.

The findings and results of these efforts are documented in this Cheyenne County CHNA Report.

The final step is the creation of an implementation strategy by Cheyenne County Hospital's leadership team which is adopted by the hospital board of directors. This final phase is being completed outside the scope of this document and is available for public review upon request. The hospital leaders will use criteria such as urgency, severity, feasibility, disparities, or community established priorities to determine the needs in which they will formally address.

Task Force

The CHNA Task Force, comprised of health leaders in Cheyenne County, included the following representation:

- Hospital CEO / Administrator
 - *Kelly Pottorff, Rance Ramsey (administrator change mid-way through project due to the death of Mr. Pottorff)*
- Great Plains Health Alliance Vice President
 - *Les Lacy*
- Cheyenne County Health Department Staff
 - *Tabetha Ketzner, Candi Douthit RN, Tiffany Ochsner RN, Mila Bandel RN*
- Hospital CFO
 - *Heidi Tice*
- Hospital Quality Director
 - *Shawna Blanka*
- Hospital Director of Nursing
 - *Mandy McAtee RN*
- Health Clinic Director



- Erika Zimbelman
- Cheyenne County Village Director of Nursing and Staff
 - Tammy Church R.N., Kris Rice LSCSW
- Northwest Kansas Home Health Director
 - Celeste Hays RN
- Cheyenne County Emergency Medical Services staff
 - Jill Paugh AEMT

Objectives

The objectives of this assessment include:

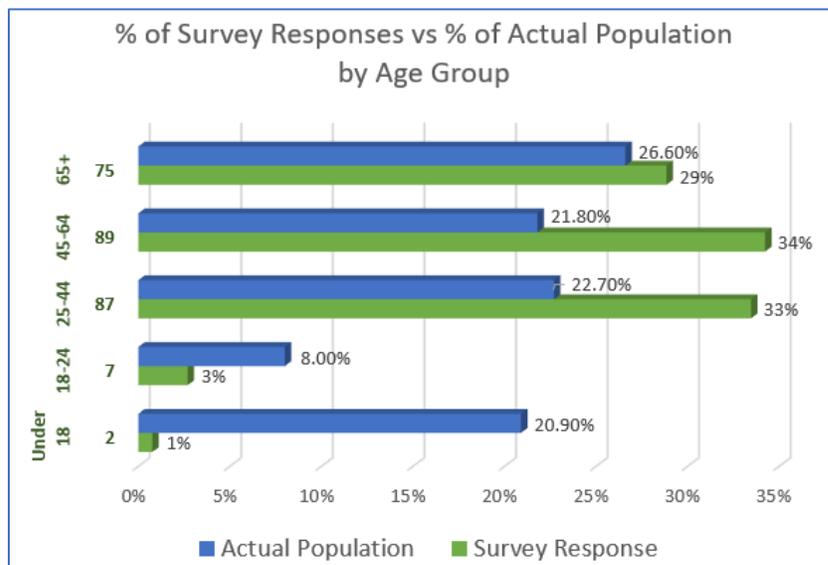
- **Identify priorities** by gathering data from our community (**SURVEY**),
- **Analyze indicators** based on the data gathered (**TASK FORCE**),
- **Review and discuss findings** with stakeholders and the community to determine and rank priorities (**PUBLIC FORUM**), and
- **Create a Community Health Improvement Plan** to address those priorities (**HOSPITAL/COUNTY LEADERSHIP**).

III. CHNA Survey Results

Demographics

RESPONSE RATE: 14.7% (317 out of 2,156 people – Adults 18 and over); 46.7% of respondents have at least one chronic illness.

AGE:

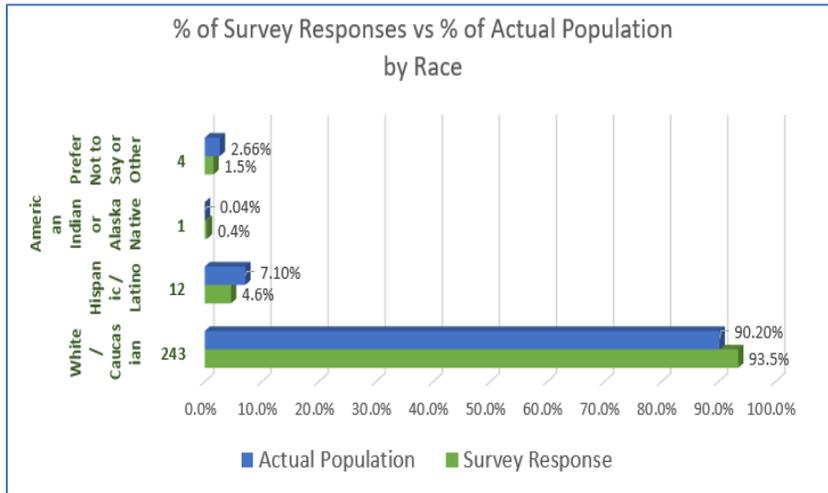


The elderly population was represented very well and aligns with the actual population according to US Census data.

The ratio of people responding compared to the actual population of middle-aged people (ages 25 to 64) was high.

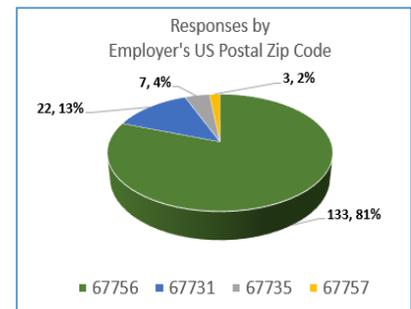
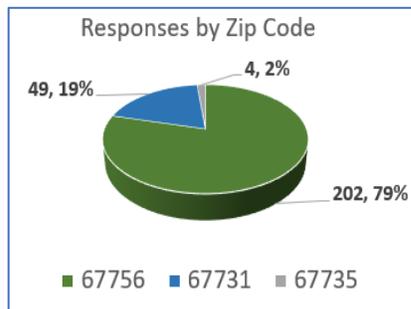
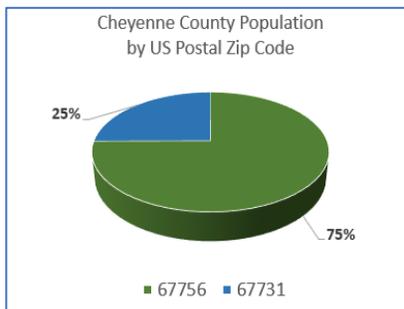
The age group of 18-24 was underrepresented in the responses.

RACE / ETHNICITY:



The responses mirror the actual minority population demographics; however, the Task Force would have liked more input from the Hispanic/Latino community. It would have been helpful to have the survey online in Spanish rather than just paper, but it was cost prohibitive to have the tool available in multiple languages.

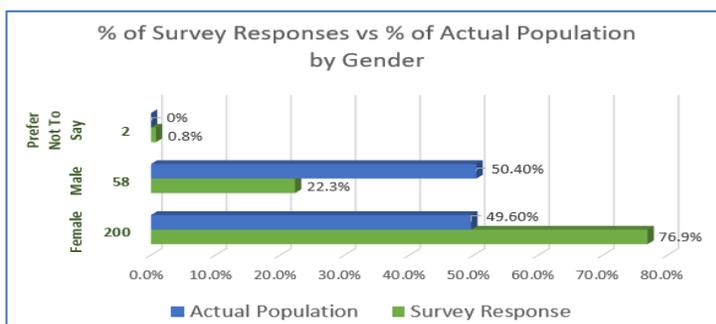
ZIP CODE:



The actual population breakdown according to the 2010 U.S. Census is 25% in 67731 (Bird City) and 75% in 67756 (St. Francis, general Cheyenne County). The responses fell closely in line with the actual population by zip code, 13% to 79% respectively.

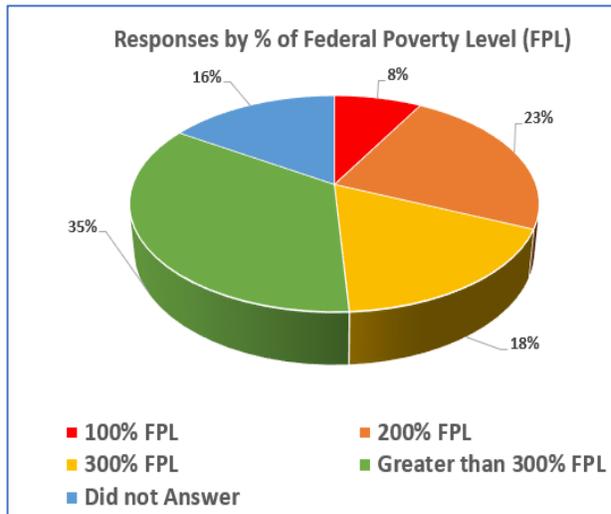
Responses by employer zip code also accurately mirror that many jobs in Cheyenne County are in St. Francis. A small segment of the respondents travels to neighboring counties to seek employment.

GENDER



Survey respondents were heavily weighted female. It would have been beneficial to obtain more male responses. Viewing early results did indicate a skewing to female responses and efforts were made to target the male population in the last several weeks of the survey, although unsuccessfully.

INCOME:



31% of respondents are **considered low income / vulnerable population**.

The Federal Poverty Level (FPL) is an economic measure that is used to decide whether the income level of an individual qualified them for certain federal and state benefits and programs.

Generally families living **at or below 200% FPL** are considered to be families in need of assistance.

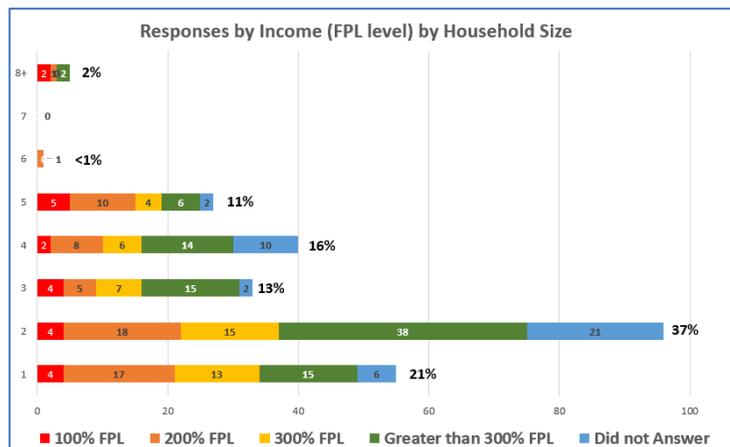
Some families living at or below 300% FPL are still eligible for some financial assistance programs including the Affordable Health Care Act.

In the CHNA survey responses, 100% of respondents age 65 years or older were living at or below FPL or just above poverty level. Young adults (up to 44 years old) with 5 or more people in a household were almost entirely living at or below Poverty Level.

Size of Household	100% FPL	200% FPL	300% FPL	> 300% FPL
1	\$ 12,760.00	\$ 25,520.00	\$ 38,280.00	Above
2	\$ 17,240.00	\$ 34,480.00	\$ 51,720.00	Above
3	\$ 21,720.00	\$ 43,440.00	\$ 65,160.00	Above
4	\$ 26,200.00	\$ 52,400.00	\$ 78,600.00	Above
5	\$ 30,680.00	\$ 61,360.00	\$ 92,040.00	Above
6	\$ 35,160.00	\$ 70,320.00	\$ 105,480.00	Above
7	\$ 39,640.00	\$ 79,280.00	\$ 118,920.00	Above
8+	\$ 44,120.00	\$ 88,240.00	\$ 132,360.00	Above

# in Household	Elderly (65+)				Older Adult (45-64)				Younger Adult (up to 44)			
	Response	%	200% FPL or below	% of total	Response	%	200% FPL or below	% of total	Response	%	200% FPL or below	% of total
1	33	48%	14	42%	11	15%	1	9%	6	7%	1	1%
2	34	49%	11	32%	42	58%	6	14%	8	9%	2	1%
3	2	3%	2	100%	6	8%	1	17%	19	22%	4	1%
4	0				9	12%	0	0%	28	33%	6	1%
5	0				4	5%	1	25%	21	25%	12	1%
6	0				0	0%	0	0%	1	1%	0	1%
7	0				0	0%	0	0%	0	0%	0	0%
8+	0				1	1%	0	0%	2	2%	1	1%

The majority of respondent households (37%) consisted of 2 people.



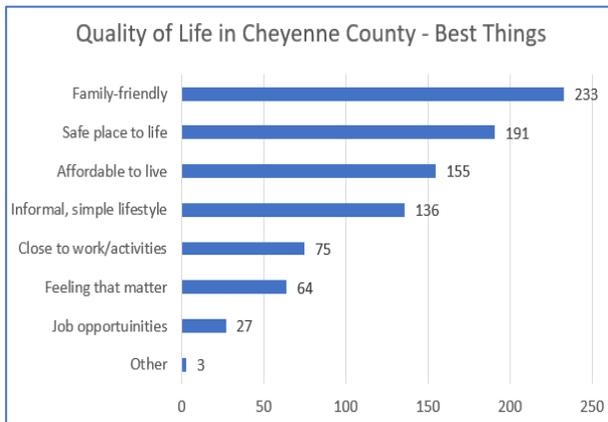
Community Feedback Results

QUALITY OF LIFE / ACTIVITY FACTORS FOR LIVING IN CHEYENNE COUNTY

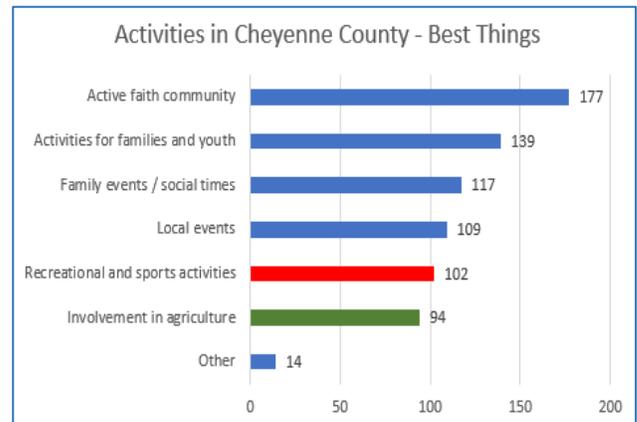
Regardless of age group, considering **Quality of Life** in Cheyenne County, the best things were: Family Friendly, Safe Place to Live, and Affordable. These are qualities that are desired and valued.

Considering **Activities**, the best things varied based on the age group of the respondents. These are activities that are sought and valued:

- Active Faith Community, Activities for Family and Youth, and Family Events/Social Times topped the list.
- For ages 65 and over, Involvement in Ag rose to the top three.
- For ages 18 to 44, Recreational and Sports Activities was more important than Family Events/Social Times.



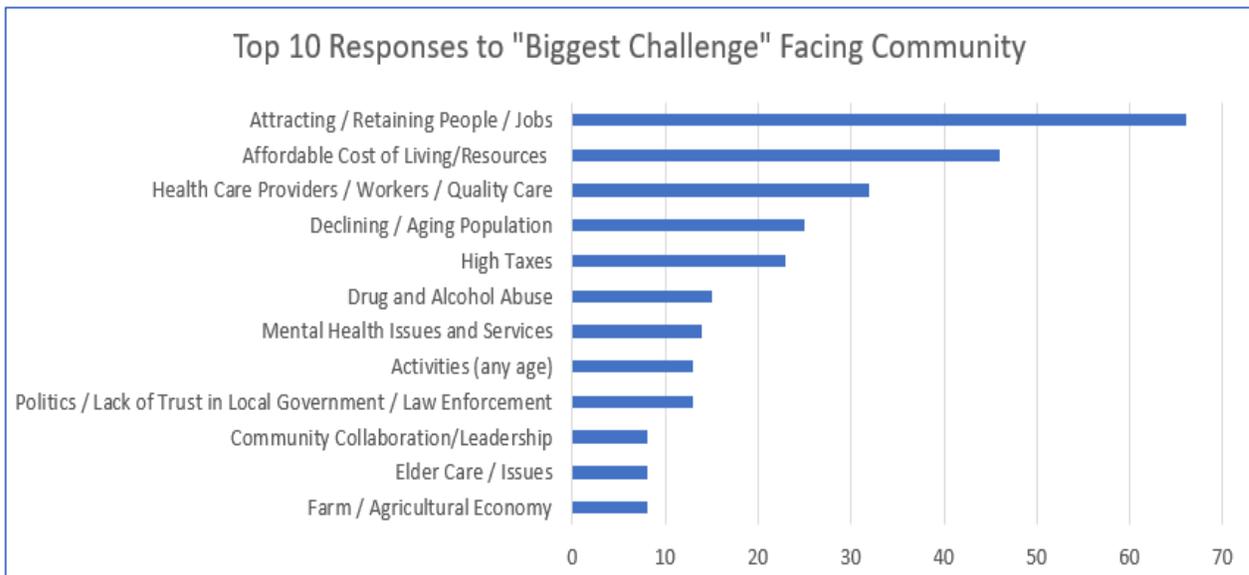
All age groups mirrored these results.



Ages 65 and over, Involvement in Ag rose to the top 3.

Ages 18-44, Recreational and Sports Activities were more important than Family Events / Social Times.

LARGEST CHALLENGE:



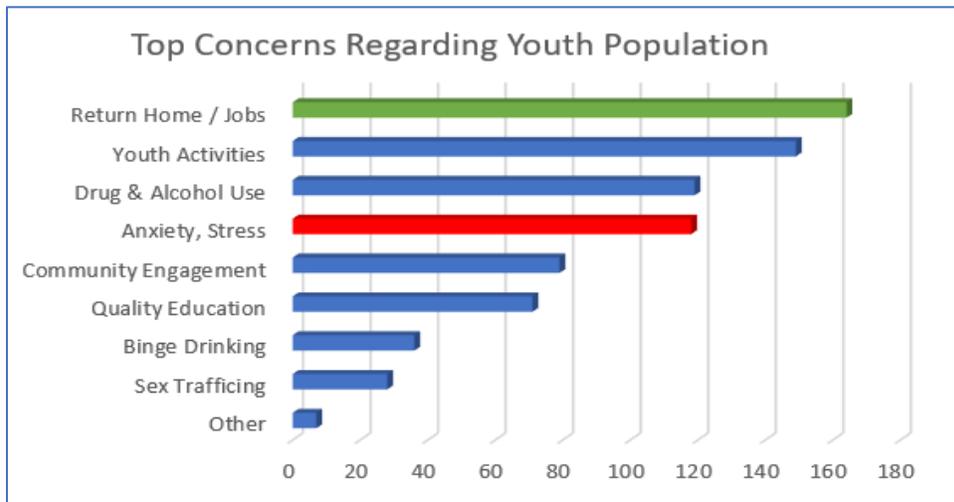
The **top concerns** expressed across multiple questions (community or delivery of health care) included:

- Attracting and Retaining Youth / Businesses; Job Creation in Cheyenne County; Decrease in Population
- **Cost of Health Care / Living**; Including High Taxes
- Health Care Providers (Retain, Recruit, Consistency, Availability, Quality)
- **Mental Health Services** (Local Availability and Cost); Including Substance Abuse
- Local Access to Health Care Specialists
- Confidentiality / Trust; Including Public Officials / Government

Two of these concerns have been a **top concern** expressed in both the 2014 and 2017 CHNA surveys as well:

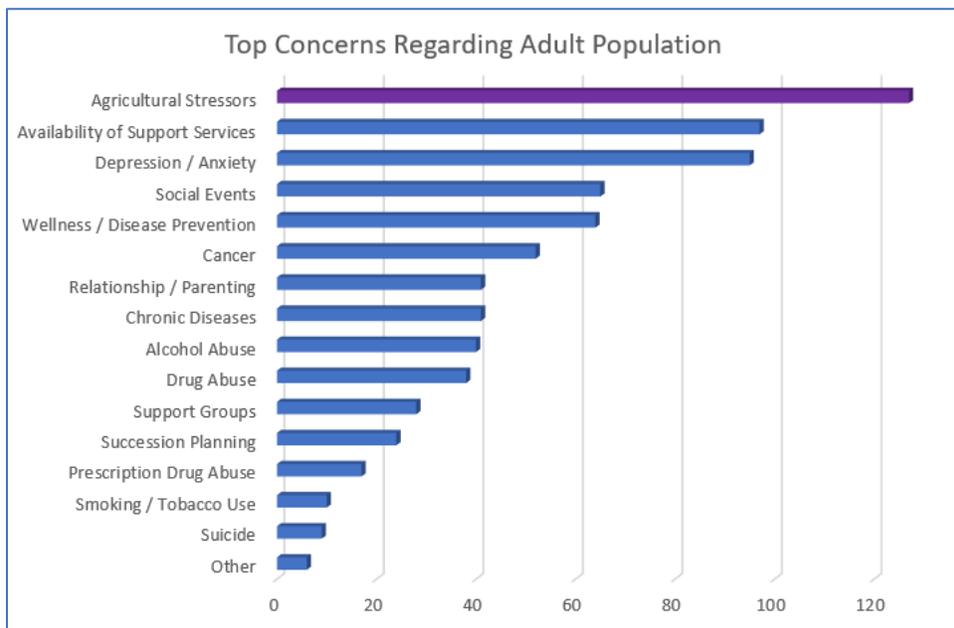
- **Mental Health Services**
- **Cost of Health Care**

The breakdown of concerns based on age group are listed in the charts that follow.

