



Petersburg Medical Center

Community Wellness Report October 2023

Workforce Wellness

The Community Wellness Department continues to have consistent core staffing.

PMC's Youth Programs doubled its capacity this summer and offered some full day programming, which required additional seasonal staffing. PMC worked with HR and to obtain work permits for Kinder Skog Mentor positions, allowing us to lower the minimum age requirement to 15 years old. Six seasonal staff members were hired, three of whom were high school students. Four of them have remained on staff as PRN status and are available to sub when staffing coverage is needed. This has added to the program stability, allowed for increased program capacity and created a new avenue for building the future workforce of PMC. Several of the seasonal staff plan to return next summer. PMC's Youth Programs are serving PMC staff as well as the community – over 40% of the summer ORCA camp and PODs camp participants were PMC dependents. Currently 33% of enrolled Kinder Skog participants are dependents of PMC employees, up from 27% in Fall 2022.

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 good reviews. 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. Some results are:

- 45% of eligible staff and spouses participated in 2023 Bravo Wellness Incentive Program
- Of the 35 participants that participated in both 2022 and 2023, 43.8% decreased health risks (see chart below for details)
- Hypertension is the most common risk factor among PMC staff



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: In September, Community Wellness Specialist partnered with PMC Behavioral Health clinician to implement *Signs of Suicide (SOS) presentations* in the high school (~60 students) and Mental Health Awareness Week outreach tables at the middle and high school (~120 student and staff interactions). PMC's Youth Programs Coordinator also coordinated the annual *Walk/Bike to School Day* in partnership with Stedman Elementary's Partners in Education group (~100 participants).
- 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, ect. Leadership of the coalition has transitioned among partner agencies throughout the years and is currently being held by PMC's Community Wellness Department. Community partners include WAVE, PVFD, HiP, Public Health, Petersburg School District, PIA and more. SHARE meets the last Thursday of the month from 12:00-1:00 in the Dorothy Ingle Conference Room and is open to the community (lunch is provided).

Youth Programs:

Kinder Skog and PMC's other youth programs significantly expanded this summer and served over 60% of the elementary school population during the summer (see attached PMC Youth Programs report). The PMC Youth Program Coordinator participates in advocacy and education opportunities such as focus groups and committees at the local and State level to highlight challenges with childcare licensing and regulations. Two Community Wellness staff will travel to the Alaska Afterschool Network Conference in October.

Community Trainings:

Community Wellness Department staff has recently received training to become facilitators of two evidence-based mental health trainings: QPR Suicide Prevention Training and Youth Mental Health First Aid (YMHFA) and will be offering trainings to the community in the coming months.

- [QPR Suicide Prevention Training](#) and was provided by the Juneau Suicide Prevention Coalition and the SeaAlaska Institute. PMC's Community Wellness Specialist is partnering with SEARHC to facilitate trainings in the community. One training was completed in September for PVFD volunteers (13 participants).
- [Youth Mental Health First Aid](#) training was paid for through a grant from the Petersburg Community Foundation. Two PMC Community Wellness staff completed the rigorous facilitator training in Sept-Oct. Three free YMHFA community trainings will be offered, with the first one scheduled for December 2nd. (KFSK *Common Good* story on YMHFA training: <https://www.kfsk.org/2023/10/13/the-common-good-40/>)
- [ALICE active shooter response](#) training was facilitated by Community Wellness this fall (~40 staff) and we are partnering with Petersburg Police and Petersburg School District to implement a refresher training for school staff as well in November. PMC and Police Dept. staff received training to become ALICE facilitators in 2021 and this is the second round of annual trainings offered.

Community Events:

- [Pedal/Paddle Battle](#): Ninth annual fundraiser event for PMC Foundation. Kayaking and Biking event raised over \$20,000 to support continuing education. (July 2023 / 79 participants)

- *Camp Girls on the Run:* Community Wellness partnered with WAVE to offer a 5-day Girls on the Run summer camp for 3rd-5th grade girls. This was the second time the program was offered as a summer camp as opposed to an after-school program. (*August 2023 / 12 participants*)
- *PMC Youth Programs:* See attached PMC Youth Programs report for details.
- *Rainforest Run:* 10K and Half Marathon run/walk event. (*Sept. 2023 / 19 participants*)
- *Reconnect Petersburg:* The SHARE coalition hosted this community volunteer fair event to provide a space for information sharing and volunteer recruitment for non-profits. Community feedback was very positive and the SHARE Coalition intends to make this a biennial event. (*Sept. 2023 / ~ 180 community members and 18 nonprofits participated*)
- *Upcoming Events:* The Community Wellness team will host the third annual *Turkey Trot* fun run/walk and food drive on Nov. 24th, 2023. PMC will partner with SHARE Coalition members to host the *Project Connect* resource fair in January. The community *Health Fair* event is scheduled for Saturday, March 23rd with blood draws occurring in the weeks of Feb 20- March 7, 2024.

