

IMPLEMENTATION PLAN

Addressing Community Health Needs



Chester

Chester, Montana

2024-2027

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Disclaimer: The Montana Office of Rural Health strongly encourages an accounting professional's review of this document before submission to the IRS. As of this publishing, this document should be reviewed by a qualified tax professional. Recommendations on its adequacy in fulfillment of IRS reporting requirements are forthcoming.

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Implementation Planning Process

The implementation planning committee – comprised of Logan Health – Chester’s (LHCH) leadership team – participated in an implementation planning process to systematically and thoughtfully respond to all issues and opportunities identified through their community health needs assessment (CHNA) process.

The Community Health Services Development (CHSD) community health needs assessment was performed in late 2023 to determine the most important health needs and opportunities for Liberty County, Montana. The CHSD project is administrated by the Montana Office of Rural Health (MORH) and funded in part through the Montana Health Research and Education Foundation (MHREF) Flex Grant. “Needs” were identified as the top issues or opportunities as rated by survey respondents during the CHSD survey process or during key informant interviews (see page 10 for a list of “Needs Identified and Prioritized”). For more information regarding the needs identified, and the assessment process/approach/methodology, please refer to the facility’s assessment report, which is posted on the facility’s website (<https://www.logan.org/community/community-health-needs-assessment/>).

The community steering and implementation planning committees identified the most important health needs to be addressed by reviewing the CHNA, secondary data, community demographics, and input from representatives of the broad interest of the community, including those with public health expertise (see page 8 for additional information regarding input received from community representatives).

The implementation planning committee reviewed the prioritized recommendations provided by the community steering committee and determined which needs or opportunities could be addressed considering LHCH’s parameters of resources and limitations. The committee then prioritized the needs/opportunities using the additional parameters of the organizational vision, mission, and values, as well as existing and potential community partners. Participants then created goals to achieve through strategies and activities, as well as the general approach to meeting the stated goal (i.e., staff member responsibilities, timeline, potential community partners, anticipated impact(s), and performance/evaluation measures).

The prioritized health needs, as determined through the assessment process and which the facility will be addressing, relate to the following healthcare issues:

- **Access to healthcare and resources**
- **Behavioral health**
- **Outreach and Education**

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In addressing the aforementioned issues, LHCH seeks to:

- a) Improve access to healthcare services
- b) Enhance the health of the community
- c) Advance medical or health knowledge

Mission: Improve health and quality of life by delivering exceptional, compassionate care with an outstanding experience for all.

Vision: To be the center for health and healing for our communities, where access to high quality, outstanding care helps achieve healthier and more fulfilling lives.

Implementation Planning Committee Members:

- Gladys Young – Physician, Logan Health – Chester (LHCH)
- Darin Sipes – Director of Nursing, LHCH
- Jennifer Rideout – Manager of Quality and Safety, LHCH
- Bev Halter – HRBP – Interim Administrator, LHCH
- Amanda Fritz – Marketing and Communications Coordinator/Hi-Line Health Foundation Office Manager, LHCH
- Cheri Taylor – President, LHCH
- Hayley Loboy – Manager of Assisted Living, LHCH
- Treasure Berkram – CFO, LHCH
- Daniel Davis – Chief of Staff/Rural Health Clinic Medical Director, LHCH
- Shari Dolan – Senior Staff Accountant, LHCH

Prioritizing the Community Health Needs

The steering and implementation planning committees completed the following to prioritize the community health needs:

- Reviewed the facility's presence in the community (i.e., activities already being done to address community need)
- Considered organizations outside of the facility which may serve as collaborators in executing the facility's implementation plan
- Assessed the health indicators of the community through available secondary data
- Evaluated the feedback received from consultations with those representing the community's interests, including public health

LHCH's Existing Presence in the Community

- Liberty County Chamber
- Liberty County Healthy Coalition
- Tobacco Prevention
- Liberty County Healthy Coalition
- Liberty County Local Emergency Planning Committee
- Montana Pediatrics

