Silver Cross Hospital
Community Health Implementation Plan
2017-2020

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Executive Summary

With the March 2010 passage of the Patient Protection and Affordable Care Act, all not-for-profit hospitals (recognized as 501(c)(3) organizations) are required to complete a Community Health Needs Assessment (CHNA). A CHNA is designed to identify, prioritize and address health issues in a hospital’s primary service area and must be completed at least once every three years for tax years beginning after March 2012. The IRS has provided guidelines on CHNA expectations, including but not limited to, a definition of community, reporting of health outcomes in the region, completion of community input, prioritization of health issues and adoption of an implementation strategy authorized by the governing body of the hospital organization.

As a not-for-profit healthcare provider and community leader for 122 years, we take our responsibility to positively impact and help meet the needs of Will County and Southwest suburbs very seriously. To that end, Silver Cross Hospital contributes $10,000 annually to the Will County collaborative to develop a broad-based community needs assessment. The Will County Mobilizing for Action through Partnerships and Planning (MAPP) process, coordinated by the Will County Health Department, as well as other area hospitals, healthcare providers, and community leaders conducted a comprehensive CHNA. These groups analyzed data, surveys and other local and national research to prioritize the social, environmental and healthcare needs of our community.

As a result of this collaboration, the Will County Community Health Status Assessment Report was created in 2016. This report provides a summary of the CHNA, including methodology and major findings, along with an implementation plan specifying the necessary programs that need to be developed to meet the local communities’ needs that will improve the quality of life of Will County residents. This Report is the basis of Silver Cross Hospital’s 2017-2020 Community Benefit Implementation Plan. The Report is available at: http://www.silvercross.org/images/stories/docs/Will_County_Community_Health_Status_Assessment_Report.pdf

Silver Cross Hospital executives and clinical staff continue to be active members of the Will County MAPP Project Steering Committee. We have taken leadership roles on several committees to ensure Silver Cross Hospital is thoroughly engaged in implementing these vital community programs. In addition, Silver Cross staff helps support the MAPP process by providing information that was developed to gather all the services that are occurring throughout Will County to address the local communities’ needs.

In consideration of the top health priorities identified through the CHNA process — and taking into account organizational resources and overall alignment with the mission, goals and strategic priorities — the 2017-2020 Will County Community Health Needs Assessment Report will serve as Silver Cross Hospital’s three-year Community Benefit Plan for our annual Community Benefit Report.
About Silver Cross Hospital

Founded by the Will County Union of King’s Daughters and Son in 1895, Silver Cross Hospital has evolved into a 302-bed not-for-profit, independent, non-denominational acute-care hospital in New Lenox. Through our dedication to clinical quality and personal service, Silver Cross has been named as one of the 100 Top Hospitals in the nation for seven consecutive years by Truven Health Analytics, a leading source of healthcare intelligence, and received a 5-Star rating for high quality and patient satisfaction by the Center for Medicare & Medicaid Services (CMS). Silver Cross’s Corporate Mission, Vision and Core Values, Standards of Conduct and Seven Behaviors are summarized below, inspire the organization to deliver superior health care and guide the overall strategic direction.

Mission
As a not-for-profit organization, we are dedicated to meeting the healthcare needs of all people we serve. We promise to care for patients with competence and compassion, by providing quality services with a personal touch.

Vision
We, the Silver Cross Family, are committed to our culture of excellence, and will deliver an unrivaled healthcare experience for our patients, their families and the community.

Core Values
- Safety — do no harm
- Integrity — always demonstrate expected behaviors
- Leadership — take initiative and being accountable
- Virtue — treat others as you would have them treat you
- Excellence — provide quality and service that exceeds standards
- Reliability — consistently deliver the best for our patients

Standards of Conduct
- Promote quality health care and ethical behavior
- Ensure compliance with the law
- Demonstrate respect, fairness and courtesy in the workplace
- Understand, avoid and disclose conflicts of interest
- Maintain confidentiality of information
- Ensure safety and security

Seven Behaviors
1. Speak up for patient safety
2. Always introduce yourself
3. Wear your name badge appropriately
4. Always give explanation of processes
5. Escort patients and visitors
6. Keep the environment clean and safe
7. Always greet patients, visitors, physicians and colleagues
Definition of the Community Served

CHNA Community Definition (Service Areas)

Silver Cross Hospital's Primary Service Area (PSA), as defined for the purposes of the Community Health Needs Assessment, is defined as the following residential ZIP Codes in portions of Will and southwestern Cook counties, Illinois: 60403; 60421; 60423; 60432; 60433; 60435; 60436; 60439; 60441; 60442; 60448; 60451; 60467; and 60491.

