

# 2022 Community Health Needs Assessment Implementation Strategy



Mary Bridge  
Children's  
MultiCare 

# Executive Summary



MultiCare  
Mary Bridge Children's Hospital  
Community Health  
Needs Assessment  
Implementation Strategies  
2022

**MultiCare Health System offers a comprehensive network of health services which features numerous primary care, urgent care and specialty services — including MultiCare Indigo Urgent Care, Pulse Heart Institute and MultiCare Rockwood Clinic, the largest multispecialty clinic in the Inland Northwest. MultiCare's specialty services include a Level II adult and pediatric trauma center, a Level IV Neonatal Intensive Care Unit, the region's only Level I Trauma Rehabilitation Center and an internationally renowned therapy unit for children with special needs. Through our affiliation with Navos and Greater Lakes Mental Health, MultiCare is the largest behavioral health provider in Washington state.**

## PRIORITY HEALTH NEEDS

In 2020, MultiCare contracted with Tacoma Pierce County Health Department to conduct a comprehensive Community Health Needs Assessment (CHNA) for Mary Bridge Children's Hospital. The assessment process included surveys and workshops among area residents, interviews with community leaders, and surveys of clinicians. The resulting report features a comprehensive mix of quantitative and qualitative findings.

Based on the results of the assessment, the collaborative jointly identified the following priority health needs:

- Access to Health Care
- Behavioral Health
- Maternal and Child Health
- Violence

## THREE-YEAR FOCUS

MultiCare's Center for Health Equity & Wellness convened meetings with system leaders and stakeholders to review the assessment. Based on the data, available resources, existing programs and other needs. Mary Bridge Children's Hospital selected the following health priorities as the focus of the next three-year implementation period:

- Access to Health Care
- Behavioral Health
- Maternal and Child Health
- Violence

# Executive Summary

Continued

This CHNA implementation strategy describes how the hospital will address the identified health care needs by:

- Continuing and strengthening existing programs and services
- Exploring the implementation of new strategies, programs or services
- Collaborating with community organizations to implement evidence-based strategies across the service area

MultiCare's implementation strategies will contribute to long-term, sustainable improvements in community health. Through coordinated efforts with community partners, MultiCare will use these strategies as a road map toward achieving better health outcomes.



# Table of Contents



<b>5</b>	<b><u>About MultiCare</u></b>
<b>6</b>	<b><u>Meeting Community Needs: Mary Bridge Children’s Hospital</u></b>
<b>7</b>	<b><u>CHNA Methodology</u></b>
<b>9</b>	<b><u>Priorities</u></b>
<b>10</b>	<b><u>Focus 1: Access to Health Care</u></b>
<b>13</b>	<b><u>Focus 2: Behavioral Health</u></b>
<b>16</b>	<b><u>Focus 3: Maternal and Child Health</u></b>
<b>20</b>	<b><u>Focus 4: Violence</u></b>
<b>23</b>	<b><u>Conclusion</u></b>
<b>24</b>	<b><u>Appendix: Community Impact Evaluation, 2019–2022</u></b>



# About MultiCare



MultiCare Health System offers a comprehensive network of health services which features numerous primary care, urgent care and specialty services — including MultiCare Indigo Urgent Care, Pulse Heart Institute and MultiCare Rockwood Clinic, the largest multispecialty clinic in the Inland Northwest. MultiCare's specialty services include a Level II adult and pediatric trauma center, a Level IV Neonatal Intensive Care Unit, the region's only Level I Trauma Rehabilitation Center and an internationally renowned therapy unit for children with special needs. Through our affiliation with Navos and Greater Lakes Mental Health, MultiCare is the largest behavioral health provider in Washington state.

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Community Health  
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Implementation Strategies  
2022

Serving individuals of all ages, MultiCare's network includes 11 hospitals:

- **MultiCare Allenmore Hospital, Tacoma**
- **MultiCare Auburn Medical Center, Auburn**
- **MultiCare Capital Medical Center, Olympia**
- **MultiCare Covington Medical Center, Covington**
- **MultiCare Deaconess Hospital, Spokane**
- **MultiCare Good Samaritan Hospital, Puyallup**
- **Mary Bridge Children's Hospital, Tacoma**
- **MultiCare Tacoma General Hospital, Tacoma**
- **MultiCare Valley Hospital, Spokane Valley**
- **Navos, Seattle\***
- **Wellfound Behavioral Health Hospital, Tacoma\***

*\*Independently operated affiliate*



# CHNA Methodology



## BACKGROUND AND PROCESS

In 2020, MultiCare Health System contracted with the Tacoma-Pierce County Health Department and began conducting a comprehensive Community Health Needs Assessment (CHNA) for Mary Children's Hospital. The process included quantitative analysis and qualitative interviews with community leaders, residents, and clinicians of Pierce County representing many sectors and population groups, including low-income residents and others affected by health disparities.

