

UnityPoint Health – Des Moines 2022-2024 Implementation Strategy in Response to the 2021 Community Health Needs Assessment

April 2022

EXECUTIVE SUMMARY

This document describes the work we will do during 2022 through 2024 to address the health needs of the residents of Polk, Dallas and Warren Counties. It is UnityPoint Health—Des Moines’ 2022-2024 **implementation strategy** in response to the 2021 **Community Health Needs Assessment (CHNA)**. The CHNA and this implementation strategy are intended to meet the mandate set forth in the Affordable Care Act (ACA), which requires not-for-profit hospitals to perform these activities every three years.

The health needs were determined in 2021 by surveys and comparisons of local health indicators with national benchmarks. The CHNA was created in collaboration with all of the community’s hospitals, public health departments and several other interested organizations. It is up to each of the collaborators to develop their own implementation strategy. I.e., there is singular CHNA that belongs to the community; this implementation strategy is UPH-DM’s.

The health needs that emerged, in rank order, were:

Community Health Needs	
1. Mental Health	7. Access to Healthcare Services
2. Nutrition, Physical Activity & Weight	8. Infant Health & Family Planning
3. Substance Abuse	9. Cancer
4. Respiratory Disease (COVID-19)	10. Injury & Violence
5. Heart Disease & Stroke	11. Sexual Health
6. Disability & Chronic Pain	

Source: Community Health Needs Assessment (CHNA) conducted by hospitals, public health departments and other organizations serving Polk, Dallas and Warren Counties, 2021.

To reduce the list to a manageable number of priorities and to sharpen our focus, we first channeled areas that are squarely addressed by plans already in place, into those existing plans. (E.g., heart disease and stroke, are addressed by existing cardiovascular plans.) We then combined related categories.

This produced the following list of priorities:

UPH-DM’s Priorities
1. Mental Health and Substance Abuse
2. Preventive Services
a. Nutrition, Physical Activity, Weight
b. Injury Prevention
3. Access to Healthcare Services
4. Chronic Conditions

Source: UPH-DM analysis of CHNA, 2022.

It is these four priorities for which UPH-DM has created initiatives and an implementation strategy. A total of 13 initiatives, some addressing multiple priorities, are described later in this document.

To summarize:

- The community has one 2021 **CHNA**, identifying **11 health needs**.
- Each entity that participated in the 2021 CHNA will develop its own 2022-2024 **implementation strategy**.
- UPH-DM's implementation strategy has **four priorities** and **13 initiatives**.

BACKGROUND

The Patient Protection and Affordable Care Act, signed into law in March 2010, requires that not-for-profit hospitals conduct a Community Health Needs Assessment at least once every three years beginning in March 2012. The Iowa Department of Public Health requires local public health agencies to conduct a CHNA at least every five years.

These requirements present the opportunity for local community health leaders to join forces and identify priorities that can serve as a guide for programs, policies, and investments. Working together often creates efficiencies, new partnerships, and increased collaboration. Ultimately, Central Iowans benefit when data, resources and expertise are shared to attain the common goal of a healthier community. This CHNA was conducted in full partnership with the local health departments, hospitals, and many other community health organizations.

Conducting this comprehensive CHNA involved surveying community members and leaders as well as gathering relevant health data. The choice of our priorities reflects the idea that a high quality medical/clinic system is essential to treat people who are sick, and critical to help restore people's health; but it is not where health is created. Health is created in people's homes, workplaces, neighborhoods, and communities where people make healthy or unhealthy choices and establish healthy or unhealthy habits. The framework for those choices is the social, economic, and built environments we create. These are the Social Determinants of Health (SDoH).

