



FISCAL YEAR 2023

# Community Health & Well-Being Impact Report



**Saint Alphonbus**

A Member of Trinity Health

## **OUR MISSION**

We, Trinity Health, serve together  
in the spirit of the Gospel  
as a compassionate and transforming  
healing presence within our communities.

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## **OUR CORE VALUES**

Reverence  
Commitment to Those  
Experiencing Poverty  
Safety  
Justice  
Stewardship  
Integrity

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## **OUR VISION**

As a mission-driven innovative health  
organization, we will become the national  
leader in improving the health of our  
communities and each person we serve. We  
will be the most trusted health partner for life.



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# INTRODUCTION

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As a Catholic health ministry, Saint Alphonus Health System (SAHS) is committed to the advocacy for and service to individuals whose social conditions put them at the margins of society. We are called to minister to those less fortunate and to ensure the dignity of all people.

As SAHS moved out of long-term pandemic response, which included extensive outreach and education in community with an emphasis on those who were underserved, underrepresented, and otherwise not receiving healthcare services, we refocused our lens on identifying and meeting the shifting challenges experienced within our communities in Idaho and Oregon.

Saint Alphonus participated in an innovative and collaborative model to conduct new Community Health Needs Assessments across the health system footprint in FY23, with an emphasis on gathering resident voices directly from our communities and collaborating on shared solutions with community partners.

This community benefit report highlights our renewed commitment to addressing the greatest social and healthcare needs impacting those we serve in collaboration with our fellow healthcare systems, public health, municipal, non-profit, and community-based organizational partners.

We thank those whom we serve alongside daily to meet the needs of our patients, neighbors, and community members to help them achieve their greatest personal health and well-being.

**Rebecca Lemmons, MHS**, Regional Director, Community Health & Well-Being

**Stacy Meyr, DC**, President, Saint Alphonus Health Alliance



Rebecca Lemmons



Stacy Meyr

# MINISTRY AND COMMUNITY OVERVIEW

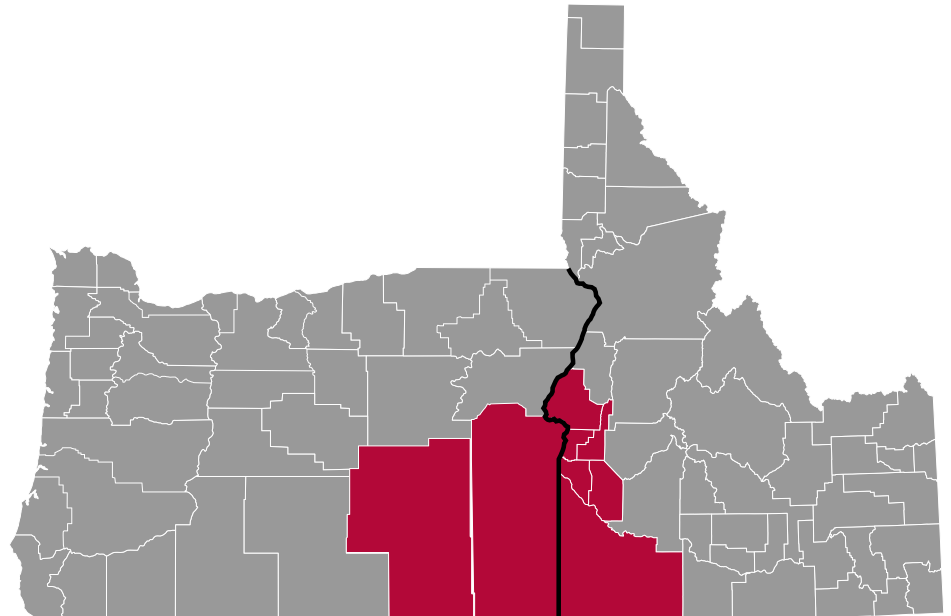
Saint Alphonsus Health System (SAHS) is a not-for-profit, multi-hospital health system serving over 856,000 people in Idaho and Oregon through its continuum of care, which includes:

- 387-bed acute-care hospital at Saint Alphonsus Regional Medical Center – Boise (SARMC)
- 152-bed acute-care hospital at Saint Alphonsus Medical Center – Nampa (SAMC-Nampa)
- 49-bed acute-care hospital at Saint Alphonsus Medical Center – Ontario (SAMC-Ontario)
- 36-bed critical access hospital at Saint Alphonsus Medical Center – Baker City (SAMC-Baker City)
- More than 500 providers across these four hospitals and the Saint Alphonsus Medical Group (SAMG)

