



**Intermountain
Sanpete Valley Hospital**

Healing for life®

Sanpete Behavioral Health Network



History of Sanpete Valley Hospital



1949 - Began caring for patients as Sanpete LDS Hospital

1975 - Became a part of Intermountain Healthcare

Sanpete Valley Hospital - Today

- Critical Access Hospital
- 18 Bed Facility
- 150 Employees and Physicians

Services Include:

- Emergent Care
- Labor & Delivery
- Skilled Patient Care
- Surgeries: General, Orthopedic, GYN, Pain Management
- Lab & Imaging Services
- Sleep Studies



Intermountain Healthcare



- Salt Lake City, Utah-based
- Non-for-Profit Healthcare System
- 22 hospitals
- 185 clinics
- Medical Group with 1,500 multi-specialty physicians
- Health plans division called SelectHealth
- 37,000 employees



Intermountain is widely recognized across the globe as a leader in clinical quality improvement and in efficient healthcare delivery.



About Sanpete County

Sanpete Valley Hospital serves a unique demographic:

- Population of 29,000 residents
- Seven main towns; average of 15 miles apart, 40 miles from north populated community to south
- Main occupation farming, others brought to support community
 - government, trade jobs
- Median income \$48,000
- 20% of population with bachelor's degree or higher
- 17% at poverty level
- 2013 unemployment rate for county at 5.8% vs Utah at 4%
- 19% of county is uninsured

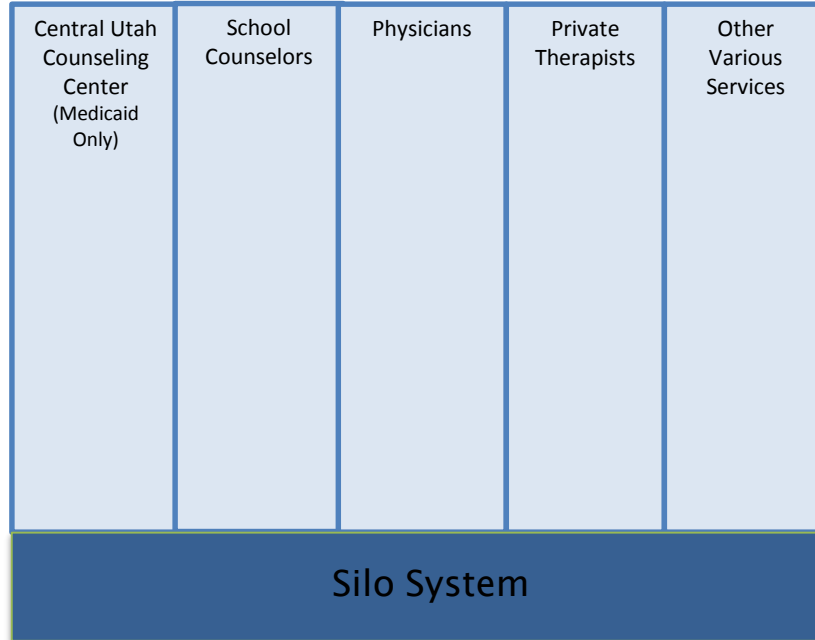


Mental Health Issues in Sanpete County

Health Indicators	Adults in Sanpete Community	Utah	U.S.
Depression (% reported ever told by health professional)	20.8%	20.7%	18.2%
Drug poisoning death rate per 100,000	23	21.7	13.2
Suicide death rate per 100,000	23	20.1	12.5

From the Utah Department of Health Office of Public Health Assessment.

Mental Health Programs in 2012



The Beginnings

Intermountain's Community Benefit Strategy for Urban Region - Model

- #1 - Use unlicensed Patient Advocate to connect uninsured patients from the ED with community resources; to follow up with patients to ensure they kept appointments; and to track use of community services by patients.
- #2 - Establish a coordinated network of providers by funding additional outpatient mental healthcare (medication management, group and individual counseling, and peer support group).
- #3 - Provide timely access to services by decreasing the time from hospital discharge to first appointment.