List of Available Community Partnerships and Facility Resources to Address Need

- 340B Prescription Drug Program – For patients seeing Logan Health – Chester providers with use of designated pharmacy – Chester Pharmacy
- Fitness Xpress
- Golden Prairie Community Foundation
- Havre radio stations
- Hi-Line Health Foundation
- Liberty County Board of Health
- Liberty County Chamber of Commerce
- Liberty County Community and Senior Center
- Liberty County Council on Aging
- Liberty County Healthy Coalition
- Liberty County Hospital Guild
- Liberty County Local Emergency Planning Committee (LEPC)
- Liberty County Library
- Liberty County Mental Health Board
- Liberty County Public Health
- Liberty County Transit
- Local churches
- Local Civic and Commercial Groups/Clubs
- Liberty County Ambulance and EMTs (Emergency Medical Technicians)
- Local pharmacies
- Local schools
- Montana Area Health Education Center (AHEC)
- Montana Pediatrics
- MSU Extension – Liberty County
- National Health Services Corps (due to Medically Underserved Area)
- Shelby radio stations
- Visiting Specialists

Liberty County Indicators

Population Demographics

- 95.3% of Liberty County's population is white
- 12.7% of Liberty County's population has disability status.
- 23.7% of Liberty County's population is 65 years and older.
- 6.7% of Liberty County's population has Veteran status.
- 29.8% of Liberty County's population have no high school diploma; 24.6% have some college, no degree.

Size of County and Remoteness

- 1,974 people in Liberty County
- 1.6 people per square mile

Socioeconomic Measures

- 20.8% of children in Liberty County live in poverty.
- 16.2% of persons in Liberty County are below the federal poverty level.
- 17.0% of adults (age <65) in Liberty County are uninsured; 11.0% of children (age <18) are uninsured.
- 9.8% of the population is enrolled in Medicaid.

Select Health Measures

- 37.0% of adults in Liberty County are considered obese.
- 24.0% of the adult population in Liberty County report physical inactivity.
- 24.0% of the adult population in Liberty County report smoking.
- 41% of adults living in frontier Montana report two or more chronic conditions.

Public Health and Underserved Populations Consultation Summaries

Name/Organization

October 19, 2023

Jennifer Rideout – Manager of Quality and Safety, Logan Health – Chester (LHCH)

Julie Erickson – Director, Liberty County Library

Cathy Luke – Director, Sweetgrass Lodge

Glenda Hanson – Director, Council on Aging, Public Transit

Shari Dolan – Senior Staff Accountant, LHCH

Amanda Fritz – Marketing and Communications Coordinator, Hi-Line Health Foundation Office Manager, LHCH

Public and Community Health

- STDs on the rise again – the rates are high
- Low unemployment rate seems pretty accurate
- Risk behaviors are really high: smoking and excessive drinking
- Can be difficult to get an appointment, a lot of Dr. Earl's patients are coming back
- Access to affordable childcare
- Lack of awareness of services available in the area
- Lack of mental health services

Population: Low-Income, Underinsured

- Affordable housing is a significant issue

Population: Seniors

- Lack of nursing home: Use the Critical Access Hospital swing beds
- We have a great senior center

Population: Youth

- High texting and driving rates
- Bullying concerns in schools

- Childhood vaccination rate seems lower than it used to be
- High percentage of children in poverty
- Vaping

Population: Veterans

- High veteran population in the county

Needs Identified and Prioritized

Prioritized Needs to Address

1. 54.5% of respondents thought their community was “Somewhat healthy.”
2. Survey respondents indicated that “Access to healthcare services” (48.8%) was the top component of a healthy community.
3. 59.2% of respondents rated their knowledge of health services available at Logan Health – Chester as “Good” and 20.0% rated their knowledge as “Fair.” 8.0% rated their knowledge as “Poor.”
4. Top methods of learning about available health services included “Friends/family” (61.8%), “Word of mouth/reputation” (60.2%), “Clinic/hospital staff” (56.1%), and “Healthcare provider” (50.4%).
5. Top suggestions to improve the community's access to health care included “More specialists” (41.9%), “More primary care providers (41.0%), “Home health” (36.8%), and “More information about available services” (27.4%).
6. Top preventative services used include “Dental check” (65.6%), “Blood pressure check” (60.7%), “Routine blood work/birthday lab” (60.7%), “Flu shot/immunizations” (54.1%), and “Health checkup” (53.5%).
7. 24.6% of survey respondents indicated they delayed or did not receive needed healthcare services; reasons included “Could not get an appointment” (23.3%), “My insurance didn’t cover it” (23.3%), and “Qualified provider not available” (23.3%).
8. 97.3% of respondents have utilized primary care services in the last three years, and 44.4% of those visits were in Chester. Top reasons for choosing a primary care facility were “Prior experience with clinic” (48.6%), “Closest to home” (47.2%), and “Clinic/provider’s reputation for quality” (43.1%).
9. Respondents expressed interest for education about “Women’s health” (43.2%), “Living will/end of life planning” (37.9%), “Weight loss” (31.6%), and “Mental health” (28.4%). 11.6% of respondents also voiced interest in “Diabetes” education.
10. Top additional services that respondents expressed interest for were “Optometry” (42.9%), “Chiropractor” (39.0%), “Dermatology” (38.1%), and “Foot care clinic” (29.5%). Top specialists that respondents had seen included “Cardiologist” (29.0%), “Dentist” (28.0%), and “Dermatologist” (28.0%).
11. 80.8% of respondents had seen a healthcare specialist in the prior three years, with most people traveling to the “Great Falls Clinic” (44.6%) and “Benefis” (43.6%) to see them.
12. “Diabetes” was a significant health concern for 13.9% of respondents, and “Overweight/obesity” was a top concern for 18.9% of respondents.