## Demographics

Population	856,241
Race/Ethnicity	
% Non-Hispanic African American	1.05%
% Non-Hispanic Asian & Pacific Islander	2.09%
% Non-Hispanic white	84.43%
% Hispanic	14.91%
% All others	12.81%
% Experiencing Poverty	28.8%

## Idaho-Oregon



# COMMUNITY HEALTH & WELL-BEING

Saint Alphonus Community Health & Well-Being (CHWB) strategy promotes optimal health for people experiencing poverty and other vulnerabilities in the communities we serve by connecting social and clinical care, addressing social needs, dismantling systemic racism and reducing health inequities. We do this by:



**Investing in  
Our Communities**



**Advancing  
Social Care**



**Impacting Social  
Influencers of Health**

# COMMUNITY BENEFIT



In FY23 Saint Alphonsus Health System provided more than \$7.5 million in community benefit initiatives and more than \$35.4 million in financial assistance and unpaid costs of Medicaid programs. These funds provide programs to improve the health of the communities we serve such as those presented throughout this report. Each hospital across the system invests based on the needs in their respective community.

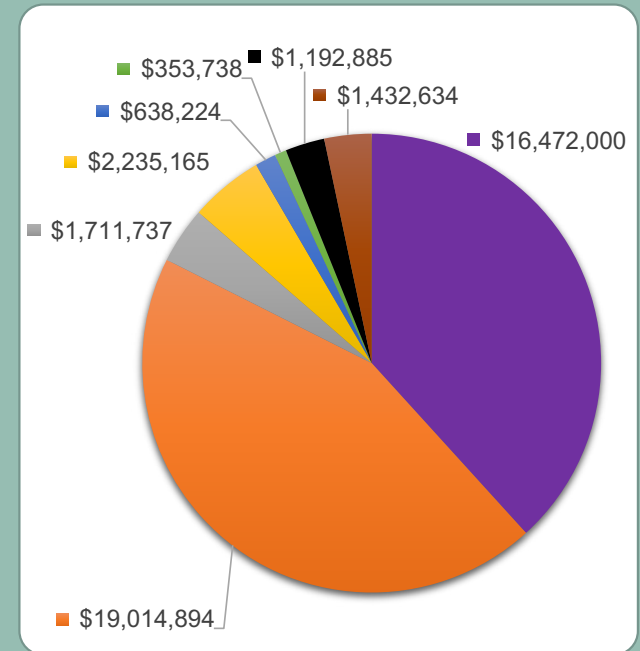
Community health improvement activities are carried out to improve community health, extend beyond patient care activities, and are subsidized by the healthcare organization. Examples include the SAHS Faith Community Nursing Program, the Family Centers at SARMC and SAMC-Nampa that provide childbirth and parenting education, Mental Health First Aid and Question Persuade Refer (QPR) trainings offered system-wide, mobile health clinics, transportation services, and the Catholic School Health Program.

Health professions education includes programs to train physicians, interns and residents, medical students, nurses and nursing students, and other health professionals including speech/physical/occupational therapists and more. This is important to support future healthcare professionals and grow the healthcare workforce. Examples include SAHS support for Full Circle Health medical residents, internal medicine residents, occupational therapists, pharmacy technicians, etc.

- Financial Assistance at Cost
- Unreimbursed Cost of Medicaid
- Community Health Improvement
- Health Professions Education
- Cash and In-Kind Contributions
- Community Building Activities
- Community Benefit Operations
- Subsidized Health Services