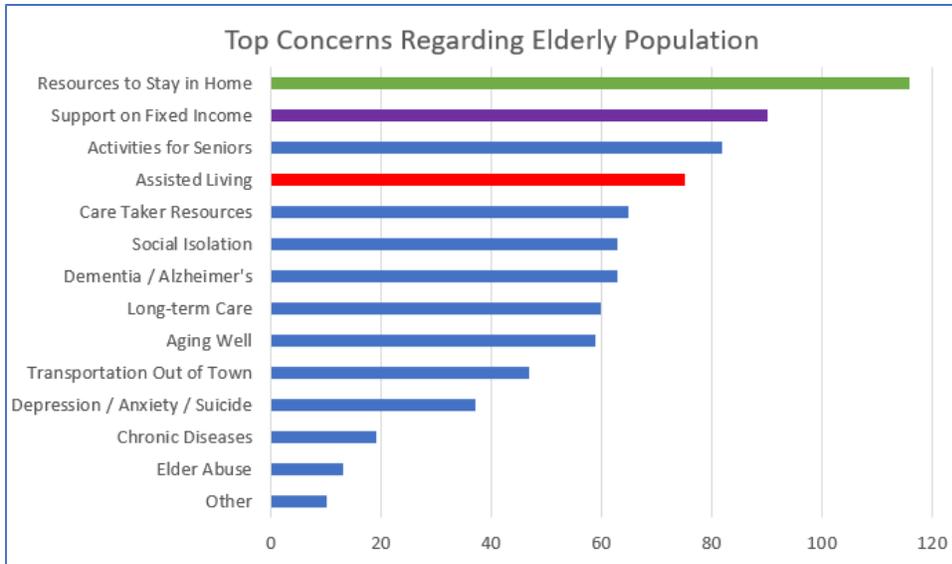


Older adults / elderly, 45 and over – Top Concern

Younger adults, 44 and under – Top Concern



All age groups indicated the same Top Concern



Older adults / elderly, 45 and over – Top Concern

All ages agreed on second main concern

Younger adults, 44 and under – Top Concern

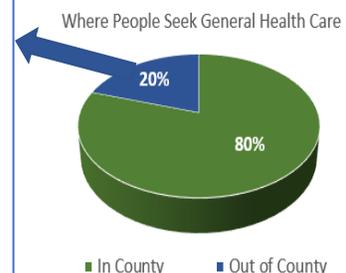
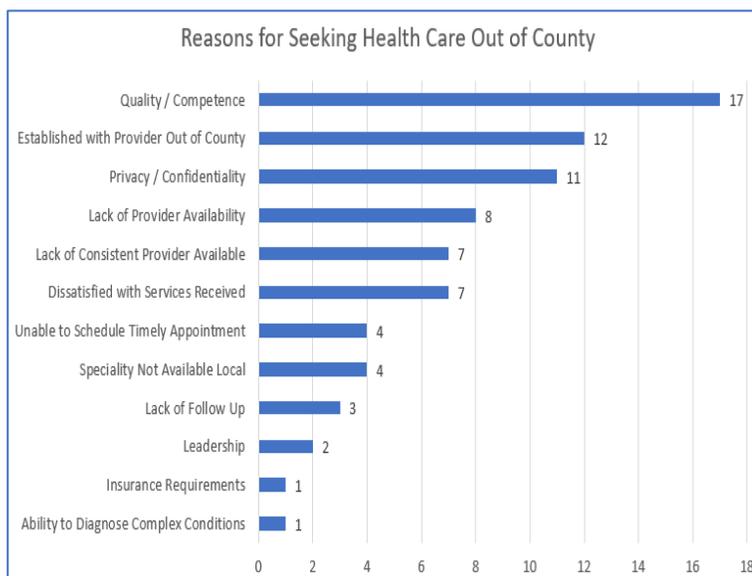
Health Care Systems Results

DELIVERY OF HEALTH CARE SERVICES

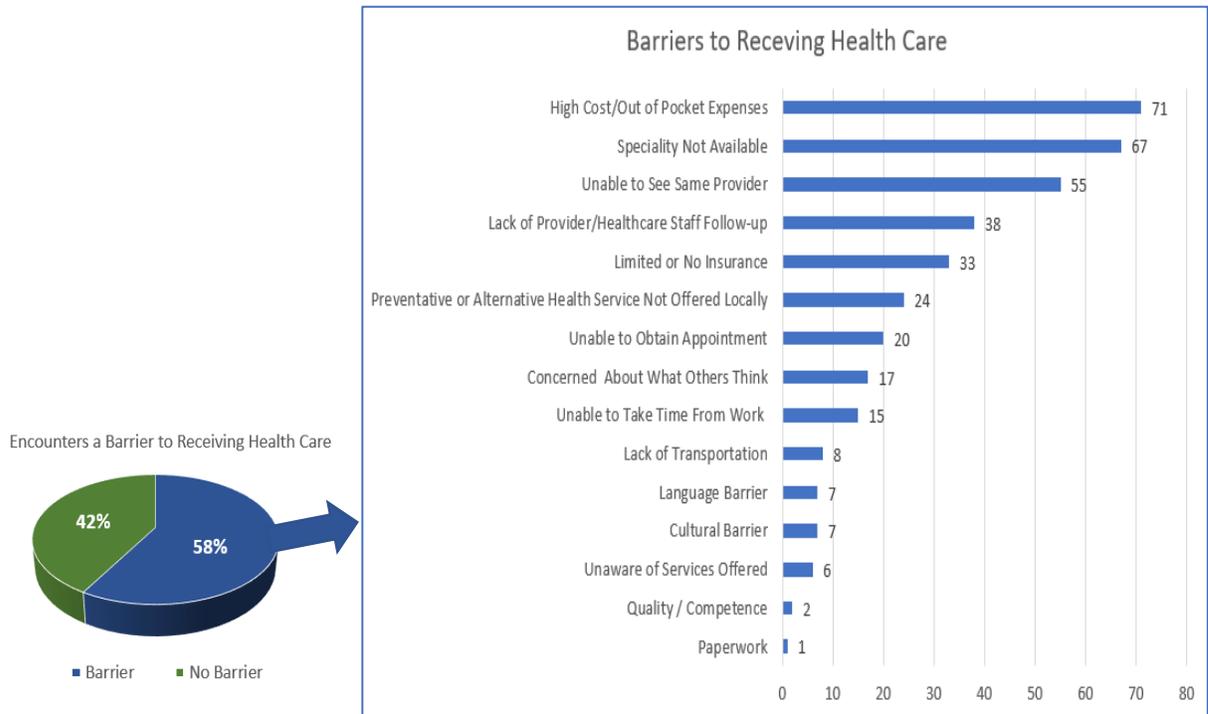
80% of respondents indicated they seek general health care within Cheyenne County. For the 20% of respondents that look outside Cheyenne County for health care services, the reasons provided are in the chart that follows.

- **22%** expressed **lack of trust*** with quality of care / competence of the existing providers and health care staff.
- 16% are established with a provider from another community.
- **14%** have concerns of **HIPAA** (Health Insurance Portability and Accountability) **violation*** or other concerns regarding **privacy***.
- **19%** indicated either **lack of a provider* (10%)** or **lack of a consistent provider* (9%)** resulted in going out of county for care.
- **9%** were **dissatisfied with services*** received by local health care providers.

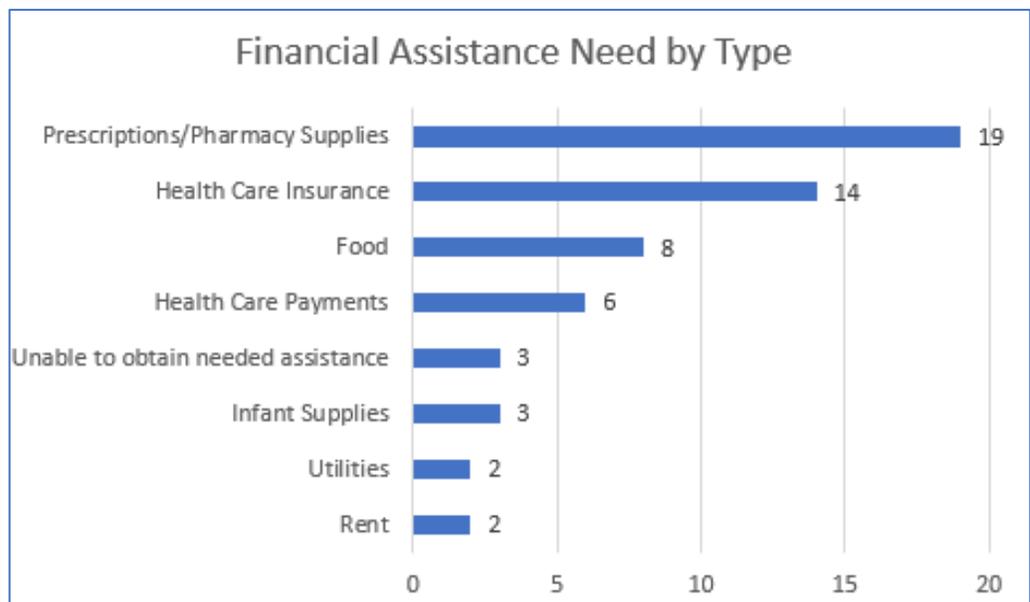
***Bolded items can be directly addressed by CCH**



58% of respondents indicated there was a **barrier that kept them or their family from receiving health care**. The top concern was **financial**: 21.4% indicated high cost or lack of affordable insurance being the primary factor [14.6% high cost / out of pocket expenses, 6.8% additional indicated limited or no insurance].



Cheyenne County, Kansas has a 12.4% poverty rate according to 2010 U.S. Census data; and 12% of respondents indicated they required some sort of financial aid in living expenses indicating the survey represented this vulnerable population equitably. The following are the types of assistance needed or received.

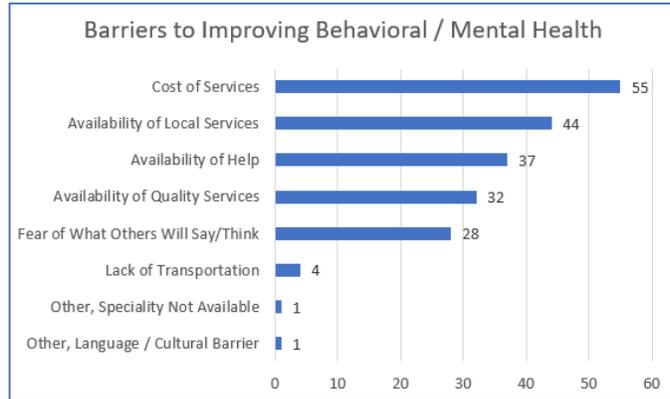


Behavioral / Mental Health Care Services

Cheyenne County Hospital, Clinic, and Health Department staff members have been participating in ongoing regional behavioral / mental health care initiatives over the past 3 years as a result of the 2017 CHNA. The 2020 survey sought to determine the barriers and stigma associated with these important health care services.

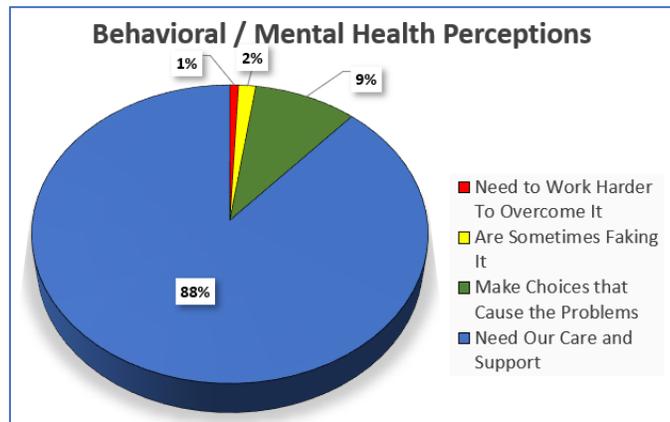
BARRIERS

62.5% of respondents indicated they do not struggle in this area. Of the remaining 37.5% of respondents, cost and availability of service were the primary reasons.



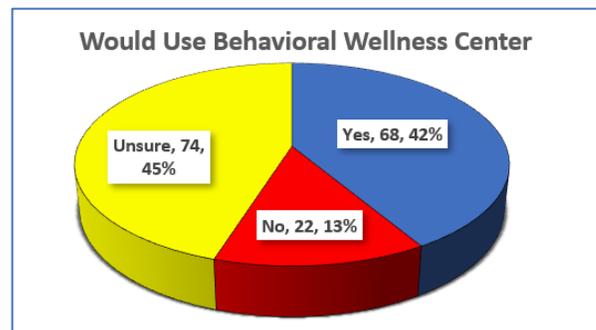
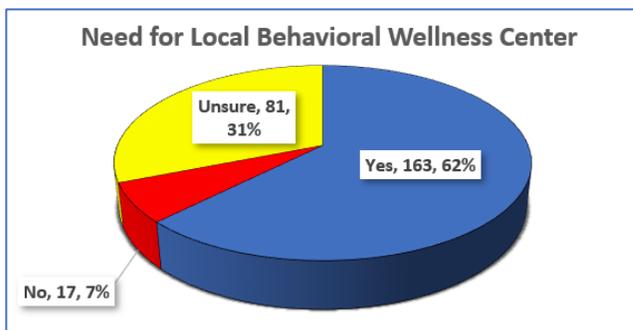
STIGMA

Overwhelmingly, most people are sympathetic to those facing mental and behavioral conditions and indicate they need our care and support. A small percentage have the perception that it is not real or caused by the person with the condition.



BEHAVIORAL WELLNESS CENTER

One strategy that the regional mental health care task force is researching at this time is establishing a regional Behavioral Wellness Center that would serve the extreme northwestern corner counties in Kansas. A survey question specifically regarding the need and use of such a facility was included. While there is overall strong support for a Behavioral Wellness Center (62% in favor), there is less consensus that the facility would be utilized (42% indicating they would and 45% unsure). This information will be useful to the task force as they continue to address behavioral and mental health care in Northwest Kansas.



Progress on 2017 CHNA Priorities

The survey included a matrix of priorities identified in the 2017 CHNA and opinions as to whether there has been progress evident on these community problems over the past three years. Based on respondent opinions:

- **Affordable Health Care, Obesity and Substance Abuse** continue to be an ongoing problem with a trend to **worsening**.
- **Access to Quality Child Care, Health Education, and Food Insecurity** have experienced **improvement** since the 2017 survey.
- **Diabetes, Mental Health, Health Care Workforce, Suicide Prevention and WIC Usage** have had some positive improvement but remain **mostly unchanged**.

	WORSENERD	NO CHANGE	SLIGHTLY IMPROVED	SIGNIFICANTLY IMPROVED	I DON'T KNOW	TOTAL
Access to Affordable Health Insurance	17.50% 49	30.36% 85	15.00% 42	4.64% 13	32.50% 91	280
Access to Quality Child Care	15.36% 43	23.93% 67	20.36% 57	6.79% 19	33.57% 94	280
Community Health Education (Own Personal Health)	5.00% 14	29.64% 83	31.43% 88	10.71% 30	23.21% 65	280
Diabetes	3.93% 11	25.36% 71	13.57% 38	3.21% 9	53.93% 151	280
Food Insecurity	11.07% 31	13.57% 38	26.79% 75	13.93% 39	34.64% 97	280
Mental Health (Access, Diagnosis and Placement)	16.07% 45	27.14% 76	19.64% 55	5.36% 15	31.79% 89	280
Obesity	16.79% 47	33.57% 94	8.57% 24	1.79% 5	39.29% 110	280
Staffing: Lack of Qualified Health Care Workers Seeking Employment	16.79% 47	26.07% 73	21.79% 61	8.57% 24	26.79% 75	280
Substance Abuse (Meth, Marijuana, Opioids and Prescription Drugs)	27.86% 78	24.29% 68	10.71% 30	2.50% 7	34.64% 97	280
Suicide Prevention	6.07% 17	28.21% 79	15.71% 44	2.86% 8	47.14% 132	280
WIC Usage	5.36% 15	13.57% 38	9.64% 27	2.86% 8	68.57% 192	280

IV. Prioritization of Needs

Task Force

At the August 17, 2020 Task Force Survey Review Meeting held in the CCH conference room, eight of the twelve members discussed the survey results. Those not in attendance had an opportunity to share electronically prior to the meeting. Each member expressed their overall impression regarding the results. Noteworthy initial impressions shared were:

- **Hospital CEO:** Found the information regarding the number of people who go out of county to see providers concerning. This was eye opening for him, and he values the data on how inconsistency, lack of availability, and trust have pushed some people to seek care outside the county. It will take time to get former patients back.

- **Great Plains Health Alliance VP:** Cost vs. revenue is a continual struggle for rural hospitals as volume is needed to make the ratio work.
- **County Health Representative:** HIPAA violations were a too common comment, and the hospital / health care leadership needs to take these serious and enforce consequences to rebuild trust with former patients. Also, the hospital navigator role is needed to provide information on affordable insurance and financial assistance to those in poverty. Having resources available to aid seniors in staying at home are a priority based on the data.
- **Hospital Director of Nursing:** During Covid, CCH did not close its doors. The hospital was a huge patient advocate and accepted patients from other areas when they were turned away due to limited services being offered because of Covid closures.
- **Consensus:** The Task Force members need to make sure the information is shared with other agencies that can develop action plans regarding concerns, barriers and opportunities uncovered with data (such as sharing with High Plains Mental Health, Northwest Kansas Area on Aging, Northwest Kansas Economic Innovation Center, etc.).

The survey was reviewed question-by-question with the following highlights noted:

- **Recruiting / Retaining Youth, Jobs with Livable Wages:**
This is a topic that should be brought up to the full community to address with action plans. As far as the hospital is concerned, there are several items that can be actionable:
 - Continue internships (Nex-Tech internship / work study program and Hansen internship). A planned staff resource to manage the internships would make them meaningful and encourage a connection back to Cheyenne County for long-term career opportunities.
 - Career Fair / Job Shadowing with schools to expose youth to all aspects of health care careers to continue after Covid-19 pandemic is under control.
 - There is an opportunity to leverage a Substance Use grant program (possibly \$50,000 / year) to focus on medical provider recruitment and training on addressing substance use disorder. Great Plains Health Alliance VP will share information.
 - Rural and Remote program is funded by the Dane G. Hansen Foundation. A goal could be to increase awareness of this program to youth, young mothers, college students, others wishing to work remotely.
 - There are opportunities for remote careers in medical records coding that could be promoted to high school students, young mothers, or college students to work from Cheyenne County in a health care career.
 - Broadband access to those living outside the city limits is a barrier to recruiting rural remote workers.
- **Health Care Availability / Delivery Concerns (Health Care Providers):**
Retaining medical providers and ensuring their availability was a top concern followed closely by the availability of mental health services and specialists. The cost of health care was a barrier to health care delivery. The group agreed that the hospital could help address each of these concerns which would in turn impact volume and ultimately have a positively impact the cost.
 - There is a clear need to focus on provider stability, quality and compassionate care, availability of providers, and ensure HIPAA violations are taken seriously. There will need to be a deliberate effort to rebuild trust with those who left the Cheyenne County Health Care system.
 - A dedicated Patient Navigator, who is NOT a registered nurse (RN), could help educate patients regarding costs and financial resources available to help with medical expenses and other living costs. The existing Navigator is an RN and is not dedicated to just helping with education and providing financial / insurance resources to address the cost of health care and living.
 - With regards to health care costs, Great Plains Health Alliance is working on developing Price Transparency to help patients shop around for the best prices and know the full cost of treatment before starting it.

- Recruitment of physicians ties back to overall economic development in the county (and the lack of it). There is a need for assistance in paying back student loans, relocation expenses, and tax incentives (Rural Opportunity Zone program). Leadership needs to focus on maintaining / building provider capacity and consistency. It will take time to get those who left the county due to provider turnover to come back to Cheyenne County.
- **Mental Health Care Services**
 - Cheyenne County Health Department has been advocating for a Mental Health Wellness Center (*see Supporting Documents E*) as part of a regional coalition that could be a reality in the next three to five years. There have been discussions with Bird City Century II Development Foundation on establishing a building for this purpose in Bird City It would be a teaching facility for mental health services where students of mental health degrees could practice supervised (without charging patients). Services would range from free to a sliding scale. It would include Telehealth model. This would help address the top three barriers expressed in obtaining mental health services: cost, availability of local services, and availability of help.
- **Local Access to Health Care Specialty Services**
 - It has been difficult to get specialists to come to Cheyenne County due to geographic location and distance from their home offices (bordering two other states and more than 180 miles to any federal qualified health care center).
 - Doctors from Colorado and Nebraska must pay extra fees to be licensed in Kansas and are not always willing to do this.
 - Specialists generally want to use their own “home” facility to do surgery / treatment rather than at local hospital.
 - Telehealth for specialty services has not been successful when attempted in the past. Several different services have been offered in the past with varying degrees of success or failure. Unfortunately, telehealth may be one of the only ways to consistently provide specialty services in rural communities.
 - A cost analysis of having specialty services should be completed. There are benefits to having these services locally (increased use of lab work/imaging). The analysis should help determine what makes sense to offered locally and when referrals should be made outside the hospital.
- **Addressing HIPAA / Confidentiality**
 - It was pointed out that some of the HIPAA violations were because of a former provider and/or staff members who are no longer employed at the hospital. The new providers and medical staff members are very professional. The hospital / clinic needs to be vigilant in ensuring HIPAA / confidentiality are taken seriously and following through with consequences when violations occur. While it cannot be disclosed to the public what action is taken, over time, with consistent attention to this matter, it is hoped confidence and trust will be regained.
 - The hospital CEO indicated he has started rebuilding trust by first instilling trust among employees. Once there is a stable system of trust within the hospital, the hope is that it will become apparent to patients that confidentiality and trust are priorities.