Media:

The PMC Live radio show, [newsletter](#), newspaper advertisements, and Facebook posts are temporarily coordinated through Community Wellness since PMC no longer has a dedicated Public Relations position. Community Wellness staff frequently speak on the radio about their programs. The newsletter has decreased from monthly to quarterly due to limited staffing resources for this project. The website is a known area for improvement that is also a challenge to address with limited resources.

Patient Centered Care

The Community Wellness team focuses on prevention of chronic disease and behavioral health issues including substance use. Our team works 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 uses a CDC-approved curriculum. The second year of the program began in January. The next class will begin in January 2024 (*8 participants*).
- *Health Fair:* Community Wellness has begun planning for the 2024 Health Fair along with Lab, Clinic, and Patient Financial Services. Blood draws will occur in Feb-March with the in-person fair planned for Saturday, March 23, 2024.
- *Falls Prevention:* A three-year grant was awarded to PMC from the Administration on Community Living to implement evidence-based falls prevention programming locally. The Community Wellness Department, Home Health, LTC, and Petersburg Parks and Rec are partnering to implement two programs – *Tai Ji Quan: Moving for Better Balance* and *Bingocize* which both began in September. Both programs are going well (*Tai Ji Quan: 21 participants in-person and 7 participants virtual; Bingocize 12 participants*)
- *Tobacco Prevention and Control:* PMC was awarded a three-year grant to support health systems change for tobacco cessation within PMC healthcare system including implementing and improving processes for asking about tobacco use, advising to quit, and referring to cessation resources. The first step is to complete an Organizational Assessment, to be completed by December.

Facility

The Community Wellness Department has worked with IT to procure technology equipment necessary to implement *Tai Ji Quan: Moving for Better Balance* programming virtually, as well as update some computer equipment utilizing Tobacco Prevention and Fall Prevention grants.

Discussions with the Petersburg School District in August revealed increased needs for space for elementary and pre-school students. Unfortunately, this meant that they were no longer able to rent a classroom to PMC for the Kinder Skog program. Luckily, PMC was able to secure rental space at the Petersburg Lutheran Church and made a very quick transition to set up a new space there to avoid any lapse in services to families. This highlights the need for a permanent space for PMC Youth Programs. Planning a future space for PMC Youth Programs on the new hospital campus will be important to sustaining the programs, as rental space appropriate for youth programs in Petersburg is limited.

Financial Wellness

Over the past year the Community Wellness Department has shifted to being largely supported by grants to sustain current programs and continue growing the services provided in our community. Grants received are partially funding existing positions within our department as well as other departments. PMC's contracted grant writer has been incredibly helpful in writing and/or supporting our team in the writing of grants. Five of the eight grants our department has applied for this year have been awarded. Of those not awarded were two HRSA grants focused on rural healthcare that scored 95/100, showing the competitiveness of these types of grant funding.

Below is a list of grants the Community Wellness Department has recently applied for and received, independently and in coordination with other departments:

Grants Received

- *Administration for Community Living*: Three-year grant received to implement evidence-based falls prevention programming including *Tai Ji Quan: Moving for Better Balance* and *Bingocize*. Two Community Wellness positions and one Home Health position are being partially funded by this grant. (\$146,345 per year for 3 years)
- *Petersburg Community Foundation*: \$10,000 received to fund two facilitators to get certified and host Youth Mental Health First Aid training for the community. (one year)
- *AHHA Workforce Initiative*: Two-year funding awarded to 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)
- *State of Alaska Tobacco Prevention and Control*: Three-year grant to support health systems change for tobacco cessation within PMC healthcare system including implementing and improving processes for asking about tobacco use, advising to quit, and referring to cessation resources. This grant is partially funding two positions in Community Wellness and one in Clinic (\$145,000 per year requested for 3 yrs)

With Kinder Skog's transition from a licensed childcare program to a legally exempt recreational program, PMC is no longer able to qualify to receive State tuition assistance for low-income families, though Tribal Assistance has continued. A scholarship program was developed for eligible families in need of tuition assistance who were affected by this licensing change this summer. This scholarship program is supported completely by grants, sponsorships, and fundraising (~\$6,800 awarded in scholarships this summer). PMC plans to begin the process of applying for accreditation under the American Camps Association this winter, which would provide accreditation standards and would allow PMC to qualify to accept State and Tribal assistance from families again. This accreditation process takes approximately a year to complete.

Submitted by: Julie Walker, Community Wellness Manager