Silver Cross’ Secondary Service Area (SSA) includes: 60440; 60446; 60490; 60544; 60404; 60410; 60431; 60447; 60450; 60408; 60416; 60481; 60487; 60443; 60449; 60462; 60464; and 60477.

Our service area is composed of widely diverse cross sections of the population. Large sections of our community are more established suburban areas and are rapidly growing. There are also segments that are becoming more racially and ethnically diverse and that are more densely populated. Median incomes range broadly throughout the community – with distinct pockets that have very low incomes, with other areas that are significantly more affluent. Other sections of the community could be considered more rural in nature and are much smaller in terms of population size but growing and are less ethnically and racially diverse.
Demographics of the Community

The following data can be found in the U.S. Census Bureau;¹ Will County’s population has grown rapidly over the past decade and is expected to continue outpacing the growth rate for Illinois.

The 2015 census indicates Will County’s population was comprised of approximately 687,263 persons. The population of Will County is predominantly non-Hispanic white (77%), while nearly 25% of the Will County population is non-white that includes Hispanic, African American and Asian populations. Roughly 16% of the Will County population is of Hispanic or Latino ethnicity and that percentage has nearly doubled in the last decade.

The 2014 demographic distribution is as follows:

**Age Group**
- 5 to 17 years – 21%
- Under 45 years – 63%
- 65 years and over – 10%

**Race/ Ethnicity**
- White – 77%
- Hispanic – 16.1%
- Black – 12%
- Asian – 5%
- American Indian/Alaskan Native – 0.7%

**Language Spoken at Home**
- English Only – 80%
- Spanish – 11%
- Asian or Pacific Island Language – 2%

In Will County, 8.32% of the population or 56,202 people have a disability. In addition, 6% of the total population or 32,514 people are veterans. Over 40% of the veteran population is over 65 years old.

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¹) Source: Will County Health Status Assessment 2016: US Census Bureau, American Community Survey 2010-2014 (pages 7-17).
Socioeconomics of the Community

Poverty is considered a key driver of health status. The number and percentage of lower-income residents in Will County increased between 2010 and 2014 according to the most recently available data from the US Census Bureau. The percentage of individuals at or below the poverty level is now at 8% in Will County. While this is lower than the State of Illinois average of 14%, it nevertheless represents a significant number of individuals. The increase in poverty is straining the public system’s ability to fund health care services for this population.

Socioeconomics Key Findings:
- The median household income grew by 15% from 2010 to 2014.
- There is an evident disparity in income by race and ethnicity.
- 8% of residents live below the poverty line.
- 15% of Hispanic/Latino population live in poverty, vs. 6.9% of the Non-Hispanic population.
- There are more female than male single parent families.
- The unemployment rate has decreased 3% since 2010.
- As of 2014, 9.47% of residents over the age of 25 do not hold a high school diploma or GED.
- 20% of the Hispanic/Latino population reported having no health insurance coverage, compared to 7% of the non-Hispanic/Latino population without health insurance.
- 34% of children are eligible for free or reduced lunch.
- There are 3,996 federally assisted housing units.
- Between Oct 1, 2014 and September 30, 2015, 1,288 people have been connected to a shelter, housing program or homelessness.
- Roughly 9% of the population under the age of 65 in Will County was uninsured in 2014. 20% of the Hispanic/Latino population had no health insurance coverage compared to 7% of the non-Hispanic/Latino population.
- The percentage of Will County population enrolled in Medicaid is less than that of Illinois.
- Graduation rates and school performance appears to be poorer in schools with a larger percentage of low income students.
- 64% of people get their health care information from the internet, as well as, doctor (52.8%), online/print newspaper (45.6%), village/township newsletter (32.4%), social media (31.7%), the hospital (31.3%), family members (27.1%), and the local health department (25.6%).