PRIORITIZE KEY FINDINGS FROM DATA

After a thorough discussion of all the questions and results, task force members took part in a priority exercise. While keeping in mind concerns and needs which are within the scope of the hospital to address, each participant listed the top three priorities based on data in their opinion and then ranked those priorities. The total from this exercise was tallied with the results in the chart below.

Community Need	Priority 1	Priority 2	Priority 3	Total	Rank
Mental Health Services (Provide Local)	3	3		6	1
Health Care Providers (Recruit, Consistent, Trusted)	3	2	1	6	2
Retaining / Recruiting Jobs in County (Attract Youth)		1	2	3	3
Health Care Navigator			3	3	4
Addressing HIPAA / Confidentiality	1		1	2	5
Local Access to Health Care Specialist		1		1	6

There was consensus that these six community needs should be the focus of a CCH Strategic and Implementation Plan.

Community Meeting

The CCH CEO took part in the August 25, 2020 “Strategic Doing” meeting held by Cheyenne County Kansas Community Foundation. The meeting was held at Fresh Seven Coffee in St. Francis. Approximately 65 people attended this meeting from all parts of Cheyenne County. The hospital was allowed on the agenda for 30 minutes to provide an overview of the CHNA results. Copies of the Executive Summary along with an invitation to attend the October 19, 2020 Public Forum were provided to all attendees. This meeting provided exposure to a large group of the general population with information to pique their interest in adding the in-depth public forum planned for October.

Public Forum

A public forum was held on October 19, 2020 from 6:30 to 8:30 p.m. at the American Legion Hall in Bird City to encourage community involvement and allow public input in establishing priorities of community health needs. A total of 21 individuals attended in person and five individuals joined by Zoom due to a Covid-19 spike in Cheyenne County. The room was setup for social distancing and masks were encouraged.

Attendees represented a variety of factions (individuals can represent more than one faction) within Cheyenne County:

- Age Groups:
 - 30 and Under – 4
 - 31-64 – 16
 - >=65 – 6
- Arts Community – 2
- Banking/Finance – 1
- Business Community – 2
- Cheyenne County Government – 2
- City Government – 1
- County Health – 2
- Families with young children – 6
- Female population – 21
- Male population – 5
- Hospital – 4
- Low Income Family – 1
- Mental Health Provider-- 1
- Nonprofits – 4
- Public Schools – 1
- Rural Health Care Clinic – 1
- Senior Center – 1

As participants registered, they were instructed to list the top three community needs that they felt were important or needed to be addressed at a community level. They then ranked those three topics from most important to least. After the votes were tallied by the CHNA consultant, the following were the ranked priorities:

- 1. Health Care Services (Specialty Services, Elder Care, Respite Services, Providers)**
- 2. Economic Development (Youth Retention, Job Creation, Business Development)**
3. Community Development (Collaboration, Communication, Working beyond county borders)
- 4. Mental Health (includes drug / alcohol abuse)**

5. Covid
6. Schools

Three of the six priorities expressed at the public forum crossed over to match three of the priorities determined by the Task Force previously (highlighted in red above). This confirmed that at least three of the six priorities determined by the Task Force should be addressed in a hospital Strategic and Implementation Plan for improvement.

The hospital CEO walked participants through the CHNA survey results and entertained questions throughout the presentation. A PowerPoint presentation (*see Supporting Documents F*) of the data was distributed to all participants. After the presentation, an open forum was held, and questions and comments regarding data were entertained in an open forum.

- Jacque Hays indicated one **health care service** lacking in Cheyenne County is Respite Care for care givers. Cheryl Engebretsen indicated the hospital does offer up to 3-5 days of respite care with a doctor's order. Jacque indicated that it would be beneficial to have a respite care service where the care could take place in the aging persons home and not be moved to the hospital. Carol Sloper indicated what is really missing is Adult Day Care so that care givers can maintain regular schedules and still help aging adults stay in their home longer.
- Regarding **economic development**, Jacque Hays indicated there is a group of local business owners that are working on creating and maintaining a complete list of businesses / contractors in Cheyenne County as there is not a current listing maintained by any entity currently in Cheyenne County. Sandi Ramsey echoed the need for this sort of list. She stated when they recently moved to town, it was difficult to know what was available: even googling businesses in Cheyenne County brought up old / or no results.
- Mila Bandel indicated that regarding **health care workers** and **creating / encouraging youth to return home to work** after college, the hospital, Cheyenne County Village (skilled and assisted living), Emergency Medical Services (EMS), and both local schools created a strategic doing project in 2018 to allow students to tour health care related jobs and shadow if interested in more in-depth view of jobs. They also conducted a job fair alternating between the two schools in Cheyenne County for the past two years. The tours and shadowing have been put on hold due to Covid, but she would like to see another strategic doing project addressing this (revisit / improve / expand) this concept in the future.
- Teryn Carmichael indicated that it goes beyond just health care jobs. **Jobs in general** would be great to shadow or tour. Bird City Century II Development Foundation conducted a survey on housing a couple years ago. As a result, she had several former Cheylin graduates reach out to her and ask what jobs existed locally that would allow them to move back. There is interest. Rod Klepper chimed in that shadowing teachers and trades such as HVAC, plumbing, mechanic, etc. would be great for high school students to experience. Teryn went on to say that both St. Francis and Cheylin schools no longer have school counselors. Without counselors, it is hard for young students to really understand career options, especially those that could happen locally. Candi Douthit encouraged organizations to leverage the Nex-Tech Summer Internship Program and Hansen Summer internship program (K-State Students) to help young people gain exposure to rural area jobs.
- Tom Roberts indicated that **community development** efforts are being discussed as a possible collaborative effort between Cheyenne County Development Corp, Cheyenne County Kansas Community Foundation, and local government entities (both cities, county). There is a lack of collaborative efforts and maximizing our resources to fulfill more than just one organization's priorities.
- Jacque Hays indicated there is a lack of effort to **encourage entrepreneurship** with young students and young adults. Teryn Carmichael indicated Cheylin does do an Entrepreneurship Challenge, but St. Francis School does not. It is through a Network Kansas program and grant funds are needed to support.
- Rod Klepper brought up the need for a **new health clinic in Bird City**. The current facility does not meet community needs. He knows there is also some talk of housing a **mental health service** in Bird City and would encourage a collaborative project to meet both needs with a combined (mental

health and primary health care) facility. He handed out proposed floor plans of what this type of facility could look like.

- Rachel Hnizdil said that the current vision for a **mental health care facility in Bird City (see Supporting Documents E)** goes beyond county and state borders. She said, “think bigger, think regional.” She handed out brochures on the vision for “Bressler Station” housed in Bird City in which multiple mental health providers could work using in-house room and telehealth. The facility would include a billing department and education / recruitment department to help address the lack of mental health professionals in rural Kansas. She has been discussing with a local task force and Dane G. Hansen Foundation and Bird City Century II Development Foundation. The facility would serve the tri-state area (Kansas, Nebraska and Colorado).

After the open forum, consultant Betty Johnson presented a PowerPoint presentation on Strategic Doing (**see Supporting Documents G**). She discussed the priorities that emerged from the registration exercise in relation to the CHNA. After her presentation and discussion, she encouraged participants to sign up to start a (or join an existing) Strategic Doing group on the top priorities expressed at this meeting. She is offered to come out and facilitate Strategic Doing meetings for any of these topics at no charge. Also, she extended an offer to Cheyenne County Hospital to conduct Strategic Doing on CHNA priorities specific to the hospital / clinic such as rebuilding Trust / Confidence to bring people back local for health care or retention/recruitment of health care staff. Strategic Doing groups include:

- Health Care Services (Specialty Services, Elder Care, Respite Services): Cheryl Engebretsen and Sandi Ramsey
- Economic Development (Job Creation, Business Development): Ruth Milliken, Jacque Hays, Darci Schields, Teryn Carmichael
- Economic Development (Youth Job Opportunities): Erika Zimbelman, Rance Ramsey, Mila Bandel, Teryn Carmichael
- Community Development (Collaboration, Communication, Working beyond county borders): Tom Roberts (conduit to existing group), Ruth Milliken
- Mental Health (includes drug / alcohol abuse): Rachel Hnizdil, Kelly Milliken

An article recapping the public form (**see Supporting Documents H**), CHNA, and an open invitation to join a Strategic Doing planning group was published in the St. Francis Herald and Bird City Times in the Thursday, October 29, 2020 edition. The article also announced that copies of the CHNA would be available on the hospital’s website in December 2020 or by requesting a copy via email or calling the hospital.

Next Steps for Priority Needs

The CHNA Taskforce will present the findings to the CCH Board of Directors and Leadership Team. Based on this information, an implementation strategy will be created and published. This will be a written plan that addresses each of the needs identified by either describing how the hospital plans to meet the health need or identifies the health needs as one that the facility does not intend to meet and explain why the facility does not intend to meet it.

The priorities which were determined through the CHNA process are:

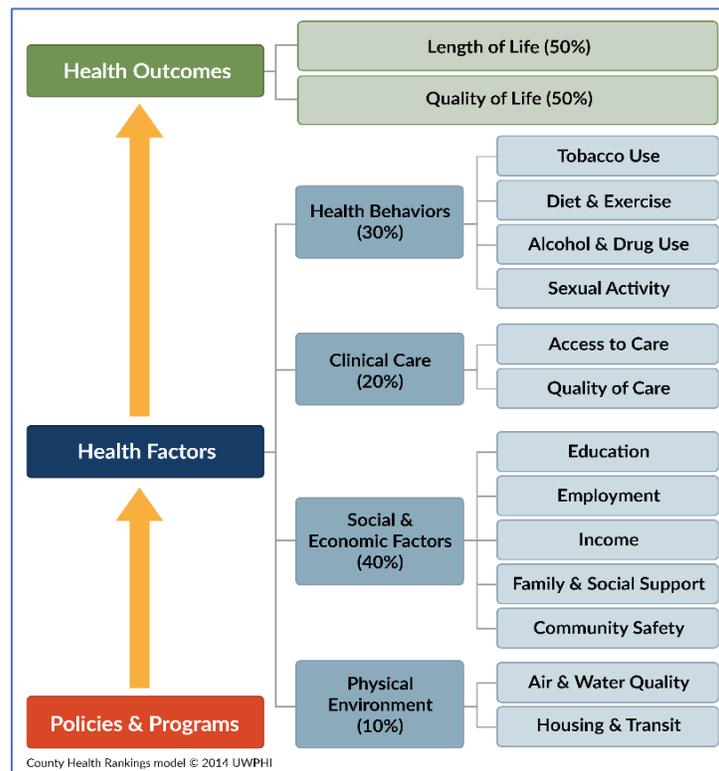
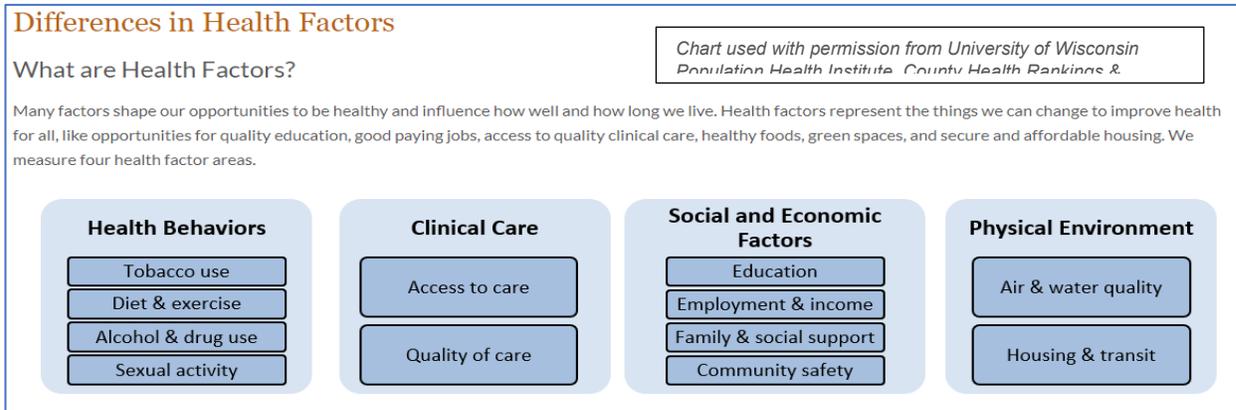
1. Mental Health Services (Local Availability, Cost, Substance Recovery Services)
2. Health Care Providers (Retain, Recruit, Consistency, Availability, Quality)
3. Retaining / Recruiting Jobs in Cheyenne County (Attract Youth, Economic Development)
4. Health Care Navigator Role (Cost of Living, Financial Resources, Costs, Health Insurance)
5. Addressing HIPAA Violations / Confidentiality
6. Local Access to Health Care Specialists

V. Community Health Status

Health Statistics for Cheyenne County

Per the “County Health Rankings & Roadmaps”³ published by A Robert Wood Johnson Foundation in 2020, Cheyenne County ranked 66 out of 104 counties which has declined from 47 in 2019.

The county health rankings provide some insight on what influences community health and how long and well citizens in each community live. The rankings take in account many different health factors, policies and programs, and health outcomes in determining the results.



In Cheyenne County from 2019 to 2020, there were reports of: increased poor / fair health, increased poor physical or mental health days, higher smoking and excessive drinking rates, higher uninsured persons, and increased preventable hospital stays which resulted in the lower ranking in the current year.

According to the Kansas Health Matters dashboard⁴, Cheyenne County, the following health indicators experience a **higher rate** in Cheyenne County than the overall Kansas average and are of **concern** to community health in an adverse way:

Health Indicator	Kansas Value	Cheyenne Co. Value
Health / Cancer: Male Prostate Cancer Rate (per 100,000)	116.6	131.6
Health / Heart: Age-Adjusted Death Rate due to Heart Attack (per 100,000)	48.3	75.1
Health / Heart: Atrial Fibrillation: Medicare Population	8.8%	9.9%
Health / Immunizations: Medicare Eligible Beneficiaries 65+ receiving PPV (pneumonia vaccine)	57.4%	42.3%
Health / Maternal: Births Occurring to Teens (15-19 years)	5.9%	8.3%
Health / Maternal: Births When Prenatal Care began in First Trimester	81.0%	76.7%
Health / Maternal: Premature Births	9.1%	18.5%
Health Mortality: Age-Adjusted Cerebrovascular Disease Mortality Rate (per 100,000)	38.3	40.4
Health Mortality: Age-Adjusted Chronic Lower Respiratory Disease Mortality Rate (per 100,000)	49.9	64.6
Health Mortality: Age-Adjusted Heart Disease Mortality Rate (per 100,000)	156.7	165.8
Health Mortality: Age-Adjusted Years of Potential Life Lost due to Cancer (years per 100,000)	1206.5	1359.5
Health / Aging: Alzheimer's Disease or Dementia: Medicare Population	11.0%	12.1%
Health / Chronic: Osteoporosis: Medicare Population	6.1%	11.5%
Health / Respiratory: COPD (Chronic Obstructive Pulmonary Disease) Hospital Admission Rate (per 10,000)	13.2	14.8
Health / Respiratory: Pneumonia (Bacterial) Hospital Admission Rate (per 10,000)	22.5	27.0
Substance Abuse: Medicare Beneficiaries Having Opioid Dosage >= 50 MME	33.3%	46.2%
Substance Abuse: Medicare Beneficiaries Having Opioid Dosage >= 90 MME	16.6%	21.6%
Substance Abuse: Medicare Beneficiaries Receiving Opioids Supply Greater Than 10 Days	37.8%	43.7%
Households with Cash Public Assistance Income	1.6%	2.1%
Economy: Median Household Income	\$57,422	\$46,833
Economy: Per Capita Income	\$30,757	\$28,467
Economy: Elderly (65+) Living Below Poverty Level	7.6%	10.5%
Economy: People Living 200% Above Poverty Level	69.4%	68.7% <i>(trend increase from 67% prior value)</i>
Economy: Uninsured Population Rate (Adult)	12.3%	15.9%

Using the same data set from Kansas Health Matters, the following are health and social determinants which are at a **lower rate** for Cheyenne County compared to the State of Kansas Average which is a **positive** trend towards good health:

Health Indicator	Kansas Value	Cheyenne Co. Value
Health / Access: Staffed Hospital Bed Ratio (per 1,000)	3.2	6.0
Cancer: Medicare Population	8.0%	3.8%
Cancer: Colorectal Cancer Rate (per 100,000)	39.8	25.5
Cancer: Female Breast Cancer Rate (per 100,000)	123.0	72.3
Cancer: Lung and Bronchus Cancer Rate (per 100,000)	58.6	34.1
Health / Diabetes: Hospital Admission Rate (per 100,000)	13.9	8.1
Health / Diabetes: Medicare Population	25.4%	18.3%

Health Indicator	Kansas Value	Cheyenne Co. Value
Health / Nutrition: Food Insecurity Rate	12.7%	11.0%
Health / Heart: Stroke Hospital Admission Rate (per 100,000)	14.7	7.4
Health / Heart: Heart Disease Admission Rate (per 10,000)	121.9	38.0
Health / Heart: Hyperlipidemia Medicare Population	37.1%	24.9%
Health / Heart: Hypertension Medicare Population	55.2%	41.4%
Health / Immunizations: Percent of Infants Fully Immunized at 24 months	69.2%	71.4%
Health / Maternal: Percentage Low Birth Weight	7.0%	5.6%
Health / Mental: Medicare Population Depression	18.9%	10.7%
Health / Mental: Mental Behavior Hospital Admission Rate (per 10,000)	75.1	23.1
Health / Wellness & Lifestyle: Life Expectancy (years)	78.5	82.2
Economy: Students Eligible for the Free Lunch Program	37.0%	36.0%
Economy: Homeownership	58.9%	64.7%
Economy: Median Monthly Owner Costs for Households without a Mortgage	\$495	\$384
Economy: Median Household Gross Rent	\$831	\$575
Economy: Households that are Below the Federal Poverty Level	12.2%	8.5%
Economy: Children Living Below Poverty Level	15.6%	8.4%

VI. Local County Health Resources

Medical Health Care

CHEYENNE COUNTY HOSPITAL

210 W 1st Street
 St. Francis, KS 67756
 785-332-2104
www.cheyennecountyhospital.com

Cheyenne County Hospital is a not for profit 501(c)(3) Critical Access Hospital. It is licensed for 16 beds and offers acute, swing bed and obstetrics care. The hospital has a 24-hour emergency room with a Level IV Trauma designation. On-site laboratory and imaging services are available including CT, Ultrasound, Dexascan and Radiology Imaging Services. Physical Therapy care is available and includes aquatic therapy. The Cardiopulmonary Department provides respiratory care services.

- **Mission:** Improving Health through Access to Quality Care.
- **Vision:** To promote exceptional, team-based, rural healthcare!
- **Values:** Compassion, Integrity, Consistency

The hospital, opened in March 1953, is owned by Cheyenne County and leased to Great Plains Health Alliance under the legal name of Great Plains of Cheyenne County Inc. dba Cheyenne County Hospital. The facility is licensed by CMS (Medicare).

Specialty services offered include:

- Cardiology
- Ophthalmology
- Outpatient Specialty Services:
- Outpatient Surgery
- Senior Life Solutions
- Sleep Studies
- Wound Care

The hospital is unique in that CCH is one of the few Critical Access Hospitals that also operates a County Health Department which gives it the added advantage of joining documentation / electronic health records between hospital, clinic and county health to a far greater extent that is possible in other communities.

CHEYENNE COUNTY CLINIC

CCC – St. Francis
221 W 1st Street
St. Francis, KS 67756
785-332-2682, Toll Free: 888-278-0234
https://www.cheyennecountyhospital.com/services/county_clinics.aspx

CCC – Bird City
233 W 4th Street
Bird City, KS 67731
785-734-2306

Cheyenne County Clinic (CCC), based in the cities of St. Francis and Bird City in Cheyenne County, is best described as a frontier rural hospital-based health care center. Care is provided by primary care practitioners to individuals who present for care regardless of their ability to pay. There are two programs utilized by Cheyenne County Clinic for charitable care: Charity Care and Sliding Fee Scale. While the Sliding Fee Scale application is more straight-forward for applicants, it only covers visits at the clinic going forward from the date of application. On the other hand, Charity Care will cover past visits, co-pays, and hospital charges.

The clinic began operation with a lone Physician Assistant (PA) and served as a vehicle to continue care provided by State Line Health Network, a FQHC that met an unfortunate demise in 1996. CCC then took over the recruitment contract. The clinic has faced many challenges over the past 24 years in building and preserving a strong medical staff in a frontier rural area plagued with health professional shortages. With ongoing and aggressive recruitment combined with community support, two decades later the clinic now employs a medical doctor (MD), a Doctor of Osteopathic Medicine (DO), a certified pediatric nurse practitioner in acute care (CPNP-AC), and one full-time and two part-time certified physician's assistants (PA-C).

CHEYENNE COUNTY HEALTH DEPARTMENT

221 W 1st Street, Basement
St. Francis, KS 67756
785-332-2381
https://www.cheyennecountyhospital.com/services/county_health_department.aspx

The Cheyenne County Health Department through partnership with the Kansas Department of Health and Environment, promote healthy lifestyles within the county by providing health, environmental and educational services to maintain and promote healthy living for individuals, families and the community. The majority of services include but are not limited to: adult and childhood immunizations, school health, Early Detection Works, Farmworkers Health program, reportable disease investigation, emergency preparedness, health screenings and health education programming.

Mental / Behavior Health Care

HIGH PLAINS MENTAL HEALTH SERVICES

208 E 7th Street
Hays, KS 67601

785-625-2871

Contracted for Telehealth and onsite services as needed (PRN) at Cheyenne County Hospital.

