

**2022**

Cameron Memorial  
Community  
Hospital  
Community Health  
Needs Assessment

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Prepared by the Indiana Rural Health  
Association

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## Process

Cameron Memorial Community Hospital (CMCH) contracted with the Indiana Rural Health Association (IRHA) to conduct the Community Health Needs Assessment (CHNA).

IRHA first identified the community served by CMCH through conversations with the hospital. Based on a review of patient zip codes, the hospital was able to define the community served as all postal codes within the geographic area of Steuben County. The hospital provided a primary service area map with zip codes, which can be found in Appendix A.

To quantifiably describe the community, census reports were pulled from the United States Census Bureau Reports. Quantifiable statistics and reports for health-related community data were obtained from Cameron Memorial Community Hospital, the Community Health Rankings & Roadmaps from the Robert Wood Johnson Foundation, and the Indiana Community Asset Inventory and Rankings 2016 from the Center for Business and Economic Research and Ball State University. The full versions of these reports can be viewed in Appendix A. Additional reports on chronic disease were pulled from the Centers for Disease Control website and the Indiana State Cancer Registry. Excerpts from these reports can also be found in Appendix A.

Next, a focus group of Steuben County representatives was organized with the help of the Cameron Memorial Community Hospital Wellness Coordinator, Ryan Sheets. Business owners, local officials, healthcare providers, minority leaders, clergy, student representatives, and any other interested parties were invited to attend the meeting to discuss the health-related needs of the county and to identify the areas of greatest concern. The list of attendees and the organization they represent can be found in Appendix B.

From the information obtained in the focus group and conversations with CMHC staff, an 81-question survey was developed to gain the perspective of the inhabitants of the community. Questions included queries about the effect of various factors (such as mental health, Substance Use Disorder, and specialty care), as well as probes into the perceived need for various services and facilities in the county. The survey was widely disseminated to the residents of Steuben County through inclusion on the Cameron Memorial Community Hospital's website, face-to-face polling at the YMCA of Steuben County, and the Walmart in Angola. An online survey posted on REDCap.com was also made available to the public. The survey may be viewed in Appendix C.

To identify all healthcare facilities and resources that are currently responding to the healthcare needs of the community, the IRHA contacted CMCH to ascertain the facilities that are currently available to the residents of Steuben County. The hospital was able to provide a listing of the facilities and resources, including, but not limited to, clinics, family practices, and nursing facilities. The list of existing community resources can be found in Appendix D.

At this point, the entirety of the collected data was submitted to Cameron Memorial Community Hospital to explain how the needs identified by the CHNA are currently being met, as well as to write a plan of action for those needs that are not currently being met. CMCH was also able to identify the information gaps limiting the hospital's ability to assess all of the community's health needs.

The completed CHNA was then publicly posted on hospital’s website. Hard copies of the full report were made available to the community upon request at the hospital, as well.

## Community Served

The community served by Cameron Memorial Community Hospital is defined as follows: All people living within Steuben County, Indiana, at any time during the year. To be determined as living within the service area of Steuben County, a person must reside within one of the following postal zip codes: 46703, 46705, 46737, 46742, 46744, 46747, 46776, 46779, or 46789.

## Description of Community

### Physical

Steuben County is the most northeastern county in Indiana. The county is largely rural and is the 15<sup>th</sup> smallest county in Indiana at approximately 308.8 square miles. Steuben is home to over 100 lakes, two protected wetlands, and Pokagon State Park. The county is crossed by Interstates 69, 80, and 90, U.S. Highway 20, and various state highways. Steuben County is bordered by LaGrange, DeKalb, and Noble counties, as well as Michigan and Ohio.

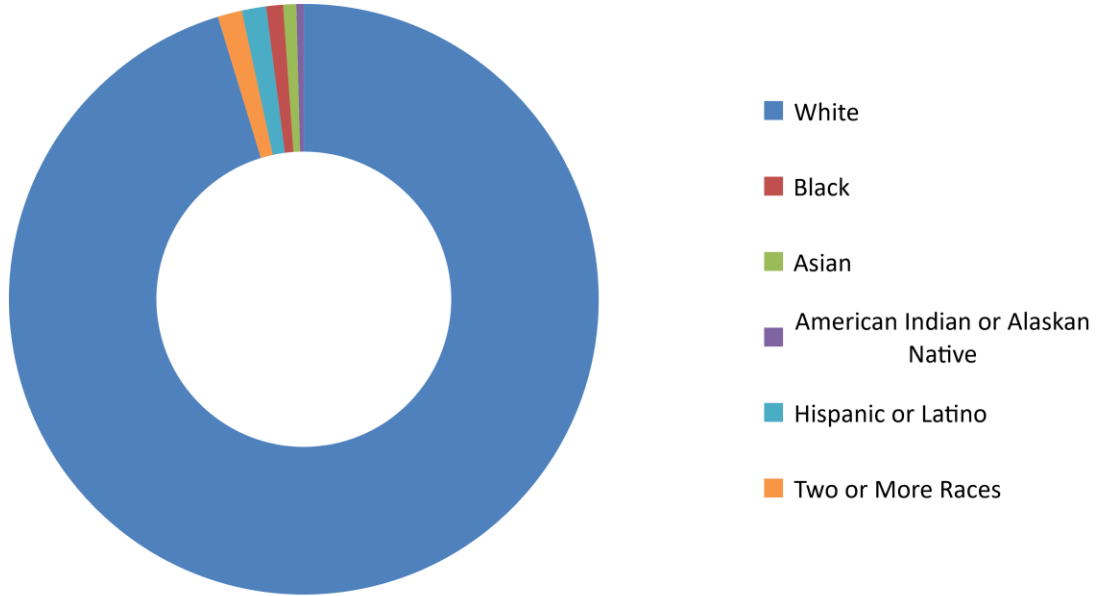
### Population – Ethnicity, Age, Housing

According to the U.S. Census Report, the total population of the county is approximately 34,435 as of 2020 Census; and the median age in the county is 43.6 years old. Females make up 49% of the overall populace. Minority populations make up approximately 7% of the total inhabitants of the county according to 2021 census data estimates. There are 18,837 housing units in the county.