13. Key informants identified the need for an eye doctor, a female provider, and more visiting specialists.
14. The top two health concerns that respondents identified were “Alcohol/substance abuse” (48.4%) and “Depression/anxiety” (30.3%). The fourth was “Mental health issues” at 24.6%.
15. 19.2% of respondents indicated they felt depressed on most days, which is a 6.5% increase since 2018.
16. 34.1% of respondents said that they felt “Occasionally” lonely or isolated, 13.8% said “Sometimes,” and 7.3% said they felt lonely or isolated “Most days.”
17. 40.0% of respondents rated their stress over the last year as “Moderate,” and 21.6% rated theirs as “High.”
18. When describing their mental health, 59.2% of respondents indicated theirs as “Good” and 23.2% as “Fair.”
19. Over half of respondents said that their life has been negatively affected by their own or someone else’s substance use issues, with 24.2% negatively affected “A little,” 20.0% “Somewhat” negatively affected, and 12.5% “A great deal” affected.
20. Key informants identified mental health and substance use as key issues in the community.
21. Key informant interviews suggest a desire for more prevention and treatment resources related to mental health and substance use.
22. 3.3% of respondents indicated they had “No” physical activity in the last month, 9.8% said they has more than 20 minutes of physical activity “1-2x per month,” and 16.4% said “3-5x per month.”
23. Key informants indicated that more beds in the assisted living facility, home health nurses, and hospice services were needed in the community.

Needs Unable to Address

(See page 27 for additional information)

1. The top additional service that respondents expressed interest for was “Optometry” (42.9%); key informants indicated that an eye doctor was a needed service in the community.
2. Cost to healthcare services is a barrier for some in the community. Access to healthcare services was the top component of a healthy community (48.8%). 24.6% of survey respondents indicated they delayed or did not receive needed healthcare services; of this, 23.3% said the delay was because “My insurance didn’t cover it and 20.0% said that “It cost too much” (20.0%). 27.9% of respondents thought that their insurance covered only a “Fair” or “Poor” amount of their healthcare costs. 26.4% of respondents were unaware of healthcare cost assistance programs.

3. “Affordable housing” was a top component of a healthy community for 15.2% of respondents; this is a significant increase since the 2021 survey. 20.3% of respondents indicated their lives have been affected by a lack of housing.

Executive Summary

The following summary briefly represents the goals and corresponding strategies and activities which the facility will execute to address the prioritized health needs (from page 10). For more details regarding the approach and performance measures for each goal, please refer to the Implementation Plan Grid section, which begins on page 15.

Goal 1: Improve access to healthcare services in Liberty County.

Strategy 1.1: Improve access to primary care services in Liberty County.

- Recruit healthcare professionals to continue providing high quality care to Liberty County residents.
- Explore strategies to engage with community to enhance community involvement in the recruitment process of healthcare professionals.
- Develop a plan to enhance the transition of healthcare professionals and their families into the community.
- Enhance outreach and education efforts related to primary care services. Assess best outreach modalities and explore expanding website and social media efforts.
- Expand clinic workforce to include a female provider.

Strategy 1.2: Improve access to specialty services in Liberty County.