## CRITERIA FOR PRIORITIZING HEALTH NEEDS

MultiCare worked alongside the Tacoma-Pierce County Health department to develop the list of priority health needs by using four criteria:

- Was a health concern or indicator significantly worse in the hospital service area than in the state?
- Was the health concern trending worse over time?
- Was a health concern repeatedly voiced during the community engagement portion of the assessment (e.g., survey, workshops or interviews)?
- Does the health concern have health inequities associated with race, ethnicity or gender?

## PRIORITY HEALTH NEEDS IDENTIFIED BY THE HEALTH DEPARTMENT

The Tacoma-Pierce County Health Department identified the following priority health needs for residents within the Mary Bridge Children's Hospital service area:

- Access to Health Care
- Behavioral Health
- Maternal and Child Health
- Violence



### **MULTICARE'S PROCESS FOR SELECTING HEALTH CARE PRIORITIES**

MultiCare convened internal stakeholder meetings to review the assessment and consider community health care needs and select priorities. The Mary Bridge Children's Hospital internal stakeholder group included executive, physician, nurse, clinic and outpatient leaders. The group chose to focus on the following priority health needs over the next three-year period:

- Access to Health Care
- Behavioral Health
- Maternal and Child Health
- Violence

Internal stakeholders representing Mary Bridge Children's Hospital developed this implementation strategy, which outlines internal and external resources to meet the four community needs listed above.

### **MARY BRIDGE CHILDREN'S HOSPITAL IMPLEMENTATION STRATEGY**

Mary Bridge Children's implementation strategy, outlined on the following pages, describes how the hospital will address the identified health care needs by:

- Continuing and strengthening existing programs and services
- Exploring the implementation of new strategies, programs or services
- Collaborating with community organizations to implement evidence-based strategies across the service area

# Mary Bridge Children's Hospital Priorities

## GOALS

### 1. Access to Health Care



### 2. Behavioral Health



### 3. Maternal and Child Health



### 4. Violence



## STRATEGIES

- Continue to establish partnerships with school districts to target underserved communities.
- Continue to increase access to childhood immunizations in underserved communities.
- Promote MultiCare virtual care services for community members.
- Partner with agencies to provide health insurance application navigation and assistance.
- Work with MultiCare primary care and OBGYN to create strategies for increasing access and promoting healthy mothers and healthy babies.
- Continue to partner with community-based organizations like Sea Mar and Help Me Grow to increase access to care.
- Continue to provide free sports physicals for middle school through high school aged students.

- Increase behavioral health access and care coordination.
- Develop a multi-disciplinary team-based care model to address the complex needs of children and adolescents presenting to the MB EDs and on Med-Surg Units.
- Support MB Campus Planning program development and design, including Acute Ambulatory Crisis Services.
- Create centralized approach for care utilizing principles of the Collaborative Care Model (CoCM) for Primary Care and Specialty Care.
- Further development of Kids Mental Health Pierce County.
- Partner with Tacoma Public Schools to provide training to teachers and staff about behavioral health.
- Continue to Implement YES Tacoma
- Continue to expand on relationships with schools in order to address behavioral health.

- Promote Mary Bridge WIC at diverse community outreach events.
- Provide education and support to women who are pregnant or post-natal through Mary Bridge WIC program and offer these services in multiple languages.
- Connect pregnant women and mothers of neonates serviced by WIC to tobacco cessation resources and identify community resources to support families with infants who face food insecurity.
- Provide support services to mothers with history of SUD to promote healthy neurodevelopment in newborns.
- Refer clients to community resources that support healthy birth outcomes, such as Black Infant Health.
- Direct mothers to appropriate resources for assistance with Infant/Early Childhood mental health concerns and offer child safety education, including safe sleep guidelines, car seat safety, and prevention of falls from windows.
- Increase opportunities for virtual connection with specialists for mothers who have transportation challenges.
- Strengthen connection with Early Intervention to increase in home services for children birth to three needing neurodevelopmental support.
- Identify resources in the community for mothers facing domestic violence.
- Increase Reach Out and Read program at community locations to expand awareness of the importance of reading to newborns and provide more families with books.
- Advocate for community green spaces that support healthy development and stimulation for infant, toddlers, and their mothers.