Saint Alphonsus Health System



# COMMUNITY BENEFIT

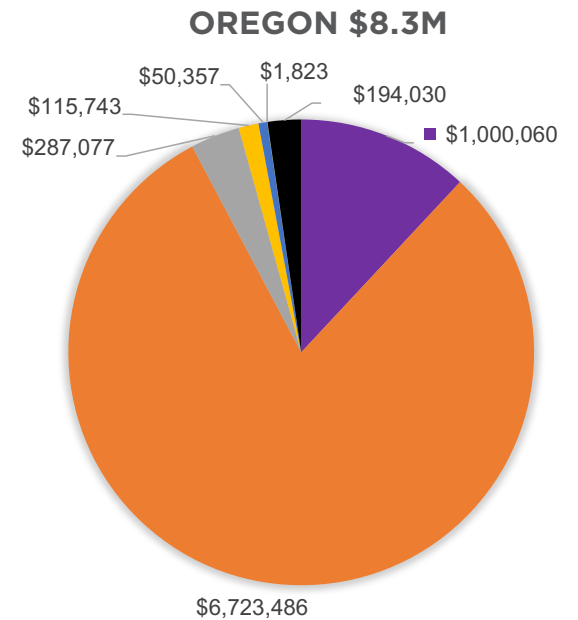
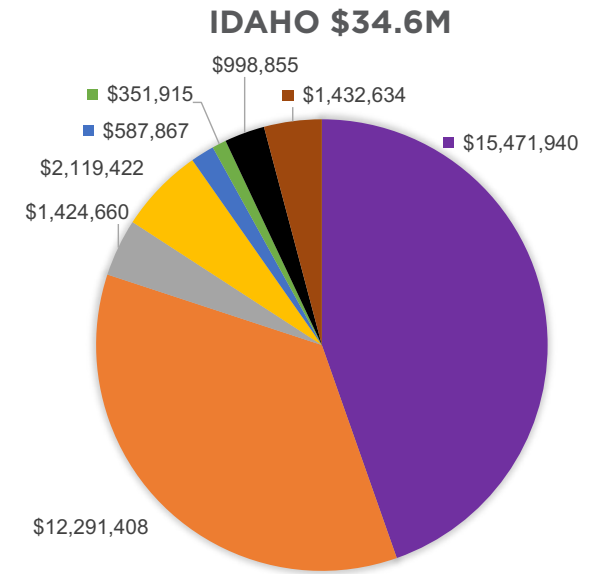


Cash and in-kind contributions are made by each hospital to non-profit organizations and other community groups for the purpose of community benefit activities. Examples include SARMC contributions to Allumbaugh House to support substance use and housing, SAMC-Nampa contributions to Rides to Wellness to address transportation, SAMC-Ontario in-kind contribution to the Area Health Education Center housing rental program, and the SAMC-Baker City contribution the Baker Early Learning Center to address early learning, etc.

Community building activities are activities the organization engages in to protect or improve the health and safety of its residents. These include physical improvements and housing, economic development, community support, environmental improvements, community leadership development and training, coalition building, community health improvement advocacy and workforce development. SAHS colleagues provide their time and experience to a number of community boards and coalitions to address various economic and social needs, as well as conducting advocacy for community needs systemwide.

Community benefit operations include costs associated with assigned staff and community health needs assessments, as well as other costs associated with community benefit strategy and operations. This includes the operational support for the SAHS Community Health and Well-Being Department and the development of the 2023 Community Health Needs Assessments for all four hospitals.

Subsidized health services are clinical services provided despite a financial loss to the organization that meet a community need. The financial loss is measured after removing losses associated with bad debt, financial assistance, Medicaid, and other means-tested government programs. An example would be the Saint Alphonsus Center for Global Health and Healing.



- Financial Assistance at Cost
- Cash and In-Kind Contributions
- Unreimbursed Cost of Medicaid
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- Community Health Improvement
- Community Benefit Operations
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- Subsidized Health Services



# COMMUNITY BENEFIT

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SAHS continually evaluates and responds to the most important needs of the community identified through our triennial Community Health Needs Assessment (CHNA) in partnership with other local not-for-profit organizations and committees. The CHNA intentionally and authentically engages community residents and stakeholders to evaluate the overall health status of the greater Treasure Valley and Eastern Oregon regions, identifies the most pressing health-related needs, and prioritizes services relating to such needs.

Prior Community Health Needs Assessments identified the following priorities:

- Baker City (SAMC-Baker City) 2022 CHNA: Pharmacies and Access to Medications, Healthcare Access, and Housing and Homelessness.
- Boise (SARMC) and Nampa (SAMC-Nampa) 2020 CHNA: Affordable Housing and Homelessness, Wages and Job Availability, Cost of Living, Mental Health and Well-Being and Substance Use, Access to Affordable Healthcare, and Education.
- Ontario (SAMC-Ontario) 2020 CHNA: Affordable Housing and Homelessness, Financial Stability and Cost of Living, Mental Health and Wellbeing, Substance Use, Childcare and Education, and Access to Healthcare.