Quality of Life Key Findings:
- Life expectancy at birth is higher than in Illinois and the United States.
- Access to parks and recreational facilities have decreased since 2010.
- Of 34,000 children who have uncertain access to food, 46% do not qualify for any sort of help.
- Many areas have low access to a supermarket or grocery store.
- 35% of occupied housing units have one or more substandard conditions.
- The age group, 45-54, have the highest number of active voters than other age groups.

Existing Healthcare Facilities & Resources

There are three hospitals that are located within Will County; 3 Adventist Bolingbrook Hospital (Bolingbrook), Presence Saint Joseph Medical Center (Joliet), and Silver Cross Hospital (New Lenox). A fourth hospital, Edward Hospital (Naperville), is located just outside of Will County, but serves a large number of Will County residents and has a freestanding emergency center and other outpatient services located in Plainfield. There are three health centers, of which two are federally qualified health centers, that serve the ambulatory care needs of Will County residents; Aunt Martha’s (Joliet), VNA Health Care (Bolingbrook, Joliet and Romeoville) and Will County Community Health Center (Joliet). In Will County there are a total of 924 inpatient beds. Edward Hospital, located just outside of Will County, adds another 354 beds.

Health Resource Availability Key Findings:

• Will County has dialysis facilities, nursing homes, and other outpatient treatment centers.
• According to the Illinois Health Facilities and Services Review Board latest Addendum to the Inventory of Health Care Facilities (8/4/15), there is a need for 59 medical/surgical beds, 19 intensive care beds, 8 obstetrics beds, 16 mental illness beds, and 327 long-term care beds.
• There were approximately 70,000 hospital patients in 2014 in area hospitals and about 21% were under or uninsured (Medicaid/Private Pay or Charity Care).
• There is a shortage of primary care physicians, mental and dental health providers.
• Will County’s ambulatory care sensitive condition discharge rate (69) is higher than both Illinois (59) and the U.S (38), however the rate has fallen 25% since 2010 which is significant.
• In 2012, the State closed the Tinley Park Mental Health Center which was the only long-term state-run inpatient facility for the chronically mentally ill located near Will County. While there are other Mental Health Services in Will County, such as the Summit Center for Mental Health and the Will County Health Department in Joliet, none are inpatient facilities. All three hospitals in Will County have inpatient Mental Health Units, totaling 75 beds.

Physicians, Dentists and Mental Health Providers

In terms of clinical care, Will County is ranked 33rd out of 102 counties in the state. These measures suggest a shortage of providers available in the community. Will County has a total of 372 primary care physicians yielding a ratio of population to primary care physicians of 1,840:1 compared to 1,240:1 for Illinois and 1,040:1 nationally. Will County has a total of 361 dentists yielding a ratio of population to dentists of 1,950:1 compare to 1,410:1 for Illinois and 1,340:1 nationally. Will County had a total of 645 mental health providers yielding a ratio of population to mental health providers of 1,060:1 compared to 370:1 for Illinois and 560:1 nationally. The U.S Department of Health Resources and Service Administration (HRSA) has developed shortage designations that are used to determine if areas or population groups are Health Professional Shortage Areas (HPSA). HPSAs may be designated as having a shortage of primary medical care, dental or mental health providers. In Will County, the east side of Joliet has been identified as a HPSA for primary care, dentists, and mental health providers.

Behavioral Health Capacity

The Will County MAPP Collaborative has found through a capacity assessment of key stakeholders that behavioral health is a key area of need in Will County. Results indicated that three barriers for clients to access services were identified; cost of needed services (34%), wait for Services (32%) and distance to services (30%). The survey also found that according to providers, psychiatric services were hardest to access, especially for mental health disorders.

Social and Mental Health Key Findings:
- There are limited resources for inpatient hospitalization for mental health and addiction disorders.
- 91,148 adults (19%) in Will County report having inadequate social and emotional support.
- Burglary offenses have decreased by almost 50% and theft offenses by 34% since 2010.
- The percentage of child abuse and neglect cases have remained the same for the past 8 years.
- In 2014, 63% of adults report experiencing no bad mental health days.
- 30% of 12th graders have experienced depression in 2016.
- In 2016, 15% of 10th graders have considered suicide.
- There were 58 suicides in 2015.