- Partner with agencies to provide trauma informed services to child victims.
- Provide sexual abuse prevention training to school districts
- Provide psychoeducation support groups to non-offending caregivers of child abuse victims.
- Maintain the Pierce County Protocol for the investigation of child abuse.

# Focus 1: Access to Health Care



## Our goal is to increase access to health care services in our community.

For communities to become healthier, everyone must have access to comprehensive, high-quality health care services. Reaching our highest level of health and well-being, however, is more difficult due to obstacles that restrict access to healthcare. These obstacles include a lack of proper insurance coverage, expensive healthcare, and service availability gaps. By removing these obstacles, we have a better chance of maintaining our community's vitality and health. According to the Mary Bridge Children's Hospitals, the percentage of children between 19 and 35 months old who had their recommended vaccinations was fifty one percent and the percentage of individuals who had a routine dental checkup within the past year was seventy seven percent.

Our goal is to increase access to health care services in the community through the following strategies and activities:

- Continue to establish partnerships with school districts to target underserved communities.
- Continue to increase access to childhood immunizations in underserved communities.
- Promote MultiCare virtual care services for community members.
- Partner with agencies to provide health insurance application navigation and assistance.
- Work with MultiCare primary care and OBGYN to create strategies for increasing access and promoting healthy mothers and healthy babies.
- Continue to partner with community-based organizations like Sea Mar and Help Me Grow to increase access to care.



# Focus 1: Access to Health Care

Continued

## ANTICIPATED OUTCOMES

Anticipated outcomes related to these strategies include:

- Implement new strategies promoting healthy mothers and healthy babies in the Mary Bridge Children's Hospital service area.
- Increase childhood immunizations in the community.
- Increase the number of virtual care visits.
- Increase sports physicals for middle and high school students.
- Continued partnerships with community-based organizations such as Sea Mar and Help Me Grow.

## INTERNAL RESOURCES

As a not-for-profit health care system, MultiCare offers programs that increase access to care; improve care coordination; and provide financial assistance for uninsured, underinsured and low-income populations. Examples of these programs and services include the following:

**Personal Health Partners (PHPs)** help patients overcome barriers to care by coordinating services and ensuring open communication between providers, patients and families. Some examples of services

offered include medication management, participation in primary care visits and home assessments.

**Charity Care**, As a not-for-profit health care system, MultiCare offers programs that increase access to care; improve care coordination; and provide financial assistance for uninsured, underinsured and low-income populations. Examples of these programs and services include the following: Charity care, or free medical care, exists for children in families with incomes at or below 300 percent of the federal poverty level (FPL), which is \$70,650 for a family of four. For persons between 300 percent and 400 percent of the FPL, there are sliding scale fees available to help offset the cost of care. In addition to charity care, MultiCare provides no-interest payment plans, flexible payment schedules, discounted services and assistance with qualifying for state-sponsored health plans.

**Indigo Urgent Care** clinics provide quick care for lower-acuity conditions. Open seven days a week, Indigo Urgent Cares will be serving neighborhoods throughout Pierce, King, Thurston, and Snohomish counties.

**Urgent Care and Primary Care** clinics provide same-and next-day appointments, a 24-hour nurse line, and have extended hours on weekday evenings and weekends.

# Focus 1: Access to Health Care

Continued

## COMMUNITY RESOURCES

In addition to MultiCare programs and services, we also partner with community organizations to increase health care access. Examples include the following:

**Pierce County Project Access (PCPA)** collaborates with providers to deliver medical and dental care for uninsured and low-income individuals. PCPA also offers insurance premium assistance for individuals on the Washington Health Benefit Exchange.

**Community Health Care (CHC)** is a private, nonprofit organization that operates clinics throughout Pierce County. CHC offers primary medical and dental care services to uninsured and low-income individuals.

**Medical Teams International** offers free or low-cost urgent dental care services through its Mobile Dental Program.

**Sea Mar Community Health Centers** specialize in primary care medicine, providing preventive health exams, urgent care, minor procedures, health education, follow-up care after hospitalization and referrals for other medical services. Sea Mar also provides dental and behavioral health services for the entire family.