Source: U.S. Census Bureau, 2020 Decennial Census

### 2021 - Steuben County Population Estimates by Ethnicity

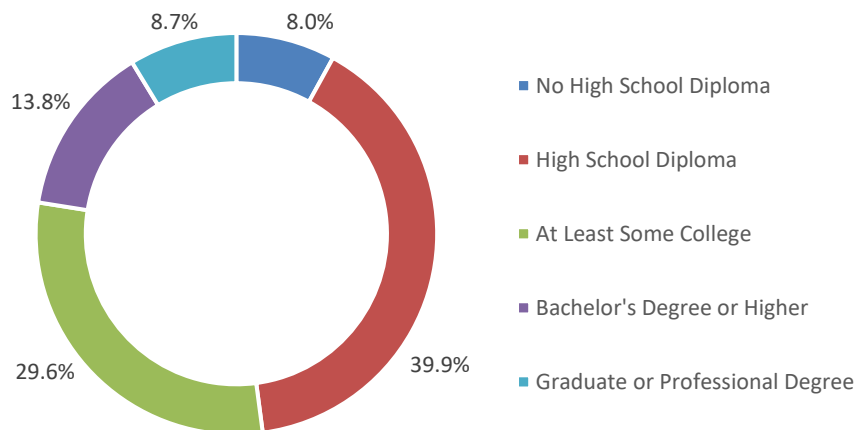


Graph based on data from the U.S. Census Bureau

### Education

The Robert Wood Johnson Foundation and U.S. Census Bureau report that approximately 91% of the county residents have high school diplomas compared with a statewide average of 89%. However, only 58% of the community has at least some college education compared with a statewide average of 63%. The educational achievements of the county earned Steuben a grade of C from the Community Asset & Inventory Rankings from Ball State (CAIR) report, down from a B- in 2012.

### 2022 - Steuben County Education Attained



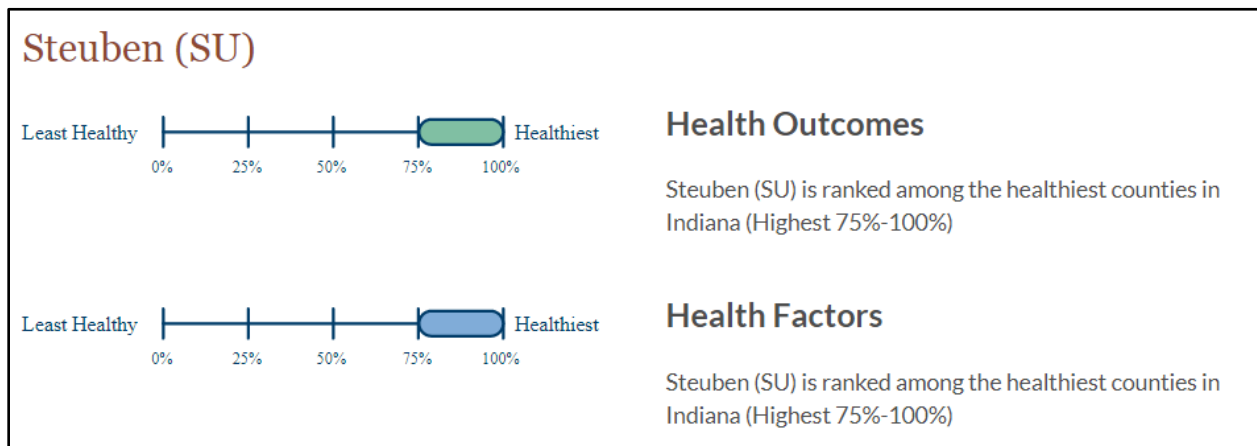
Based on residents 25 or older

Graph based on data from U.S. Census Bureau

The full reports from U.S. Census Bureau, the Robert Wood Johnson Foundation, and the Center for Business and Economic Research and Ball State University can be viewed in Appendix A.

### Health Summary

The overall health grade for Steuben County from the CAIR report stands at a B. This is up from their grade of C in 2012. The CAIR provides a detailed asset inventory of variables that describe the education attainment and health of Hoosier citizens, as well as the availability of natural resources and cultural amenities. All of the data has been carefully selected from secondary sources and is reviewed as to the contribution to the quality of life for the residents within the county. The data sets have been aggregated; and a grade, noted above, has been given to Steuben County. Based on data from the 2022 County Health Rankings & Roadmaps report, Steuben County ranks 14<sup>th</sup> in Health Outcomes and 22<sup>nd</sup> in Health Factors out of a total of 92 counties in the state. It is worth noting that this is a 4-county drop in Health Outcomes and a 6-county improvement in Health Factors compared to Steuben’s 2019 rankings of 10<sup>th</sup> and 28<sup>th</sup>, respectively.