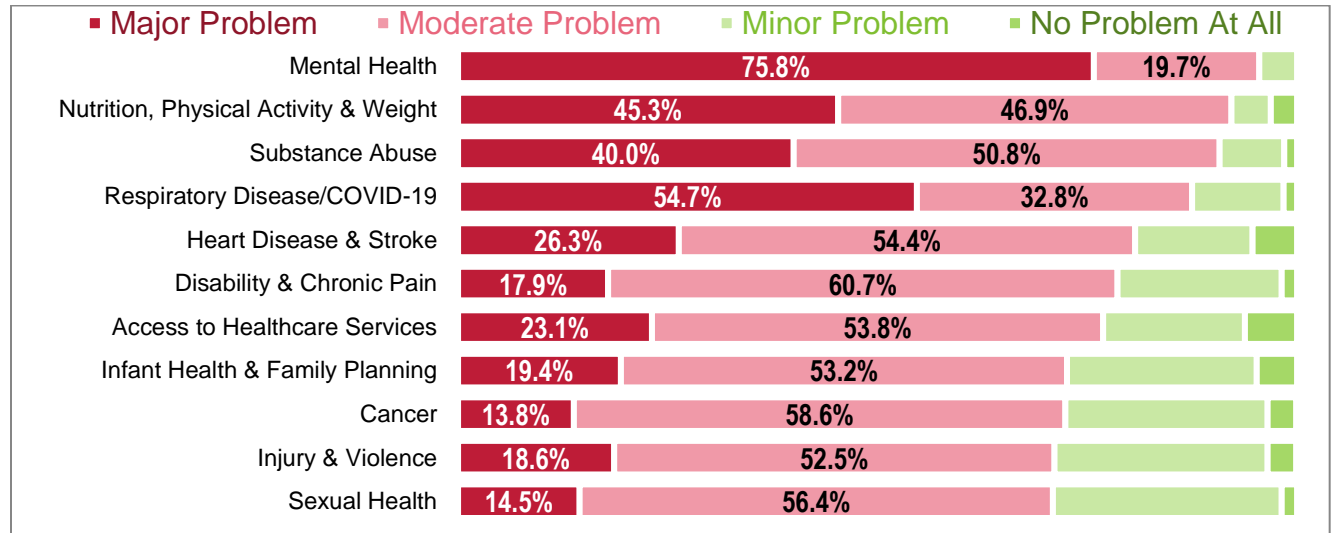
The ACA also requires nonprofit hospitals to complete an **implementation strategy** in response to each CHNA. A hospital's implementation strategy must be a written plan that, for each significant health need identified, describes how the hospital facility plans to address the health need. In describing how a hospital plans to address a significant health need identified through the CHNA, the implementation strategy must:

- Describe the actions the hospital facility intends to take to address the health need and the anticipated impact of these actions.
- Identify the resources the hospital plans to commit to address the health need.
- Describe any planned collaboration between the hospital and other facilities or organizations in addressing the health need.
- Be adopted by an authorized body of the hospital facility.

ELEVEN COMMUNITY HEALTH NEEDS

Eleven community health needs emerged from telephone and online surveys of residents representing all demographic groups in the community, and comparison of community health indicators with national benchmarks. The needs were then shared with individuals in the community whom we had identified as having insight into community needs. These key informants then prioritized the needs to identify the most pressing health needs.

Priority rankings of community health needs by key informants:



FOUR PRIORITIES

To identify the specific priorities that UPH-DM will focus on, the following steps were what formed our consideration:

- Considered key informants' priority rankings of the needs.
- Focused on needs that showed 75% combined classification of major problem or moderate problem. (Seven of the 11 areas met this threshold.)
- Combined needs that may be associated or have similar response efforts.
- Focused on broader community-based impact.

This resulted in identifying **four priorities** for UPH-DM. These are as follows:

1. Mental health and substance abuse
2. Preventive services
 - a. Nutrition, physical activity, and weight
 - b. Injury prevention
3. Access to healthcare services
4. Chronic conditions, including disability and chronic pain

The CHNA also identified several other areas of need regarding cancer, heart disease and stroke, respiratory diseases (including COVID-19) and infant health. In our consideration of priorities, these were seen as needs that UPH-DM continuously addresses through well-established service lines within

the hospital. John Stoddard Cancer Center, Younker Rehab and Blank Children’s Hospital along with other services to continuously provide high quality care to our community members. The organization’s response to the COVID-19 pandemic provided essential care to patients and promoted preventive and relief efforts to our community. Services here are continuously engaged in process improvement to best address these priorities clinically.

THIRTEEN INITIATIVES

An internal committee of leaders across UPH-DM reviewed existing initiatives that supported the priorities, and crafted new initiatives. This process produced 13 initiatives, shown in the table below, to support the four priorities.

