

# Community Health Needs Assessment Accomplishments

APRIL 1, 2022 TO MARCH 31, 2023

**CRMC**  
CUYUNA REGIONAL  
MEDICAL CENTER

## PRIORITY

### Improve Mental Health Wellbeing

- 12% of adults report 10 or more days in the past month of not good mental health
- 11-34% of youth feel down depressed or hopeless for several days in a month

#### Objectives:

- Decrease percentage of adults who report poor mental health (less than 12%)
- Decrease percentage of youth feeling down, depressed, or hopeless for several days (less than 16%)

#### Strategies:

- Offer depression and anxiety screening in clinics and at community events
- Increase community education/awareness about mental health
- Support Kinship Partners (youth mentoring)
- Recruit additional mental health providers
- Support Smiles for Jake (suicide prevention movement)
- Continue Wellbeats on-demand mindfulness classes for staff

#### Accomplishments:

- Mental Health Committee met periodically to work on the objectives. Chaired by Director of Care Management Kari Lee Pietz. CRMC staff members included: Chief Human Resources Officer Kim Blank; Employee Wellness Nurse Sarah Dorschner; Psychologists Ken Fogal and Kristin Furan, Psy.D.; Family Physician Monica Goodwin, M.D.; Family Physician Kara Maucieri, M.D.; Critical Care Nursing Director Stephanie Nelson; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; and Chief Nursing Officer Stacy Weldon. Community members included: Northern Pines Mental Health Center Coordinator Chris Abelt; Life Spring Church Pastor Eric Anderson; Crow Wing County Adult Services Supervisor Nathan Bertram; Crosby-Ironton School District Collaborative Family Service Worker Teppi Bundy; Youth Suicide Prevention Coordinator Stephanie Downey; Baxter Chief of Police Jim Exsted; Wellness in the Woods Peer Supporter Jode Freyholtz-London; Crow Wing County Sheriff Scott Goddard; Smiles for Jake founder Eryk Haapajoki; Mothers Against Drunk Driving Manager Stefanie Hurt; Crow Wing Energized Director Karen Johnson; Community Engagement & Partner Coordinator Laura Kunstleben; Crisis Line and Referral Service Executive Director Mary Marana; Psychologist Holley Mathieu, M.S.; Brainerd Dispatch Publisher Pete Mohs; Nystrom & Associates Regional Outreach Representative Arlene Selander; Crosby Youth Center Director Chris Swanson; Crosby Chief of Police Andy Rooney; Lutheran Social Services Caregiver Mary Smith; Deerwood Chief of Police Mark Taylor; Suicide Prevention Health System Coordinator Jenilee Telander; Crow Wing County Human Services Director Kara Terry; CTC CEO Kristi Westbrook; and Relationship Safety Alliance Executive Director Shannon Wussow.
- Hired and onboarded Dr. Lauren Phillips, psychiatrist
- Sponsored Smiles on 'Sippi community event in Brainerd, provided volunteers and healthy refreshments
- Provided meeting space for and publicized IOU monthly mental health support group
- Hosted and facilitated monthly cancer support group, provided healthy lunch
- Sponsored and facilitated My Ascension programs with Smiles for Jake
- Sponsored and facilitated Seize the Awkward Mental Health Panel at Crosby-Ironton Schools

- Partnered with Smiles for Jake to promote mental health and suicide awareness in Crosby's annual 4th of July parade
- Partnered with Smiles for Jake and Immanuel Lutheran Church to create Hope Walk path in the community
- Presented mental health in the workplace to Nor-Son and City of Baxter by Dr. Lauren Phillips in partnership with Smiles for Jake
- Distributed gun locks at community events
- Hosted Grand Rounds: Working Together to End Suicide, What Veterans Want You to Know
- Hosted a Wellness fair for CRMC employees with Mental health resources and volunteers from Smiles for Jake on site
- Assisted Northern Pines Mental Health by providing Emergency Mental Health Technicians at Lakes Jam in 2022 (Dr. Phillips/Katie Nystrom)
- Provided an 8-week employee lifestyle change program to promote healthy eating, weight management, stress management, and mental health
- Hosted a monthly gratitude journaling group for employees to decrease stress and increase happiness, improve self-esteem, and increase positivity
- Employees coordinated a Random Acts of Kindness Tree in the lobby to help spread kindness
- Kindness rock activities at Arbor Day, Deerwood Summerfest, and Deerwood Sesquicentennial events
- Partnered with Alzheimer's Association to offer dementia and memory loss seminars
- Coordinated, publicized, and staffed with volunteers the Cuyuna Christmas/Smile Express community holiday celebration. Provided healthy refreshments, games, activities, and prizes. More than 1,000 people attended
- Publicized Paint the Town Blue in the Cuyuna Lakes and on the CRMC campus. Painted blue smiley faces around campus in the snow.
- Offered Advance Care Planning educational booths, staffed with volunteers
- Sponsored Winter Wonderland stress relief event for staff and their families
- Hosted monthly Cuyuna Area Connections presentations, provided healthy lunch
- Sponsored Walk a Mile in Her Shoes event for domestic assault awareness and education
- Partnered with Optum to provide six Employee Assistance Program counseling sessions per employee per year
- Sponsored 5K for Mental Health at Central Lakes College, provided educational booth
- Supported the following organizations financially and with volunteers:
  - Brainerd Sertoma Club Winter Wonderland
  - Bridges of Hope
  - Crosby-Ironton School Grad Blast and other activities
  - Cuyuna Range Youth Center
  - Habitat for Humanity
  - Interfaith Volunteers
  - Kinship Partners
  - Lakes Area Pregnancy Support Center
  - Minnesota Teen Challenge
  - Sexual Assault Services of Brainerd
  - Smiles for Jake
  - Lakes Area United Way
  - Timber Bay
  - St. Joseph's Catholic Church
  - Camp Jim
  - Aitkin County Jail
  - Lakewood Evangelical Free Church
  - Salvation Army
  - American Red Cross
  - WeAre Reproductive Clinic