Behavioral Health Issues

Behavioral health continues to be a concern among Will County residents. The term behavioral health is inclusive of mental health and substance use disorders. Resources in Will County are limited for hospitalizations for mental health disorders as well as inpatient treatment for substance abuse. The closing of the Tinley Park Mental Health Facility in June of 2012 impacted the availability of hospital beds for Will County residents due to mental health disorders. In response to the state facility closing, the Illinois Department of Human Services Division of Mental Health has initiated a Crisis Care System to service consumers in the community when presenting to the hospital emergency departments. This service is contracted to the Will County Health Department’s Division of Behavioral Health and Cornerstone Services, Inc. for Will County residents. Only non-insured persons are eligible to participate in these services. Hospitalizations due to mental disorders attributed to 7.8% of Will County hospitalizations in 2014. It is the third leading cause of hospitalizations.

Behavioral Risk Factors Key Findings:
ADULTS
- 28% of adults have high blood pressure, and 26% of these adults with high blood pressure were not taking blood pressure medication as of 2009.
- 27% of adults are considered obese and 13% are considered overweight.
- More adults in Will County are physically inactive than adults in Illinois and the U.S.
- Tobacco use among Will County adults has decreased since 2009.
- 24% of adults heavily consume alcohol which is higher than IL (20%) and the US (16%).

YOUTH
- Alcohol is the primary substance used among students in all grades (6th-12th grade).
- The use of cigarettes, inhalants, and marijuana has decreased since 2009.
- Many children are spending as many as 5 hours or more in front of a television or computer.

Preventable Hospital Events

The discharge rate in Will County is 69 per 1,000 Medicare enrollees for conditions that are ambulatory care sensitive (ACS). As a result, Will County’s ACS discharge rate is higher than both Illinois and the United States rates. ACS conditions include pneumonia, dehydration, asthma, diabetes, and other conditions which could have been prevented if adequate primary care resources were available and accessed by those patients. This is relevant because analysis of ACS discharges allows demonstrating a possible “return on investment” from interventions that reduce admissions (for example, for uninsured or Medicaid patients) through better access to primary care resources.

Cancer Screening
- 70% of women aged 18 and older said they have had a Pap test in the past year.
- 58% of women aged 40 and older said they have had a mammogram in the past year.

This is relevant because engaging in preventive behaviors allows for early detection and treatment of health problems. This indicator can also highlight a lack of access to preventive care, a lack of health knowledge, insufficient provider outreach, and/or social barriers preventing utilization of services.

Lung Cancer
Lung cancer is the most common cause of cancer death among both females and males, accounting for approximately 27% of all cancer deaths in Will County during 2014. Cigarette smoking is the most significant risk factor for lung cancer, though other risk factors include environmental sources such as tobacco smoke and air pollution, radiation exposure, and occupational exposure to organic chemicals such as radon and asbestos. In 2014, the Will County lung cancer mortality rate of 40.6 deaths per 100,000 population fell below the below the Illinois rate of 45.9 deaths per 100,000 population.

Colorectal Cancer
Colorectal cancer is the third most commonly diagnosed cancer among men and women, as well as the third leading cause of cancer deaths among both genders. While the Colorectal Cancer mortality rate for Will County is decreasing, it is still higher than the Illinois Colorectal Cancer mortality rate.

Breast Cancer
Breast cancer is the most common type of cancer among women and accounts for one of four cancer diagnoses in women in the U.S. Mortality from breast cancer can be reduced substantially if the tumor is discovered at an early stage, and mammography is the most effective method for detecting these early malignancies. In 2014, the Will County Breast Cancer mortality rate was 16.6 deaths per 100,000 females in 2013. This is lower than Illinois’ Breast Cancer mortality rate of 22.2 deaths per 100,000 females. In Illinois approximately 58.4% of women ages 40 and older have reported having a mammogram in the past year. This is a significant decrease from 2007-2009 in which 68.1% of this population reported the same. While the breast cancer mortality rate in Will County is lower than the state and national rate, the percentage of women who have had a mammogram in the past year is significantly below the healthy people 2020 target.