The 2023 Community Health Needs Assessments were underway in FY23, marking the first time Saint Alphonsus worked in close partnership with St. Luke's Health System, Intermountain Health and Saltzer Health, Southwest and Central District Health, the United Way of Treasure Valley, and the Western Idaho Community Health Collaborative to conduct a collaborative 10-county CHNA for the Greater Treasure Valley (Boise and Nampa hospitals).



# INVESTMENTS & CONTRIBUTIONS SPOTLIGHT



## City of Boise - Allumbaugh House - **\$225,000**

Provides an ongoing investment into a medically oriented detoxification and mental health facility serving Ada County, ID.



Allumbaugh House,  
Boise

## YMCA - Baker Early Learning Center (BELC) - **\$35,000**

Annual investment to support childcare services for infants, toddler, and school age children operated by the YMCA and provided at the BELC in Baker City, OR.



Baker Early Learning Center, Baker City

## Boise Campaign to End Family Homelessness - **\$30,000**

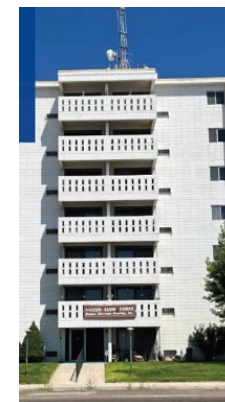
Second installment of a three-year funding commitment (\$100,000 total) to innovate housing solutions, increase support services, provide direct financial assistance, and secure new housing units for families experiencing homelessness in Boise, ID.

## Community Connections - Rides to Wellness - **\$27,000**

Provides non-medical transportation for residents who would not otherwise afford or be able to access rides to and from healthcare appointments in Baker County, OR.

## LEAP Housing Solutions - **\$10,000**

Seed investment to preserve Golden Glow Tower, a 65-unit affordable housing development for older adults in Nampa, ID.



Golden Glow Tower,  
Nampa

# ADVANCING SOCIAL CARE

## Access to Affordable Health Care, Including Oral and Vision Health:

Initiatives in FY23 included support of access to mental health treatment through Allumbaugh House, telepsychiatry, and support of other safety net organizations like Genesis Community Health. SARMC focused on improving access to healthcare by removing barriers and providing services for those experiencing poverty and those who are underserved through community partnerships. SARMC supported special refugee care through its Center for Global Health and Healing and the CARE (Culturally Appropriate Resources and Education) Clinic for refugee mothers. In FY23 SAMC-Nampa continued to address health care access barriers by utilizing mobile outreach clinics throughout Canyon County, including the more rural areas. In FY23, SAMC-Ontario continued to provide enrollment assistance in public programs, including Medicaid, for Oregon and Idaho.

## Community Health Workers

A Community Health Worker (CHW) is a frontline public health worker who is a trusted member and/or has a close understanding of the community they serve. CHWs assist patients with social services and navigating the health care system. Saint Alphonsus employed 14 Community Health Workers across Idaho and Oregon in FY23.



CHWs sharing information in community

# ADVANCING SOCIAL CARE

## CHW services include, but are not limited to:

- Connection to Behavioral Health (peer support, substance use treatment, mental health)
- Benefit Enrollment Support (unemployment, Medicaid, and/or SNAP)
- Financial Assistance
- Food Resources/Food Access
- Primary Care for the Uninsured/and or Medicaid Population (including safety net health centers, FQHCs, etc.)
- Connection to Low/No Cost Medications
- Connection to Housing/Shelter (back rent, utilities, eviction, temporary placement, or longer term supported housing or permanent placement)
- Social Isolation Programs
- Connection to Tobacco Cessation
- Transportation Assistance (medical visits and other social supports)

In FY23, there were 2,109 patients enrolled in the CHW program, 1,498 referrals from various referral sources (i.e. primary care offices, social workers, care/case managers, community-based organizations, schools, and self-referrals), 5,992 telephone encounters and 1,135 calls on the Idaho and Oregon CHW hotlines. SAHS CHWs closed 1,074 patients from the program; patients successfully achieved 1112 of their social need goals. The top three social needs CHWs helped to address in FY23 were housing, transportation, and food insecurity.



**Saint Alphonse**  
Community Health Worker (CHW) Hub

**Need a little help?**  
Call (208) 367-4482 (4HUB)  
SAHSCommResources@saintalphonse.org

Available 8am - 5pm  
Monday through Friday.