2020 Directory of Mental Health Resources in Kansas from the Kansas Department for Aging and Disability Services: https://www.kdads.ks.gov/docs/default-source/csp/bhs-documents/mental-health-resource-directory.pdf?sfvrsn=95ab29ee_120.

SENIOR LIFE SOLUTIONS

221 W 1st Street, Basement
St. Francis, KS 67756
785-332-2711

Contracted for Senior Mental Health Services at Cheyenne County Hospital.

Other Health Care Partners

GOOD SAMARITAN SOCIETY NORTHWEST KANSAS HOME HEALTH AGENCY

(Care in multiple NW KS Counties)

820 S. Denison
St. Francis, KS 67756
785-332-3588

Skilled Nursing Care, Home Health Aide Service, Home Maker Service, Physical Therapy, Occupational Therapy, Speech Pathology Service

CHEYENNE COUNTY VILLAGE (CCV)

CCV - Assisted Living Facility

CCV - Skilled Nursing Home Facility

CCV – Independent Living Apartments

820 S. Denison Street
St. Francis, KS 67756
785-332-2531
www.ccvillages.com

CHIROPRACTIC CARE

Active Balance Chiropractic & Acupuncture Clinic, April Green D.C., 315 S Bird Ave., Bird City, KS 67731, 785-626-3274

Poling Chiropractic & Family, Brett Poling D.C., 709 S Benton St., St. Francis, KS 67756, 785-332-3103

Stuart, Patrick D.C., 115 N Quincy St., St. Francis, KS 67756, 785-332-3047

Unger, Ryan D.C., 120 N Scott St., St. Francis, KS 67756, 785-332-2186

DENTAL SERVICES

Melvin Dunn, D.D.S., 300 N College St., St. Francis, KS 67756, 785-332-2062

Tim Poling, D.D.S., 200 W Washington St., St. Francis, KS 67756, 785-332-3103

HOSPICE SERVICES

Hospice Services Inc., 438 N Franklin Ave., Colby, KS 67701, 785-462-6710

OPTOMETRIST SERVICES

Vision Source, Danielle McAtee, O.D., 103 W Washington St., St. Francis, KS 67756, 785-332-2500

PHARMACY SERVICE

Krien Pharmacy, 105 W Washington, St. Francis, KS 67756, 785-332-2177

Other Community Resources

BIRD CITY FOOD PANTRY

Immanuel United Methodist Church, 116 E 4th St., Bird City, KS 67731, 785-734-2739

BIRD CITY AREA ON AGING

122 4th St., Bird City, KS 67731

CHEYENNE COUNTY FOOD BANK

405 Lorraine St., St. Francis, KS 67756, Hours of Distribution: Second Tuesday, 5 – 7 pm
Contact Zona Potter for information: 785-332-4860

CHEYENNE COUNTY PUBLIC TRANSPORTATION

Cheyenne County Clerk's Office, 212 E Washington St., St. Francis, KS 67756, 785-772-1053
On-demand service Monday through Friday, 8 a.m. – 5 p.m., Holidays excluded

ST. FRANCIS SENIOR CENTER

322 W Washington Street, St. Francis, KS 67756, 785-332-2945

SCHOOL DISTRICTS

USD 103 – Cheylin Schools, 605 Bird Ave., Bird City, KS 67731, 785-734-2341

USD 297 – St. Francis Public Schools, 100 College St., St. Francis, KS 67756, 785-332-8143

NORTHWEST KANSAS AREA ON AGING

Provides In-Home Services, Caregiver Program, Senior Health Insurance Counseling, Home Delivered Meal Programs and other information for the elderly.
301 W 13th St., Hays, KS, 67601, 800-432-7422, 785-628-8204
Elder Abuse Line: 800-842-0078

CHEYENNE COUNTY SHERIFF

212 E Washington St., St. Francis, KS 67756, 785-332-8800

NARCOTICS ANONYMOUS

104 W Webster, St. Francis, KS 67756, 785-332-0082

VII. Reference of Resources

1. Rasmussen College Health and Wellness Study, “What is Community Health and Why Is It Important?” by Ashley Brooks, 3/4/2019. <https://www.rasmussen.edu/degrees/health-sciences/blog/what-is-community-health/>
2. 2010 US Census Data: <https://www.census.gov/quickfacts/cheyennecountykansas>
3. A Robert Wood Johnson Foundation 2020, “County Health Rankings & Roadmaps.” <https://www.countyhealthrankings.org/reports/state-reports/2020-kansas-report>
4. Kansas Health Matters Dashboard. <https://www.kansashealthmatters.org>

VIII. CHNA Consultant Information

Greater Northwest Kansas Community Foundation (GNWKCF) is an organization exempt from Federal income tax under section 501(c)(3) of the Internal Revenue Code, a public charity, and a non-profit corporation organized in the State of Kansas. The organization provides grant writing and project consultation in addition to services to community foundations in 12 Northwest Kansas counties: Cheyenne, Decatur, Gove, Graham, Logan, Norton, Phillips, Rawlins, Sheridan, Sherman, Thomas and Wallace.

105 W 4th Street
PO Box 593
Bird City, KS 67731
785-734-2406
www.gnwkcf.org

Carol Sloper has worked for GNWKCF since 2017 as the Grants and Scholarships Coordinator. She has experience as a grant writer for Cheyenne County, Kansas and worked in Information Technology for various industries since 1997. Included in that experience is three years at Children’s Hospital of Denver and two years at Cheyenne County Hospital. Her experience at hospitals have given her insight to overall hospital operations at a macro level for both urban and rural hospitals. While at Cheyenne County Hospital, she was project manager for the Rural Healthcare Collaboration Project and assisted with the 2014 CHNA. Carol has dual Bachelor of Arts degrees from Kansas State University in Mathematics and Journalism Education.

IX. Supporting Documentation to Follow

- A. 2020 Survey Tool**
- B. Marketing of Tool**
- C. Executive Summary**
- D. Marketing of Public Forum**
- E. Mental Health Wellness Center**
- F. PowerPoint Presentation – Survey Results**
- G. PowerPoint Presentation – Strategic Doing**
- H. Article Recapping Public Forum**

Supporting Documents A - Survey Tool



Cheyenne County – Community Health Needs Assessment 2020

Welcome!

Cheyenne County Hospital, Clinic and County Health Department want to hear from you about community health needs and concerns.

The focus of this effort is to:

- Learn of the good things in our community as well as the concerns.
- Understand perceptions and attitudes about the health of individuals and the overall community.
- Hear suggestions for how our local health systems can improve.
- Learn more about how local health services are used by you and the community.

Please complete this survey no later than June 15, 2020.

All responses are confidential and anonymous.

Surveys will be tabulated by Greater Northwest Kansas Community Foundation. Your responses will be combined with other answers and reported only in total. If you have any questions regarding this survey, please contact Carol Sloper at 785-734- 2406 or info@gnwkcf.org.

Your opinion matters! Thank you in advance for participating!

Please return this completed survey to:

Greater Northwest Kansas Community Foundation
Attn: CHNA
PO Box 593
Bird City, KS 67731

Or, you may drop it off at the Cheyenne County Hospital front desk, St. Francis Clinic, Bird City Clinic, or Cheyenne County Health Department.

Cheyenne County – Community Health Needs Assessment 2020

Section 1 – Community Assets and Concerns

Please tell us about your community by **choosing up to three (3) options** you **most agree** with in each category below.

* 1. Considering the **quality of life** in your community, the **best things** are:

- Affordable place to live
- Closeness to work and activities
- Family-friendly; good place to raise kids
- Feeling that you matter, your life makes a difference
- Informal, simple, laid-back lifestyle
- Job opportunities or economic opportunities
- Safe place to live, little/no crime
- Other (please specify)

* 2. Considering the **activities** in your community, the **best things** are:

- Activities for families and youth
- Active faith community
- Family events or social times
- Involvement in agricultural opportunities
- Local events
- Recreational and sports activities
- Other (please specify)

* 3. Considering the **community/environmental health** in your community, what **concerns** you most is:

- Attracting and retaining young individuals
- Bullying/cyberbullying
- Crime and safety, adequate law enforcement
- Decrease in population
- Having enough child daycare services (affordable)
- Having enough quality school resources
- Healthy food access
- Limited job advancement, degree options
- Limited youth activities
- Need for distance transportation options
- Not enough exercise and wellness activities
- Not enough jobs with livable wages, not enough to live on
- Physical, domestic violence, child abuse, or sexual abuse
- Other (please specify)

* 4. Considering the **availability/delivery of health services** in your community, what **concerns** you most is:

- Ability of healthcare providers to work together to coordinate patient care within the health system
- Ability to get health appointments within 48 hours
- Ability to pay for prescribed medications
- Ability to retain primary care providers (MD, PA, NP) and nurses in the community
- Adequacy of health insurance coverage (out of pocket expenses too high)
- Availability of primary care providers
- Availability of specialists
- Availability of mental health services
- Availability of substance use disorder/treatment services
- Cost of healthcare services
- Emergency services (ambulance and 911) availability 24/7
- Extended appointment hours, evenings and weekends
- Not comfortable seeking care where I know the employees at the facility
- Patient confidentiality (inappropriate sharing of personal health information)
- Quality of health care
- Wellness and disease prevention services
- Other (please specify)

Cheyenne County – Community Health Needs Assessment 2020

Section 1 - Community Concerns by Age Group

Please tell us about your community by choosing up to three (3) options you most agree with in each category below.

* 5. Considering the youth population in the community, what concerns you most is:

- Anxiety, stress, depression, suicide
- Binge drinking
- Community engagement, volunteerism
- Drug and alcohol use
- How to encourage them to return home; have adequate jobs for them
- Quality education
- Sex trafficking
- Youth activities, places they can congregate with supervision
- Other (please specify)

* 6. Considering the **adult population** in the community, what **concerns** you most is:

- Agricultural/farm stressors
- Alcohol use and abuse
- Availability of support services (financial, health, behavioral)
- Cancer
- Chronic diseases (health issue that is managed rather than cured)
- Depression/stress/anxiety
- Desire for social events
- Drug use and abuse
- Need for support groups
- Prescription drug abuse
- Relationship issues, parenting support
- Smoking and tobacco use
- Succession planning
- Suicide
- Wellness and disease prevention
- Other (please specify)

* 7. Considering the senior population in the community, what concerns you most is:

- Aging well
- Availability of activities for seniors
- Availability of assisted living
- Availability of long-term / skilled nursing care options
- Availability of resources to help elderly stay in their homes
- Availability of support services for those on a fixed income
- Chronic diseases
- Dementia/Alzheimer's
- Depression/anxiety/suicide
- Elder abuse
- Knowledge of resources for family and friends caring for elders
- Social isolation/lack of local support system
- Transportation for out of town medical appointments
- Other (please specify)



Cheyenne County – Community Health Needs Assessment 2020

Section 1 - Community Concerns Overall Opinion

* 8. What **single issue** do you feel is the **biggest challenge** facing our community?

* 9. In the 2017 CHNA, the following were identified as priority areas to change and/or improve. Please respond with your opinion on the progress in addressing these issues within Cheyenne County over the past two years:

	Worsened	No Change	Slightly Improved	Significantly Improved	I don't know
Access to Affordable Health Insurance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to Quality Child Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community Health Education (Own Personal Health)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food Insecurity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental Health (Access, Diagnosis and Placement)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staffing: Lack of Qualified Health Care Workers Seeking Employment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Substance Abuse (Meth, Marijuana, Opioids and Prescription Drugs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Suicide Prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WIC Usage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Cheyenne County – Community Health Needs Assessment 2020

Section 2 – Delivery of Health Care Services

* 10. Where do you seek general health care most frequently (primary care / routine doctor visits)?

- In Cheyenne County
- Outside of Cheyenne County

If Outside Cheyenne County, answer question 11. Otherwise skip to 12.

* 11. Why do you seek care outside of Cheyenne County?



Cheyenne County – Community Health Needs Assessment 2020

Section 2 - Delivery of Health Care Services

* 12. If a specialty clinic was offered by Cheyenne County Hospital through telehealth (video conference), would you utilize it? (*orthopedic, cardiac, etc.*)

- Yes
- No
- Unsure

* 13. Do you have one or more chronic illness(es)? (*Chronic illnesses are those that do not have a cure and take ongoing, routine medical care to manage such as diabetes, asthma, COPD, high blood pressure, high cholesterol, etc.*)

- Yes
- No
- Unsure

* 14. Are you aware of these services offered within Cheyenne County's health systems? *(Select all that apply)*

- Aquatic Therapy
- Cardiology
- Cardiopulmonary/Respiratory Therapy
- Certified Pediatric Acute Care Nurse Practitioner
- Food Pantry
- Home Health (Nursing, Aide or Housekeeping)
- Hospice
- Meals on Wheels
- Obstetrics
- Ophthalmology
- Outpatient surgery
- Physical Therapy
- Senior Life Solutions
- Sleep studies
- Speech Therapy
- Ultrasound
- Wound care
- I am not aware of any of these services

* Cheyenne County – Community Health Needs Assessment 2020

Section 2 - Delivery of Health Care Services, Barriers

* 15. What **prevents** you or immediate family members from **receiving healthcare**? *(Select all that apply)*

- Concerned about what others will think
- Cultural barrier
- Don't know what services are available
- High cost / out of pocket expenses (co pays, medications, travel)
- Lack of provider/healthcare staff follow through (prescriptions, consults, referrals)
- Lack of transportation services
- Language barrier
- Limited or no insurance coverage
- Needed specialty not available locally
- Not able to get appointments at the clinic
- Not able to see same provider each time
- Not able to take time away from work for appointments
- Preventative or alternative health services not offered locally
- I do not experience any barriers in receiving health care
- Other (please specify)

* 16. Do you need or receive financial assistance with any of the living expenses listed below? *(Select all that apply)*

- Food
- Health Care Insurance
- Health Care Payments
- Infant Supplies
- Prescriptions / Pharmacy Supplies
- Rent
- Utilities
- I do not need or receive financial assistance
- Other (please specify)

* 17. Are you aware of any of these financial assistance programs offered through Cheyenne County Hospital, Clinic or County Health Department? *(Select all that apply)*

- Charity Care
- Health Navigator Service (helps link individuals with resources they need)
- Prescription Assistance Program
- Sliding Scale Fees for Health Care
- I am not aware of any financial assistance programs

* 18. What gaps exist that keep you from being healthy? *(Select all that apply)*

- Lack of knowledge
- Lack of organized exercise, wellness opportunities
- Resources (cost, time, motivation, support)
- I feel that I am physically healthy
- Other (please specify)

Cheyenne County – Community Health Needs Assessment 2020

Section 2 - Delivery of Health Care Services, Opportunities

* 19. What health and/or wellness programming would you like to see in Cheyenne County? (*Select all that apply*)

- Prevention classes
- Organized exercise
- Workplace wellness
- Online education
- No additional programming is needed
- Other (please specify)

* 20. Where do you turn to for trusted health, wellness information, programs, assistance? (*Select all that apply*)

- Facebook / Internet
- Healthcare Professional
- Newspaper
- TV / Media
- Word of Mouth (friend / family)
- None
- Other (please specify)

* 21. What is the **best** way to share community and health information, events going on in Cheyenne County?
(Select one)

- Email
- Facebook / Social Media
- Newspaper
- Website
- Word of Mouth
- Other (please specify)

Cheyenne County – Community Health Needs Assessment 2020

Section 3 - Behavior / Mental Health Care Services

Behavioral / mental health conditions include but are not limited to depression, learning disorders, ADHD, addiction, anxiety, trauma, mood disorders, stress, eating disorders, relationship problems, etc.

A Behavioral Wellness Center is a service that provides face-to-face and/or telemedicine mental emotional and behavioral support resources (such as addictions counseling, mental health care, counseling, and trauma recovery yoga).

* 22. What keeps you from improving your behavioral / mental health? *(Select all that apply)*

- Availability of help
- Availability of local services
- Availability of quality services
- Cost of services
- Fear of what others will say or think
- Lack of transportation
- I don't struggle in this area
- Other (please specify)

* 23. Select one response that best completes this sentence when you think about people with behavior / mental health conditions. **I think people with behavioral health conditions:**

- Need to work harder to overcome it
- Need our care and support
- Make choices that cause the problems
- Are sometimes faking it

* 24. Do you feel there is a need for a local behavioral wellness center?

- Yes
- No
- Unsure

If you answered yes, please answer question 25, otherwise skip to question 26.

* 25. If a behavior wellness center was available locally, would you use it?

- Yes
- No
- Unsure

Cheyenne County – Community Health Needs Assessment 2020

Section 3 - Demographic Information

Again, this information is confidential and anonymous. The information in this section is used to help us analyze trends based on age, gender, and other social determinants when considering answers later in the survey. This information will not be used for any purpose other than to analyze trends for health needs in Cheyenne County.

* 26. What is your age?

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+

* 27. What is your gender?

- Female
- Male
- Transgender
- Prefer not to say
- Other (please specify)

* 28. What is your Race / Ethnicity?

- White or Caucasian
- Black or African American
- Hispanic or Latino
- Asian or Asian American
- American Indian or Alaska Native
- Native Hawaiian or other Pacific Islander
- Another race
- Prefer not to say

* 29. What is your **home** zip code?

ZIP/Postal Code

* 30. What is your current employment status?

- Employed (including self-employed)
- Unemployed
- Retired
- Disabled
- Prefer not to say

If you are employed, please answer questions 31 and 32. Otherwise, skip to question 33.

* 31. Where do you work (zip code)?

ZIP/Postal Code

* 32. Select the answer that best reflects your employment status.

- Full-time
- Part-time
- PRN / As Needed
- Multiple Jobs

Cheyenne County – Community Health Needs Assessment 2020

Section 3 - Demographic Information

This information is anonymous and confidential. This data is only used for data analysis and is not reported or linked beyond the scope of this survey.

* 33. *How many people live at your address (regardless of relationship status or age)?*

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8+

* 34. What is your gross income?

- <=\$12,760
- <= \$25,520
- <=\$38,280
- <=\$51,720
- <=\$65,160
- >\$65,160
- <=\$78,600
- <=\$92,040
- <=\$105,480
- <=\$118,920
- <=\$132,360
- >\$132,360
- Refuse to Answer



Cheyenne County – Community Health Needs Assessment 2020

Thank you for participating in this survey!

Thank you for taking the time to share your feedback regarding Cheyenne County Health Systems. If you would like more information regarding any service mentioned in this survey, please contact the hospital at 785-332-2104 or by email at sblanka@cheyennecountyhospital.com.

The results of this survey will be published by Cheyenne County Hospital by the end of 2020 and be available for download at www.cheyennecountyhospital.com.



The Saint Francis Herald

& Bird City Times

\$1.25

6 Pages

Thursday, April 30, 2020

136th Year, Number 18

County hospital seeking input from local residents on health needs

Cheyenne County Hospital (CCH) is conducting a Community Health Needs Assessment (CHNA) for Cheyenne County now through June 15. The purpose of this assessment is to identify major community health challenges, gaps in service, and other factors that may contribute to unmet health needs locally.

Produced every three years, the CHNA provides critical data gathered from public surveys and focus groups to determine the health needs of Cheyenne County citizens. The report is published on the hospital's website and printed copies are available upon request.

The first step in the CHNA process is a citizen survey, which is being conducted by a third party, Greater Northwest Kansas Community Foundation (GNWKCF). The public survey is open now until June 15. The goal is to get as many Cheyenne County citizens as possible to respond to ensure every voice is heard.

Surveys can be completed online at <https://www.surveymonkey.com/r/2020CHNACNCO>. Paper copies in English or Spanish are available upon request by calling the hospital at 785-332-2104 or by emailing info@gnwkcf.org. "The survey is completely

anonymous," stated Carol Sloper, consultant from GNWKCF. "I know some people are hesitant to provide personal data or opinions in surveys, but there is no way to link responses to any individual. These surveys are confidential and anonymous. Without honest and complete feedback, the CHNA will not paint the true picture of Cheyenne County's health needs."

Responses from citizens will help guide action steps in addressing the health needs in Cheyenne County. Once the survey is complete, community input will be sought through stakeholder and town hall meetings to help pri-

oritize goals, develop objectives, and establish a strategic plan to improve the health outcomes of Cheyenne County.

"The CHNA is an essential part of the hospital leadership team visioning," stated Rance Ramsey, CCH Administrator. "While it's a requirement of tax-exempt hospitals to comply with the Patient Protection and Affordable Care Act of 2010, we view it as more than just checking a box. It helps us take a look at the services we provide and how they are delivered compared to what our community really needs. It is a chance to make adjustments to ensure

health equity in Cheyenne County."

In 2017, the CHNA outlined concerns regarding the lack of qualified healthcare workers, the need for increased mental health access, access to affordable care (lack of adequate Medicaid reimbursement), addressing substance abuse in Cheyenne County, and promoting community health education. Action steps were created by CCH, local law enforcement, Cheyenne County Village, Cheyenne County Clinic, and Cheyenne County Health Department to make improvements in each of these areas. One question on the

2020 survey is to gauge whether there have been improvements made in any of these areas.

All citizens of Cheyenne County and out-of-county individuals who seek care from Cheyenne County Hospital or Clinic are encouraged to take this survey. A link to the survey can be found on the hospital's website, Facebook page, or accessed directly at <https://www.surveymonkey.com/r/2020CHNACNCO>.

For more information about the survey, contact Shawna Blanka at 785-332-2104 or sblanka@cheyennecountyhospital.com.