Diabetes
Over the past decade, mortality due to diabetes has slowly decreased in Will County and fluctuated in Illinois overall. In 2014, the age-adjusted mortality rate of diabetes was 14.9 deaths per 100,000 people, well below the Health People 2020 target of 66.6 deaths per 100,000 people. Studies have found that only 35%-40% of people who die from diabetes have the disease listed on their death certificate and
only 15% have it listed as the underlying cause of death. Instead, conditions associated with complications from diabetes, such as cardiovascular disease, coronary heart disease, non-traumatic lower-extremity amputations, and end stage renal disease, are generally the final conditions that result in death. Therefore, the Will County Diabetes mortality rate may be misleading.

FY2017-2020 Silver Cross Community Benefit Implementation Plan

In acknowledging the wide range of priority health issues that emerged from the CHNA process, Silver Cross decided to focus on those deemed most pressing, most under-addressed, and most within the Hospital’s ability to influence. Silver Cross Hospital’s Community Benefit Implementation Plan will directly focus on these key areas:

1. Address the mental health and substance abuse crisis in our service areas;
2. Increase access to healthcare;
3. Enhance the quality of life in the community;
4. Focus on prevention of chronic diseases as well as the needs of patients with cancer, diabetes, and heart disease.

Implementation Strategies & Action Plans:

Priority #1: Mental Health and Substance Abuse

In partnership with US HealthVest, Silver Cross plans a 100-bed behavioral health hospital to address the mental health and substance abuse crisis by expanding inpatient and outpatient services.

If approved by the state, the proposed $22 million Silver Oaks Hospital will be located on Silver Cross Hospital’s New Lenox campus. An application for the proposed new hospital was submitted to the Illinois Health Facilities and Services Review Board and will be reviewed at the June, 2017 meeting.

The local, state and national behavioral health data demonstrates that this hospital is desperately needed. According to the American Hospital Association, one in four Americans suffer from mental illness or substance abuse disorder each year, and the majority also has a comorbid physical condition. In addition, the entire nation is struggling with opiate addiction, heroin addiction and lack of services for individuals that are chemically dependent.

This mental health crisis is even more severe in Silver Cross’s service area, due to the explosive population growth in the past two decades and there are so few mental health providers relative to the number of residents. According to a report from the 2016 Robert Wood Johnson Foundation County Health Rankings, access to mental health services in our service area is among the worst in the country. More specifically, the top large counties in the United States have 1 mental health provider for every 370 residents. In Illinois, the average large county has 1 mental health provider for every 560 residents. In comparison, Silver Cross’s service area only has 1 mental health provider for every 1,063 residents. In other words, our service area only has 35% of the number of mental health providers that are needed.

Not only are mental health providers needed; but so are acute mental illness (AMI) beds. Experts in the field of behavioral health recommend a range of 40 to 50 AMI beds per 100,000 residents. For example, in an article published by the Pew Charitable Trusts in August, 2016, Pew suggested that at least 40 AMI beds were needed per 100,000 residents. And in an article published by Modern Healthcare in November, 2013, the Treatment Advocacy Center recommended a minimum of 50 AMI beds per 100,000 residents. The Illinois Department of Public Health’ own data demonstrates this same glaring need for AMI beds in the Silver Cross service area. On average, in Illinois, there are 35 AMI beds per 100,000 residents.
In calendar year 2015, there were 7,260 AMI discharges associated with residents that live in Silver Cross’s service area. Of these, 61%, or 4,404 times, an individual was forced to leave to the area to receive inpatient AMI services. This poses an undue burden on family members and other supporters who must travel long distances to visit and support their loved one. In addition, it complicates follow-up support services and adds to confusion and a disjointed approach to care. Having continuity of care for the patients with the same physicians and support staff are all important to bringing patients to stable status.

These shortcomings led Will County and the Will County Health Department to organize a Behavioral Health Action Team to develop a plan to solve the mental health crisis in the community. Silver Cross Hospital, Saint Joseph and Adventist Bolingbrook are members of the Behavioral Health Action Team. The Behavioral Health Action Team was tasked with:

- Enhancing access to behavioral health and substance abuse disorder services;
- Decreasing the number of emergency room visits in Will County due to mental illness or substance abuse disorders;
- And decreasing the number of mentally “unhealthy days” for Will County residents afflicted by mental illness.