- Explore opportunities to expand specialty services in Liberty County via telemedicine or on-site (i.e., cardiology).
- Explore enhancing women’s health services to expand visiting OB/GYN services monthly.
- Partner with Logan Health – Cut Bank to develop a local, in-person Diabetes Prevention Program.

Goal 2: Improve access to behavioral health services in Liberty County.

Strategy 2.1: Enhance mental health services available at Logan Health – Chester.

- Explore MORH/AHEC’s behavioral health trainings pertinent to LHCH staff and area providers in enhancing mental and behavioral health skills, knowledge, and training (<http://healthinfo.montana.edu/bhwet/trainings.html>).
- Continue participation and support of local Mental Health Advisory Council by enhancing collaboration and coordination of mental health activities in Liberty County.
- Implement a crisis intervention program in emergency department in partnership with Logan Health Pathways.
- Partner with local behavioral health providers (Many Rivers Whole Health and Logan Health – Shelby) to enhance Behavioral Health referrals and medication management.

Strategy 2.2: Enhance access to youth behavioral health services in Liberty County.

- Partner with local schools to enhance suicide and substance use prevention programming.
- Seek to expand telehealth services to provide counseling services for younger patients. Specifically, explore partnering with Montana Pediatrics to provide youth mental health counseling.

Goal 3: Expand LHCH outreach and educational efforts with local partners.

Strategy 3.1: Support health and wellness activities in Hi-Line communities.

- Continue providing and expanding Logan Health – Chester staff participation in community groups/coalitions that support health in area Hi-Line communities (Mental Health Board, Adult Protection Services Board, Child Protective Services Board, Board of Health, LEPC, Healthy Liberty County, Re-Act).
- Explore and enhance opportunities to support and partner for community health and wellness events that encourage healthy lifestyles (i.e., Fun runs, general wellness programming outreach, etc.).

Strategy 3.2: Enhance outreach for seniors in Liberty County.

- Develop senior educational offering providing senior health programming and outreach with Senior Center and the Lodge such as living will, advance directives, POLST among others in partnership with Fitness Xpress and local Public Health Department.
- Implement the STEADI CDC fall prevention program to promote senior wellness.
- Determine feasibility of implementing a home health/visiting nurse service through the Rural Health Clinic.

Implementation Plan Grid

Goal 1: Improve access to healthcare services in Liberty County.

Strategy 1.1: Improve access to primary care services in Liberty County.

Activities	Responsibility	Timeline	Final Approval	Partners	Potential Barriers
Recruit healthcare professionals to continue providing high quality care to Liberty County residents.	Site Administrator	Ongoing	President/ Board of Directors	Logan Health Provider Recruitment	Limited number of qualified providers available in the nation
Explore strategies to engage with community to enhance community involvement in the recruitment process of healthcare professionals.	Senior Leadership Team/ Marketing	Ongoing	President	Community organizations	Community members availability
Develop a plan to enhance the transition of healthcare professionals and their families into the community.	Senior Leadership Team	Ongoing	President	Community Organizations	N/A
Enhance outreach and education efforts related to primary care services. Assess best outreach modalities and explore expanding website and social media efforts.	Marketing and Site Administrator	Ongoing	President	Logan Health marketing team	Budget constraints
Expand clinic workforce to include a female provider.	Site Administrator	Q3 2024	President and Board of Directors	Logan Health Provider Recruitment	N/A

Needs Being Addressed by this Strategy:

- 1. 54.5% of respondents thought their community was “Somewhat healthy.”
- 2. Survey respondents indicated that “Access to healthcare services” (48.8%) was the top component of a healthy community.

- 3. 59.2% of respondents rated their knowledge of health services available at Logan Health – Chester as “Good” and 20.0% rated their knowledge as “Fair.” 8.0% rated their knowledge as “Poor.”
- 4. Top methods of learning about available health services included “Friends/family” (61.8%), “Word of mouth/reputation” (60.2%), “Clinic/hospital staff” (56.1%), and “Healthcare provider” (50.4%).
- 5. Top suggestions to improve the community's access to health care included “More specialists” (41.9%), “More primary care providers (41.0%), “Home health” (36.8%), and “More information about available services” (27.4%).
- 6. Top preventative services used include “Dental check” (65.6%), “Blood pressure check” (60.7%), “Routine blood work/birthday lab” (60.7%), “Flu shot/immunizations” (54.1%), and “Health checkup” (53.5%).
- 7. 24.6% of survey respondents indicated they delayed or did not receive needed healthcare services; reasons for delay included “Could not get an appointment” (23.3%), “My insurance didn’t cover it” (23.3%), and “Qualified provider not available” (23.3%).
- 8. 97.3% of respondents have utilized primary care services in the last three years, and 44.4% of those visits were in Chester. Top reasons for choosing a primary care facility were “Prior experience with clinic” (48.6%), “Closest to home” (47.2%), and “Clinic/provider’s reputation for quality” (43.1%).