**Neighborhood Clinic** provides free urgent medical services and dental care to those who cannot afford it.

**Puyallup Tribal Health Authority** provides health care to Puyallup tribe members and Pierce County residents who are enrolled members of other tribes.

**Statewide Health Insurance Benefits Advisors (SHIBA)** help clients understand health care coverage options and rights, find affordable health care coverage, and evaluate and compare health insurance plans. SHIBA provides free, unbiased and confidential assistance with Medicare and health care choices.

**Tacoma-Pierce County Health Department** Family Support Centers assist families in finding resources and applying for Washington State Department of Social and Health Services benefits, including the Supplemental Nutrition Assistance Program (formerly known as food stamps) and medical and dental benefits. In addition, Family Support Centers connect families to low-cost or free resources in the community, such as pregnancy, parenting and maternity support; infant case management; services for children with special needs; and behavioral health care services.

# Focus 2: Behavioral Health



## Our goal is to improve behavioral health outcomes.

Behavioral is essential for a person's well-being and ability to live a full and productive life. Unfortunately, individuals of all ages, including children and adolescents, with untreated mental health disorders are at an elevated risk for many unhealthy and unsafe behaviors and co-occurring disorders, including substance abuse and dependency. According to the Mary Bridge Children Hospital CHNA, thirty three percent of youth in the Mary Bridge Children's Hospital service area reported experiencing anxiety and forty one percent reported depression.

Our goal is to improve behavioral health outcomes through the following strategies and activities:

- Increase behavioral health access and care coordination.
- Develop a multi-disciplinary team-based care model to address the complex needs of children and adolescents presenting to the MB EDs and on Med-Surg Units.
- Support MB Campus Planning program development and design, including Acute Ambulatory Crisis Services.
- Create centralized approach for care utilizing principles of the Collaborative Care Model (CoCM) for Primary Care and Specialty Care.
- Further development of Kids Mental Health Pierce County.
- Partner with Tacoma Public Schools to provide training to teachers and staff about behavioral health.
- Continue to Implement YES Tacoma.
- Continue to expand on relationships with schools in order to address behavioral health.



# Focus 2: Behavioral Health

Continued

## ANTICIPATED OUTCOMES

Anticipated outcomes related to these strategies include:

- Children will be able to receive the right services at the right time and close to home.
- Decrease the incidence of boarding behavioral health patients.
- Increased access to crisis services without having to utilize the emergency department.
- Increased access to behavioral health navigation, treatment and advocacy in spaces where children are already being seen and have relationships.
- Implementation of the KMHPC model across the state.
- Increase schools' capacity to identify and manage behavioral health crises and support children with behavioral health needs.
- Limit educational interruptions and emergency department use by providing three tiers of service to children age 13 and older in Tacoma Public Schools.
- Integration and expansion of all MultiCare/Mary Bridge school-based behavioral health services.

## INTERNAL RESOURCES

MultiCare offers comprehensive, effective behavioral health services that restore hope and help individuals and families get back on the path toward achieving their life goals. Programs include the following:

**Asian Counseling Services** is a mental health clinic primarily serving Asian and Pacific Islander refugee and immigrant communities.

**BRIDGES Center for Grieving Children** supports families with children ages 4–18 who have experienced the serious illness or death of a family member or friend.

**Greater Lakes Mental Healthcare**, an affiliate of MultiCare, offers a range of mental health services and substance use disorder treatment at locations throughout Pierce County.

**Mobile Health Care Clinic** provides primary care services to adults with severe and long-term mental illness and coordinates their mental and behavioral health needs. Services are available through a mobile RV that offers regularly scheduled services at four community mental health centers in Pierce County.

**Mobile Outreach Crisis Team (MOCT)** provides emergency consultation and intervention services, including a mental health crisis line that can be reached 24 hours a day, 365 days a year.

# Focus 2: Behavioral Health

Continued

Navos, an affiliate of MultiCare, offers a full spectrum of community mental health services to thousands of low-income youth and adults every year, from crisis intervention to inpatient psychiatric care to highly specialized outpatient services.

Primary Care and Behavioral Health Integration is a holistic approach to delivering coordinated care for physical and mental health concerns within many of MultiCare's primary care settings.

