Meeting community needs

2016 Community Benefit Report
A letter from the president

At Fairview, we are deeply committed to helping change lives and improve health as we advance our vision of driving a healthier future for our patients and the communities we serve. Our commitment comes to life when we are working beyond the traditional boundaries of health care delivery.

Members of our team are out in neighborhoods, listening to health care needs—and responding. Our contributions take many shapes. This year, we offered everything from grief support and Mental Health First Aid training to workforce development and an array of educational opportunities. We also advanced our long-term focus on wellness and prevention.

I am proud of the contributions Fairview makes and the strong community partnerships that have made and continue to make a lasting difference in the communities we serve. Each day, it is my honor to work alongside colleagues dedicated to driving a healthier future. Together, we look forward to continuing to find new and innovative ways to respond to the needs in our communities.

Sincerely,

James Hereford, Fairview President & CEO

Teddy Bear Clinic

How can you ease a child’s fear of going to the doctor?
Let them bring a friend.

At the annual Teddy Bear Clinic event at Fairview Range Medical Center, first grade students interact with health care professionals in a fun, safe environment and with the companionship of their favorite stuffed animals (who bravely serve as the patient for the day). Here, surgical technician Tom Kruchowski sutures a “patient’s” injury.

Children also learn about other health-related topics, including the importance of good nutrition, hand hygiene and wearing their seat belt.

Front cover: Participants interact with an instructor at a Living Well: Chronic Disease Self-Management Program workshop. The workshops are offered in response to the community need for self-management of chronic diseases. Read more about this evidence-based program on page 7.

Back cover: Through the Fairview Girls Initiative for Recreation and Leisurely Sports (GIRLS) program, Muslim girls and young women exercise in a way that respects their faith.
Living our values: Highlights of our community commitment

Fairview’s community benefit in 2016—as determined by the Catholic Health Association guidelines—toaled $310.9 million. When other contributions are considered, such as losses as a result of Medicare underfunding, Fairview’s support for the community reached $596.94 million.

What is community benefit?

Our community benefit programs or activities are a result of priorities identified through our Community Health Needs Assessment process and focus on our mission to heal, discover and educate for longer, healthier lives. Community benefit programs must meet at least one of the following objectives:

- Improve access to health care services
- Enhance the health of the community
- Advance medical or health care knowledge
- Relieve the burden of government to improve health

Learn more about how we are driving a healthier future and sign up for our email newsletter at fairview.org/our-community-commitment

Our partners

Fairview’s partners play an important role in addressing some of the greatest health needs of our communities. We are privileged to work with families, schools, faith communities, public health departments, community-based organizations and volunteers to make this work possible. In 2016, we collaborated with 168 schools, 260 faith communities and 88 community groups to bring health services, support, education and training to Minnesotans.
Mental health

Fairview provides mental health care to people of all ages and backgrounds. Our 2015 Community Health Needs Assessment identified mental health and well-being as a top health care need across our geographic locations—from Hibbing and Princeton to Burnsville and Minneapolis.

Mental Health First Aid classes
Fairview provides classes—free of charge—to teach individuals how to interact with children and adults experiencing a mental health crisis. The evidence-based class helps participants learn how to identify, understand and respond to signs of mental illness and addiction, as well as connect those in crisis with help. In 2016, 567 community members participated in 28 Mental Health First Aid classes offered by Fairview—a 65 percent increase from the previous year.

Youth Grief Services
Grief support groups, and a weekend bereavement camp for children ages 4 to 18, provide a safe and nurturing place where parents and their children can turn for help after a loved one dies. We assist in the healing process by offering a network of services that support, educate and connect grieving families. The services, offered free of charge, provided grief support to 196 youth and 60 adults through groups and camps in 2016.

Lifelines:
A Comprehensive Suicide Prevention Program
Suicide is the nation’s third leading cause of death for young people ages 10 to 24. In a collaboration between Fairview Community Health, Hazelden Publishing and local school districts, we are working to prevent youth suicide by providing Lifelines in 8 school districts.

Imam training
Imams—Islamic faith leaders—are invited to attend a yearlong program that provides education and resources to help identify and understand mental health issues in their communities and provide resources to those in need. In 2016, Fairview trained 11 imams to help reduce the stigma of mental health.

Behavioral Health Home
Patients receive coordinated support from a behavioral health provider, social worker and community health worker. The team works together—taking into account medical and behavioral health needs—to help individuals work through daily challenges. Same-day behavioral health care is available for participants. In 2016, 5 clinics received certification as a Behavioral Health Home.

Expanding capacity
We continue to assess the need for acute mental health care in our communities to best serve patients. Expanding our capacity allows us to provide the right care, at the right time—helping to meet a critical need for these services in the state. It benefits patients and their families to receive care near home. In 2016, we added 15 beds at Fairview Range Medical Center and 16 beds focused on young adult mental health at University of Minnesota Medical Center.

“This class really offered a new perspective and gave some additional tools in dealing with people who are going through mental health crises.”

Officer Joe Moseng uses the tools he learned at a Mental Health First Aid class in his interactions with the community.
Limited resources, a lack of access, cultural barriers—these are among the challenges faced by the communities we serve. Our outreach and community education efforts focus on connecting with community members and providing support tools and education to help them live healthier lives.

**Health Commons**
Fairview and its partners operate community-based drop-in wellness centers called Health Commons in two high-need neighborhoods. Services provided at these centers include: basic nursing care such as blood pressure checks and weight measurements, exercise classes, chair massage and healing services, health education and nutrition classes, simple health supplies, social services and community and health-related resources and referrals. Together, our two Health Commons locations, in Cedar Riverside and in North Minneapolis, had more than 5,000 visits in 2016.