Anticipated Impact(s) of these Activities:

- Enhanced access to primary care services in Liberty County
- Improved health outcomes
- Increased number of primary care providers in Liberty County
- Improved knowledge of available services and resources
- Improved access to appointments

Plan to Evaluate Anticipated Impact(s) of these Activities:

- Track number of healthcare professionals in Liberty County
- Track collaboration with community organizations
- Track development of plan to enhance the transition of new care providers
- Track website and social media efforts and reach

Measure of Success: There will be more primary care providers at LHCH by 2025.

Goal 1: Improve access to healthcare services in Liberty County.

Strategy 1.2: Improve access to specialty services in Liberty County.

Activities	Responsibility	Timeline	Final Approval	Partners	Potential Barriers
Explore opportunities to expand specialty services in Liberty County via telemedicine or on-site (i.e., cardiology).	Site Administrator	Ongoing	President	Logan Health Telehealth team	Specialty availability
Explore enhancing women’s health services to expand visiting OB/GYN services monthly.	Site Administrator / President	2025	President	Logan Health Women’s and Children’s Clinic Manager	Specialty availability and budget constraints
Partner with Logan Health – Cut Bank to develop a local, in-person Diabetes Prevention Program.	President	Q4 2024	Medical Staff	Logan Health – Cut Bank	Limited referrals

Needs Being Addressed by this Strategy:

- 1. 54.5% of respondents thought their community was “Somewhat healthy.”
- 2. Survey respondents indicated that “Access to healthcare services” (48.8%) was the top component of a healthy community.
- 3. 59.2% of respondents rated their knowledge of health services available at Logan Health – Chester as “Good” and 20.0% rated their knowledge as “Fair.” 8.0% rated their knowledge as “Poor.”
- 4. Top methods of learning about available health services included “Friends/family” (61.8%), “Word of mouth/reputation” (60.2%), “Clinic/hospital staff” (56.1%), and “Healthcare provider” (50.4%).
- 5. Top suggestions to improve the community's access to health care included “More specialists” (41.9%), “More primary care providers (41.0%), “Home health” (36.8%), and “More information about available services” (27.4%).
- 9. Respondents expressed the most interest for education about “Women’s health” (43.2%, “Living will/end of life planning” (37.9%), “Weight loss” (31.6%), and “Mental health” (28.4%). 11.6% of respondents also voiced interest in “Diabetes” education.

- 10. Top additional services that respondents expressed interest for were “Optometry” (42.9%), “Chiropractor” (39.0%), “Dermatology” (38.1%), and “Foot care clinic” (29.5%). Top specialists that respondents had seen included “Cardiologist” (29.0%), “Dentist” (28.0%), and “Dermatologist” (28.0%).
- 11. 80.8% of respondents had seen a healthcare specialist in the prior three years, with most people traveling to the “Great Falls Clinic” (44.6%) and “Benefis” (43.6%) to see them.
- 12. “Diabetes” was a significant health concern for 13.9% of respondents, and “Overweight/obesity” was a top concern for 18.9% of respondents.
- 13. Key informants identified the need for an eye doctor, a female provider, and more visiting specialists.

Anticipated Impact(s) of these Activities:

- Increased access to healthcare services
- Increased access to specialty services
- Enhanced knowledge of services and resources
- Improved health outcomes

Plan to Evaluate Anticipated Impact(s) of these Activities:

- Track efforts to expand cardiology
- Track OB/GYN provider visits
- Develop local Diabetes Prevention Program

Measure of Success: Additional services available via telemedicine, OB/GYN services in Chester monthly, and DPP program implemented in Chester.

Goal 2: Improve access to behavioral health services in Liberty County.

Strategy 2.1: Enhance mental health services available at Logan Health – Chester.

