



Petersburg Medical Center

Community Wellness Report May 2024

Workforce Wellness

The Community Wellness Department continues to have consistent core staffing. We will be adding 1 FTE to our team starting in July to support the Tobacco Prevention and Falls Prevention programs as well as other potential grant funded projects.

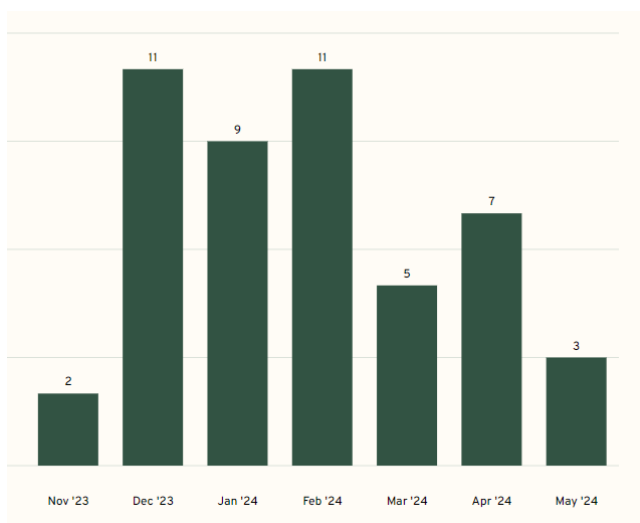
PMC's Youth Programs continue to expand and will be offering full day Kinder Skog programming this summer as well as several ORCA (Outdoor Recreation, Creation, and Adventure) camps. Continuing to grow this program requires a significant amount of seasonal staffing resources. Year-round Youth Programs staff includes one full-time Program Coordinator and three part-time mentors. Additionally, nine seasonal summer staff (PRN) have been hired (3 leads and 6 assistants). Four of the seasonal staff from last summer are returning and some of those have served as substitutes during the school year, which has been a huge boost to program stability.

PMC's Youth Programs are serving PMC staff as well as the community – currently 29% of enrolled Kinder Skog participants are dependents of PMC employees. During the Spring of 2024, PMC completed an Employee Childcare Needs Survey which will continue to inform the future growth and development of PMC's Youth Programs.

PMC's Employee Wellness Program continues to support staff health, wellness, morale, and retention in a variety of ways. *Betterhelp* (online behavioral health therapy) continues to be a well utilized resource for staff and receives positive reviews (overall satisfaction rating is 4.45/5). See utilization report below. The *Bravo Wellness Incentive Program* provides monetary incentives to eligible staff and spouses for meeting program requirements such as biometric screenings, health coaching programs, cancer screenings and for achieving set health metrics such as blood pressure and cholesterol. Participation for the 2024 Employee Wellness Incentive program was 44% of eligible staff and spouses. Program outcomes will be available in July 2024.

Active PMC Betterhelp Users by Month

November 2023-May 2024 (as of 05.15.24)



Community Engagement

Partnerships:

Developing and maintaining strong relationships with community partners and other PMC departments is a key area of focus for our team. Some examples include:

- Schools: PMC's Community Wellness and Behavioral Health departments collaborate to implement *Mental Health Matters* presentations in the middle school (~110 students) and Mental Health Awareness Week outreach tables at the middle and high school. PMC facilitated Youth Mental Health First Aid training for all school staff during two in-services (53 school staff trained). [YMHFA](#) is an evidence-based training that teaches adults how to help an adolescent who is experiencing a mental health or addiction challenge or crisis. This collaborative prevention work will continue during the 2024-2025 school year, where the high school will be offering [Teen Mental Health First Aid](#) to all students thanks to the 2024 Petersburg Community Foundation grant.
- SHARE Coalition: PMC has been a part of the local SHARE Coalition (Supporting Health Advocacy Resiliency Education) since its inception in 2006. The coalition focuses on prevention and promotion of health and wellness in the community including mental health, youth and adults, physical health, basic needs, etc. Leadership of the coalition is currently being held by PMC's Community Wellness Department. Community partners include WAVE, PVFD, HiP, Public Health, Petersburg School District, PIA and more. In January, PMC along with several other SHARE Coalition partners assisted with the Project Connect Resource Fair to support those experiencing housing insecurity (~170 participants).
- Suicide Prevention: PMC's Community Wellness Department has established a new partnership with the Juneau Suicide Prevention Coalition, which has provided several trainings and resources regionally regarding suicide prevention among our local professionals and community members. PMC Community Wellness staff are participating in the newly formed regional alliance for Southeast Alaska which is being developed to support suicide prevention efforts region-wide.