By creating a program of greater scale, psychiatric services can be expanded and enriched. Residents in Silver Cross Hospital’s service area can receive specialized in-patient and out-patient behavioral health services closer home. None of the hospitals in Silver Cross’s service area provide specialized psychiatric care. There is no inpatient chemical dependency unit, no units providing care to veterans suffering from post-traumatic stress disorders, and no units treating women that have been abused or traumatized. The proposed Hospital will address these gaps in service and ensure that these marginalized populations will have the high quality care they deserve.

The proposed behavioral health hospital will address the mental health crisis in the service area by providing more psychiatric inpatient and outpatient services. In addition, care will be coordinated and specialized across the continuum of care. The proposed facility will integrate community health providers and ensure smooth transitions, appropriate placements, and less recidivism. The goal is to heal those suffering from mental health or chemical dependency disorders and provide the support necessary so they can continue to lead productive lives.

**Priority #2: Increase Access to Healthcare**

Silver Cross will expand services and access points, coordinate care, and enhance the ease of use in the community through the following initiatives:

1. Continue to communicate and apply the Silver Cross financial assistance policy to eligible individuals.

2. Strengthen partnerships with Federally Qualified Health Centers (FQHC) for the development of programs to expand access to low-income, medically uninsured residents of the service area.

3. Increase access to primary and preventative care by offering more medical homes. All primary care practices enrolled in our clinical integration program will be certified as medical homes by NCQA by the end of 2017.
4. Recruit more primary care, specialists, and psychiatrists to address the physician shortage.

5. Implement a Health Management Center (HMC) to treat those with chronic diseases and illnesses like Heart Failure, Chronic Obstructive Pulmonary Disease (COPD) and pneumonia by delivering integrated management to at-risk populations with chronic conditions to help prevent readmissions after a recent hospital stay and return visits to the Emergency Department. HMC will offer a bridge from the hospital until the patient stabilizes in the home environment focusing on self-management.

6. Add six medical/surgical inpatient beds to accommodate demand for hospitalization.

7. Create third C-Section Operating Room that will allow two C-sections to be performed at same time.

8. Launch Integrated Mobile Health program with local fire departments. Silver Cross will fund the EMS so paramedics can perform home safety check visits for the most vulnerable patients with chronic disease.

9. Offer Telemedicine services to the community for urgent care at a low cost.

10. Create more touch points through the development of ambulatory settings including ambulatory surgery center, imaging and urgent care.

11. Expand rewards program for managing health.

**Priority #3: Enhance the Quality of Life in the Community**

*To strengthen our community, Silver Cross will create opportunities for people to improve their lives, through the following initiatives:*

1. Support the Will Grundy “free” Medical Clinic with monetary donation and donation of services.

2. Hold an annual campaign to raise funds for the United Way of Will County to support the programs and services of 46 not-for-profit agencies throughout the county.

3. Continue the ongoing work of the Silver Cross Healthy Community Commission that will broaden the hospital’s involvement in workforce development, and scholarships and grants for residents that live in zip codes surrounding the prior campus. By creating the Commission as a separate not-for-profit corporation, the Hospital’s Board of Directors has empowered it to address the welfare of people living on the east side of Joliet.

4. Offer scholarships to students in low-income zip codes to increase their education and life-earning potential.

5. Offer scholarships to train behavioral health techs for the proposed behavioral health hospital.

6. Fund and participate in the MAPP Steering Committee and Prevention Committee meetings to develop and implement programs and improve community health.
7. Serve as the resource hospital for the Silver Cross EMS System, training paramedics from local fire departments and ambulance services including dispatch centers within Will, Cook and Grundy Counties. To continue to subsidized funding to provide resource hospital duties.

8. Provide training for nursing educators, behavioral health technicians, prenatal clinicians and certified CPR instructors.

9. Support local Reading Rooms in partnership with the National Hook-up of Black Women with books given free of charge to encourage children and their parents to read at home.