Program of Assertive Community Treatment (PACT) is an evidence-based service-delivery model that provides comprehensive, local treatment to people with serious and persistent mental illnesses who have not been able to benefit from traditional clinic-based services.

Substance Treatment and Recovery Training Inpatient Unit (START) is dedicated to the comprehensive care of pregnant women seeking recovery from addiction.

## COMMUNITY RESOURCES

In addition to MultiCare programs and services, community organizations and partnerships play an integral role in our strategy to improve behavioral health outcomes.

Some examples include the following:

Catholic Community Services features 12 family centers across Western Washington that provide a variety of services, including counseling, case management and family support to youth, adults and families.

Comprehensive Life Resources provides behavioral health services to adults, children, families and homeless individuals. They also offer housing services, foster care and residential/inpatient services for youth and adults.

Crystal Judson Family Justice Center serves domestic violence victims and their children by providing comprehensive services in one central, safe location in downtown Tacoma.

Pierce County Crisis Line is a free service available 24 hours a day, seven days a week that provides immediate help to individuals in crisis, or families and friends of those in crisis, throughout Pierce County.

Sea Mar Community Health Centers form the largest network of community health centers in Washington state with over 90 medical, dental and behavioral health clinics and a wide variety of nutritional, social and educational services. Sea Mar proudly serves all persons without regard to race, ethnicity, immigration status, gender, sexual orientation or ability to pay for services.

# Focus 3: Maternal and Child Health



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Community Health  
Needs Assessment  
Implementation Strategies  
2022

## Our goal is to increase maternal and child health outcomes.

The well-being of mothers, infants, and children is critical to having healthy families. To the fullest extent possible, our community must safeguard and promote the health of the next generation by encouraging healthy habits like breastfeeding and receiving early and sufficient prenatal care. The percentage of mothers in this service area who had inadequate prenatal care was significantly higher compared to the state. Within the Mary Bridge Children's Hospital service area, women who identified as American Indian/Alaskan Native and Native Hawaiian or Other Pacific Islanders had the highest percentage of inadequate care. Overall, thirty one percent of mothers living in the Mary Bridge Children's Hospital service area reported having inadequate prenatal care.

Our goal is to increase maternal and child health outcomes in the community through the following strategies and activities:

- Promote Mary Bridge WIC at diverse community outreach events.
- Provided education and support to women who are pregnant or post-natal through Mary Bridge WIC program and offer these services in multiple languages.
- Connect pregnant women and mothers of neonates serviced by WIC to tobacco cessation resources and identify community resources to support families with infants who face food insecurity.
- Provide support services to mothers with a history of SUD to promote healthy neurodevelopment in newborns.
- Refer clients to community resources that support healthy birth outcomes, such as Black Infant Health.
- Direct mothers to appropriate resources for assistance with Infant/Early Childhood mental health concerns and offer child safety education, including safe sleep guidelines, car seat safety, and prevention of falls from windows.



# Focus 3: Maternal and Child Health

## Continued

- Increase opportunities for virtual connection with specialists for mothers who have transportation challenges.
- Strengthen connection with Early Intervention to increase in home services for children birth to three needing neurodevelopmental support.
- Identify resources in the community for mothers facing domestic violence.
- Increase Reach Out and Read program at community locations to expand awareness of the importance of reading to newborns and provide more families with books.
- Advocate for community green spaces that support healthy development and stimulation for infants, toddlers, and their mothers.

## ANTICIPATED OUTCOMES

Anticipated outcomes related to these strategies include:

- Increased promotion of Mary Bridge WIC.
- Increased resources for mothers experiencing tobacco cessation.
- Increased support services to mothers who have a history of SUD.
- Obtain resources for mothers experiencing domestic violence.
- Increased resources for pregnant mothers and infants facing food insecurity.
- Provide virtual connection with specialists for mothers who have transportation challenges.

# Focus 3: Maternal and Child Health

Continued

## INTERNAL RESOURCES

MultiCare offers services that support maternal child health. Examples of these services include the following:

**MultiCare Center for Diabetes Education** features a team of registered nurses, registered dietitians and pharmacists who specialize in teaching people with diabetes how to effectively manage their disease.

**Center for Health Equity & Wellness** offers health, wellness and outreach programs. Clinicians with expertise in nutrition, and weight management provide services such as health assessments, screenings, menu planning, goal setting, and one-on-one and group counseling to help clients make healthy changes.