Source: Robert Wood Johnson Foundation’s County Health Rankings & Roadmaps 2022

The Health Outcomes ranking of 14<sup>th</sup> in the state was based primarily on the rate of premature deaths, at only 6,800 compared to the statewide rate of 8,600. While not included in the overall Health Outcomes ranking, the county also boasts a longer life expectancy of 79.3 opposed to Indiana’s 76.5. Further, Steuben County has a significantly lower prevalence of HIV at only 51 compared to the state at 207.

The Health Factors ranking of 22<sup>nd</sup> in the state was based on several factors in the categories of Health Behaviors, Clinical Care, Social and Economic Factors, and Physical Environment.

Under Health Behaviors, a slightly higher instance of adult smoking (at 22% of the population compared to a statewide average of 20%), a lower access to fitness opportunities (only 48% compared to the statewide rate of 68%), and a slightly higher number of teen births (26 compared with a statewide average of 23) were in contrast with a lower rate of alcohol-impaired driving death (14% compared to the statewide rate of 19%) and a significantly lower rate of Sexually Transmitted Infections (263.1 compared to the state at 526.3). The combination of these factors resulted in a middling rank of 35<sup>th</sup> out of 92 counties in Health Behaviors. This is a marked improvement over 2019’s ranking of 48<sup>th</sup>.

The county ranked 38<sup>th</sup> out of 92 counties on Clinical Care. The largest detriment to the Clinical Care score was the much higher patient-to-provider ratio for all provider types. The patient-to-primary physician rate for Steuben is at 3840:1 compared with the statewide rate of 1490:1. The patient-to-dentist rate is 2180:1 compared to 1720:1 in the state. The patient-to-mental health provider is 1200:1 compared to the state rate of 560:1. However, the county did outperform the state average with only 3129 preventable hospital stays compared to 4322 statewide.

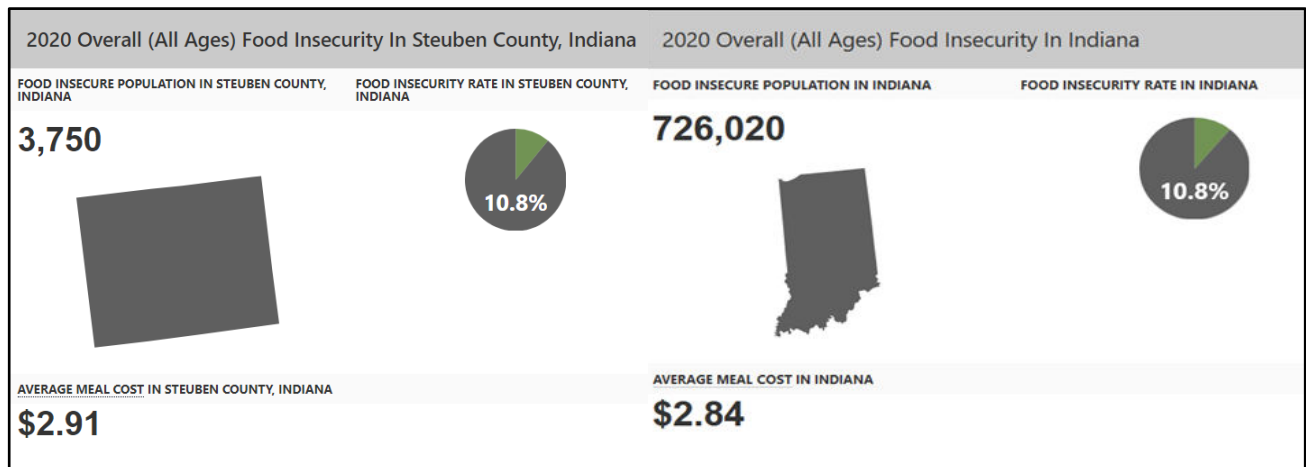
Better-than-average performances in percentage of high school graduates (91% of the community compared to a statewide average of 89%), a low unemployment rate (6.2% compared to 7.1% statewide), low income inequality (3.4 compared with 4.3 statewide), low instances of single-parent households (11% compared with 25% statewide), and low accident deaths (70 compared to 85 statewide), and exceptionally low violent crime rate (70 incidents compared with 385 statewide) all resulted in a top-third ranking of 15<sup>th</sup> out of 92 counties in Social and Economic Factors, up from 19<sup>th</sup> in 2019.

However, there were some underperforming categories among the factors that were not included in the Socioeconomic ranking. A lower high school graduation rate (81% compared to 87% statewide), a higher rate of disconnected youth (11% compared to 6% statewide), and 21 suicides compared to the state rate of 15 all show room for improvement.

The Physical Environment score for Steuben County received a ranking of 58<sup>th</sup> out of 92 Indiana counties. This was a severe drop from the 2019 ranking of 24<sup>th</sup>. There was at least one drinking water violation in the past three years, which very adversely impacted the county's ranking. All other factors that were evaluated for the Physical Environment were roughly on par with the state.

The County Health Rankings measures the population living with limited access to healthy foods using the USDA Food Environment Atlas. Individuals are counted who have both low access to a supermarket or large grocery store and a low income. "Low access" is greater than ten miles away in a rural county. "Low income" individuals are classified if they fall into the government definition of poverty or have a median family income at or below 80% of the county's median family income.

Feeding America's *Map the Meal Gap* study reported that in 2020, 3,750 people were food insecure in Steuben County, with a rate of 10.8%, exactly on par with the Indiana statewide rate of 10.8%. The average meal cost in the community is \$2.91. This is more expensive than the average meal cost for the state of \$2.84, but less than the average meal cost of \$3.25 nationally. It is worth noting that these numbers are from 2020 and will likely be exacerbated by the inflation that is currently being experienced in 2022.