**Priority #4: Focus on the Needs of Cancer, Diabetes and Heart Disease Patients**

**Cancer**

*Silver Cross will:*

1. Provide patients with convenient access to cancer specialists at the University of Chicago Medicine Comprehensive Cancer Center at Silver Cross Hospital and the latest chemotherapy and radiation therapy, as well as access to more clinical trials than any other program in Illinois, and at a facility close to home.

2. Provide state-of-the-art diagnostic testing and compassionate oncology care for inpatients.

3. Share current resources and cancer care models being used by hospital staff.

4. Facilitate weekly multidisciplinary Tumor Boards that focus on breast, lung and gastrointestinal cancers identifying the best course of treatment for the patient.

5. Offer annual continuing educational programs for physicians, nurses and allied health professionals on advancements in cancer prevention, diagnosis and treatments.

6. Provide exercise, nutrition, survivorship and support services through the Siona Boutique and Cancer Support Center for cancer patients and their families.

7. Offer free screenings for colorectal, prostate and skin cancer throughout the year.

8. Seek accreditation from the National Accreditation Program for Breast Centers (NAPBC).

9. Encourage women to get a mammogram by rewarding them with discounts at local businesses for having an annual screening mammogram.

10. Host monthly support groups for breast cancer patients and their families in partnership with the American Cancer Society.

11. Participate in the American Cancer Society, the Centers for Disease Control and Prevention and the National Colorectal Cancer Roundtable’s 80% by 2018 initiative to screen 80% of adults aged 50 and older being regularly screened for colorectal cancer by 2018.
12. In collaboration with the Rehabilitation Institute of Chicago at Silver Cross, the Hospital will continue to offer a lymphedema therapy and cancer rehabilitation for patients and survivors to maintain their energy, mobility, and activity level.

13. Offer a genetic counseling for patients and their family members.

**Diabetes**

*Silver Cross will:*

1. Assist in implementing a Will County Speakers Bureau to educate residents about healthy lifestyles and diabetes management through weekly e-blasts.

2. Share current resources and diabetes care models being used by hospital staff.

3. Continue to operate the Silver Cross Diabetes Center offering inpatient and outpatient services including:
   - Medication Management/Insulin Instruction
   - Insulin Pump Therapy
   - Sensor Training, CGMS (Continuous Glucose Monitoring)
   - Self Blood Glucose Monitoring
   - Meal Planning/Weight Management
   - Exercise Planning
   - Management of Gestational Diabetes.

4. Offer free screenings to help detect potential risk for diabetes throughout the service area.

5. Participate in the Diabetes Association’s annual Diabetes Alert Day in partnership with Walgreens and the Joliet Noon Lions Club.

6. Link underserved individuals diagnosed with diabetes to the appropriate community resources for treatment and ongoing management.

**Heart Disease**

*Silver Cross will:*

1. Provide free educational programs and blood pressure and cholesterol screenings for men and women.

2. Offer discounted cardiac risk assessment and calcium scores to the community

3. Facilitate a rewards program encouraging individuals to be screened annually for heart disease.

4. Provide in-depth education to heart failure inpatients and outpatients so they can avoid readmissions or a return trip to the Emergency Department.

5. Upgrade Silver Cross Hospital’s electrophysiology lab with the latest technology.
6. Continue to provide a Cardio Pulmonary Rehabilitation program that is accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and adult Echo program that is accredited by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL).

7. Link underserved individuals to the appropriate community resources.

**Conclusion**

For 122 years, Silver Cross has proven to be a vital and active member of New Lenox, Joliet, Will County, and the southwest suburbs with the mission of meeting the population’s healthcare needs. As outlined in the CHNA Implementation Plan, we have thoughtfully crafted strategies and initiatives to improve the quality of life for the communities we serve. This plan reflects a unique and comprehensive approach to community benefit that extends beyond the hospital and addresses the socio-economic needs of the community.

Silver Cross Hospital is committed to meeting the community health care needs through the work of the Silver Cross Healthy Community Commission combined with ongoing and new programs that address the area’s needs in the following categories: Mental Health and Substance Abuse, Access to Health Services, Enhancing the Quality of Life in the Community, and Focusing on the Needs of Cancer, Diabetes and Heart Disease Patients by continuing to elevate our commitments to a level never before seen in our community.