**Center for Childhood Safety's** mission is to reduce serious and fatal injuries by educating community and staff through evidence-based practice interventions. Two primary focus areas include safe sleep practices and car seat safety.

**Personal Health Partners (PHPs)** help patients overcome barriers to care by coordinating services and ensuring open communication between providers, patients and families. Some examples of services offered include medication management, participation in primary care visits and home assessments.

**OB Access Clinic at Tacoma Family Medicine** supports women and families during pregnancy and childbirth. The clinic focuses on providing care to women who have high-risk pregnancies due to a variety of factors such as diabetes or high blood pressure.

**Women, Infant and Children (WIC) Nutrition Services** helps pregnant women, new mothers and young children eat well, learn about nutrition and stay healthy.

# Focus 3: Maternal and Child Health

Continued

## COMMUNITY RESOURCES

In addition to MultiCare programs and services, other community organizations and partnerships striving to improve physical health outcomes include the following:

**Black Infant Health** is a partnership between communities and agencies to help improve the health of moms and babies. It utilizes a health ministry model, which includes a network of churches, pastors, health ministers, community groups and public health nurses.

**Community Health Care (CHC)** is a private, nonprofit organization that operates clinics throughout Pierce County. CHC offers primary medical and dental care services to uninsured and low-income individuals.

**Sea Mar Community Health Centers** specialize in primary care medicine, providing preventive health exams, urgent care, follow-up care after hospitalization and referrals for other medical services. Sea Mar also provides dental and behavioral health services for the entire family.

**Tacoma-Pierce County Health Department Family Support Centers** assist families in finding resources and applying for Washington State Department of Social and Health Services benefits, including the Supplemental Nutrition Assistance Program (formerly known as food stamps) and medical and dental benefits. In addition, Family Support Centers connect people to low-cost or free resources in the community, such as pregnancy, parenting and maternity support; infant case management; services for children with special needs; and behavioral health services.

**Step By Step** aims to transform the lives of at-risk pregnant women through programs focused on healthy pregnancy, parenting and life skills.

# Focus 4: Violence

## Our goal is to help decrease violence for those living in the Mary Bridge Hospital service area.

Regardless of one's upbringing, violence has a negative impact on everyone. At all societal levels, violence affects individuals physical, social, and mental wellbeing. Those who make it through these horrific encounters may endure physical and emotional issues that last a lifetime. Effective prevention depends on having a clear understanding of the scope of this socioeconomic problem. According to the Mary Bridge Children's Hospital CHNA, twenty seven percent of youth witnessed violence.

Our goal is to decrease violence and associated impact through the following strategies and activities:

- Partner with agencies to provide trauma informed services to child victims.
- Provide sexual abuse prevention training to school districts.
- Provide psychoeducation support groups to non-offending caregivers of child abuse victims.
- Maintain the Pierce County Protocol for the investigation of child abuse.



# Focus 4: Violence

Continued

## ANTICIPATED OUTCOMES

Anticipated outcomes related to these strategies include:

- Children stay safe in their homes through community support and interventions.
- Education professionals help children stay safe in their community through increased knowledge of assault/abuse prevention.
- Prevent re-victimization through education and outreach.
- Law enforcement, child protective services, prosecuting attorney's office, Mary Bridge and community mental health/advocacy have clear roles and responsibilities in the identification, investigation, and treatment of child abuse.

## INTERNAL RESOURCES

MultiCare offers several services for children exposed to violence. Examples of these services include the following:

**Kids Mental Health Pierce County (KMHPC)** was first created to identify and address needs and barriers to accessing pediatric behavioral health care. Today, KMHPC includes 800 members representing over 60 community agencies and stakeholders.

**Greater Lakes Mental Health Care** provides mental health and substance use disorder treatment for Pierce County adults, children and families with Medicaid coverage.

**Bridges Center for Grieving Children** is a grief support center serving families with children ages 4 through 18 who have experienced the death of a parent, sibling, relative or friend.

**Children's Advocacy Center of Pierce County** offers a collaborative approach to serving children and families who have experienced child abuse by offering comprehensive, multidisciplinary services.