Data visualization from Feeding America's Map the Meal Gap 2020

### Primary and Chronic Diseases

Cameron Memorial Community Hospital generated a report of the Top 25 Most Common Diagnosis for Inpatients from their most recent fiscal year, October 1, 2021, through September 30, 2022. From this report, the top ten most common diagnoses for their service area were identified. A further examination of the payer mix for each diagnosis resulted in additional data to identify the issues that were most often seen in low-income, disabled, and/or older populations. (\*Note: It is important to understand the key characteristics of the CMCH population. This includes identifying the low-income, disabled, and/or elderly population. The population trends help provide an indication of patterns within the residents of the community and assist in identifying the needs around this populace.)

The following list contains the top ten most common diagnoses—excluding births—and the percentage of Medicare and Medicaid patients for each diagnosis:

- COVID-19 – 149 cases (71.8% Medicare and Medicaid)
- Sepsis, unspecified organism (CMS/HCC) – 86 cases (76.7% Medicare and Medicaid)
- Pneumonia, unspecified organism – 39 cases (89.7% Medicare)
- Chronic obstructive pulmonary disease with (acute) exacerbation (CMS/HCC) – 30 cases (73.3% Medicare and Medicaid)
- Hypertensive heart and chronic kidney disease with heart failure and stage 1 through stage 4 chronic kidney disease, or unspecified chronic kidney disease (CMS/HCC)– 29 cases (93.1% Medicare and Medicaid)
- Encounter for palliative care – 25 cases (100% Medicare)
- Sepsis due to Escherichia coli (e. coli) (CMS/HCC) – 24 cases (91.7% Medicare and Medicaid)
- Aftercare following joint replacement surgery – 21 cases (90.5% Medicare)
- Hypertensive heart disease with heart failure (CMS/HCC) – 18 cases (77.8% Medicare and Medicaid)
- Hypo-osmolality and hyponatremia – 13 cases (100% Medicare)

Additionally, CMHC provided a list of top “Z codes” which track social determinants of health in their patient population. Social determinants of health are societal and environmental circumstances and



behaviors that can impact the health of individuals. This can include access to food, housing, transportation, and education, as well as experiences with violence, availability of social support, and individuals' health behaviors and employment. Many of these factors are present in the Steuben County population and individuals are often impacted by more than one factor. The top ten Z codes tracked by Cameron Memorial Hospital from October 1, 2021, through September 30, 2022, were:

- Problems related to social environment – 357 cases
- Other problems related to primary support group, including family circumstances – 180 cases
- Problems related to housing and economic circumstances – 151 cases
- Problems related to upbringing – 77 cases
- Problems related to other psychosocial circumstances – 43 cases
- Problems related to education and literacy – 26 cases
- Problems related to employment and unemployment – 15 cases

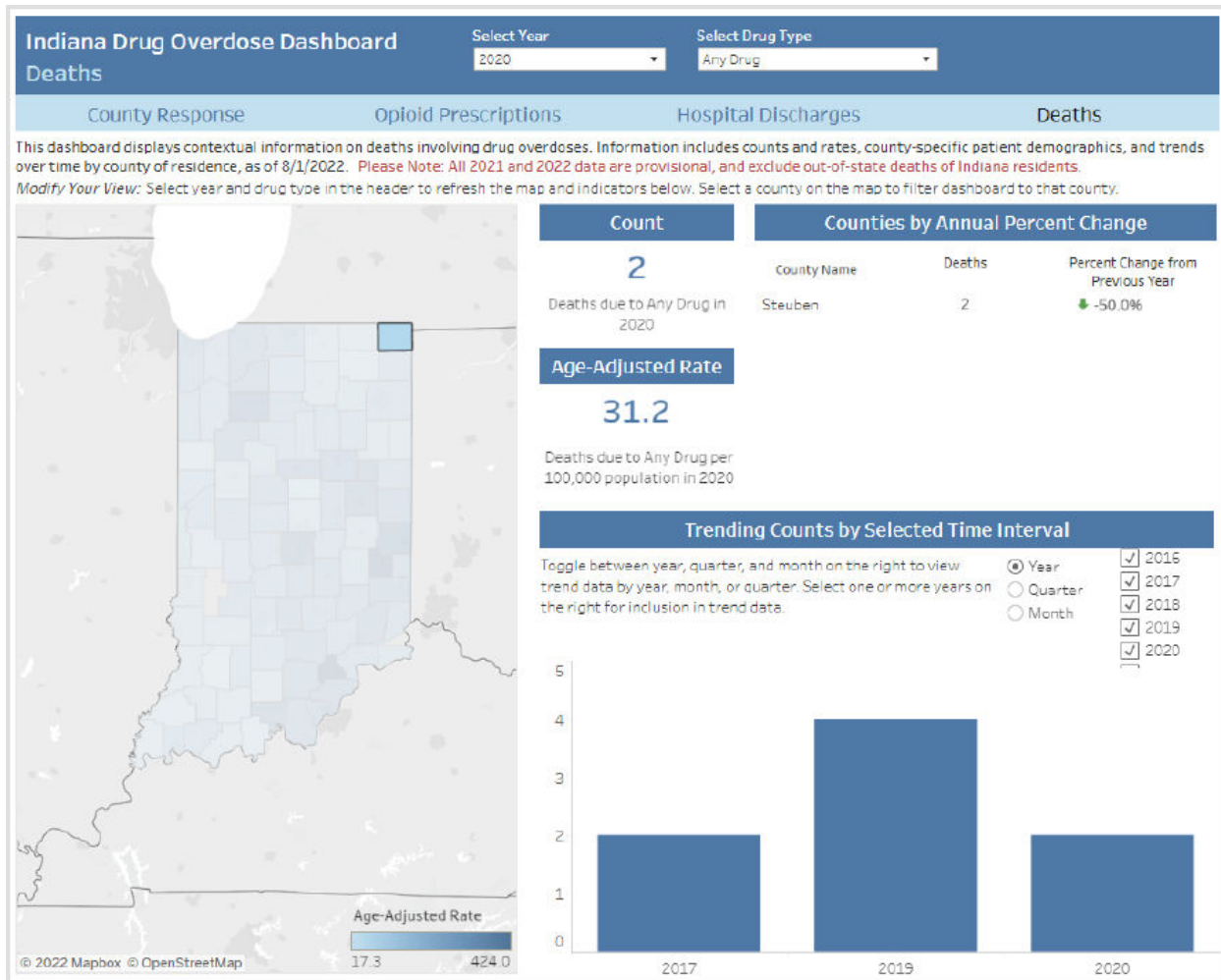
The full list of top discharge diagnoses, Z codes, and payer mix report can be found in Appendix A.