Community and Staff Trainings:

Community Wellness Department staff has coordinated and/or facilitated the following trainings recently:

- Suicide Prevention Trainings: PMC's Community Wellness Department is partnering with SEARHC to facilitate Question Persuade Refer (QPR) trainings in the community. Three training sessions have been offered to PMC staff (42 staff). Juneau Suicide Prevention Coalition also hosted a Question Persuade Refer (QPR) training and a Suicide Safety Planning workshop in conjunction with the health fair weekend (13 participants).
- Youth Mental Health First Aid: Two PMC staff received facilitator training thanks to 2023 Petersburg Community Foundation grant. A community training was held as well as two in-services for school staff (25 community members / 53 school staff).
- Wilderness First Aid: PMC partnered with Base Medical and Petersburg Volunteer Fire Dept. to offer a full day Wilderness First Aid training to the community in conjunction with the health fair weekend (13 participants).

Community Events:

- Blood Pressure Screenings: Community screenings offered at a grocery store and coffee shop in February for Heart Health Awareness. Those elevated were referred to provider. (17 screenings; 12 referred).
- Health Fair: The biennial Health Fair was on March 23, with blood tests conducted in Feb-March. The fair was a huge success with over 30 booths, 6 presentations, and 3 fitness class demonstrations (~175 attendees).

Upcoming Events:

- Pedal/Paddle Battle: Tenth annual fundraiser event for the PMC Foundation. The kayaking and biking event aims to raise \$24,000 to support continuing education for PMC Staff and PHS graduates. (July 27)
- Rainforest Run: 10K and Half Marathon run/walk event. (Sept. 2024)

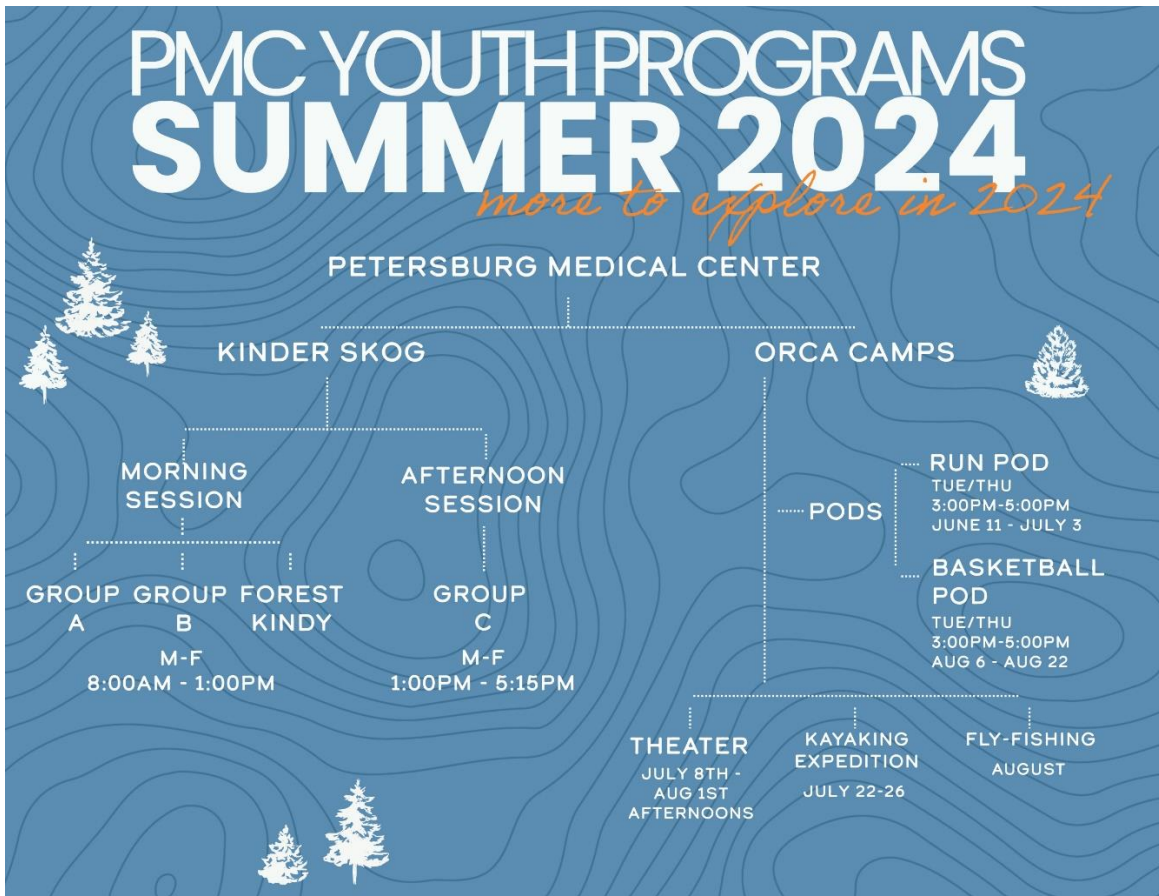
Media:

The Community Wellness Manager coordinates community outreach and public relations activities including the PMC Live radio show, newspaper advertisements, and Facebook page. Community Wellness staff frequently speak on the radio about their programs. The website is a known area for improvement that is a challenge to address with limited resources. Website pages are being slowly reviewed and edited in collaboration with the CEO Assistant.

Youth Programs:

Kinder Skog and PMC's other youth programs continue to expand to meet our community's childcare and youth recreation program needs. Due to the increased capacity PMC has been able to support, all families on the waitlist have been offered a spot in the program for the 2024 summer Kinder Skog program. This is a first for this desirable program.

Below is a visual of all the exciting summer programming planned for Summer 2024. This includes expanding the Kinder Skog program to a full-day program based on community and staff input. Community partnerships are supporting PMC's ORCA Camps this summer including Tlingit and Haida Navigators program (Fly Fishing Camp), Onward and Upward (Kayaking Expedition). Enrollment for the ORCA Camps will open in the next two weeks and is open to the community.



Patient Centered Care

The Community Wellness team focuses on prevention of chronic disease and behavioral health issues including substance use. Our team works in coordination with the Joy Janssen Clinic to promote healthy lifestyles, preventive screenings, and health education in the community and within our staff as well as support programs and initiatives that aim to reduce risk factors and increase protective factors for youth.

- *Lifestyle Balance Class*: The year-long diabetes and heart disease prevention program began in February and is going well. (8 participants).
- *Health Fair*: Discounted blood tests in Feb-March as part of the biennial Health Fair. Of the 2,069 blood tests conducted, approximately 130 test results were outside of the normal range and referred to providers for follow-up.
- *Falls Prevention*: PMC began implementing two evidence-based falls prevention programs in September: *Tai Ji Quan: Moving for Better Balance* and *Bingocize*. (Bingocize 27 participants, Tai Ji Quan 22 participants as of 05/24)
- *Tobacco Prevention and Control*: PMC completed an Organizational Assessment regarding internal practices, training, and resources for screening for tobacco use, advising to quit, and referring to cessation resources. Outcomes informed the first steps in our health systems change project which will include updating PMC's Tobacco policy and facility signage, promoting the AK Tobacco Quitline, and developing a staff training plan.

Facility

PMC Wellness Team has been engaged in reviewing the new facility plans and providing input as requested.

Financial Wellness

The Community Wellness Department is largely supported by grants. Grants partially fund positions within our department as well as other departments. See list below of current grants.

Youth Programs: WAVE's Prevention program has provided financial support to our ORCA Camps this summer to enable PMC to offer all youth camp registration fees on a sliding scale basis. PMC has also begun the process of applying for accreditation under the American Camps Association, which will provide accreditation standards and allow PMC to qualify to accept State assistance from families. The ACA will do a site visit this summer and accreditation is anticipated to be completed by Fall 2024.

Below is a list of grants the Community Wellness Department is managing with support from our Grant Director:

- *Administration for Community Living*: Implement evidence-based falls prevention programming including *Tai Ji Quan: Moving for Better Balance* and *Bingocize*, (\$146,345 per year for 4 years)
- *Petersburg Community Foundation*: Facilitate Teen Mental Health First Aid training for all PHS students during the 2024-2025 school year. (\$9,259 for 1 year)
- *State of Alaska Tobacco Prevention and Control*: Support health systems change for tobacco cessation within PMC healthcare system. (\$145,000 per year for 3 yrs)
- *AHHA Workforce Initiative*: Support healthcare workforce morale, retention, wellness, and growth. Funding supports Betterhelp employee benefit and temporary summer Youth Program Mentor positions to expand youth programs (\$44,160 per year for 2 yrs)
- *AK Community Foundation CAMPS Initiative*: PMC Youth Programs to offer a 5-day kayaking expedition for teens through Onward and Upward (\$20,000 for 1 yr).

Submitted by: Julie Walker, Community Wellness Manager