# Focus 4: Violence

Continued

## COMMUNITY RESOURCES

In addition to MultiCare programs and services, other community organizations and partnerships striving to improve violence related outcomes include the following:

### Division of Children, Youth, & Families (DCYF)

is a cabinet-level agency focused on the well-being of children. DCYF seeks to ensure that "Washington state's children and youth grow up safe and healthy—thriving physically, emotionally and academically, nurtured by family and community." Additionally, DCYF partners with state and local agencies, tribes and other organizations in communities across the state of Washington.

Law Enforcement (Tacoma, Lakewood, Pierce County Sheriff) is focused on reducing crime in Pierce County.

Hope Sparks programs serve children and families in Pierce County who face trauma, abuse, and overwhelming life challenges. HopeSparks is a recognized leader in behavioral health, early intervention, kinship care, home visiting, and parent education.

Rebuilding Hope! The Sexual Assault Center of Pierce County offers support toward healing through advocacy and therapy for those affected by sexual assault and abuse.

Children of the River Children's Advocacy Center seeks to reduce the trauma to victims and their families, while honoring the cultural values and traditions of the Puyallup Tribe.

# Conclusion



As a leading regional health care system, MultiCare is committed to improving the health of the people and communities we serve. The process of conducting a Community Health Needs Assessment and developing implementation strategies helps us better understand the health care needs of our communities and the significant role we play in addressing those needs. In addition, this process has fostered greater collaboration among the many organizations that share our goal of improving the health of all people in our communities.

The MultiCare leaders and staff involved in developing the implementation strategies for Mary Bridge Children's Hospital include:

**Lois Bernstein**

Chief Community Executive

**Jeff Poltawsky**

President,  
Mary Bridge Children's Hospital  
and Peds Network

**Ben Whitworth**

Chief Operating Officer,  
Mary Bridge Children's Hospital

**Jeff Eisen**

Chief Medical Officer,  
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**Jaime Kautz**

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Mary Bridge Children's Hospital

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Medical Director of Primary Care  
Network,  
Mary Bridge Children's Hospital

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Medical Director App  
and Neonatal Follow Up,  
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**Chelsey Lindahl**

Manager Health Promotions  
and Wellness,  
Center for Health Equity and Wellness

**Sheri Mitchell**

Community Outreach  
Program Manager,  
Center for Health Equity and Wellness

**Stefan Agyemang**

Community Benefit Specialist,  
Center for Health Equity and Wellness

**Chad Gabelein**

Telehealth Program Director

# Appendix: Community Impact Evaluation 2019-2022





# Community Impact Evaluation



From 2019 through 2022, the Mary Bridge Children's Hospital CHNA implementation strategies focused on the following priority health needs:

- Behavioral health
- Maternal and Child Health
- Youth Obesity
- Childhood immunizations

Metrics were established for each priority area, and data was tracked on a quarterly basis over the three-year implementation period. While MultiCare's community benefit strategies play a part in addressing community health needs, it is important to acknowledge that many factors, including other initiatives, organizations, and policies, impact overall community health outcomes.

# Focus 1: Behavioral Health

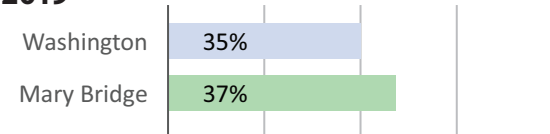


Behavioral health is essential to a person's well-being and ability to live a full and productive life. Unfortunately, individuals of all ages, including children and adolescents, with untreated mental health disorders are at an elevated risk for many unhealthy and unsafe behaviors and co-occurring disorders, including substance abuse and dependency. From 2019 to 2022, Mary Bridge Children's Hospital addressed Behavioral Health by seeking to increase access to behavioral health services. One way that Mary Bridge Children's Hospital accomplished this was through the Bridges program, which provided grief and support to children through difficult times.

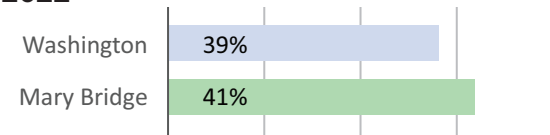
2019 to 2022 was an unordinary period for many individuals living in Pierce County considering the COVID-19 pandemic. Because of the pandemic and other factors, youth depression in the Mary Bridge Children's Hospital service area increased by four percent during this period of time.