SCAN HERE

**Centro de Promotores de Salud**  
de Saint Alphonse

**¿Necesita un poquito de ayuda?**  
Llama al (208) 367-4482  
SAHSCommResources@saintalphonse.org

Disponible de 8am A 5pm  
de lunes a viernes.

ESCANEAR AQUI

## CHW Hotlines for Idaho and Oregon

# ADVANCING SOCIAL CARE

## CHW School Pilot

In rural Eastern Oregon extensive need resulted in the piloting of an integrated CHW Program between SAMC-Baker City and the local 5-J School District. This collaboration and cost sharing proved to be very successful. The school district administrative office as well as individual schools have recognized and acknowledged the need for a CHW to serve both their students and families. The program highlighted the efficacy of addressing the entirety of the students' needs rather than just the academic needs. In addition to addressing their social needs, CHW's were able to help students and families get established with primary care providers and expedited specialty care visits simply by helping them better understanding the healthcare referral processes.

## Screening for Patient Social Needs

Research shows that social needs - such as housing and food stability, social connections, and employment- have a greater impact on a person's health outcomes than clinical care alone. Saint Alphonus seeks to address patients' needs beyond their appointment and connect them with local resources to support them in getting and staying healthy.

SAHS' goal is to screen patients for social needs every 365 days. The screening questions assess financial concerns, food and housing insecurity, transportation, social isolation, etc., any of which could serve as potential barriers to accessing healthcare or remaining compliant with health goals. A new electronic record implemented in 2022 made it possible for SAHS to standardize screening for social needs and connect patients to community resources through the Community Resource Directory, community health workers, and other social care professionals.

In FY23, the social needs screening rate in Saint Alphonus primary care setting increased from 25% to 58%, impacting 46,346 of SAHS patients.



## CHW embedded in the 5 J School District to meet patient and family needs

*"I have been blessed by a whole army of help. I am seeing my life looking up and love you all for everything (can't even start to name everyone who's helped me through this process, but you all know who you are) I LOVE YOU ALL!"*

- CHW Program Participant

# ADVANCING SOCIAL CARE

## Community Resource Directory

As part of Trinity Health, Saint Alphonsus is working with findhelp.org to provide the Trinity Health Community Resource Directory (CRD), a free online portal that can be used to find local resources to meet the needs of patients, colleagues and those living in the communities we serve in Idaho and Oregon.

The online CRD lists free and reduced-cost health and social services resources in a person's zip code. Whether they are looking for help with housing, food, health care, financial assistance, transportation, legal assistance, or employment, the CRD connects the people we serve with the services they need. Patients and community members can access the directory at [communityresources.trinity-health.org](https://communityresources.trinity-health.org) or their MyChart app. Resources are available in more than 50 different languages.

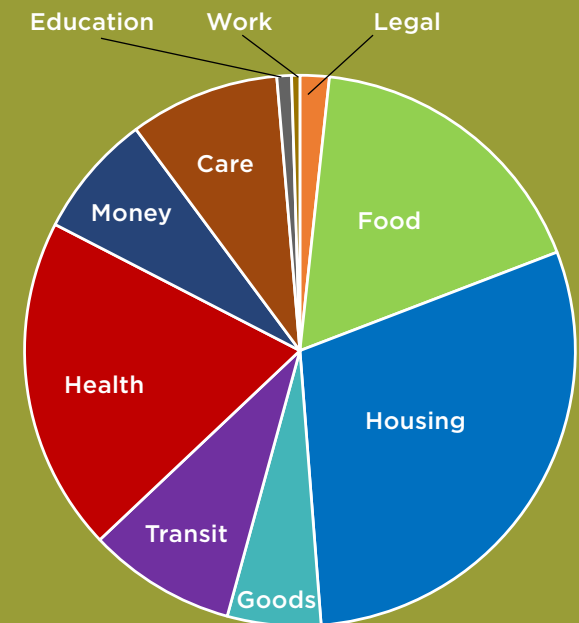
According to the CRD, the top social needs that SAHS patients searched for were housing, access to healthcare, and food in FY23.