According to the Indiana CDC's State Cancer Profiles report, the cancer rates for 2014-2018 in Steuben County are favorable when compared to the state average. The rate of all cancers (per 100,000 people) in Steuben County comes in at 398.2 compared to a statewide average of 457.9—the fourth lowest in the state. Steuben also comes in below the state in rates of prostate cancer (77 versus a statewide rate of 96.5), lung cancer (62.7 versus a statewide rate of 69.9), and breast cancer (85 versus a statewide rate of 124.5). The county is actually the 3<sup>rd</sup> lowest in the state for breast cancer rates. Only colorectal cancer (44.9 versus a statewide rate of 41.7) came in higher than the average state rate.

Continuing the trend mostly outperforming the state average, data from the Centers for Disease Control and Prevention Division for Heart Disease and Stroke Prevention reports that Steuben County comes in well below both the state rate (65.9 per 1,000 Medicare beneficiaries) and the national rate (60.7 per 1,000 Medicare beneficiaries) at only 45.2 hospitalizations for all Cardiovascular Disease. The Steuben County Cardiovascular Disease death rate is 230.8 per 100,000 people which is higher than the national rate of 217.9, but lower than the Indiana rate of 238.9. Unfortunately, the stroke death rate in the county is 41 which is higher than both the state rate of 40.4 and the national rate of 37.7.

Regarding diabetes, the CDC's Diabetes Data & Trends report relates that Steuben County comes in below the state average (9.1) and well below the national average (11.2) in rate of diabetes for individuals 20 years old or older. The county has an age-adjusted rate of only 8.7.

The CDC's National Center for Health Statistics report on drug overdose deaths in the United States shows that there were 2,321 deaths from all drug overdoses in Indiana in 2020. According to the Drug Overdose Dashboard from the Indiana Department of Health, the age-adjusted state rate of overdoses from all drugs in Indiana is 146.4. Steuben County is well below that state average with an age-adjusted rate of only 31.2.



Data visualization from IDOH Drug Overdose Dashboard, 2020

Portions of the four Center for Disease Control reports and Indiana Department of Health dashboard can be found in Appendix A.

### Existing Healthcare Resources

Cameron Memorial Community Hospital provided a complete listing of the currently available healthcare facilities and services that are accessed by those living in Steuben County. This list includes, but is not limited to, a Critical Access Hospital, community-based physicians, a county health department, and a variety of specialty clinics, oral care providers, eye care providers, mental health services, nursing homes, and assisted living facilities. CMCH will be able to use this listing when creating their action plan to fully incorporate all available resources.

#### Cameron Memorial Community Hospital Services:

- Anticoagulation Clinic
- Birthing and Maternity services
- Cameron Cardiology
- Cameron Family Medicine – Fremont

Cameron Family Medicine – West Maumee  
Cameron Family Medicine – North  
Cameron Family Medicine – Main  
Cameron Occupational Health  
Cameron Orthopedics  
Cameron Pediatrics  
Cameron Psychiatry  
Cameron Retail Pharmacy  
Cameron Woods  
Cameron OB/GYN  
Regional Cancer Care Center of Angola  
Imaging & Diagnostic  
Cameron Immunization Clinic  
Inpatient and Advanced Care  
Laboratory  
Outpatient Infusion Clinic  
Rehabilitation services  
Respiratory Therapy  
Dietitian services  
Sleep Center  
Transitional Care Unit  
Cameron Urgent Care  
Women’s Health STI Clinic  
Encircled Care Program  
Emergency Care

Diabetes Services

American Diabetes Association  
Cameron Memorial Community Hospital  
Community Events/Fairs  
Community Health Center  
Diabetes Support Group  
Dietary Coach  
Farmers Market  
Fitness Facilities  
Healthier Foods in Grocery Stores  
Indiana Diabetes Prevention Network  
Steuben County Health Department  
Steuben County YMCA – Diabetes Prevention Program  
Carnegie Public Library of Steuben County  
Fremont Public Library  
Mental Health Facilities  
Pokagon State Park  
Physical Therapy

Physician Offices  
Preventative Yearly Physical  
Purdue Extension  
Restaurants with Nutritional Info in their Menus  
Silver Sneakers  
Walking Paths  
Weight Watchers  
Wellness Screenings  
WIC