2 The Saint Francis Herald/Bird City Times Thursday, April 30, 2020

Bulletin Board

Hospital Guild

The May 4 meeting of the Cheyenne County Hospital Guild has to be cancelled due to the virus restrictions. This was to be our annual salad luncheon, so we may decide to kick off our fall season on Monday, Oct. 5 with a salad luncheon. Stay tuned for the update, and we will see you next fall. Have a great summer. For any other information, or to join our guild, please call Betty Louder, 785-332-4338 or DeEtta Knorr 785-332-4073.

Property tax payments due May 11

The second payment of property taxes is due May 11, County Treasurer Delores Jenk wants to remind residents. There are no penalties if post-marked by May 11, and you can also pay online. For more info, look for the

in this week's paper.

St. Francis Alumni Celebration cancelled

After much deliberation, the St. Francis Alumni planning committee has made the decision to postpone this year's Alumni Celebration due to the coronavirus pandemic. For the sake of public safety, the committee members agree it is prudent to avoid planning a large gathering so soon after lifting travel and gathering restrictions. The plan is to honor classes ending in 0, 1, 5, and 6 at the 2021 Alumni Celebration which will be held June 18-19, 2021.

Community Health Needs Survey

Cheyenne County Hospital is conducting a Community Health Needs Assessment survey for Cheyenne County now through June 15. The purpose of this assessment is to identify

major community health challenges, gaps in service, and other factors that may contribute to unmet health needs locally. Surveys can be completed online at <https://www.surveymonkey.com/r/2020CHNACNCO>. Paper copies in English or Spanish are available upon request by calling the hospital at 785-332-2104 or by emailing info@gnwkcf.org. Everyone over the age of 18 is encouraged to complete the survey.

Cheyenne County Wildlife - Huck Finn Day

This year we won't be holding our annual Huck Finn Day, but Keller's pond is stocked and ready to go! The gates have been opened and the pond is ready to be fished. Be safe, respectful of others and pay attention to KD-WPT and KDHE guidelines.

Community Foundation grant application

applications to occur in May.

"With the current situation regarding Covid-19 within our county, our nation, and even our world, the CCKCF Board believes that we need more time to evaluate our local situations. As a board, we are looking at addressing some immediate financial needs of our communities," said Carla Lampe, CCKCF board chairman. Updated information about grant processes will be provided at a later date.

Cheyenne County Museum

The current "Roots" exhibit features the Worthy-Edmonds Families. Come up and check out the stones, artifacts, and photos that tell the fascinating story of these early Cheyenne County settlers. Museum Hours from now until Memorial Day are Fridays and Saturdays 10:00 - 2:00.

Quincy Gallery

The Power of the Written Word

10:30 - 5:30 and Saturday 10:30 - 2:00.

Bird City Alumni Banquet

Plan to honor this year's classes along with next year's classes. The celebration will be held next year, May 29, 2021 at the Bird City Legion Hall.

Cheyenne County Fair 2020

The Cheyenne County Fair will be held Aug. 5-8. The carnival is not scheduled to occur, but 4-H activities have not been cancelled.

Bird City Public Library

The Bird City Library is closed until further notice due to COVID-19.

Cheyenne Theater hours

The Cheyenne Theater is currently closed due to the COVID-19 social isolation guidelines.

St. Francis Library

The St. Francis Public Library is closed until further notice due to COVID-19.

Day-by-Day

CN Public Transit

Cheyenne County Public Transit offers door to door rides for any purpose from 8 a.m. to 5 p.m., Monday through Friday, holidays excluded. Free travel within Cheyenne County. Affordable rates for outside the county, up to 200 miles in Kansas only. First come, first serve basis. Call 785-772-1053 to schedule a ride. cncls.us@ids.net (tm)

Cheyenne County Website

Cheyenne County website is: cncls.us (type in your browser's address line)

Narcotics Anonymous

Narcotics Anonymous meetings • Monday (closed) and Thursday nights at 7:30 p.m. at 405 S Lorraine. Information 785-772-1481.

Alcoholics Anonymous

Alcoholics Anonymous Tuesday nights at 7:30 p.m. 405 S Lorraine. Information 785-332-4867

2 The Saint Francis Herald/Bird City Times Thursday, May 14, 2020

Bulletin Board -

Bird City Pool Closed for summer

With much consideration and thought the Bird City Pool will be closed this season due to COVID-19. The safety, health, and well-being of the entire community is the utmost importance to us. This decision was not an easy one. We are going to focus on repairs and upgrades on the pool at this time. Any questions or comments please email Birdcityclek@outlook.com.

St. Francis Alumni Celebration cancelled

After much deliberation, the St. Francis Alumni planning committee has made the decision to postpone this year's Alumni Celebration due to the coronavirus pandemic. For the sake of public safety, the committee members agree it is prudent to avoid planning a large gathering so soon after lifting travel and gathering restrictions. The plan is to honor classes

ending in 0, 1, 5, and 6 at the 2021 Alumni Celebration which will be held June 18-19, 2021.

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Cheyenne County Museum

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the stories, artifacts, and photos that tell the fascinating story of these early Cheyenne County settlers. Museum Hours from now until Memorial Day are Fridays and Saturdays 10:00 - 2:00.

Quincy Gallery

The Power of the Written Word exhibit will continue at the Gallery through April. Writers have shared a part of themselves in this exhibit. If you haven't visited the Gallery at 109 N. Quincy, take the opportunity to experience the richness of these personal poems, essays, and narratives, many accompanied by art work or photos. Gallery Hours: Thursday and Friday 10:30 - 5:30 and Saturday 10:30 - 2:00.

Bird City Alumni Banquet

Plan to honor this year's classes along with next year's classes. The celebration will be held next year, May 29, 2021 at the Bird City Legion Hall.

Cheyenne County Fair 2020

The Cheyenne County Fair dates for 2020 have been set for Aug. 5-8. Mark your calendars for the annual community event.

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St. Francis Library

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Day-by-Day

An open NA, AA, and Alanon - for info, call April (785) 772-1546.

Cancer support

There is a county wide cancer support group on the first Wednesday from 5:30-7 p.m. at St. John's Lutheran church in Bird City Call Mindy (Kissman) Bell, LSCSW at 970-201-6886 for more info-



Still time to fill out health survey

Nearly 200 people have taken the time to respond to the Cheyenne County Community Health Needs Assessment (CHNA) so far. The deadline to participate is June 15. The goal is to obtain input from everyone over the age of 18 in Cheyenne County. Every response is completely anonymous.

Questions include identifying what concerns people the most about availability and delivery of health services in the community, challenges facing different age groups (youth, adults, elderly), barriers to receiving health care (such as costs, lack of providers, cultural barriers, etc.), and services that are lacking in Cheyenne County.

The results of this survey will be used by many different organizations in Cheyenne County, including the hospital, clinic, county health, emergency medical services, home health, skilled and assisted living, schools, and law enforcement, to help shape

services around physical, medical and behavior health needs.

Surveys can be completed online at <https://www.surveymonkey.com/r/2020CHNACNCO>. Paper copies in English or Spanish are available upon request by calling the hospital at 785-332-2104 or by emailing info@gnwkcf.org.

"This assessment is an essential part of the hospital leadership teams visioning," stated Rance Ramsey, Cheyenne County Hospital Administrator. "While it's a requirement of tax-exempt hospitals to comply with the Patient Protection and Affordable Care Act of 2010, we view it as more than just checking a box. It helps us take a look at the services we provide and how they are delivered compared to what our community really needs. It is a chance to make adjustments to ensure health equity in Cheyenne County."

See SURVEY on Page 3

SURVEY

From Page 1

In 2017, the CHNA outlined concerns regarding the lack of qualified healthcare workers, the need for increased mental health access, access to affordable care (lack of adequate Medicaid reimbursement), addressing substance abuse in Cheyenne County, and promoting community health education. Action steps

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All citizens of Cheyenne County and out-of-county individuals who seeks

care from Cheyenne County Hospital or Clinic are encouraged to take this survey. A link to the survey can be found on the hospital's website (cheyennecountyhospital.org) or Facebook page. Paper surveys are available upon request.

For more information about the survey, contact Shawna Blanka at 785-332-2104 or sblanka@cheyennecountyhospital.com.

2 The Saint Francis Herald/Bird City Times Thursday, June 4, 2020

Bulletin Board

Food Bank Board

A Cheyenne County Food Bank Board is being created to assist with local food bank and access. Community members that are willing to serve on this board are asked to contact Zona, 332-4860 or Candi at 332-0068.

Three Corners Antique

Tractor Club
The 3 Corners Antique Tractor Club will be having a meeting on June 15 at 7 p.m. We will be discussing what event and rides that are available for the rest of the year. St. Francis is having a Car and Tractor Show on June 27, so put that on your calendar! Also, the Bird City Thresher Show will be held the last of July. See you

on the 15th at Zimbelman's Shop.

St. Francis Alumni Celebration cancelled

After much deliberation, the St. Francis Alumni planning committee has made the decision to postpone this year's Alumni Celebration due to the coronavirus pandemic. For the sake of public safety, the committee members agree it is prudent to avoid planning a large gathering so soon after lifting travel and gathering restrictions. The plan is to honor classes ending in 0, 1, 5, and 6 at the 2021 Alumni Celebration which will be held June 18-19, 2021.

Community Health Needs Survey
Cheyenne County Hospital is

conducting a Community Health Needs Assessment survey for Cheyenne County now through June 15. The purpose of this assessment is to identify major community health challenges, gaps in service, and other factors that may contribute to unmet health needs locally. Surveys can be completed online at <https://www.surveymonkey.com/r/2020CHNACNCO>. Paper copies in English or Spanish are available upon request by calling the hospital at 785-332-2104 or by emailing info@gnwkcf.org. Everyone over the age of 18 is encouraged to complete the survey.

Bird City Alumni Banquet
Plan to honor this year's classes along with next year's classes.

The celebration will be held next year, May 29, 2021 at the Bird City Legion Hall.

Cheyenne County Fair 2020

The Cheyenne County Fair dates for 2020 have been set for Aug. 5-8. Although the carnival has been cancelled this year due to COVID, the 4-Her's have been busy preparing for the excitement. Make sure to mark your calendars for this year.

Bird City Public Library

The Bird City Library is open regular hours from 2-5:30 p.m.

Cheyenne Theater hours

Welcome back Moviegoers!! The Cheyenne Theater has resumed summer showtimes. Thursday through Sunday at 8 p.m.,

Bulletin Board

Simply Produce
Simply Produce will restart in with order due by July 2 and distribution on July 9. There will also be a COVID Fresh Produce Delivery again on Friday, June 12 at 5 pm at the St. Francis High School. There will be 200 boxes this time so hopefully enough for everyone will be available!!

Food Bank Board
A Cheyenne County Food Bank Board is being created to assist with local food bank and access.

Community members that are willing to serve on this board are asked to contact Zona, 332-4860 or Candi at 332-0068.

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Cheyenne Theater hours

Welcome back Moviegoers!! The Cheyenne Theater has resumed summer showtimes. Thursday through Sunday at 7:30 p.m., and the Sunday matinee begins



Respond
Community Health Needs Assessment 2020

Your OPINION Matters!

Go online to:
<https://www.surveymonkey.com/r/2020CHNACNCO>
now to complete the survey

Deadline is June 15, 2020 to have your answers included
All responses are **CONFIDENTIAL** and **ANONYMOUS**

Contact us at 785-332-2104 or
info@gnwkcf.org to request
a paper survey in English or Spanish

Find the survey on our Facebook Page 



Cheyenne County HOSPITAL
210 W. 1st
St. Francis, KS
785-332-2104



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Cheyenne County HOSPITAL
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Cheyenne County HOSPITAL
210 W. 1st
St. Francis, KS
785-332-2104



The screenshot shows the Cheyenne County Hospital website. At the top left is the hospital logo, which consists of a stylized blue and yellow cross with a white outline, followed by the text "Cheyenne County HOSPITAL" in blue. To the right of the logo are three dark grey buttons with white text: "PATIENT SATISFACTION SURVEYS", "ONLINE BILL PAY", and "SEARCH". Below these is a dark red navigation bar with white text for "ABOUT US", "SERVICES", "PATIENTS & VISITORS", "PHYSICAL THERAPY", "QUALITY", "CAREERS", and "CONTACT US". The main content area features a large photograph of the hospital building, a brick structure with a covered entrance, and several cars parked in front. A dark red banner is overlaid on the bottom left of the photo with the text "ABOUT US" in white. Below the photo is a breadcrumb trail: "Home » About Us » 2020 Community Health Needs Assessment".

Home » About Us » 2020 Community Health Needs Assessment

Message from the CEO	Help Cheyenne County Hospital Help YOU! Take the Community Health Needs Assessment (CHNA) Now
Physicians	Every answer is important. Surveys are CONFIDENTIAL and ANONYMOUS.
GPHA	This assessment will help Cheyenne County health providers identify major community health challenges, gaps in service, and other factors that may contribute to unmet health needs locally.
Hospital Charges	Produced every three years, the CHNA provides critical data gathered from public surveys and focus groups to determine the health needs of Cheyenne County citizens. The report is published on the hospital's website and printed copies are available upon request.
Hospital Board	Responses from citizens will help guide action steps in addressing the health needs in Cheyenne County. Once the survey is complete, community input will be sought through stakeholder and town hall meetings to help prioritize goals, develop objectives, and establish a strategic plan to improve the health outcomes of Cheyenne County.
Hospital Guild	2020 CCH CHNA Survey 2020.pdf
Insurance Info	2020 CCH CHNA Survey Spanish.pdf
What's New	
2020 Community Health Needs Assessment	
2017 Community Health Needs Assessment	
2014 Community Health Needs Assessment	

Facebook Social Media Posts:

H Cheyenne County Hospital/Clinics/County Health
April 30 · 🌐

Help Cheyenne County Hospital Help YOU! Take the Community Health Needs Assessment (CHNA) Now
Every answer is important. Surveys are CONFIDENTIAL and ANONYMOUS. This assessment will help Cheyenne County health providers identify major community health challenges, gaps in service, and other factors that may contribute to unmet health needs locally.
Take the survey now at <https://www.surveymonkey.com/r/2020CHNACNCO>... See More



SURVEYMONKEY.COM
Cheyenne County – Community Health Needs Assessment 2020

👍❤️ You and 1 other 1 Comment 11 Shares

H Cheyenne County Hospital/Clinics/County Health
May 12 · 🌐

Help us help YOU!
Complete the Cheyenne County Community Health Needs Assessment online today at <https://www.surveymonkey.com/r/2020CHNACNCO>
For paper surveys in English or Spanish, they are available on the hospital website or you can pick up at the hospital or clinic. You can also contact info@gnwkcf.org
If you know someone who does not have online access, offer to help them take the survey too!
All responses will help health care leaders in Cheyenne County address gaps... See More



SURVEYMONKEY.COM
Cheyenne County – Community Health Needs Assessment 2020

👍 Carol Sloper 5 Shares

H Cheyenne County Hospital/Clinics/County Health
June 9 · 🌐

The deadline to voice your opinions on Cheyenne County Health Needs is fast approaching. June 15 is the last day to take the Cheyenne County Community Health Needs Assessment.
Complete the Cheyenne County Community Health Needs Assessment online today at <https://www.surveymonkey.com/r/2020CHNACNCO>. For paper surveys in English or Spanish, contact info@gnwkcf.org or 785-332-2104.
Produced every three years, the CHNA provides critical data gathered from public surveys and foc... See More



SURVEYMONKEY.COM
Cheyenne County – Community Health Needs Assessment 2020

👍 Carol Sloper 5 Shares

Small Card Handouts (2-sided)



We need your help!

Please take our Community Health Needs Assessment online at:

<https://www.surveymonkey.com/r/2020CHNACNCO>

or ask us for a paper copy to complete.

Deadline is **June 15, 2020**
All responses are ANONYMOUS



¡Necesitamos tu ayuda!
Realice nuestra Evaluación de necesidades de salud comunitaria en línea en:

<https://www.surveymonkey.com/r/2020CHNACNCO>

o solicite una copia en papel para completar.

La fecha límite es el 15 de junio de 2020 Todas las respuestas son **ANONIMAS**

Flyers for posting in organizations throughout Cheyenne County and distribution at Hospital, County Health and Clinic reception areas:



Your OPINION Matters!

Go online to:

<https://www.surveymonkey.com/r/2020CHNACNCO>

now to complete the survey

Deadline is June 15, 2020 to have your answers included
All responses are CONFIDENTIAL and ANONYMOUS

Contact us at 785-332-2104 or
info@gnwkcf.org to request
a paper survey in English or Spanish

Find the survey on our Facebook Page 



¡Tu opinion importa!

Vaya en línea a:

<https://www.surveymonkey.com/r/2020CHNACNCO>

ahora para completar la encuesta

La fecha limite es el 15 de junio de 2020
para incluir sus respuestas
Todas las respuestas son CONFIDENCIALES y ANONIMAS

Contacta con nosotros en
785-332-2104 o info@gnwkcf.org solicitar
una encuesta en papel en inglés o español

Encuentra la encuesta en nuestra página de Facebook 



Letters sent out to all Senior Citizens receiving Meals on Wheels:



May 22, 2020

Dear Citizen,

Attached is a Community Health Needs Assessment Survey from Cheyenne County Hospital. The survey seems lengthy, but it is simple to complete. We want to make sure the voices of our senior citizens are heard, so it is very important for you to complete this survey.

You may complete this paper copy and then return it to the Senior Center or to Greater Northwest Kansas Community Foundation (105 W. 4th, Bird City). We will be collecting responses from the Senior Center over the next several weeks. You have until June 15 to complete the survey and return it to the Senior Center or GNWKCF.]

If you prefer to complete this survey online via your computer, the link to access the survey electronically is:

<https://www.surveymonkey.com/r/2020CHNACNCO>

If you need assistance completing the survey, you may call Carol Sloper at 785-829-3679 and complete the survey over the phone with her between the hours of 8 am and 5 pm, Monday through Friday.

Thank you very much for helping Cheyenne County Hospital understand the community health needs of our citizens.

Sincerely,

The Cheyenne County Hospital CHNA Task Force

Supporting Documents C - Executive Summary

Cheyenne County Hospital (CCH) Community Health Needs Assessment (CHNA) - Executive Summary

Conducted May 1 – June 15, 2020

Final Report to be available by December 31, 2020, available online at cheyennecountyhospital.com

Scope and Purpose:

Community Health Needs Assessments (CHNA) are part strategic plan and part grounding rod. The Patient Protection and Affordable Care Act of 2010 (ACA) requires tax-exempt hospitals (including Cheyenne County Hospital) to create a CHNA every three years. While it is a required activity for compliance, it is a tool to help the hospital leadership team develop strategic plans which address community health needs and concerns.

There is no one definition of “community health need.” This is up to the interpretation of the stakeholders engaged in the process. To assess the health needs of its community, a hospital facility must survey a broad representation of the community to identify the significant health needs of the community. It must also prioritize those health needs, as well as identify resources potentially available to address them. Resources can include organizations, facilities, and programs in the community, including those of the hospital facility, potentially available to address those health needs.

CHNA Methodology:

The process was developed and implemented utilizing the contracted professional services of Greater Northwest Kansas Community Foundation (GNWKCF). The CHNA Taskforce, comprised of health leaders in Cheyenne County, included the following representation:

- Hospital CEO / Administrator
- Great Plains Health Alliance Vice President
- Cheyenne County Health Department Staff
- Hospital CFO
- Hospital Quality Director
- Hospital Director of Nursing
- Health Clinic Director
- Cheyenne County Village Director of Nursing
- Northwest Kansas Home Health Director
- Cheyenne County Emergency Medical Services staff

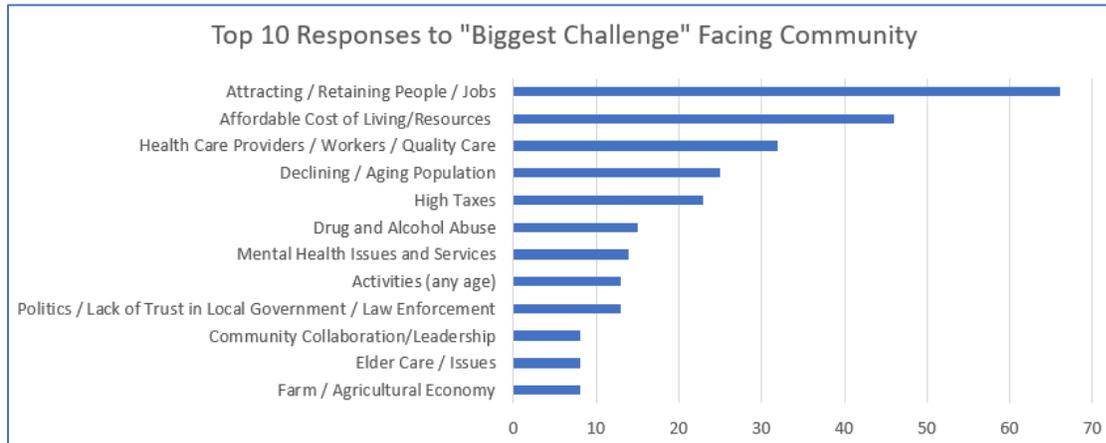
Cheyenne County Hospital (CCH) conducted a Community Health Needs Assessment (CHNA) Survey May 1 through June 15, 2020. The target audience was Cheyenne County citizens aged 18 and above (2,156 persons). The survey was widely distributed so that all Cheyenne County citizens could respond. The survey was advertised in the newspaper, press releases published, and social media posts were shared in various pages and groups. The primary survey was conducted through an online link; however, printed copies in both Spanish and English were available and distributed throughout the county to Hispanic and elderly persons. The survey included 34 questions focused on the following main areas:

- Section 1: Community Assets and Concerns
- Section 2: Delivery of Health Care Services
- Section 3: Behavior / Mental Health Care Services
- Section 4: Demographic Information

After the survey ended, data was compiled by GNWKCF staff and shared with the CHNA Taskforce for review. The Taskforce performed a data interpretation of results and determined initial priorities which will be shared and discussed at a Public Forum on October 19 from 6:30 – 8:30 p.m. at the Bird City American Legion Hall.