## Behavioral Health, Including Mental Health and Well-Being

SAHS continued to provide Question Persuade Refer (QPR) suicide prevention training for staff throughout the health system as well as Adult and Youth Mental Health First Aid classes for colleagues and community members. SARMC's Faith Community Nursing and School Health programs continued to support the Signs of Suicide (SoS) program for local middle and high school students, staff, and parents to train them to recognize the signs of suicide and provided resources to seek help.

## Community Resource Directory Searches by Category

07/01/2022 to 06/30/23



# ADVANCING SOCIAL CARE



**Mental Health First Aid (MHFA)** is a skills-based training course that teaches participants to identify, understand and respond to mental health and substance use challenges. With the help of a \$52K Idaho Department of Health & Welfare (IDHW) COVID-19 Grant awarded, Saint Alphonsus was able to have 5 Certified MHFA instructors trained through the National Council for Well Being. In FY23, SAHS colleagues train 211 individuals and held 14 MHFA classes.

**Signs of Suicide (S.O.S.)** is an evidence-based youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression. Designed for grades 6-12, SOS teaches students how to identify signs of depression and suicide in themselves and their peers, while providing materials that support school professionals, parents, and communities in recognizing at-risk students and taking appropriate action.

With the help of a \$52K IDHW COVID-19 Grant, Saint Alphonsus was able to renew the program for the 8th year at the seven Catholic schools affiliated with Saint Alphonsus. In FY23, SAHS colleagues trained 658 individuals: 484 students, 124 staff, and 50 parents.

**Question Persuade Refer (QPR)** is a suicide prevention training for participants to be able to recognize the warning signs of suicide and question, persuade, and refer people at risk for suicide for help. Saint Alphonsus has 10 gatekeeper instructors and in FY23 they trained 106 colleagues enrolled in 19 QPR classes.



# ADVANCING SOCIAL CARE

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## **Tobacco Free Living (TFL)**

TFL focuses on supporting patients and members of the community on their unique journey to quit or reduce, tobacco and/or vape. Our individually tailored and clinically based programs are led by Registered Respiratory Therapists and Certified Tobacco Treatment Specialists.

TFL services include:

- Education on the science of addiction and why it's so hard to quit
- Providing options for prescription medications and Nicotine Replacement Therapy (NRT) and help to obtain it for free or reduced cost
- One-on-one coaching and behavior modification throughout their quit/reduce journey
- Virtual monthly classes
- Follow-up and recommendation directly with providers and care teams

In FY23, there were 2,497 patients enrolled in the Saint Alphonsus tobacco cessation program. There were an additional 575 referrals to the program from across Idaho and Oregon.





# IMPACTING SOCIAL INFLUENCERS OF HEALTH



## Mobile Health Clinics

In FY23, Saint Alphonsus hosted 11 free mobile primary care health clinics in Canyon County, ID with an aim to increase access to health care for those who are uninsured, underinsured, or do not otherwise have a medical home. Community Health Workers also accompanied the mobile clinics to assure the patient's social care needs were addressed during and after their visit.

Mobile health clinics were provided at the Salvation Army, Caldwell Library, College of Idaho, and St. Paul's Catholic Church. When possible, clinics were offered when other services are made available, such as food distributions, community education opportunities, etc.

Saint Alphonsus also continued to provide COVID-19 vaccines both in inpatient and through mobile vaccine clinics in early FY23, vaccinating 130 individuals.

An additional mobile clinic vehicle was purchased with Trinity Health Preserving Our Legacy funds to be refurbished for use in Oregon in FY24.

## School Health Program

Saint Alphonsus is proud to partner with the Diocese to employ seven school nurses and one CNA for the seven Catholic Schools in Ada and Canyon Counties. In FY23, school nurses provided 1905 vision, hearing, speech, scoliosis, and other screenings. They provided 9,423 office visits for students, as well as education on health topics such as nutrition, hand washing, healthy growth, etc. for 951 individuals.



# IMPACTING SOCIAL INFLUENCERS OF HEALTH



## Faith Community Nursing

More than 90 volunteer Faith Community Nurses (FCNs) serve in 21 Faith Communities, providing intentional care of the spirit and the whole-person's health. These nurses serve as health educators, personal health counselors, advocates, and more for the communities they serve.

In FY23, FCNs conducted blood pressure screenings for 291 individuals, taught CPR to 253 individuals, and provided 4,563 hours of volunteer service across Idaho and Oregon. An additional program provided by FCNs are Foot Care Clinics, where they provided foot care for 107 individuals at local shelters for people experiencing homelessness. FCNs also provides the previously mentioned S.O.S. Signs of Suicide Prevention Program within their respective faith communities.