## Youth Depression % Washington State / Mary Bridge Service Area

### 2019



### 2022



Source: Behavioral Risk Factor Surveillance System

# Focus 2: Maternal and Child Health

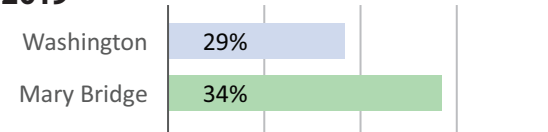


Improving the well-being of mothers, infants, and children determines the starting point of health for families in our community. Maximizing the potential of our community requires protecting and promoting the health of our future generations through positive behaviors, such as early and adequate prenatal care and breastfeeding. Mary Bridge Children's Hospital tackled Maternal and Child Health in a variety of methods between 2019 and 2022. One example of this is the Mary Bridge WIC program, which provided assistance to mothers who were either pregnant or postpartum. According to data from the CHNA, inadequate prenatal care rose by six percent in the Mary Bridge Children's Hospital service area from 2019 to 2022. In addition to many factors, the COVID-19 pandemic can be attributed to the increase in inadequate prenatal care.

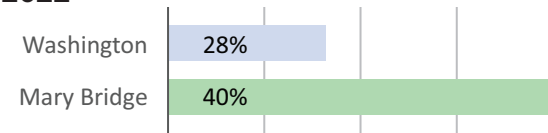
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Mary Bridge Children's Hospital  
Community Health  
Needs Assessment  
Implementation Strategies  
2022

## Inadequate Prenatal Care % Washington State / Mary Bridge Service Area

### 2019



### 2022



Source: Behavioral Risk Factor Surveillance System



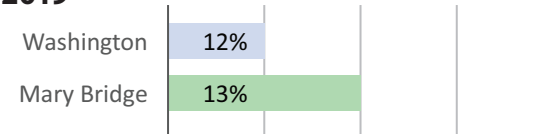
# Focus 3: Youth Obesity



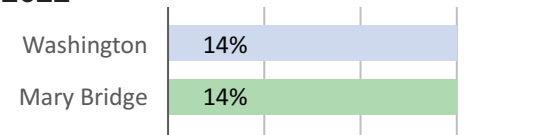
High-calorie diets with low nutritional value and a lack of physical activity can contribute to an increase in obesity. As our society becomes more sedentary and reliant on technology and quick/easy food options, the prevalence of several chronic diseases is likely to increase. Mary Bridge Children’s Hospital used several strategies to address obesity from 2019 to 2022. For example, Mary Bridge Children’s partnered with the YMCA to implement the Empowering Pregnancy and Motherhood program. Although the pandemic impacted this program, the program was able to adapt and sustain and provide services such as nutrition education. As reported by the CHNA, youth obesity increased by one percent in the Mary Bridge Children’s Hospital service area from 2019 to 2022.

## Youth Obesity % Washington State / Mary Bridge Service Area

### 2019



### 2022



Source: Behavioral Risk Factor Surveillance System



# Focus 4: Childhood Immunizations



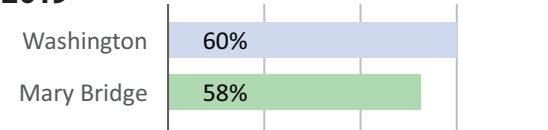
Clinical preventive services such as childhood immunizations make significant contributions to reducing disease prevalence. Immunizations have reduced the burden of infectious disease worldwide and continues to do so. Understanding clinical preventive services in our community is key to maintaining a healthy community. One way that MultiCare addressed Childhood Immunizations from 2019 to 2022 was by increasing access to the MultiCare Immunization Clinic and primary care. In addition, access to immunizations was in Mary Bridge Children’s Hospital service area school districts by providing immunizations in local middle and high schools. A deeper look at the data from the Mary Bridge Children’s Hospital CHNA shows that children received less vaccinations in 2022 than they did in 2019. Just like many of the other health indicators measured, the COVID-19 pandemic played a role in early childhood vaccines during this time period.

MultiCare  
Mary Bridge Children’s Hospital  
Community Health  
Needs Assessment  
Implementation Strategies  
2022

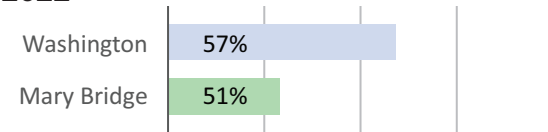
## Recommended Early Childhood Vaccines Completed (19-35 months) %

Washington State / Mary Bridge Service Area

2019



2022



Source: Washington State Immunization Information System