Survey Highlights

1. Regardless of age group, considering **Quality of Life in Cheyenne County**, the best things are: Family Friendly, Safe Place to Live, and Affordable. These are qualities that are desired and valued.
2. Considering **Activities**, the best things varied based on the age group of the respondents. These are activities that are sought and valued:
 - Active Faith Community, Activities for Family and Youth, and Family Events/Social Times topped the list.
 - For ages 65 and over, Involvement in Ag rose to the top three.
 - For ages 18 to 44, Recreational and Sports Activities was more important than Family Events/Social Times.
3. The top 10 responses to the question “**What is the Biggest Challenge Facing the Community**”:



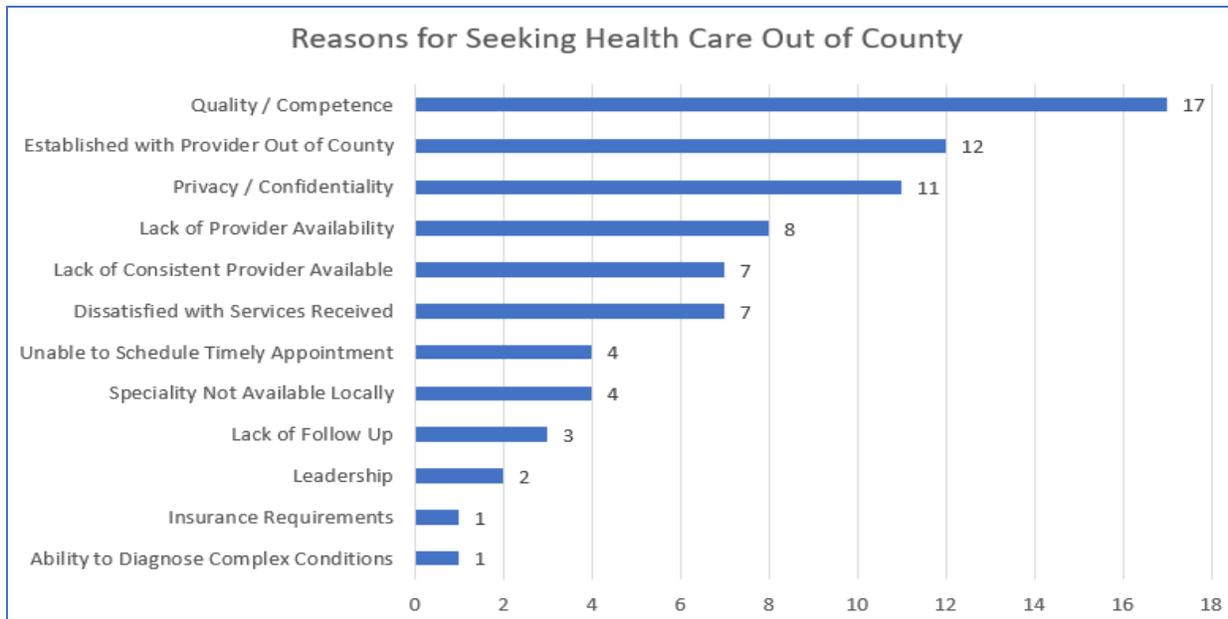
4. The most common **top concerns** expressed across multiple questions (community or delivery of health care) included:
 - Attracting and Retaining Youth / Businesses; Job Creation in Cheyenne County; Decrease in Population
 - Cost of Health Care / Living; Including High Taxes
 - Health Care Providers (Retain, Recruit, Consistency, Availability, Quality)
 - Mental Health Services (Local Availability and Cost); Including Substance Abuse
 - Local Access to Health Care Specialists
 - Confidentiality / Trust; Including Public Officials / Government

Two of these concerns have been a **top concern** expressed in both the 2014 and 2017 CHNA surveys as well:

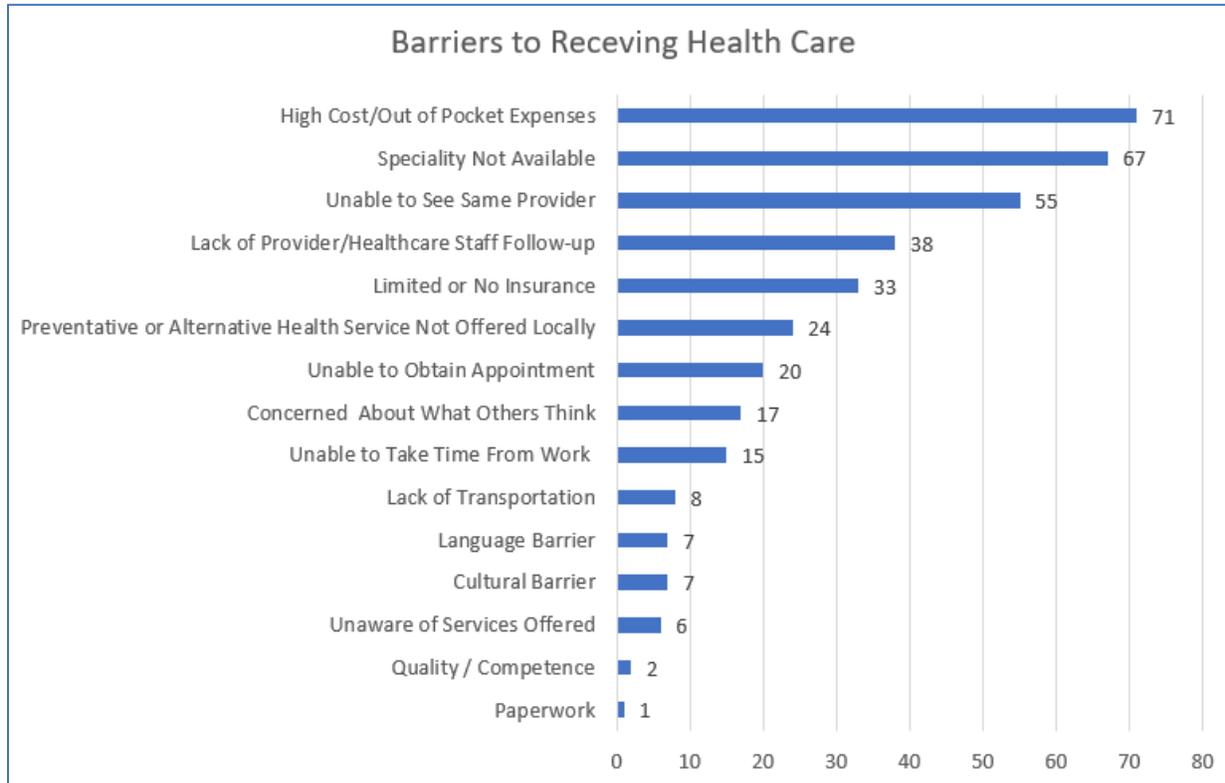
- Mental Health Services
- Cost of Health Care

5. Concerns regarding the **Youth Population**, younger adults ranked Anxiety, Stress, Depression, and Suicide as the top concerns. Older adults and the elderly population placed Youth Returning Home / Jobs as the top concerns.
6. Concerns regarding the **Adult Population**, across the board for all age groups responding, listed Agricultural Stressors followed closely by Depression, Stress, and Suicide as the top concerns.
7. Concerns regarding the **Elderly Population**, older adults and seniors (45 and older) placed Resources to Stay in Own Home as the top concern; younger adults (44 and under) ranked Availability of Assisted Living at the top. All age groups listed Support Services for those on Fixed Incomes as the second main concern for the elderly.

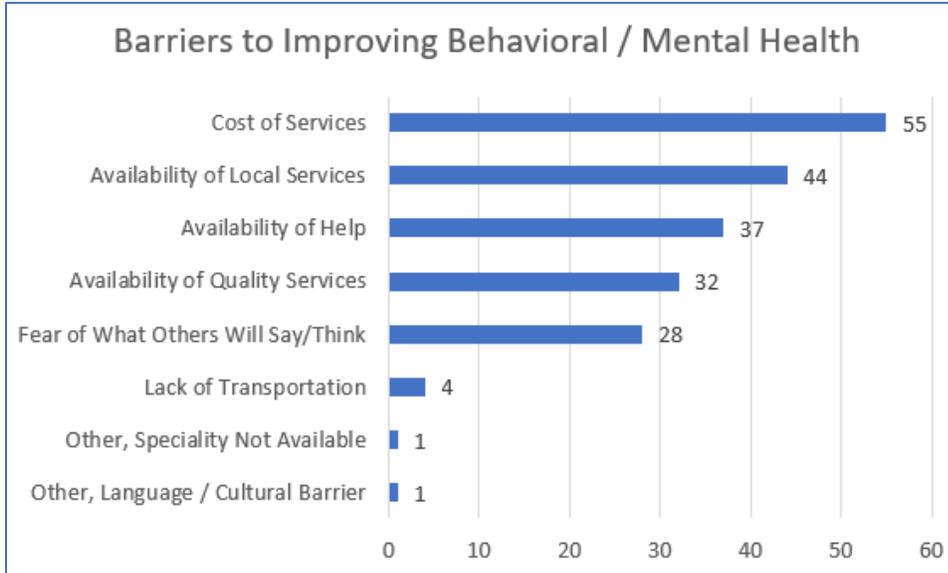
8. Regarding **Delivery of Health Care Services**, 80% of respondents indicated they seek general health care within Cheyenne County. For the 20% of respondents that look outside of Cheyenne County for health care services, the reasons provided were as follows in the chart below.



9. More than 57% of respondents indicated there was some form of a **barrier that kept them or their family from receiving health care**. The top concern was financial: 21.4% indicated high cost or insurance being the primary factor [14.6% high cost / out of pocket expenses, 6.8% additional indicated limited or no insurance].



10. Nearly 40% of respondents indicated they struggle with **improving behavioral / mental health**. The same top barrier, **cost of service**, was evident for improving behavioral / mental health.

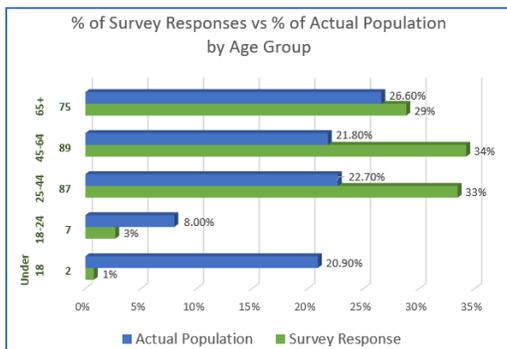


11. A majority of respondents, 62% indicated they agreed there is a need for a **Behavioral Wellness Center**; 31% were unsure, while 7% responded it was not needed. While there is overall strong support that such a center is needed, there was less consensus that those responding would utilize a facility (42% indicated they would use it and 45% were unsure).

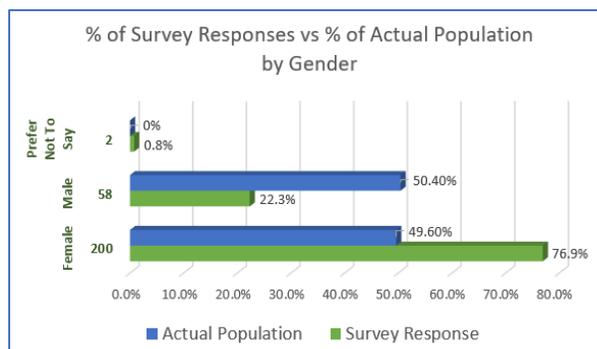
Survey Demographics

Overall, 316 people, 14.7% of the target population, responded to the survey, which is a 7.1% increase over the 2017 CHNA survey. Respondents closely mirrored the overall population by zip code and ethnicity.

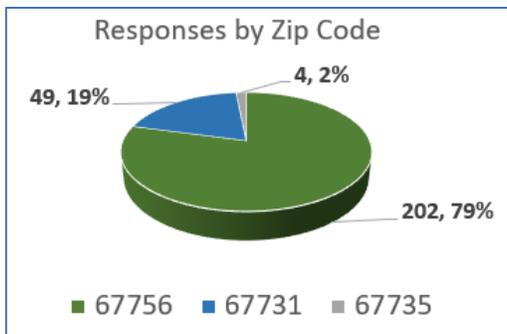
Responses by Age:



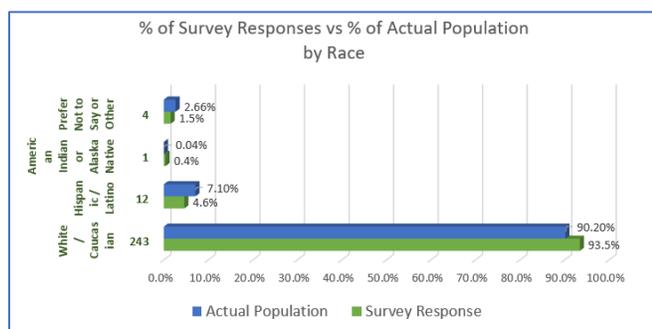
Responses by Gender:



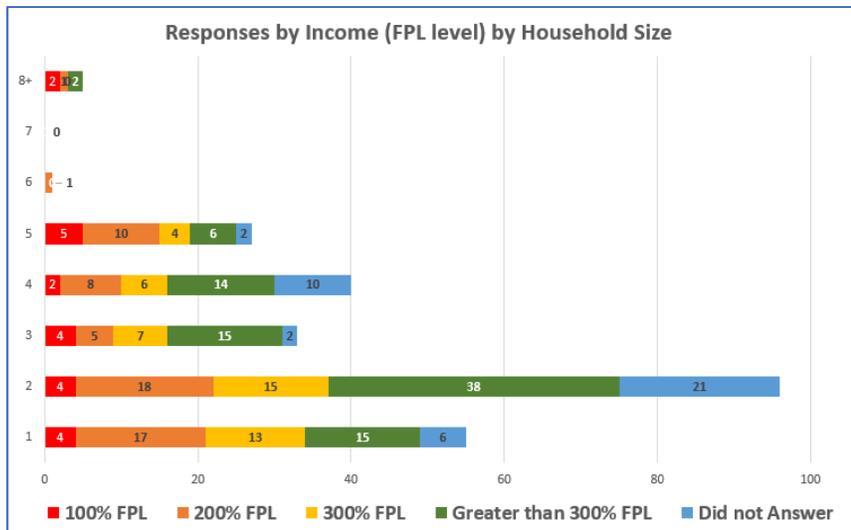
Responses by Zip Code:



Responses by Ethnicity/Race:



Responses by Income and Household Size:



Income Chart for Federal Poverty Level (FPL)

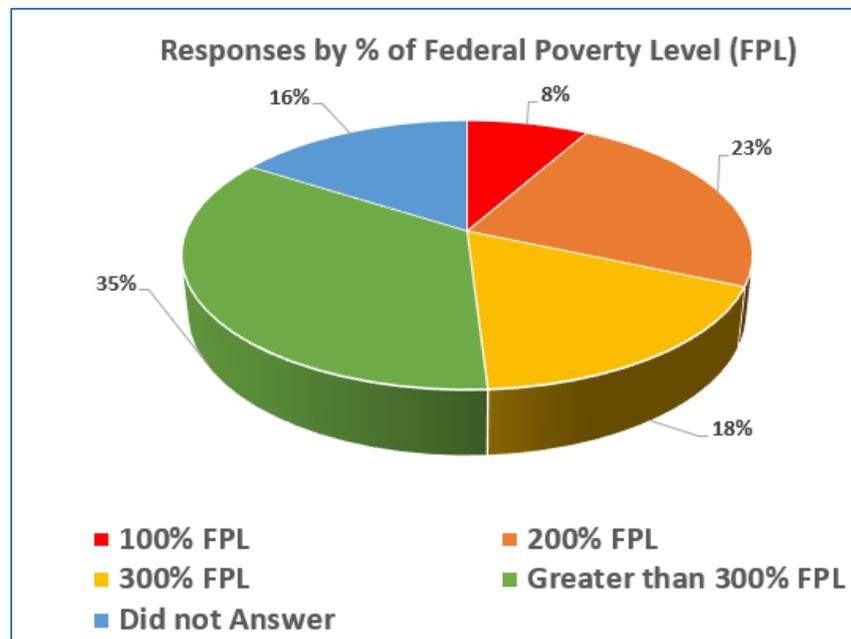
Size of Household	100% FPL	200% FPL
1	\$ 12,760.00	\$ 25,520.00
2	\$ 17,240.00	\$ 34,480.00
3	\$ 21,720.00	\$ 43,440.00
4	\$ 26,200.00	\$ 52,400.00
5	\$ 30,680.00	\$ 61,360.00
6	\$ 35,160.00	\$ 70,320.00
7	\$ 39,640.00	\$ 79,280.00
8+	\$ 44,120.00	\$ 88,240.00

Size of Household	300% FPL	> 300% FPL
1	\$ 38,280.00	Above
2	\$ 51,720.00	Above
3	\$ 65,160.00	Above
4	\$ 78,600.00	Above
5	\$ 92,040.00	Above
6	\$ 105,480.00	Above
7	\$ 118,920.00	Above
8+	\$ 132,360.00	Above

Data shows that **all** elderly respondents live at **200% Federal Poverty Level (FPL) or less**.

Younger adults (18 to 44 years old) with larger families (5 or more family members) live at 100% FPL or less.

This correlates to these populations being vulnerable with regards to income.



# in Household	Elderly (65+)				Older Adult (45-64)				Younger Adult (up to 44)			
	Response	%	200% FPL or below	% of total	Response	%	200% FPL or below	% of total	Response	%	200% FPL or below	% of total
1	33	48%	14	42%	11	15%	1	9%	6	7%	1	1%
2	34	49%	11	32%	42	58%	6	14%	8	9%	2	1%
3	2	3%	2	100%	6	8%	1	17%	19	22%	4	1%
4	0				9	12%	0	0%	28	33%	6	1%
5	0				4	5%	1	25%	21	25%	12	1%
6	0				0	0%	0	0%	1	1%	0	1%
7	0				0	0%	0	0%	0	0%	0	0%
8+	0				1	1%	0	0%	2	2%	1	1%

Next Steps

With the community survey completed and compiled, the next step in the Community Health Needs Assessment process is to seek input from stakeholders that represent a broad spectrum of the Cheyenne County population to determine overall priorities, resources needed to address those priorities, and action plans to tackle these community needs and concerns.

A Stakeholder Forum / Town Hall Meeting is scheduled for Monday, October 19, 2020 from 6:30 – 8:30 p.m. at the Bird City American Legion Hall (and available in listen only via Zoom online with RSVP) to present these findings to the community and solicit input into the process. Watch posts on Social Media (from Cheyenne County Hospital) and updates in the St. Francis Herald / Bird City Times for additional details. If you would like to attend by Zoom (listen only), please rsvp to info@gnwkcf.org to receive the electronic invitation.

We highly encourage all community members interested in the overall health, vibrancy and well being of Cheyenne County to attend the public forum.



210 W. 1st Street
St. Francis, KS 67756
785-332-2104

Contact Shawna Blanka with questions (sblanka@cheyennecountyhospital.com)

Monday, October 19, 2020
6:30 – 8:30 p.m.
Bird City American Legion Hall

Cheyenne County
Community Health Needs Assessment
PUBLIC / STAKEHOLDER FORUM

We Need YOUR Input! Plan to Attend!
RSVP to info@gnwkcf.org

Want to listen, but from a distance? Email info@gnwkcf.org to request a Zoom invitation to join electronically (listen only).

Supporting Documents D – Public Forum Marketing

2 The Saint Francis Herald/Bird City Times Thursday, Oct 15, 2020

Cheyenne County- Community Health Needs Assessment

Public/Stakeholder Forum



Join us **October 19th!** **Bird City American Legion Hall from 6:30-8:30 p.m.**

RSVP to:
(785) 332-2104 or
info@gnwkcf.org

Want to participate, but from a distance?
Request a Zoom online invitation to join
electronically (listen only).



**Cheyenne County
HOSPITAL**

210 W. 1st
St. Francis, KS

785-332-2104


Cheyenne County Hospital/Clinics/County Health
September 28




Cheyenne County Community Health Needs Assessment Public / Stakeholder Forum

Join Us **October 19**
6:30 – 8:30 p.m.
Bird City American Legion Hall

RSVP to **785-332-2104** or info@gnwkcf.org.
Want to participate, but from a distance?
Request a Zoom online invitation to join
electronically (listen only).

You, Troy Kary Jo Meyer, Clay Zimbelman and 4 others
1 Share


Cheyenne County Kansas Community Foundation
Published by Carol Sloper · September 30

We encourage citizens to participate in person or by Zoom! Your feedback is important!
Email your RSVP to info@gnwkcf.org or request an electronic invitation.




Cheyenne County Community Health Needs Assessment Public / Stakeholder Forum

Join Us **October 19**
6:30 – 8:30 p.m.
Bird City American Legion Hall

RSVP to **785-332-2104** or info@gnwkcf.org.
Want to participate, but from a distance?
Request a Zoom online invitation to join
electronically (listen only).