Activities	Responsibility	Timeline	Final Approval	Partners	Potential Barriers
Explore MORH/AHEC’s behavioral health trainings pertinent to LHCH staff and area providers in enhancing mental and behavioral health skills, knowledge, and training (http://healthinfo.montana.edu/bhwet/trainings.html).	Site Administrator/ Education Coordinator	2026	President/ Chief Financial Officer	MORH/AHEC	Budget Constraints
Continue participation and support of local Mental Health Advisory Council by enhancing collaboration and coordination of mental health activities in Liberty County.	Senior Leadership Team member	Ongoing	President	Mental Health Advisory Council	Staff availability
Implement a crisis intervention program in emergency department in partnership with Logan Health Pathways.	Chief of Staff/ Director of Nursing	Q2 2024	President	Logan Health Pathways	N/A
Partner with local behavioral health providers (Many Rivers Whole Health and Logan Health – Shelby) to enhance Behavioral Health referrals and medication management.	Site Administrator	Q3 2024	Medical Staff	Many Rivers Whole Health/ Logan Health – Shelby	Limited referrals

Needs Being Addressed by this Strategy:

- 9. Respondents expressed the most interest for education about “Women’s health” (43.2%, “Living will/end of life planning” (37.9%), “Weight loss” (31.6%), and “Mental health” (28.4%). 11.6% of respondents also voiced interest in “Diabetes” education.
- 14. The top two health concerns that respondents identified were “Alcohol/substance abuse” (48.4%) and “Depression/anxiety” (30.3%). The fourth was “Mental health issues” at 24.6%.

- 15. 19.2% of respondents indicated they felt depressed on most days, which is a 6.5% increase since 2018.
- 16. 34.1% of respondents said that they felt “Occasionally” lonely or isolated, 13.8% said “Sometimes,” and 7.3% said they felt lonely or isolated “Most days.”
- 17. 40.0% of respondents rated their stress over the last year as “Moderate,” and 21.6% rated theirs as “High.”
- 18. When describing their mental health, 59.2% of respondents indicated theirs as “Good” and 23.2% as “Fair.”
- 19. Over half of respondents said that their life has been negatively affected by their own or someone else’s substance use issues, with 24.2% negatively affected “A little,” 20.0% “Somewhat” negatively affected, and 12.5% “A great deal” affected.
- 20. Key informants identified mental health and substance use as key issues in the community.
- 21. Key informant interviews suggest a desire for more prevention and treatment resources related to mental health and substance use.

Anticipated Impact(s) of these Activities:

- Enhanced provider skills in handling mental health patients
- Increased provider ability to manage person mental health
- Implemented crisis intervention program
- Build community capacity in addressing mental health
- Increased community knowledge of resources

Plan to Evaluate Anticipated Impact(s) of these Activities:

- Monitor MORH/AHEC mental health training offerings
- Track collaboration with local mental health groups
- Track progress of crisis intervention program development
- Track referrals and medication management

Measure of Success: Staff participation in trainings, medical staff utilization of crisis intervention program, patients referred to behavioral health programs with listed partners.

Goal 2: Improve access to behavioral health services in Liberty County.

Strategy 2.2: Enhance access to youth behavioral health services in Liberty County.

Activities	Responsibility	Timeline	Final Approval	Partners	Potential Barriers
Partner with local schools to enhance suicide and substance use prevention programming.	Tobacco Prevention/ Site Administrator /Marketing	2025	President	Local schools/ Logan Health “Let’s Talk About it” program (988)	Staff availability and partner willingness
Seek to expand telehealth services to provide counseling services for younger patients. Specifically, explore partnering with Montana Pediatrics to provide youth mental health counseling.	Site Administrator	2025	Medical Staff	Montana Pediatrics/ Local Schools	Budget constraints and professional availability

Needs Being Addressed by this Strategy:

- 9. Respondents expressed the most interest for education about “Women’s health” (43.2%, “Living will/end of life planning” (37.9%), “Weight loss” (31.6%), and “Mental health” (28.4%). 11.6% of respondents also voiced interest in “Diabetes” education.
- 14. The top two health concerns that respondents identified were “Alcohol/substance abuse” (48.4%) and “Depression/anxiety” (30.3%). The fourth was “Mental health issues” at 24.6%.
- 15. 19.2% of respondents indicated they felt depressed on most days, which is a 6.5% increase since 2018.
- 16. 34.1% of respondents said that they felt “Occasionally” lonely or isolated, 13.8% said “Sometimes,” and 7.3% said they felt lonely or isolated “Most days.”
- 17. 40.0% of respondents rated their stress over the last year as “Moderate,” and 21.6% rated theirs as “High.”
- 18. When describing their mental health, 59.2% of respondents indicated theirs as “Good” and 23.2% as “Fair.”
- 19. Over half of respondents said that their life has been negatively affected by their own or someone else’s substance use issues, with 24.2% negatively affected “A little,” 20.0% “Somewhat” negatively affected, and 12.5% “A great deal” affected.
- 20. Key informants identified mental health and substance use as key issues in the community.