#### HIV/AIDS

Cameron Memorial Community Hospital  
Center for Disease Council  
Drug Free Steuben  
Steuben County Health Department  
Mental Health Organizations  
Needle Exchange Program  
Physician Offices  
Positive Resource Connection  
Free Community Screenings

#### Dementia

Alzheimer's Support Group at Cameron Hospital.  
Caregivers Support Group at Cameron Hospital.  
Alzheimer's Association of Greater Indiana Chapter- Northeast  
Northern Lakes Nursing and Rehabilitation  
Aperion Care  
Carnegie Public Library  
Physician offices

#### Substance Abuse

Women in Transition  
The Sante Group  
Cameron Psychiatry  
National Drug Helpline  
Physician offices  
Angola Police Department  
Steuben County EMS  
Bowen Center  
Northeastern Center

#### Tobacco Cessation

Quit Now Indiana

Access to Healthcare: Free and Low Income

Faith Community Health Clinic  
Ronald McDonald Care Mobile Unit  
Steuben County Health Department  
ClaimAid at Cameron Hospital  
Steuben County WIC  
CVS Minute Clinic  
Well Child Clinic  
Compassion Pregnancy Center  
Family and Social Services Administration  
Carnegie Public Library  
Fremont Public Library  
Urgent Care  
Trine Student Health Services  
WIC  
Physician offices  
211  
Northeastern Center  
Bowen Center

Family Planning: Free and Low Income

Compassion Pregnancy Center  
Areas churches  
Cameron OB/GYN  
Cameron Hospital  
WIC  
Physician offices

Cancer

Angola Skin Care and Dermatology  
Cancer Services of Northeast Indiana  
Regional Cancer Center of Angola  
Steuben County Cancer Association

Heart Disease and Stroke

Cameron Imaging CT Heart Scan  
Parkview Physicians Group – Cardiology  
Naveen Lal, M.D. (Cardiologist)  
Stroke Care Now Network

Nutrition, Physical Activity, and Weight

Angola Parks Department  
Anytime Fitness  
Ball Sports Academy

Bike and Soul  
Club Fitness  
Crossfit Angola  
Fitt4Life  
Legends Running Shop  
Shakti Yoga and Wellness  
Tri-State ATA Martial Arts  
Tri-State Gymnastics  
YMCA of Steuben County  
Angola Family Chiropractic & Integrative Healing  
Doc Z Chiropractic & Wellness Clinic  
Gasdorf Family Chiropractic  
Steuben Family Chiropractic  
Stevens Chiropractic Center  
Tri-State Chiropractic Clinic  
Tri-State Nutritional Healing Center  
Foods Alive  
Nature's Cornucopia

Oral Health

Aspen Dental  
Terry Kreg  
Angola Dental Center  
Dr. Guy Moore  
Bartholomew Hott DDS  
Angola Dental Lab  
Angola Orthodontists  
Bradley S Igney D.D.S., P.C.  
Dunlap Dental Solutions  
Dr. Penelope L. Dunlap, DDS  
El Dellinger Orthodontics  
Jon Miller Richard  
Fremont Family Dentistry  
Susan Mauk, DDS  
Gabet Family Dentistry  
Dr. Charles Gabet  
Healthy Smiles Family Dentistry  
Tamara Watkins, DDS  
James Brown, DDS  
Joyce Rockwell DDS  
Viki Anderson  
OMSA: The Oral Surgery Group

The complete listing of the facilities can also be found in Appendix D.

## Identifying Health & Service Needs

A focus group of Steuben County representatives was organized with the help of the Cameron Memorial Community Hospital Wellness Coordinator, Ryan Sheets. Business owners, local officials, healthcare providers, minority leaders, clergy, student representatives, and any other interested parties were invited to attend the meeting to discuss the health-related needs of the county with a view to identifying the areas of greatest concern. Anyone who was unable to attend was invited to submit a letter detailing the needs of the community. The list of attendees can be found in Appendix B.

Two focus groups were held consecutively, one in the evening and one the next morning, and were encouraged to brainstorm all areas of need or concern in the health field in Steuben County. The two sessions generated extensive lists of all strengths, concerns, and values in the community as they related to healthcare in both large and small group settings. Then, once a master list of all concerns was agreed upon by the full group, attendees were separated into small groups by tables. The small groups were asked to prioritize the greatest strengths and values in their county. Then, they were asked to identify the highest priorities from the master list of challenges/concerns.

By analyzing both prioritized lists from the small groups, the IRHA was able to pull out the items that appeared most frequently and identified the community's areas of greatest concern:

- Vaping
- Parenting
- Childcare/Daycare/Preschool
- Public, non-emergency transportation
- Sidewalks/trails
- Mental health
- Substance Use Disorder/Marijuana – legal in some capacity in three surrounding states
- Activities for any age
- Housing – affordability, availability, rentals for families
- Too many job openings
- Diabetes & dialysis
- Health/lifestyle education
- Internet/broadband access
- Preventative healthcare and education

The master list and the prioritized list can be found in Appendix B.