Cheyenne County Hospital/Clinics/County Health
September 28

44 People Reached
0 Engagements
Boost Unavailable


Cheyenne County Kansas Community Foundation
Published by Douglas Sloper · August 29

Join us October 19 for the Cheyenne County Hospital Community Health Needs Assessment Forum at the Bird City Legion Hall. Betty Johnson will join Hospital CEO Rance Ramsey to share the community survey results and to have a stakeholder discussion about how to address concerns.
For more information or to download the survey summary, check out our website news page:
<https://www.cckcf.org/news/>

Monday, October 19, 2020
6:30 – 8:30 p.m.
Bird City American Legion Hall

Cheyenne County Community Health Needs Assessment PUBLIC / STAKEHOLDER FORUM

We Need YOUR Input! Plan to Attend!
RSVP to info@gnwkcf.org

Want to listen, but from a distance? Email info@gnwkcf.org
to request a Zoom invitation to join electronically (listen only).

CCKCF.ORG

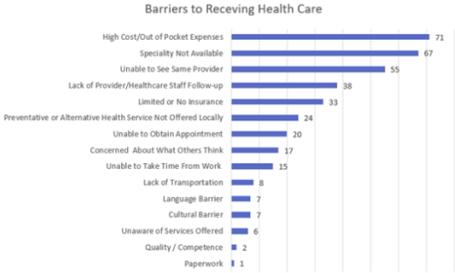
NEWS – Cheyenne County Kansas Community Foundation
NEWS UPCOMING EVENTS [Click HERE](#) to download a sum...

59 People Reached
7 Engagements
Boost Post


Cheyenne County Hospital/Clinics/County Health
October 7

What keeps YOU from getting health care in Cheyenne County? When we conducted a survey earlier this year, this is what we heard. Join us on October 19 at 6:30 p.m. in the Bird City Legion Hall to find out more about the Community Health Needs Assessment results.

Barriers to Receiving Health Care



Barrier	Percentage
High Cost/Out of Pocket Expenses	71
Specialty Not Available	67
Unable to See Same Provider	55
Lack of Provider/Healthcare Staff Follow-up	38
Limited or No Insurance	33
Preventative or Alternative Health Service Not Offered Locally	24
Unable to Obtain Appointment	20
Concerned About What Others Think	17
Unable to Take Time From Work	15
Lack of Transportation	8
Language Barrier	7
Cultural Barrier	7
Unaware of Services Offered	6
Quality / Competence	2
Paperwork	1

You and 1 other
1 Share

Cheyenne County Kansas Community Foundation added an event. October 6 · 🌐 ...

Cheyenne County Hospital

Cheyenne County Community Health Needs Assessment Public / Stakeholder Forum

Join Us **October 19**
6:30 – 8:30 p.m.

MON, OCT 19
CCH Community Health Needs Assessment Public Forum
American Legion Bird City Ks
2 Went · 16 Interested

23 People Reached 0 Engagements Boost Unavailable

H Cheyenne County Hospital/Clinics/County Health October 19 · 🌐 ...

Join Us Tonight!

JOIN US

Cheyenne County Hospital

Cheyenne County Community Health Needs Assessment Public / Stakeholder Forum

Join Us **October 19**
6:30 – 8:30 p.m.
Bird City American Legion Hall

RSVP to **785-332-2104** or info@gnwkcf.org.
Want to participate, but from a distance?
Request a Zoom online invitation to join electronically (listen only).

Cheyenne County Kansas Community Foundation Published by Carol Sloper · October 19 · 🌐 ...

A great group of community leaders came together tonight to listen to Rance Ramsey, Hospital CEO, present the community health needs assessment tonight and discuss priorities. Betty Johnson was on hand to help groups through a strategic doing process with this survey data.

126 People Reached 44 Engagements Boost Post

Radio Ad Spots ran on Rocking M Media’s KLOE during the month of October 2020 inviting the public to attend the Public Forum.



Community leaders meet to discuss county projects

Approximately fifty community leaders gathered at Fresh Seven on Aug 25 to address opportunities and concerns. Reports were given on seven ongoing issues or projects in the county. Four new issues were also introduced for discussion. The biggest take away from this forum is two hours is inadequate time to address and discuss all that is going on in Cheyenne County on an annual basis. Carla Lampe, chair of the Cheyenne County Kansas Community Foundation stated, "This forum shows the progressive action being taken on many fronts in our county. Everyone has a chance to have their voice heard."

Cathy Domsch, regional director for SPARKS COVID funding shared how the Cheyenne County Attorney, County Clerk, County Emergency Management and Kelley Milliken, County SPARKS COVID director allocated funding needs within the county. Her PowerPoint report is available on the Cheyenne County Kansas Community Foundation website and Facebook page.

Bernadette Luncsford, County Conservationist for Natural Resources Conservation Service, introduced the irrigation water conservation programs made possible from the \$2 million legal settlement from Colorado for the South Fork of the Republican River water shed in Cheyenne County. Rance Ramsey,



ATTENDEES of the Strategic Doing Meeting gathered to discuss ideas last week during the meeting at Fresh Seven.

Photo by Penny Raile

Administrator of the Cheyenne County Hospital, introduced the recently completed Community Health Needs Assessment for the county. He encouraged everyone to attend a two-hour forum on Monday, Oct 19 at the Bird City

Legion Hall to review this survey in detail.

Tom Keller, Cheyenne County Kansas Community Foundation board member, reported that

See MEETING on Page 3

MEETING

Continued from Page 1

a group of county residents, Kansas Nature Conservancy and the Kansas Wildlife, Parks and Tourism are researching the options for preserving a portion of the Arikaree Breaks, currently for sale, as a state park or nature preserve. Tom Roberts, Cheyenne County Kansas Community Foundation board member, led the discussion on establishing an interlocal agreement between the county, cities and community foundations to fund a viable economic development program for Cheyenne County.

Reports were given by Candi Douthit, RN at Cheyenne County Health Department on mental health and health equity needs in the county. Helen Dobbs, Cheyenne County Development Corporation Director, reported on the 202 on Washington reported on the three for one match to raise \$60,606 for the project. She indicated that adequate funds had been raised to repair the roof of the old building. Tom Smull, Cheyenne County Kansas Community Foundation board member, reported that grant applications were being accepted for two endowed funds, St. Francis

New Generation Fund and the Cheyenne County Impact Fund from Aug 1 to Aug 31. Successful applicants will be recognized in October and grant funds awarded at that time.

Gennifer House, planned giving director of the Greater Northwest Kansas Community Foundation, Bird City, informed those attending of the opportunity provided by the Hansen Foundation for estate planning and support of their community through charitable giving to community foundations.

Lea Keller, county resident said, "It is encouraging to see the diverse mix of Cheyenne County residents attending to discuss our common needs, opportunities and concerns. It is especially exciting to see the number of young adults attending this forum."

Betty Johnson, Strategic Doing facilitator for the Hansen Foundation, indicated that she would return to Cheyenne County as early as October to assist any group that wishes to take action on any of the discussed issues. She can be contacted directly at Betty Johnson, (785) 313-3632, bettyjohnsonassociates@yahoo.com or contact Tom Keller, chairman Strategic Doing committee, CCKCF (785) 332-3991, tomkeller48@gmail.com



BRESSLER STATION

Vision

WHY *Purpose, Cause or Belief*

We believe in making wherever you are the best it can possibly be by caring for those who care for others.

HOW *Actions we plan to take to realize our purpose*

Take care of our clinicians to reduce burnout and give them more time and energy to care for their clients.

Take care of the billing and insurance reimbursement part of clinicians' practices, so they have more time to spend with clients and their own self care.

Create a supportive, authentic work environment for the home base team in Bird City to create a sense of close-knit community for our on-line clinicians.

Offer telehealth therapy and med management options for clients to bring the highest quality clinicians to clients' doorsteps.

Advocate, and at times financially provide, fiber-optic internet services to small, rural areas to be able to access on-line care.

Create confidential, shame-free mental health support for people living in rural areas.

Provide a supportive on-boarding process for clinicians to adjust to providing on-line care, becoming licensed in three states (CO, KS, and NE), and credentialing/paneling with insurance companies.

Providing a training facility for entry level licensed clinicians to work towards licensure and provide ability to pay scale sessions.

Provide bi-lingual Spanish speaking clinicians, billing specialists, and intake coordinators.

WHAT *Results of putting our purpose into action*

We will be a resource base for medical professionals, hospitals, and clinics to refer clients to for more specialized care.

We will have clinicians working with us long-term and seeing a larger group of clients.

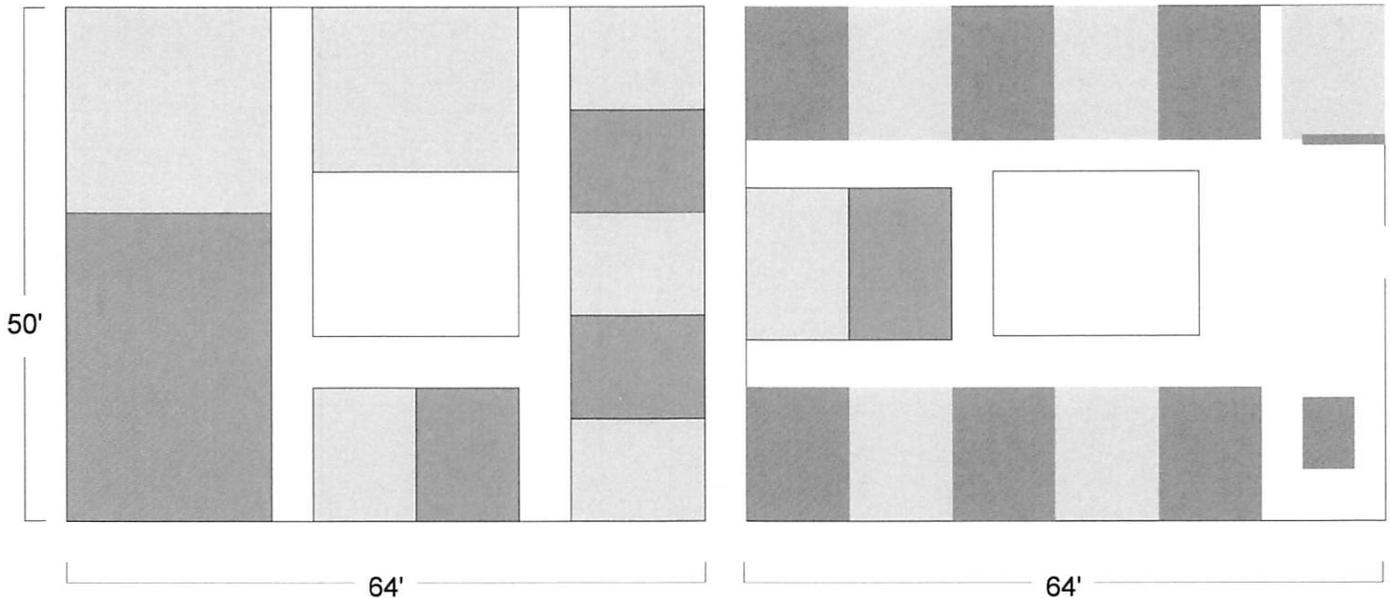
We will have more clients served who previously either didn't have access to or limited access to care.

We will be able to provide a larger variety of services: multiple groups taught, on-site supervision for entry level licensed clinicians, ability to pay scale for lower SES individuals, bi-lingual services, large pool of clinicians to find the right fit for the client's needs, increase in job satisfaction for clinicians, clients able to access care despite living in a small town with high stigmas around receiving mental health support.



BRESSLER STATION

Building Vision



Building Size: Roughly 6,500 square foot; taking up only about half of the Bressler Building lot, which would give space to expand as the business grows or leaving space for another project.

Building Layout:

1st Floor:

- Elevator to second floor
- Front and/or back set of stairs (whatever is up to code)
- 12 offices; 2 larger offices for massage therapists
- Front desk office space; copy room
- Bathrooms (2 to start off with)

2nd Floor:

- Billing Department: 2-6 offices
- Program Director office - main liaison between insurance companies and medical professionals in the tri-state area to generate client referrals for our clinicians
- Clinical Director office - supervisor to pre-licensed clinicians as well as the main support for the contracted clinicians with on-boarding and continual support
- 1 larger group room (30x20 feet)
- 2 medium sized group rooms (20x16 feet)

**The clear box on both diagrams is an open area that would have sky lights to bring in as much natural light as possible, decreasing energy usage throughout the building.*



HOW

OUR PEOPLE MATTER

We provide for our clinicians, who in turn provide for you. We handle the insurance and business side so they can focus on care. We use telehealth to meet you wherever you are. You can receive premium care from right here in Western Kansas through Bressler Station.



WHAT

WELCOME TO CARE

We believe in caring for everyone who walks through our door. We feel that clinicians who feel well taken care of take better care of their clients. And we want all those receiving care from a Bressler Station clinician to feel it and become empowered to change. Human to human, we strive to create an atmosphere of care.



BRINGING YOU CARE

We match you up with one of our excellent clinicians, help you understand your insurance, and act as a home base for all your mental wellness needs. We provide access to private offices with a secure internet connection, as needed, and have spaces available for clinicians to hold groups.

WHY

WE BELIEVE IN PEOPLE

We want to empower and give others the tools to live their most fulfilling lives and we believe that it's not only possible, but absolutely probable with the help of a caring clinician.

Our hope is to bring clinical services to the Tri-State area through establishing a mental wellness center in Bird City, Kansas. We aim to connect locals with specialized clinicians by setting up sessions through telehealth counseling.

We have considered the biases and beliefs of the local populous regarding therapy, but hold firm to our conviction that the availability of mental wellness would be highly beneficial to all.

We invite you to begin living the life you desire. Welcome to Bressler Station.

INFO

RACHEL HNIZDIL MS, LMFT

rachelhnizdilmft@gmail.com

719-343-0892

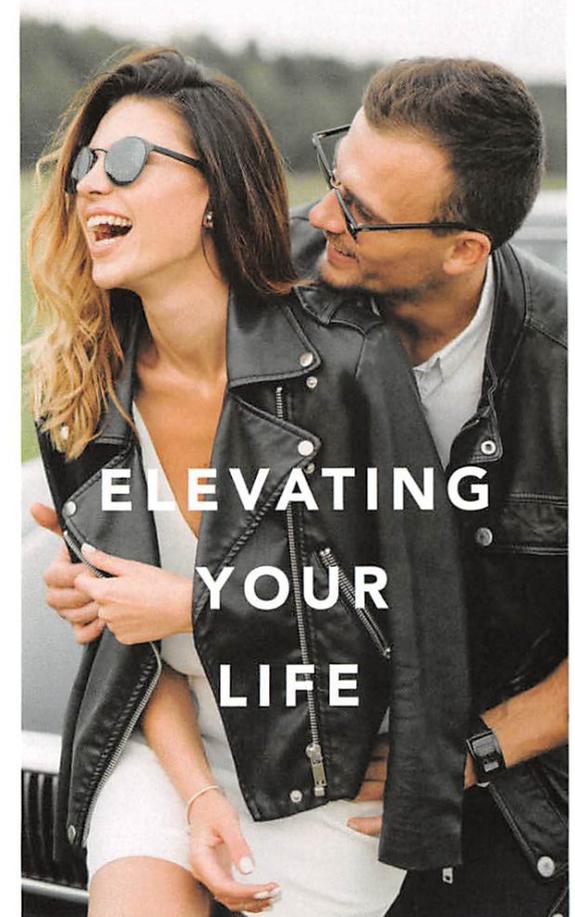
bresslerstation.com

INTERESTED CLINICIANS

If you are a clinician interested in working with Bressler Station, or you know of a clinician who would be a good fit, please contact Rachel Hnizdil to learn more.



BRESSLER
STATION



ELEVATING
YOUR
LIFE

Supporting Documents F – PowerPoint Presentation – Survey Results

Cheyenne County

Community Health Needs Assessment Public Forum

October 19, 2020 ~ Bird City Legion Hall



CHNA Purpose

Communities need to complete a **Community Health Needs Assessment (CHNA)**, a strategic plan to improve community health and wellness every 3 to 5 years. Federal and State Governments, Community Hospitals and Health Centers, Safety-Net Clinics, County Health Departments, and Community Development Organizations complete a CHNA for planning, funding and achieving positive outcomes.



Task Force

- Hospital CEO / Administrator
- Great Plains Health Alliance Vice President
- Cheyenne County Health Department Staff
- Hospital CFO
- Hospital Quality Director
- Hospital Director of Nursing
- Health Clinic Director
- Cheyenne County Village Director of Nursing
- Northwest Kansas Home Health Director
- Cheyenne County Emergency Medical Services staff




Objectives

The objectives of this assessment:

- ✓ Identify priorities by gathering data from our community (**SURVEY**),
- ✓ Analyze indicators based on the data gathered (**TASK FORCE**),
- ✓ Review and discuss findings with stakeholders and the community to determine and rank priorities (**PUBLIC FORUM**), and
- ✓ Create a **Community Health Improvement Plan** to address those priorities (**HOSPITAL/COUNTY LEADERSHIP**).



Scope

- Define the Community Served
 - Cheyenne County (2,726)**
 - Bird City (434)
 - St. Francis (1,294)
 - Unincorporated (998)
 - Adults, 18 and older (79.1%) – 2,156
 - Elderly, 64 and older (27.3%) - 744
 - Minority (3.0%) - 82
 - Living in Poverty (12.4%) - 338

2010 Census Data



Survey Tool

Survey was conducted from **May 1 – June 15, 2020**

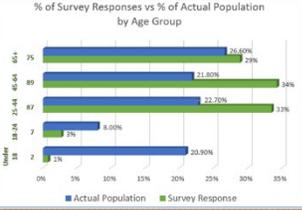
- Survey with 34 questions**
 - Community Concerns / Opinions
 - Delivery of Health Care Services / Barriers
 - Behavior / Mental Health Care Services
 - Demographics
- Administered by Third Party (GNWKCF)**
 - Due to Covid-19 pandemic, Health System staff members did NOT meet with public groups to discuss the survey as would have been the case in normal years.
- Widely distributed:**
 - Online Link (SurveyMonkey.com)
 - Published in newspaper (articles & ads)
 - Shared on Social Media
 - Shared on Hospital Website
 - Reminders given at points of contact
 - Included in Bird City Utilities
 - Included with Senior Meals in St. Francis
 - Notices posted throughout county



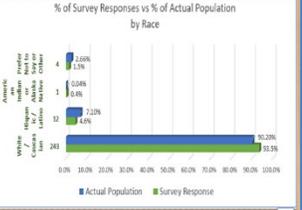
Who Responded?

Response Rate: 14.7% (317 out of 2,156 people – Adults 18 and over)

% of Survey Responses vs % of Actual Population by Age Group



% of Survey Responses vs % of Actual Population by Race

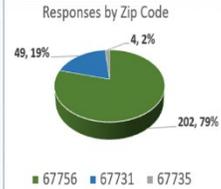




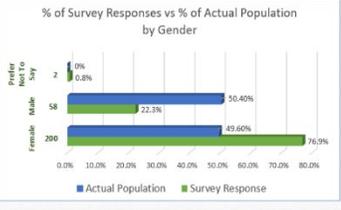
Who Responded?