- 21. Key informant interviews suggest a desire for more prevention and treatment resources related to mental health and substance use.

Anticipated Impact(s) of these Activities:

- Improved access to youth counselling services
- Decrease societal stigma associated with mental illness and substance use disorders
- Build community capacity in addressing mental health
- Increased community knowledge of resources
- Enhanced knowledge concerning mental and behavioral health for youth through school

Plan to Evaluate Anticipated Impact(s) of these Activities:

- Track collaboration and education efforts conducted with local schools
- Develop suicide and substance use prevention programming
- Track telehealth expansion via appointment data
- Develop partnership with Montana Pediatrics

Measure of Success: Utilization of the programs and reduction in depression rates and mental health concerns on next community health needs assessment.

Goal 3: Expand LHCH outreach and educational efforts with local partners.

Strategy 3.1: Support health and wellness activities in Hi-Line communities.

Activities	Responsibility	Timeline	Final Approval	Partners	Potential Barriers
Continue providing and expanding Logan Health – Chester staff participation in community groups/coalitions that support health in area Hi-Line communities (Mental Health Board, Adult Protection Services Board, Child Protective Services Board, Board of Health, LEPC, Healthy Coalition Liberty County, Re-Act).	Senior Leadership Team	Ongoing	President	Community organizations	Staff availability
Explore and enhance opportunities to support and partner for community health and wellness events that encourage healthy lifestyles (i.e., Fun runs, general wellness programming outreach, etc.).	Tobacco Prevention	Ongoing	Site Administrator	Public Health/ Alliance for Youth/ Re-Act/ Liberty County Health Coalition	Budget constraints

Needs Being Addressed by this Strategy:

- 1. 54.5% of respondents thought their community was “Somewhat healthy.”
- 9. Respondents expressed the most interest for education about “Women’s health” (43.2%, “Living will/end of life planning” (37.9%), “Weight loss” (31.6%), and “Mental health” (28.4%). 11.6% of respondents also voiced interest in “Diabetes” education.
- 12. “Diabetes” was a significant health concern for 13.9% of respondents, and “Overweight/obesity” was a top concern for 18.9% of respondents.
- 14. The top two health concerns that respondents identified were “Alcohol/substance abuse” (48.4%) and “Depression/anxiety” (30.3%). The fourth was “Mental health issues” at 24.6%.
- 22. 3.3% of respondents indicated they had “No” physical activity in the last month, 9.8% said they has more than 20 minutes of physical activity “1-2x per month,” and 16.4% said “3-5x per month.”

Anticipated Impact(s) of these Activities:

- Build community capacity in health and wellness resources and activities
- Improved health outcomes
- Enhanced accessibility of health and wellness events and resources
- Improved relationships between LHCH and community groups/coalitions

Plan to Evaluate Anticipated Impact(s) of these Activities:

- Track LHCH staff participation in local groups/coalitions
- Track new LHCH support of local groups/coalitions
- Develop community health and wellness events

Measure of Success: Increase participation in health and wellness groups

Goal 3: Expand LHCH outreach and educational efforts with local partners.

Strategy 3.2: Enhance outreach for seniors in Liberty County.