The identified areas of greatest need and additional conversations with CMCH staff were used to create an 81-question survey, addressing demographics, county issues, and community services and amenities, which can be found in Appendix C. The survey was widely disseminated via internet access, community bulletins, and the local newspaper to the residents of Steuben County through inclusion on the Cameron Memorial Community Hospital's website and a publicly available survey posted on REDCap.com. Face-to-face polling was also implemented at the YMCA of Steuben County and the Walmart in Angola. To conduct the in-person survey, two members of the IRHA staff greeted all county residents as they approached the businesses and asked for their participation in the survey. Hard copies of the survey were also placed at some of the locations, as well as at CMCH, for anyone who preferred to complete a paper copy of the survey. The general public was alerted to the face-to-face and online polls through CMCH newsletters and social media, as well as an announcement in the local newspaper.

At the end of polling, there was a total of 149 total responses, including 70 face-to-face responses. The majority (62.2%) of the respondents were from zip code 46703, 64.4% of respondents identified as female, and 97.2% of respondents identified as White.

Respondents were first asked to assess the effect of various factors on their community by selecting “very negative effect, some negative effect, no effect, some positive effect, or very positive effect.” The second portion of the survey required respondents to assess the need for various services and facilities in their community by selecting “no need, slight need, definite need, or extreme need.” In the needs section, respondents were also able to select “no opinion.”

Additionally, respondents were asked to assess the effects of various factors on community members’ ability to access care and whether there were any areas that were not being adequately addressed within the county.

There was also a section for open comments at the end of the survey for any additional information the respondents wanted to share.

When asked “how do the following issues impact the health of your community,” the factors that received the most negative rankings by all respondents were (results on a 5-point scale with 1 being a very negative impact and 5 being a very positive impact):

1. Substance Use Disorder – weighted average response of 2.1
2. Vaping/electronic cigarette use – weighted average response of 2.23
3. Stigma surrounding Substance Use Disorder – weighted average response of 2.34
4. Mental health – weighted average response of 2.41
5. Cost of childcare/daycare – weighted average response of 2.44
6. Availability of affordable housing – weighted average response of 2.46

Interestingly, two items that were raised as potential concerns by the focus group and CMCH staff were perceived in a positive light by the community members. Positive responses included:

1. Job availability – weighted average response of 3.62
2. Existing trails – weighted average response of 3.6

When asked “do you see a need for the following in your community,” the standout responses were (results on a 5-point scale with 1 being no need and 5 being extreme need):

1. Youth/adolescent mental health services/treatment – weighted average response of 3.93
2. Affordable housing – weighted average response of 3.89
3. Additional childcare/daycare services – weighted average response of 3.86
4. Housing for families – weighted average response of 3.83
5. In-patient mental health facilities – weighted average response of 3.82
- 6-8. Internet access – weighted average response of 3.81
  - Mental health services/treatment – weighted average response of 3.81
  - Housing for elderly – weighted average response of 3.81

The full summary of the survey results can be found in Appendix C.



A sampling of the comments from the survey is below. The most common responses dealt with community activities, affordable housing, and dialysis. All comments have been left as originally submitted unless they have been edited for length or clarity.

#### Community Activities:

“affordable housing and more affordable activities for families.”

“could use more activity [sic]”

“The addition of bike trails, disc golf and other ‘free’ activities for families will help the community to promote healthier lifestyles, community bonding and happiness overall...”

“overall, the community does an amazing job. more programs directed towards families, teen & children is a need...”

#### Affordable Housing:

“This community definitely needs more senior independent living communities that include independent living and assisted living.”

“Needs in housing, trails and internet needed.”

“as a young adult, i struggle [sic] finding any type of affordable housing”

#### Dialysis:

“We have no dialysis available in this country at all. Not even in a case of emergency. That is a shame.”

“Our community desperately needs a kidney dialysis facility. There are many in our community that must travel as far as FW/Auburn/Kville [sic] 3 times a week regardless of weather. Many of these folks are elderly. If a dialysis patient must be hospitalized for any reason, they must fo [sic] to FW as Cameron cannot even provide dialysis on an emergency basis. We are in desperate need...please please consider this.”

“Desperately NEED a Kidney Dialysis Center”

“We could definitely use a dialysis center in angola”

A complete summary of the survey results can be found in Appendix C.

## Summary of Findings

Based on the information gathered as part of the Community Health Needs Assessment, the Indiana Rural Health Association has identified the areas of greatest need in Steuben County. Through the collection of health data and community input on the county’s strengths, values, and challenges within the hospital’s service area, the following needs were identified as being of the highest importance:

### Identified Areas of Need

- Mental health – services/treatment, in-patient, youth, stigma reduction
- Affordability – housing including for families, elderly, in general; childcare
- Substance Use – Substance Use, tobacco/vaping, stigma reduction

## Resources & Opportunities

Additionally, to aid Cameron Memorial Community Hospital in the creation of an action plan, the IRHA has made preliminary suggestions for addressing the defined areas of need. \*\*\*Please note these are *opportunities* for improvement and *recommendations* for further consideration and should not be considered requirements nor complete solutions.