**Faith Community Nurses providing  
a Foot Care Clinic**

# IMPACTING SOCIAL INFLUENCERS OF HEALTH



## Safe, Affordable Housing and Homelessness

As housing has been identified as the primary need in the 2020 and 2023 CHNAs, Saint Alphonsus has been committed to addressing housing as healthcare. In FY23, SARMC and SAMC-Nampa provided support to Jesse Tree, which provides emergency rental assistance and eviction avoidance for local residents, and The Home Partnership Foundation, which works towards ending family homelessness. In addition, SAMC-Nampa partnered with LEAP Housing to secure funding to work towards the preservation of affordable senior housing at Golden Glow Tower.

## BUILD Payette

To address housing in the SAMC-Ontario region, Saint Alphonsus joined a collaborative that included WICAP, Southwest District Health, St. Luke's and Intermountain Health Systems, the Blue Cross of Idaho Foundation for Health, and the Western Idaho Community Health Collaborative. This group applied to participate in the fourth cohort of the national BUILD Health Challenge. Payette, ID- located on the edge of the Idaho/Oregon border- was one of 18 communities across the country awarded, and is the smallest, most rural community to participate in a BUILD Health Challenge.

BUILD will invest \$600,000 over three years into Payette to address health disparities, improve attainable housing, and co-locate social and healthcare services as identified as needs by residents. BUILD Payette will engage the Payette County Health Action Team (PCHAT) and other community partners to address health disparities, conduct meaningful resident engagement, and empower community members to advocate for their individual and collective health needs.



# IMPACTING SOCIAL INFLUENCERS OF HEALTH



## Food Security

Food insecurity in the region has been at an all-time high post-COVID-19. Many SAHS patients and community members that were receiving increased assistance during the pandemic have had those benefits cut considerably. Community pantries and food distributions have seen larger numbers of individuals and families in need of food assistance throughout the month. A Community Health and Well-Being Coordinator participated in several food insecurity programs in Idaho and Eastern Oregon.

Western Treasure Valley Food System Partnership- Saint Alphonsus participated in the process of building a community food hub in Ontario, OR, and applying for second round of USDA funding to establish a food system assessment to improve accessibility to the local food system.

Traveling Table- Saint Alphonsus worked in collaboration with the Healthy Impact Nampa Collaborative to ensure food assistance programs serve those most vulnerable in the community.

Meals on Wheels- SAMC-Nampa is the provider of the Meals on Wheels program in Nampa, ID.

The Community Health & Well-Being Team worked to establish a food and diaper pantry in the Boise Family Center for patients and community members who have been identified to be food insecure by Community Health Workers and clinical staff. The food and diaper pantry is slated to open in FY24.



# IMPACTING SOCIAL INFLUENCERS OF HEALTH



## Safe, Reliable Transportation

SARMC, SAMC-Nampa, and SAMC-Baker City all provide funding support and collaboration to Rides to Wellness programs operated by local partner organizations to take patients to and from healthcare appointments. SAMC-Ontario continued to provide support to local organizations in FY23, including local taxis, to provide transportation access for healthcare appointments to patients experiencing financial barriers.

## Care Giver Supports, Including Childcare and Assistance for Older Adults

In FY23, SAMC-Baker City partnered with the YMCA and the Baker School District 5J to provide access to affordable childcare through the Baker Early Learning Center within the 5J School District. SAMC-Baker City also provided financial support to Community Connections for a program that provided non-medical transportation to and from healthcare appointments for both physical and mental health needs in Baker City, serving primarily seniors.

## Education

SAMC-Ontario sought to improve local education by increasing access to post-secondary education, training, and development activities. Specifically, SAMC-Ontario provided more than \$13,000 in scholarship support through the SAMC-Ontario Foundation for local students pursuing education opportunities in the health care field. SAMC-Ontario provided support to Treasure Valley Community College and Oregon Health Sciences University nursing programs financially and professionally. SAMC-Ontario contributed \$600 in cash and \$93,954 in staff time between FY21-23. SAMC-Ontario also provided funding support to Pacific Northwestern University of Health Sciences residency program (AHEC) by providing free housing for students during local residency rotations to address the health care workforce shortage in Ontario.



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**Saint Alphonse**

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