Intermountain's Community Benefit Strategy for Urban Region

The Results -

- 59% of patients referred followed through with the referral
- Average time to first appointment decreased from 42 to 9 days
- Average number of outpatient sessions attended increased from 1.8 to 4.6 sessions/patient
- Patients who accessed outpatient care had 50% fewer ED visits and inpatient admissions
- \$496,906 less ED and inpatient psychiatric costs during the 12-month period after their referral than in the prior 12-months

The Beginnings

Meanwhile at Sanpete Valley Hospital...

LCSW was hired – immediately concerned about repeat ED mental health patients

Retired, local physician looking into how to treat uninsured members of community for physical health issues

Intermountain approached both about implementing Urban Region Model in rural area

After program was approved, Patient Advocate was hired

The Beginnings

Funding the Program

Initial funding through Intermountain Community Benefit Program

Goal to be sustainable after three years through the money saved from visits to the ED by Mental Health patients

Example: ED visit from an under/uninsured patient = average of \$2,000 of costs to hospital, presenting to the ED once/month = \$24,000 annual costs for weekly therapy visits, medication, etc. and still saving the hospital money.

Sanpete Behavioral Health Network

BHCP Adult Services Director	David Hurst
Case Management Director	Amber Kayembe
Patient Liaison	Linda Phillips
Community Benefit Lead	Kye Miner

Community Network Providers

Private provider	Diana Heinecke, LCSW
Journey Counseling	Rachel Allen, LCSW
Inner Light Counseling	Sherie Flagg, LCSW
Mt. Pleasant Clinic	Brooks Thompson, MD

Community Network Member

Journey Counseling	Rachel Allen
Mt. Pleasant Clinic	Shauna Allen
NAMI Committee	Vickie Anderson
Community Network Chair	Kim Bateman, MD
Sanpete Valley Hospital	Fara Boothe
LDS Social Services	Chris Farrer
Inner Light Counseling	Sherie Flagg
Private Provider	Diana Heinecke, LCSW
Mt. Pleasant Clinic	Garry Holbrook /Helen Parry
LDS Recovery Mission	Kris Jorgensen
SVH Board	Leslie Keisel
Central Utah Counseling	Anna LaDamus
S. Sanpete Superintendent	Kent Larsen
SVH Social Worker	Kris Lundeberg
CUCC	Brian Whipple
Catholic Church	Father Murillo
Sanpete Co. Sheriff	Brian Nielson

The Sanpete Behavioral Network was Formed!



Challenges in Rural Area

Challenges

- No local agencies for therapists/providers (only strictly Medicaid)
- No free/discounted clinics and medications available
- Physicians are Family Practitioners with no psychiatry
- No public transportation (miles in between towns)

Solutions

- Individual therapists located throughout the county – ease of access
- Work with local pharmacies to provide psychotropic medications at cost for program participants
- Intermountain provided funding for Family Practitioner to provide medication management
- Family Practitioner consults weekly with Intermountain Psychiatrist to discuss patients



Services Offered

- **Adult Mental Health Services**
- **Child/Adolescent Mental Health Services**
- **Health Services**
- **Grief Support Groups**
- **Resource Group for Parents**
- **Periodic Screenings**
- **Mental Health First Aid Classes**

All services are at low or no cost to patients who qualify

Outcomes

The Sanpete Behavioral Community Health Network served **more than 130 patients in 2014**, over 300 in 2015, and approx. 150 patients in 2016.

- Referrals now from physicians, church leaders, schools, family, self-referrals
- Community members are now recognizing problems and looking for help
- Reduced the stigma surrounding mental health
- Staff has educated community through radio shows, health fairs, etc.
- Physicians, nurses, other staff, local leaders worked to engage community
- School Districts working together on programs
- Community members (grocery store owners to church leaders) are looking to aid the efforts

Recognition

2015 – Critical Access Recognition Certificate from
The National Rural Health Resource Center





Treating both body and mind.

Our care goes beyond treating our patients physically—we also assist with their mental health. We're the only hospital in Utah recognized by the National Rural Health Resource Center for our ability to treat both body and mind. Our mental and behavioral health services are available for those who are under and uninsured. We're dedicated to helping every patient get the treatment they need.



Questions?

Contacts

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