Activities	Responsibility	Timeline	Final Approval	Partners	Potential Barriers
Develop senior educational offering providing senior health programming and outreach with Senior Center and the Lodge such as living will, advance directives, POLST among others in partnership with Fitness Xpress and local Public Health Department.	Social Worker	Ongoing	Director of Nursing	Fitness Xpress, Liberty County Public Health, Liberty County Senior Center	Staff availability and community participation
Implement the STEADI CDC fall prevention program to promote senior wellness.	Trauma and EP Coordinator/ Education Coordinator	Q4 2024	Assisted Living Facility Manager	Sweetgrass Lodge, Liberty County Senior Center	Staff availability and community participation
Determine feasibility of implementing a home health/visiting nurse service through the Rural Health Clinic.	Site Administrator	2026	President/ Chief Financial Officer	Montana Hospital Association/ State office of Rural Health	Staff and Provider availability

Needs Being Addressed by this Strategy:

- 2. Survey respondents indicated that “Access to healthcare services” (48.8%) was the top component of a healthy community.
- 5. Top suggestions to improve the community's access to health care included “More specialists” (41.9%), “More primary care providers (41.0%), “Home health” (36.8%), and “More information about available services” (27.4%).
- 9. Respondents expressed the most interest for education about “Women’s health” (43.2%, “Living will/end of life planning” (37.9%), “Weight loss” (31.6%), and “Mental health” (28.4%). 11.6% of respondents also voiced interest in “Diabetes” education.
- 23. Key informants indicated that more beds in the assisted living facility, home health nurses, and hospice services were needed in the community.

Anticipated Impact(s) of these Activities:

- Enhanced programming for senior citizens
- Increased knowledge of resources and services
- Improved health outcomes
- Increase in services provided for the elderly
- Enhanced collaboration between community organizations

Plan to Evaluate Anticipated Impact(s) of these Activities:

- Develop senior educational offerings
- Track utilization of educational offerings
- Implement STEADI program
- Track exploration of home health/visiting nurse service

Measure of Success: Increase educational offerings and utilization of programs, implementation of a visiting nurse service through the Rural Health Clinic.

Needs Not Addressed and Justification

Identified health needs unable to address by LHCH	Rationale
<p>1.The top additional service that respondents expressed interest for was “Optometry” (42.9%). Key informants also indicated that an eye doctor was a needed service in the community.</p>	<ul style="list-style-type: none"> • In 2021 the CEO and CFO met with an optometry student who would be graduating and had interest in potentially locating to our community (we were 1 of 3 towns he was interested in). His request was that he would become an employee of the hospital and the hospital would provide necessary support staff, office area and purchase the needed equipment. He was not interested in coming to the community and being independent. The CFO completed a Pro Forma and based on the Pro Forma the CEO and CFO determined that it was not financially feasible for the hospital to be the provider of this service.
<p>2. Cost to healthcare services is a barrier for some in the community. 24.6% of survey respondents indicated they delayed or did not receive needed healthcare services; of this, 23.3% said the delay was because “My insurance didn’t cover it and 20.0% said that “It cost too much” (20.0%). 27.9% of respondents thought that their insurance covered only a “Fair” or “Poor” amount of their healthcare costs.</p>	<ul style="list-style-type: none"> • A standardized pricing strategy is used by the hospital. Prices are set based on Medicare and other insurance companies Fee Schedules. As well, all costs associated with providing the service/testing is taken into account. • Health insurance policies are quite complex and consumer’s knowledge of their policy many times is not well understood. • Financial Assistance is promoted at many levels for our patients.

Dissemination of Needs Assessment

Logan Health – Chester “LHCH” disseminated the community health needs assessment and implementation plan by posting both documents conspicuously on their website (<https://www.logan.org/community/community-health-needs-assessment/>) as well as having copies available at the facility should community members request to view the community health needs assessment or the implementation planning documents.

The Steering Committee, which was formed specifically as a result of the CHSD process to introduce the community to the assessment process, will be informed of the implementation plan to see the value of their input and time in the CHSD process as well as how LHCH is utilizing their input. The Steering Committee, as well as the Board of Directors, will be encouraged to act as advocates in Liberty County as the facility seeks to address the healthcare needs of their community.

Furthermore, the board members of LHCH will be directed to the hospital’s website to view the complete assessment results and the implementation plan. LHCH board members approved and adopted the plan on **May 8, 2024**. Board members are encouraged to familiarize themselves with the needs assessment report and implementation plan, so they can publicly promote the facility’s plan to influence the community in a beneficial manner.

Written comments on this 2024-2027 Logan Health – Chester Community Benefit Strategic Plan can be submitted to:

By Mail:

Administration
C/O: Cherie Taylor
PO Box 705
Chester, MT 59522

In Person:

Administration
C/O: Cherie Taylor
315 W Madison Ave
Chester, MT 59522

Contact the Administration Office at (406)-759-6512 or cherietaylor@logan.org with questions.