**Community health workers**
As members of the communities they serve, community health workers help to bridge cultural and linguistic barriers, expand access to coverage and care, and improve overall health outcomes. Community health worker Francisco Ramirez provided 59 health presentations at various community settings in 2016, including three radio health education sessions on La Raza and four television segments on Univision. Fairview’s community health workers present on a variety of topics, ranging from chronic disease prevention to how to make healthy eating choices.

**Faith community nursing**
Faith community nurses are licensed, registered nurses who have received training to provide care that is spiritually focused in a faith community. Fairview’s faith community nurses support small urban parishes as well as suburban churches with congregations of thousands. Conducting health screenings such as blood pressure checks, organizing health fairs and providing educational presentations, the nurses bring together faith and health, spirituality and healing. In 2016, Fairview supported 33 faith community nurses who served thousands of congregants throughout the Twin Cities Metro Area.

“They are so eager for knowledge.”
Community health worker Francisco Ramirez is recognized as a trusted source of health information within the Latino community near Fairview Southdale Hospital. Four years into his role, people regularly come to him with general health questions.
Education and workforce development

Fairview’s commitment to driving a healthier future includes investing in the next generation of Minnesota’s health care professionals. We introduce youth to health-related opportunities and provide hands-on clinical training for hundreds of new physicians, nurses, advanced practice providers and pharmacists. Education and workforce development is critical to the health of our communities.

Clinical rotations and internships
Fairview is dedicated to its partnerships with accredited college and university programs across Minnesota—including the University of Minnesota, St. Catherine University and Minnesota State—offering purposeful health and non-health learning opportunities for students. Under the supervision of a college, university or Fairview preceptor, students provide direct patient care in various departments and document in patient records. In 2016, an estimated 5,000 student experiences occurred.

STEP Up Achieve
Fairview partners with AchieveMpls, a strategic nonprofit partner of Minneapolis Public Schools, to provide paid internships to high school students. Interns are placed in various departments, such as nursing units, information technology, trauma, supply chain, rehabilitation services and marketing, where they have an impact on day-to-day operations. Fairview staff mentor interns—giving staff the opportunity to help guide the future workforce. In 2016, Fairview provided 11 student internships for Minneapolis high school students through the program.

Scrubs Camp
Fairview is introducing youth to future careers in health care in an effort to expand and diversify the health care workforce. We partner with Health Force Minnesota to sponsor a series of Scrubs Camps throughout the Twin Cities. Middle and high school participants learn about a range of health care disciplines through hands-on activities, guest speakers and medical technology field trips—and get a taste of college life. Through this partnership, 16 students received scholarships and participated in a Fairview-sponsored Scrubs Camp in 2016.
Our commitment to wellness in our communities extends far beyond the walls of our hospitals and clinics. Through outreach and education initiatives, we help families and individuals live safer and healthier lives while striving to prevent common underlying causes of illness and injury.

**Influenza vaccination**
Since 2006, Fairview’s Minnesota Immunization Networking Initiative (MINI) has provided more than 65,000 free flu shots to our communities. In 2016, Fairview held 118 drop-in clinics at churches and community centers in the greater Twin Cities area, serving those who might not otherwise have access. Volunteer nurses, certified medical assistants and pharmacists from Fairview provided free flu shots for 5,840 people age 6 months and older. After 10 years of providing MINI Clinics, Fairview has become a convenient and trusted resource for immunizations.

**Injury prevention**
Preventing injury is important for people of all ages. For older adults, falls present a serious health risk, and a fear of falling often prevents them from pursuing healthy activity. To keep folks on their feet, Fairview trained 10 nurses and faith workers in 2016 to present a workshop called “A Matter of Balance.” During the course, participants are introduced to practical skills that reduce the likelihood of injury from falling and help them gain the confidence needed to increase their physical activity.

Children need help in preventing injury as well. For many years, Fairview Lakes Medical Center has distributed free bike helmets to area children. In 2016, the bike helmet program expanded to Fairview Northland Medical Center. Together, the two sites provided safety equipment for 549 children.

**Cancer prevention**
Limited access to health care means the Latino community often have worse cancer-related outcomes. To help address this need, Fairview Ridges and Fairview Southdale hospitals offer free colonoscopies to uninsured Latino men and women. Last year, 46 community members received free colonoscopies. Fairview also provides colon cancer and cancer prevention education to raise community awareness.

**Living Well: Chronic Disease Self-Management Program**
Living Well: Chronic Disease Self-Management Program is an evidence-based program offered to individuals and their caregivers who are living with chronic conditions. We address medication use, communication with doctors and caregivers, nutrition and fitness—with practical exercises and advice designed to meet participants’ needs. Fairview introduced the workshops in 2016, offering the series at five different locations throughout Minnesota; 57 participants completed the workshop series.

**Dental varnish**
Low socio-economic status is the greatest risk factor in predicting tooth decay or cavities, particularly for children under the age of 3. When dental needs were identified in the community, Fairview began offering free dental varnish treatments to prevent or reduce tooth decay in young children. With the help of students from University of Minnesota School of Dentistry, 203 children received dental varnish in 2016.

“Oral health care is crucial to overall health. Through this program, children receive protective fluoride varnish—instrumental in preventing long-term oral health issues—and flu shots, which can be life-saving.”
— Joe Lally, Executive Director, Delta Dental of Minnesota

Delta Dental of Minnesota Foundation partners with Fairview Health Services to offer dental varnish to kids, and is glad to help make this program a reality.

Wellness and prevention

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Our vision
Fairview is driving a healthier future.

Our mission
Fairview is driven to heal, discover and educate for longer, healthier lives.

For more information
Visit fairview.org

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