2022-2024 Initiatives to Address Community Health Needs				
Initiative	Priority Supported			
	Mental Health & Substance Abuse	Access to Care	Prevention	Chronic Conditions
1. Coordination of Blank Children’s mental health services	✓			
2. Increase access to behavioral health and substance abuse services	✓			
3. Promote adverse childhood experiences (ACEs) awareness and learning efforts and children’s mental health community participation	✓			
4. Provide community-focused mental health wellness opportunities	✓			
5. Organization health equity and diversity, equity and inclusion (DEI) initiatives and partnerships to address minority and under-represented population access		✓		
6. Work force development initiatives and health equity partnerships to address staffing/provider needs		✓		
7. Social determinants of health (SDoH) support efforts		✓		✓
8. Resource and referral coordination		✓	✓	✓
9. Community wellness programming and partnerships			✓	✓
10. Promotion of Blank Advocacy and Outreach children’s and families’ safety programming			✓	
11. Support of and participation in community and partner efforts to improve environmental safety			✓	
12. Health equity initiatives and partnerships to address improved health outcomes				✓
13. Provide community building through financial and in-kind contributions	✓	✓	✓	✓

IMPLEMENTATION

To facilitate the implementation strategy, the attached work plan templates will be used as a guide to identify the initiatives, actions, anticipated impact, partners, and resources for each priority. These templates will serve as a working document as we carry out this plan over the next three years. The initial development of these templates started with identifying existing tactics that UPH-DM has in place to address each priority. Capitalizing on existing work provided a solid point to start as we continue the work.

Two internal teams will be responsible for advancing this work. These teams are:

- **Community Engagement Team**, which consists of dedicated UPH-DM staff focused on identifying and addressing community need for the organization.

- **Community Health Implementation Team**, which consists of hospital team leaders from administration, business development, various service lines, outreach, human resources, wellness, process improvement and communications. This groups serves to help advise the Community Engagement Team in carrying out the implementation strategy.

The Community Health Implementation Team will convene quarterly to:

1. Identify new tactics that may have been implemented that align with the work.
2. Identify progress and measures that align with the identified initiatives.
3. Consider changes or additions that may need to be made within the initiatives.
4. Consider new opportunities for tactics, partners, and resources.

Coordination and follow-up will be the responsibility of the Community Engagement Team. The implementation of many of these tactics will require its own strategic plan. In many cases various partners will be needed to move the work forward. It is anticipated that would include community partners such as foundations, healthcare systems, public health, and government agencies. It will also at times require closer local and regional UnityPoint Health partners. Some of the tactics identified will require collaboration with UnityPoint Health System Services and UnityPoint Clinic to be successful.

To carry out some of these tactics will require a dynamic approach as some of them respond to issues that can be fluid within the changing environment of healthcare and communities. Some of the tactics are also bold and large in scale. This will require leveraging significant resources and partners.

UNITYPOINT HEALTH-DES MOINES COMMUNITY HEALTH IMPLEMENTATION STRATEGY

PRIORITY: ACCESS TO CARE				
INITIATIVE	FOCUSED TACTICS (More detail in attached glossary)	ANTICIPATED IMPACT	EXISTING OR PLANNED COLLABORATIONS	RESOURCES
Resource and Referral Coordination	<ul style="list-style-type: none"> • Together We Care and <i>findhelp</i> • Community Health Workers • 211 App • Eyerly Ball Navigators 	Patients referred to appropriate community support services based on need. This can promote sustained or improved health outcomes.	<i>findhelp</i> , MercyOne, Amerigroup, United Way of Central Iowa, 211 of Iowa, Iowa Chronic Care Consortium	Financial support of IT system, staff support
Social Determinants of Health (SDoH) Support Efforts	<ul style="list-style-type: none"> • Stoddard assistance with transportation and housing. • Together we Care and <i>findhelp</i> • Healthy Homes Iowa 	Eliminating barriers such as transportation, unsafe housing and others through appropriate services and referrals will increase accessibility healthcare services and adherence to care plans.	Uber Health, DART, Joyride, Care Inn, 211 of Iowa, MercyOne, Amerigroup, <i>findhelp</i> , United Way of Central Iowa	Financial support, Dedicated staff assistance, technical support, referral support
Organization Health Equity and DEI Initiatives and Partnerships to Address Minority and Underrepresented Population Access	<ul style="list-style-type: none"> • One Economy Medical Home Project • Count the Kicks Healthy Birth Project • LGBTQ Clinic • Black Women 4 Healthy Living • Health Equity Steering Committee • Inclusion Summit 	These efforts and partnerships will increase individuals utilizing medical homes to increase health outcomes through coordinated care.	One Iowa, The Directors Council (One Economy), Healthy Birthdate, Inc., One Iowa, Greater Des Moines Partnership, Iowa Safe Schools	Financial and staff support, technical assistance, research
Work Force Development Initiatives and Health Equity Partnerships to Address Staffing/Provider Needs	<ul style="list-style-type: none"> • Learner Observations Program • Nursing Camp • Black Men in White Coats • National Initiative VIII Medical Education Mentoring • UPH Clinic Mentoring • Health Equity Steering Committee 	Provide programs to community members of color to gain exposure to and opportunity to engage in medical professions and career planning. These efforts will lead to diversification of healthcare workforce.	Des Moines Public Schools, By Degrees Foundation, Greater Des Moines Partnership,	Financial and staff support, technical assistance, research
Provide Community Building through Financial and In-Kind Contributions	<ul style="list-style-type: none"> • Organizational Support of Partner Agencies and Initiatives • Community Engagement Financial Support Process 	UPH-DM will provide support to community partner organizations working to address this priority. Targeted organizational resources will help to increase partner impact.	American Heart Association, Greater Des Moines Partnership, Child Serve, American Cancer Society, NAMI of Iowa, United Way, EveryStep, Arthritis Foundation	Financial, Staff and Technical support.