Based on the findings of this project, IRHA would like to offer the following opportunities:

- **Mental health – services/treatment, in-patient, youth, stigma reduction**
  - Collaborate with regional behavioral and mental health providers to enable telehealth treatment options. Examples include:
    - LifeSpring Health Systems: <https://www.lifespringhealthsystems.org/>
    - Bloomington Meadows: <https://www.bloomingtonmeadows.com/>
    - Mental Health of America (IN): <https://mhai.net/>
    - IU and their IN Behavioral Health Access Plan for Youth: <https://medicine.iu.edu/psychiatry/clinical-care/behavioral-health>
    - IN Medicaid: <https://www.in.gov/fssa/dmha/apply-for-services/mental-health-services/>
  - Collaborate with IU and their IN Behavioral Health Access Plan for Youth at their website ([https://is.gd/behappy\\_registration](https://is.gd/behappy_registration))
  - Utilize IRHAHelp! (<https://irhahelp.indianaruralhealth.org/>)
  - Organize support groups for peers, including recovering patients, encouraging them to include their families and friends.
  - Pursue National Health Service Corp designation, or leverage existing designation, to recruit mental health providers.
  - Work with local employers to encourage employee insurance plans coverage for mental health services.
  - Evaluate insurance coverage with state programs for the indigent with mental health issues. Contact IHRA for navigation services or ClaimAid at <http://claimaid.com>, among others.
  - Explore use of telehealth options for mental health providers, including Access Physicians (<https://accessphysicians.com/>) or contact IRHA regarding the Upper Midwest Telehealth Resource Center (<https://umtrc.org>)
  - Collaborate with various suicide prevention organizations (American Federation of Suicide Prevention, etc.). Topics may include:
    - How to identify individuals who are thinking about suicide
    - How to provide support to survivors
  - Host events to provide education with parents, educators, clergy, etc. Focus on how to identify signs of possible suicide ideation.

- **Affordability – housing including for families, elderly, in general; childcare**

As of the time of this report, a global shortage of supplies and labor have exacerbated the construction market impacting housing while at the same time, interest rates have increased to more than double the mortgage rates from the past 12 months. These factors have created significant obstacles at this point in time.

- Explore relationships with local large businesses and schools (as employers) and local builders to joint venture on property acquisition and home construction projects.
- Meet with other IRHA hospital members who have developed housing construction for hospital employee projects.
- Review projects across the nation where local hospitals have launched programs to develop housing. (St. Luke’s in Hailey, ID, University of CO Health), etc.
- Collaborate with local real estate services and explore large local homes on the market that could be divided into multiple living units.
- Explore options from the National Center for Healthy Housing (<https://nchh.org/resources/financing-and-funding/federal-funding-of-healthy-housing/>)

- **Substance Use – Substance Use, tobacco/vaping, stigma reduction**

- Create extensive education and awareness teams:
  - Educational classes for families
  - Educational classes for people with OUD/SUD
- Coordinate with service groups and faith-based community to publicize, create, and host recovery, support, and family groups such as Narcotics Anonymous, Al-Anon, etc.
- Contact successful treatment facilities and recovery houses in similar communities to partner and learn best practices.
- Collaborate with other regional rural hospitals to share providers in a network of educational meetings. Create and host educational meetings in various communities to provide education to identify those at risk, treatment options, and other resources.
- Collaborate with local agencies, police, EMS, and other public service organizations to discuss and provide education, prevention, and discussion. Convey the idea that community problems require community response and resources.
- Bring activity focused organizations together to expand and promote activities for all ages, expand the list of alternative activities.
- Explore online educational services, telehealth, etc. to bring professional counselors to local provider offices, schools, wherever patients and families to an appropriate setting.
- Collaborate with local providers to host mental health and educational events.
- Work with local organizations such as a YMCA, Boys and Girls Clubs, etc. to expand and promote activities for all ages, expand the list of alternative activities.
- Include hospital providers to present on the impact and effects of Substance Use Disorder, the causes as well as the long-term impact on health.
- Collaborate with local agencies to explore deeper means of solutions and recovery as a collective team, including, but not limited to: local law enforcement, local judicial system representatives, local employers, EMS providers, local clergy, and healthcare providers.

- Explore strategies to draw users of illegal drugs into recovery, and back to an engaged participant in their community.
- Engage recovering patients into presentations; share stories, experiences.
- Work with various organizations, service groups, and faith-based community to market, create, and host recovery, support, and family groups such as Narcotics Anonymous, Al-Anon, etc.
- Offer specific drug education classes:
  - Methamphetamine
  - Over-the-counter medications
- Contact successful treatment facilities and recovery houses in similar communities to partner and learn best practices (see “Mental health treatment and facilities” section above for examples).
- Collaborate with community organizations to create safe activities for all ages and help avoid boredom.
- Tobacco & e-Tobacco Use:
  - Obtain resources from IRHA on tobacco cessation programs (Taylor Kenyon, MPH Tobacco Prevention & Cessation Quality Advisor).
  - Centers for Disease Control and Prevention (<https://www.cdc.gov/tobacco/index.htm>)
  - Obtain from IN Department of Health on tobacco cessation programs.
  - Collaborate with local providers for tobacco use educational forums.
  - Create a “change the culture” program to break the cycle.
  - Organize support local support groups.
  - Wellness programs that focus on overall health
  - Screenings for blood pressure/heart rate and BMI

The team from IRHA is pleased to serve CMCH. IRHA has worked with the Leadership team at the hospital for many years and highly respect the accomplishments made in many areas of healthcare services that greatly contribute to the health needs of the residents in Steuben County. Growth and improvement in any area of need begins with education and collaboration. Rural communities must join together and align the resources of community organizations and community members to address areas of need and explore opportunities.

Cameron Memorial Community Hospital has a unique opportunity to become more focused in the health and well-being of its constituents. These efforts can become more successful by directing and marketing to the community the hospital is trying to touch and evaluating different methods to reach them, such as upgrading current efforts, including newsletters, websites, and other communication methods.

The hospital has earned the trust and respect of many local residents. Through a focused effort involving collaboration of hospital leadership and community leaders to improve health outcomes, lives will be changed. This can be leveraged with providers, local businesses, and community service organizations to explore the suggested and other ideas to enhance the quality of life for Steuben County residents.