## PRIORITY

### Improve Nutrition

- 66% of adults do not eat five or more fruits and vegetables a day
- 6-18% of youth did not eat any vegetables in the past 7 days
- 1-10% of youth did not eat any fruit in the past 7 days

#### Objectives:

- Decrease adult obesity rate of 30% by encouraging adults to eat five or more fruits and vegetables a day
- Decrease youth overweight rate of 12-19% and youth obesity rate of 6-18% by encouraging youth to eat five or more fruits and vegetables a day

#### Strategies:

- Develop sustainable strategies that encourage residents to make healthy choices
- Increase access to/availability to healthy food choices
- Offer healthy menus in CRMC Culinary Services with nutrition information
- Offer Living Well classes
- Provide healthy food at community events
- Share healthy recipes and cookbooks
- Continue Wellbeats on-demand nutrition education
- Support Cuyuna Lakes Lunch Bunch/Operation Sandwich with healthy food
- Financially support Cuyuna, Emily, and Pequot Lakes food shelves
- Provide nutrition education in Crosby-Ironton, Brainerd, and Pequot schools
- Support Cuyuna Range Farmers Market
- Provide healthy food at Crosby's Music in the Park, Christmas in the Park
- Worksite wellness fitness and weight management education/groups

#### Accomplishments:

- Nutrition Committee met periodically to work on the objectives. Chaired by Director of Clinical Nutrition Heather Erikson, R.D. CRMC staff members included: Employee Wellness Nurse Sarah Dorschner; Population Health Registered Nurse Miranda Foy; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; Chief Nursing Officer Stacy Weldon; and Chief Medical Officer Robert Westin, M.D. Community members included: Lakes Area Food Shelf Director Kathy Adams; Nisswa Chamber of Commerce President & COE Pam Dorion; Outreach Program of Brainerd Lakes Executive Director Shawn Hansen; Crow Wing County Commissioner Doug Houge; The Farm on St. Mathias owner Arlene Jones; Central Lakes College Dean Rebekah Kent; Pequot Lakes School District Superintendent Chris Lindholm; University of Minnesota Extension Coordinator Carolyn McQueen; Crosby-Ironton School District Superintendent Jaime Skjeveland; Crow Wing Energized Coordinator Kalsey Stults; and Great River Eye Clinic Manager Janessa Watson Evan.
- Provided food for and served 4,601 nutritious lunches through Cuyuna Lakes Lunch Bunch
- Offered educational seminars about reflux and heartburn
- Facilitated monthly virtual Weight Loss Support Group
- Offered community seminar on mindful eating
- Provided clinical nutrition information, healthy food, and blood sugar screenings at Women's Wellness event
- Offered Weight Loss seminars, support groups
- Offered Coaches educational seminar, attended by 29 athletic coaches
- Coordinated GERD awareness campaign
- Held the Gift of You employee weight loss education/support group
- Publicized Medical Weight Management and Bariatric Surgery patient success stories
- Sponsored Arbor Day event
- Gave Super One gift cards to social workers for distribution to those in need
- Coordinated and publicized Senior Frozen Meal Distribution in Deerwood with Catholic Charities (6,165 distributed Sept – Dec)
- Distributed frozen meals to average of 75 seniors monthly
- Hosted Deerwood Summerfest youth activities including fruit and veggie walk to promote awareness to eat fruits and vegetables

- Coordinated and hosted two Living Well classes for the community
- Provided and publicized Weight Management seminars
- Provided Graphic Packaging Lunch & Learn with Medical Weight Management Nurse Vicki Monson
- Sponsored Cuyuna Fishing Tournament to help raise funds for Outreach Program which provides food for youth
- Provided Intensive Behavioral Therapy for Obesity program
- Sponsored Crosby Farmer's Market Power of Produce programs for youth and seniors
- Provided Athletic Training services at Crosby-Ironton Schools, Pequot Lakes Schools, and Central Lakes College
- Supplied healthy meal at Cuyuna Christmas to 1,000 attendees
- Furnished nutritious free meal to SmileFest attendees
- Care Management team replenishes local little food shelves that Crosby-Ironton High School students built and installed
- Encouraged employee wellness with water challenges and healthy recipe challenge
- Hosted a Wellness fair for CRMC employees with local resources
- Provided an 8-week employee lifestyle change program to promote healthy eating, weight management, stress management, and mental health
- Provided Wellbeats virtual wellness offerings to employees
- Supplied free healthy meals and snacks for employees to show appreciation (yogurt bar)
- Supported Nisswa Lions Club diabetes awareness event
- Supported the following organizations financially and with volunteers:
  - Community Care N' Share
  - Crosby Food Shelf
  - Lakes Area Food Shelf
  - Pequot Lakes Food Shelf
  - Fishing to End Hunger
  - Lakes Area United Way
  - Salvation Army