PRIORITY: MENTAL HEALTH AND SUBSTANCE ABUSE				
INITIATIVE	FOCUSED TACTICS (More detail in attached glossary)	ANTICIPATED IMPACT	EXISTING OR PLANNED COLLABORATIONS	RESOURCES
Promote Adverse Childhood Experiences (ACEs) Awareness and Learning Efforts and Children’s Mental Health Community Participation	<ul style="list-style-type: none"> • ACEs 360 Board support • Participation in ACEs Steering Committee • ACEs Screening in Blank Clinic • ACEs Legislative Process Support • Advocacy regarding the development of a statewide children’s mental health system 	<p>Local, state, and federal public policy will be more trauma-informed by incorporating knowledge from ACEs-related studies.</p> <p>Long-term health consequences triggered by childhood adversity will be minimized leading to improved health.</p>	ACEs Policy Coalition, Medicaid Matters Coalition, Vision Council, Iowa Pediatric Healthcare Collaborative, Trauma Informed Care Stakeholders	<p>STAR Center Conferences and Blank Children’s School Nurses Conference</p> <p>Blank Government Relations Assistance</p>
Increase Access to Behavioral Health and Substance Abuse Services	<ul style="list-style-type: none"> • Psychiatric Residency Program • BH Urgent Care Clinic • Eyerly Ball Walk-In assessments • Eyerly Ball Navigators • OWI evaluations • Blank STAR Center – Drug Endangered Children Program • LGBTQ Clinic 	Improve opportunities for community members to access Mental Health and Substance Abuse services and resources. Including clinical, community based, and resource assistance.	Iowa Court Improvement Project, UnityPoint Clinics, One Iowa	<p>Financial, staff and technical support</p> <p>Annual Iowa DEC Conference coordination</p> <p>Substance Abuse and Mental Health Services Administration (SAMHSA) Grant Funding</p>
Coordination of Blank Children’s Mental Health Services	<ul style="list-style-type: none"> • Blank Psychiatry • Blank STAR Center • Developmental Center • Blank Psychology 	Strategic alignment of Blank’s pediatric behavioral health-related services will allow greater coordination of care, increased mental health education and awareness for patients, families and pediatric and family practice providers, and ultimately improved access to behavioral health services for children and families.	UPH Behavioral Health Service Line, UPH Child & Adolescent Psychiatry Taskforce, Polk County Health Services Pediatric Mental Health Collaborative. Polk County Health Services Children’s Advisory Board	Financial, staff & technical support
Provide Community Building through Financial and In-Kind Contributions	<ul style="list-style-type: none"> • Organizational Support of Partner Agencies and Initiatives • Community Engagement Financial Support Process 	UPH-DM will provide support to community partner organizations working to address this priority. Targeted organizational resources will help to increase partner impact.	American Heart Association, Greater Des Moines Partnership, Child Serve, American Cancer Society, NAMI of Iowa, United Way, EveryStep, Arthritis Foundation	Financial, Staff and Technical support.
Provide Community Focused Mental Health Wellness Opportunities	<ul style="list-style-type: none"> • Rooted in Nature • Yoga in the Park • Wellness Coaching • Make it OK • Youth Summer Camps 	Community programs implemented with partner organizations will be developed to promote physical movement, and mental health promotions. These will contribute to improved mental wellbeing.	Cities of Des Moines and Ankeny, Des Moines Parks and Recreation, Polk County Conservation	Financial and Staff Support