46.7% of respondents had a chronic illness

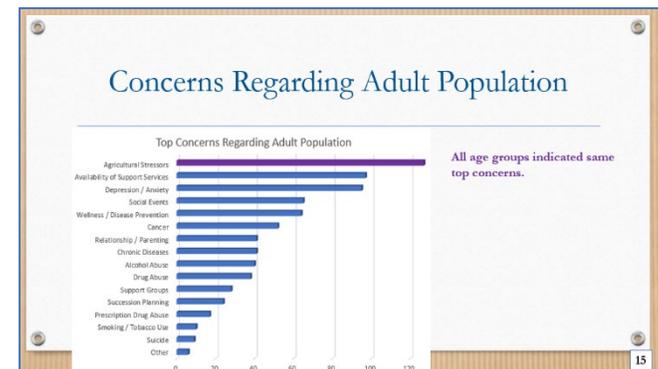
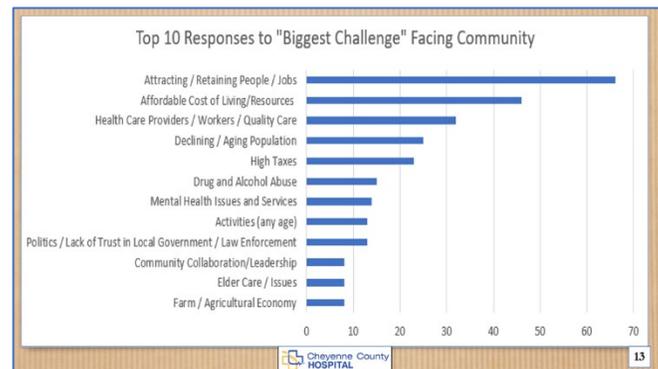
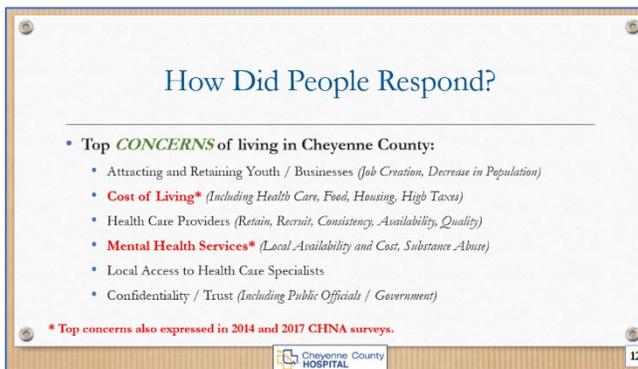
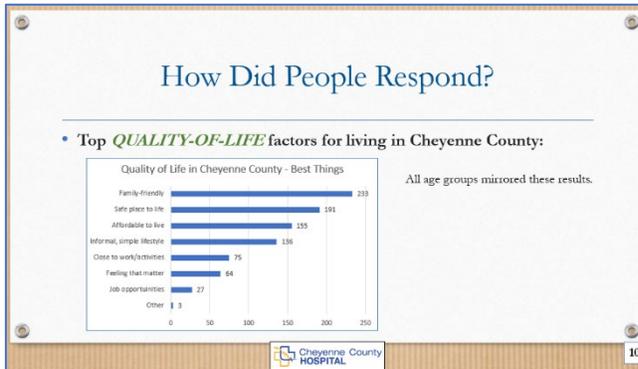
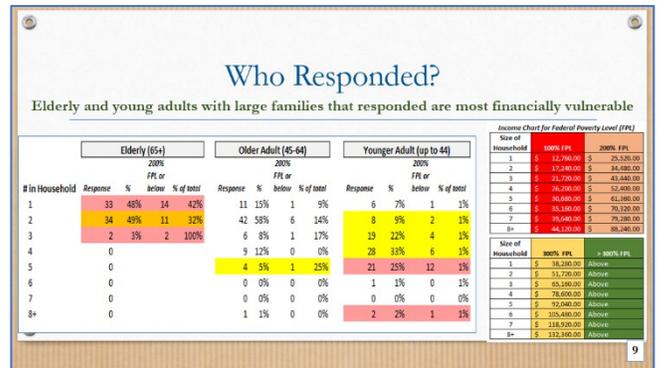
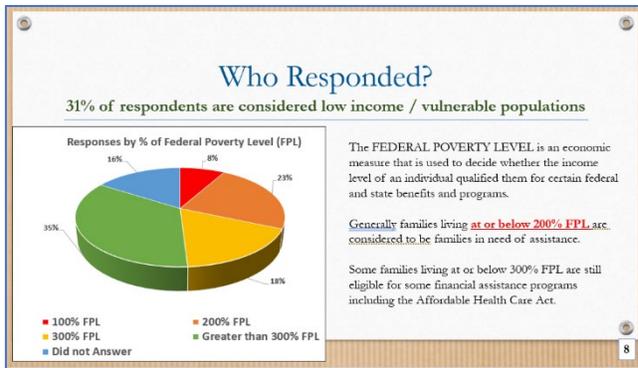
Responses by Zip Code

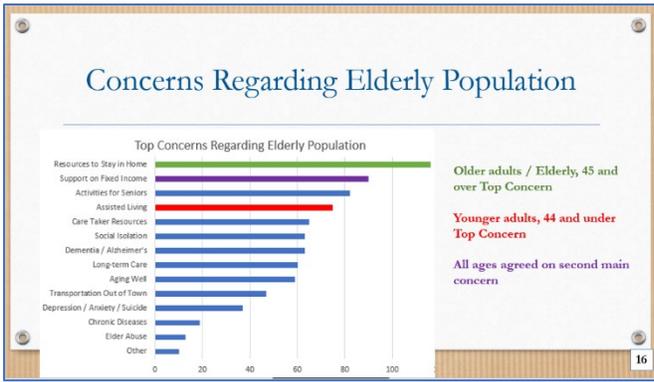


% of Survey Responses vs % of Actual Population by Gender





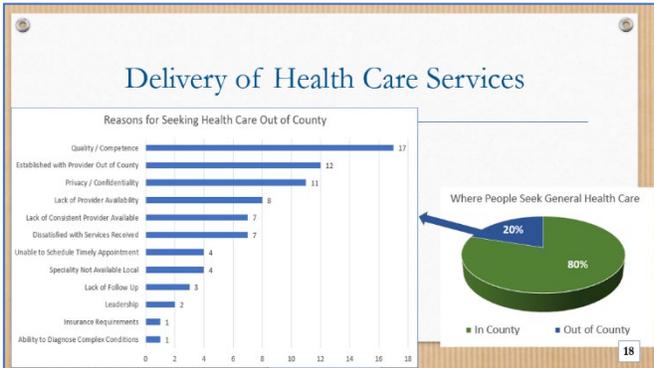




Progress on 2017 CHNA Identified Priorities

	WORSENERD	NO CHANGE	SLIGHTLY IMPROVED	SIGNIFICANTLY IMPROVED	IDONT KNOW	TOTAL
Access to Affordable Health Insurance	17.56%	30.36%	15.00%	4.64%	32.50%	200
Access to Quality Child Care	15.36%	23.93%	20.36%	6.79%	33.57%	200
Community Health Education (Own Personal Health)	5.00%	29.64%	31.43%	10.71%	23.21%	200
Diabetes	3.53%	25.36%	13.57%	3.21%	53.93%	200
Food Insecurity	11.07%	13.57%	26.79%	13.33%	34.64%	200
Mental Health (Access, Diagnose and Placement)	16.07%	27.14%	19.64%	5.36%	31.79%	200
Obesity	16.79%	13.57%	8.57%	1.79%	39.29%	200
Staffing: Lack of Qualified Health Care Workers Seeking Employment	16.79%	26.07%	7.14%	0.37%	26.79%	200
Substance Abuse (Alc, Marijuana, Opioids and Prescription Drugs)	27.98%	24.29%	10.71%	2.50%	34.64%	200
Suicide Prevention	6.07%	28.21%	15.71%	2.80%	47.14%	200
WIC Usage	5.36%	13.57%	9.64%	2.80%	68.57%	200

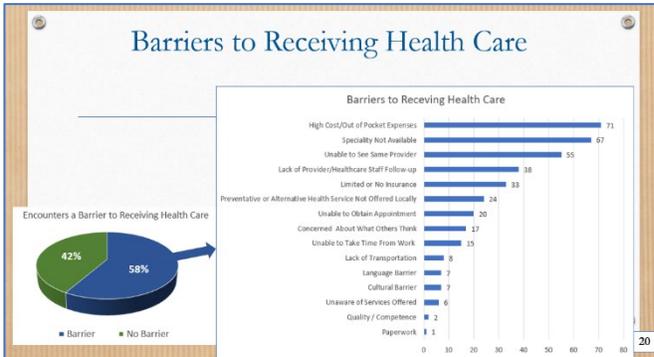
Based on respondent opinions, **Affordable Health Care, Obesity and Substance Abuse** continue to be an ongoing problem with a trend to **worsening**. **Access to Quality Child Care, Health Education, and Food Insecurity** have experienced **improvement** since the 2017 survey. **Diabetes, Mental Health, Health Care Workforce, Suicide Prevention and WIC Usage** have had some positive improvement but remain **mostly unchanged**.



Delivery of Health Care Services

- Of the 20% that go out of county for health care, the top reasons for going out of county for health care are:
 - 22% expressed **lack of trust** with quality of care / competence of the existing providers and health care staff.
 - 16% are established with a provider from another community.
 - 14% have concerns of **HIPPA Violations** or other concerns regarding **privacy**.
 - 19% indicated either **lack of a provider (10%)** or **lack of a consistent provider (9%)** resulted in going out of county for care.
 - 9% were **dissatisfied with services** received by local health care providers.

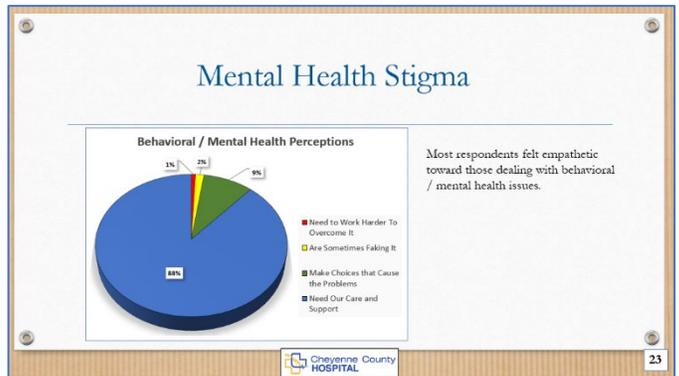
Highlighted items can be directly addressed by CCH



Barriers to Receiving Health Care

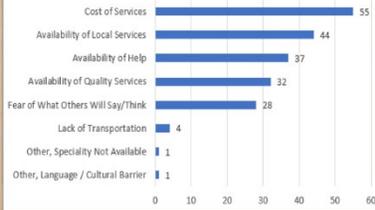
- Of the 58% that experience some sort of barrier to receiving health care, the top concerns were:
 - 21.4% indicated high cost or insurance being the primary factor [14.6% high cost / out of pocket expenses, 6.8% additional indicated limited or no insurance]
 - 13.8%, specialty not available
 - 11.3%, **unable to see same provider (consistency)**
 - 7.8% **lack of provider / health care staff follow up**
 - 4.9%, service needed not provided locally

Highlighted items can be directly addressed by CCH



Access to Mental Health Services

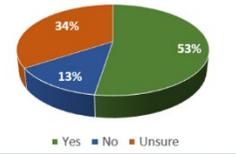
Barriers to Improving Behavioral / Mental Health



24

Alternative Care Methods

Would Use Telehealth for Specialty Clinic Care

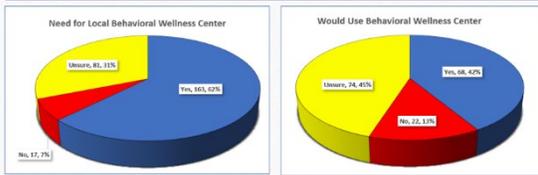


Offering Telehealth may be the only way to make certain specialty care services available "locally".

Cheyenne County HOSPITAL

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Need and Use of Behavioral Wellness Center



While there is overall strong support that such a center is needed, there was less consensus that those responding would utilize a facility.

Cheyenne County HOSPITAL

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2017 CHNA

Response Rate: 7.6% (164 out of 2,156 people – Adults 18 and over)

Top Concerns:

- Staffing (Lack of Qualified Health Care workers)
- Mental Health (Access, Diagnosis, Placement)
- Substance Abuse
- Community Health Education (Own Personal Health)
- Access to Affordable Health Insurance
- Access to Quality Child Care
- Diabetes
- Food Insecurity
- Obesity
- Suicide Prevention
- WIC Usage

Also emerged as top concern in 2020 survey

Cheyenne County HOSPITAL

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2020 CHNA

Response Rate: 14.7% (317 out of 2,156 people – Adults 18 and over)

Top Concerns

- Attracting and Retaining Youth / Businesses (*Job Creation, Decrease in Population*)
- **Cost of Living** (*Including Health Care, Food, Housing, High Taxes*)
- **Health Care Providers** (*Retain, Recruit, Consistency, Availability, Quality*)
- **Mental Health Services** (*Local Availability and Cost, Substance Abuse*)
- Local Access to Health Care Specialists
- Confidentiality / Trust (*Including Public Officials / Government*)

Also emerged as top concern in 2017 survey

Cheyenne County HOSPITAL

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What Does This All Mean?



29

Where Do We Go From Here?



30

Supporting Documents G – PowerPoint Presentation – Strategic Doing

**Introduction to
Strategic Doing**

Cheyenne, KS
October 19, 2020

Betty Johnson, CFRE
Betty Johnson & Associates
bjohnsonassociates.com
785-313-3632



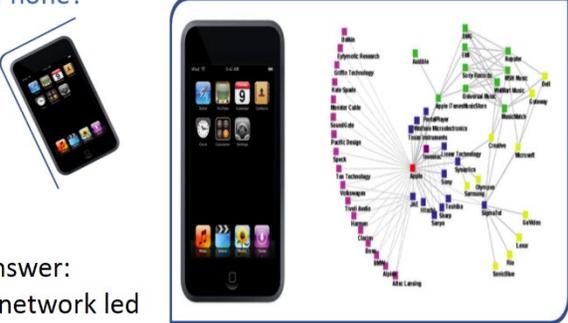
Strategic Doing™
Do More Together.

What is Strategic Doing?

- used to develop & implement strategy
- based on collaboration and open networks
 - asset based (using what you have)
- leads to shared, measurable outcomes and a roadmap to follow

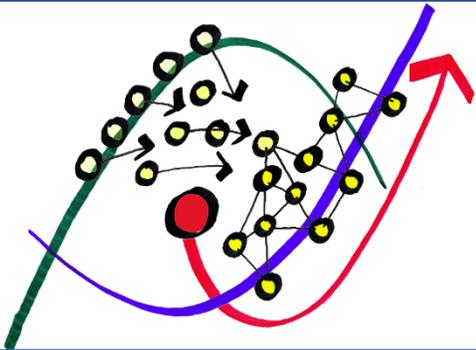
Creates hope through the power of taking action with assets or gifts we all ready possess, to tell a new story of opportunity and possibility, and it gives us the power to change our communities. Bob Brown, Flint, MI

Question: Who makes the iPhone?

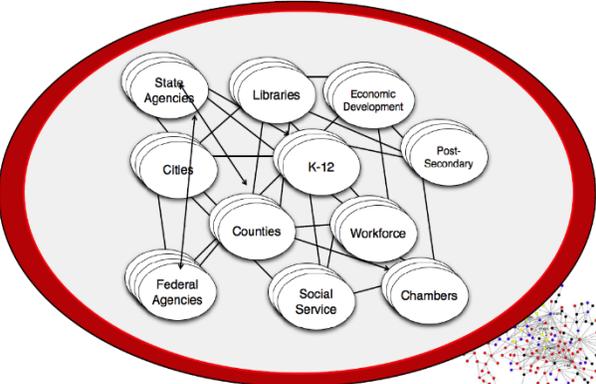


Answer: A network led by Apple

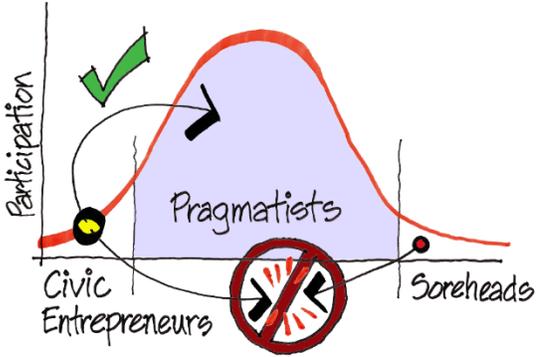
New networks can move older assets to new opportunities



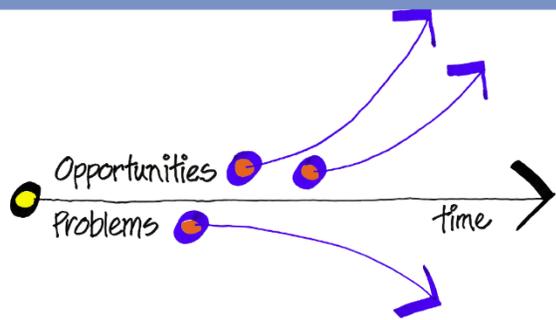
In today's networked world, we must link, leverage and align our assets to look for new opportunities.



Don't be stalled by soreheads



We move in the direction of our conversations



Transforming communities involves collaborating and connecting our assets and opportunities ...



To manage this transition, **Strategic Doing** was developed

What is Strategic Doing?

A discipline to guide open, loosely-joined networks.

Strategic Doing was designed to:

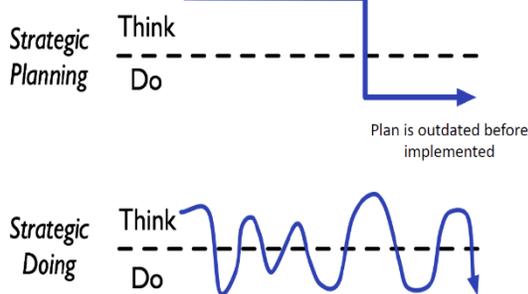
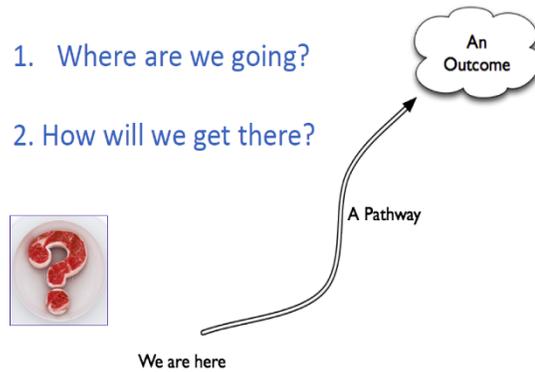
- develop complex collaborations quickly,*
- keep them on course,*
- promote continuous learning,*
- provide measurable outcomes.*

*It is agile and adoptive.
It works for all size communities.*



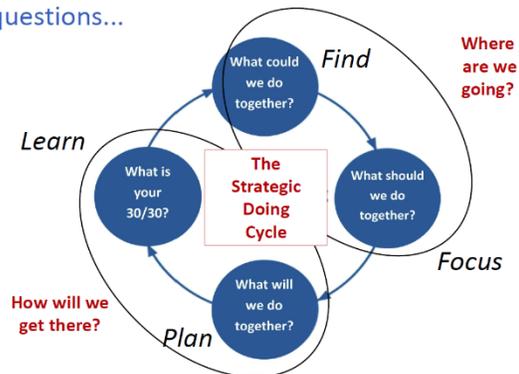
Strategy answers two questions:

1. Where are we going?
2. How will we get there?



Strategic Doing is a flexible, iterative process with fast cycles of thinking and doing to figure out “what works”. **It’s a process, not a project.**

The Strategic Doing process is simple, but not easy. It takes practice focused on these four key questions...



We then outline a project and an action plan that will move us to our outcome

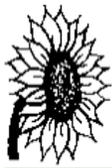


Easily said, but more difficult to put in practice.

Link Assets;
Leverage Innovation

Strategic Doing makes it easier and has worked for thousands of initiatives globally and in Northwest Kansas!





The Saint Francis Herald & Bird City Times

\$125

10 Pages

Thursday, October 29, 2020

136th Year, Number 44

Citizens discuss community

On October 19, a group of citizens joined leaders from Cheyenne County Hospital to provide public input on the 2020 Community Health Needs Assessment (CHNA). Due to a local spike in Covid-19 cases, the hospital allowed participants to attend via Zoom web conferencing if they did not feel comfortable joining in person at the American Legion Hall in Bird City.

Rance Ramsey, hospital CEO, began the meeting by presenting the results of the CHNA public survey conducted in May and June 2020. The anonymous survey asked 34 questions and was broadly distributed throughout Cheyenne County.

More than 300 people responded to the survey and mostly mirrored the local demographics of Cheyenne County. The top concerns of community health in Cheyenne County were:

Attracting and retaining youth / businesses (job creation, decrease in population),

Cost of living (including health care, food, housing and high taxes),

Health care providers (retain, recruit, consistency, availability and quality of care),

Mental Health Services (local availability, cost and substance abuse),

Local access to health care specialists and

Confidentiality/trust (including public officials / government).

Mr. Ramsey stated that the survey showed 20% of respondents seek health care out of Cheyenne County. This concerned the hospital leadership team as they want all Cheyenne County citizens to seek care locally to support the local economy and to be a partner in patient-centered care ensuring citizens are obtaining the health results they need.

The top reason expressed for people seeking care outside of Cheyenne County was a lack of trust with quality of care or competence of health care staff. When asked how the hospital plans to address this concern, Mr. Ramsey said that lack of trust did not happen overnight and rebuilding that trust will also take time.

"I believe we have already



COMMUNITY MEMBERS attending the Strategic Doing meeting held in Bird City last week.

started to address that," he said. "We take this concern very seriously. We are working from the inside out, starting on building trust within the organization. We are hiring quality team members and putting a focus on confidentiality and quality."

Regarding provider recruitment and retention, Mr. Ramsey informed those present that a new Physician Assistant has been hired and will start this month (October). A new Medical Doctor has also been hired to start on November 4. The addition of medical providers will allow the clinic see more patients in a timely manner.

After Mr. Ramsey presented the survey data, facilitator Betty Johnson led the group through a Strategic Doing process on the top priorities identified by those present. During the exercise, participants ranked the following as of most concern to them:

1. Health Care Services (specialty services, elder care, respite services),
2. Economic Development (youth retention, job creation, business development),
3. Community Development (collaboration, communication, working beyond county borders),
4. Mental Health (including substance abuse)

See MEETING on Page 3



CHEYENNE COUNTY HOSPITAL ADMINISTRATOR Rance Ramsey gives his presentation.

MEETING

Continued from Page 1

5. Covid Response

6. Schools

An open dialogue was held with many in attendance expressing their views and concerns on these topics.

Regarding economic development, Jacque Hays indicated there is a group of local business owners that are working on creating and maintaining a complete list of businesses / contractors in Cheyenne County as there is not a current listing maintained by any entity in Cheyenne County. Lists exist on multiple web-

sites, but none are current. Sandi Ramsey echoed the need for this sort of list. She stated when they recently moved to town, it was difficult to know what was available: even googling businesses in Cheyenne County brought up old or no results

Mila Bandel indicated that regarding health care workers and creating / encouraging youth to return home to work after college, the hospital, Cheyenne County Village, EMS, and schools created a strategic doing project in 2018 in which students toured health care facilities and shadowed certain jobs if interested

in more in depth view. They also conducted a job fair alternating between the two schools in Cheyenne County for the past 2 years.

The tours and shadowing have been put on hold due to Covid, but she would like to see another strategic doing group revisit and expand this concept in the future.

At the end of the meeting, attendees were asked to sign up for committees to address the top four issues identified during the meeting. If anyone is interested in joining the committees, they are encouraged to contact Carol Sloper at 785-734-2406 or info@gnwkcf.org. Mrs. Sloper will put

interested people in touch with those signed up for each committee.

Betty Johnson said she is available to come back and facilitate Strategic Doing meetings at no charge for each of the priorities identified or for the hospital to address other priorities noted in the CHNA.

A copy of the survey results is available upon request by emailing info@gnwkcf.org or by contacting Shawna Blanka at 785-332-2104.