## PRIORITY

### Increase Activity

- 65% of adults do not meet recommended physical activity
- 2-16% of youth were not physically active for 60 minutes a day in the last 7 days

#### Objectives:

- Provide opportunities for adult and youth to meet recommended physical activity
- Increase percentage of adults who meet recommended physical activity goals from 35%
- Increase percentage of youth who are physically active for at least 60 minutes per day to more than 84%

#### Strategies:

- Employee Wellness activity challenge, kickball tournament
- Living Well classes
- Intensive Behavioral Therapy program
- Worksite wellness programs
- Increase active living opportunities and active lifestyles by supporting trails
- Promote walking and bicycling
- Offer fitness activities at community events
- Sponsor and promote Cuyuna Triathlon, area fun runs/walks
- Offer Living Well classes
- Continue Wellbeats on-demand fitness program for staff

#### Accomplishments:

- Activity Committee met periodically to work on the objectives. Chaired by Director of Rehabilitation Paul Stokman. CRMC staff members included: Employee Wellness Nurse Sarah Dorschner; Family Physician Camille Lang, M.D.; Sports Medicine Specialist Wendi Johnson, M.D.; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; Chief Nursing Officer Stacy Weldon; and Chief Medical Officer Robert Westin, M.D. Community members included: Deerwood Mayor Mike Aulie; Hallett Center of Crosby General Manager Ivan Bartha; Deerwood Fire Chief Mike Bodle; Cuyuna Lakes Chamber Executive Director Brielle Bredsten; Uplifted Wellness Studio owner Jill Mattson; Crow Wing County Community Services Nurse Michelle Moritz; Brainerd YMCA

Executive Director Shane Riffle; Breezy Point Mayor Todd Roggenkamp; Ironton Fire Chief Jeff Thompson; Central Minnesota Council on Aging Community Development Coordinator Rachel Zetah; and Northland Arboretum Executive Director Candice Zimmermann.

- Facilitated monthly virtual Weight Loss support group
  - Sponsored Arbor Day event
  - Offered Coaches educational seminar, attended by 29 athletic coaches
  - Continued Walk with a Doc program for the community, held weekly walks regardless of the weather conditions, publicized
  - Held Walk with a Doc first anniversary celebration
  - Sponsored CRMC Championship golf tournament, provided physical therapy services
  - Provided Sports Physicals for Central Lakes College student athletes
  - Provided Sports Physicals for Crosby-Ironton High School student athletes
  - Hosted numerous games and activities over two days for Deerwood Summerfest games
  - Hosted numerous games and activities over two days for Deerwood Sesquicentennial events
  - Sponsored Cuyuna Crusher and provided first aid tent with paramedic, supplies
  - Held two Living Well classes for the community
  - Provided and publicized Weight Management seminars
  - Coordinated wellness activities for employees: kickball tournament, bags tournament, outdoor walking maps
  - Hosted a Wellness fair for CRMC employees with local resources
  - Provided an 8-week employee lifestyle change program to promote healthy eating, weight management, stress management, and mental health
  - Offered Wellbeats virtual wellness offerings for employees
  - Partnered with Cuyuna Lakes Mountain Bike group to host ride for Global Fat Tire Bike Day as part of Cuyuna Christmas
  - Sponsored Ranger Color Run and provided volunteers for event
  - Sponsored Cuyuna Triathlon, provided first aid services
- Supported the following organizations financially and with volunteers:
    - Bit & Bridle Saddle Club
    - Brainerd Amateur Hockey Association
    - Brainerd Basketball Association
    - Brainerd High School Gymnastics Team
    - Brainerd Sports Boosters
    - Brainerd Warriors Baseball
    - Brainerd YMCA
    - Camp JIM
    - Crosby-Ironton Rangerettes Team
    - Crosby-Ironton Youth Basketball
    - Cuyuna Lakes High School Mountain Bike Team
    - Hallett Community Center
    - Longville Skating Rink
    - Longville Turtle Races
    - Nisswa Parks & Recreation athletic teams
    - Northern Lakes Youth Hockey Association
    - Northern Lakes Blue Line Club
    - Northern Lakes Lightning Hockey
    - Northland Arboretum
    - Pequot Lakes Youth Sports
    - Timber Bay camp
    - Lowell Elementary School fun run
    - Paul Bunyan Cyclists
    - Garfield Elementary School activity
    - Timber Bay
    - Soulful Horse