PRIORITY: PREVENTION				
INITIATIVE	FOCUSED TACTICS (More detail in attached glossary)	ANTICIPATED IMPACT	EXISTING OR PLANNED COLLABORATIONS	RESOURCES
Support of and Participation in Community and Partner Efforts to Improve Environmental Safety (Home and Community)	<ul style="list-style-type: none"> • Healthy Homes Iowa • Fall Prevention Programming • Hanna Geneser Learning and Safety Store • ICON/Central Iowa Water Trails 	Work to create safer home and community environments to support safety, accessibility, and awareness to increase health outcomes and decrease accidents and acute conditions.	EveryStep, Polk County Health Department, HUD, Polk County Housing Trust Fund, Geneser Foundation, Great Outdoors Foundation	Financial and Staff Support, Federal Grants (HUD), Private Grants
Promotion of Blank Advocacy and Outreach Children and Families Safety Programming	<ul style="list-style-type: none"> • Hanna Geneser Learning and Safety Store • Child Passenger Safety Program (CPS) • Safe Sleep • Bike Safety 	Programs within Blank Advocacy and Outreach will provide the community with ways to ensure child safety by providing education and tools to children and families.	Safe Kids, Hannah Geneser Foundation, Des Moines Fire Department, Des Moines Parks and Recreation, Des Moines Police Department, Iowa SIDS Foundation, Governor’s Traffic Safety Bureau (GTSB), and Lutheran Services of Iowa	Financial support from GTSB for CPS and bike safety, Funds from Hannah Geneser Foundation, staff support, Funds from Safekids Worldwide
Community Wellness Programming and Partnerships	<ul style="list-style-type: none"> • Rooted in Nature with Polk County Conservation • Yoga in the Park • Farmers Market • Youth Summer Camps • Dish with Nish Podcasts • John Stoddard Cancer Center Screenings 	Community programs implemented with partner organization will be developed to promote healthy eating, physical movement, and mental health promotions. These will lead to improved health status and lower incidence of chronic medical conditions and health utilization.	Cities of Des Moines and Ankeny, Des Moines Parks and Recreation, Polk County Conservation	Financial and Staff Support
Provide Community Building through Financial and In-Kind Contributions	<ul style="list-style-type: none"> • Organizational Support of Partner Agencies and Initiatives • Community Engagement Financial Support Process 	UPH-DM will provide support to community partner organizations working to address this priority. Targeted organizational resources will help to increase partner impact.	American Heart Association, Greater Des Moines Partnership, Child Serve, American Cancer Society, NAMI of Iowa, Great Outdoors Foundation, United Way, EveryStep, Arthritis Foundation	Financial, Staff and Technical support.
Resource and Referral Coordination	<ul style="list-style-type: none"> • Together We Care and <i>findhelp</i> • Community Health Workers • 211 App • Eyerly Ball Navigators 	Patients referred to appropriate community support services based on need. This can promote sustained or improved health outcomes.	<i>findhelp</i> , MercyOne, Amerigroup, United Way of Central Iowa, 211 of Iowa, Iowa Chronic Care Consortium	Financial support of IT system, staff support

PRIORITY: CHRONIC CONDITIONS				
INITIATIVE	FOCUSED TACTICS (More detail in attached glossary)	ANTICIPATED IMPACT	EXISTING OR PLANNED COLLABORATIONS	RESOURCES
Health Equity Initiatives and Partnerships to Address Improved Health Outcomes	<ul style="list-style-type: none"> Count the Kicks Healthy Birth Project Black Women 4 Healthy Living One Economy Medical Home Project Health Equity Steering Committee 	Working collaboratively to identify initiatives to increase medical home and more culturally competent services, chronic conditions should decrease.	Healthy Birthday, Inc., MercyOne, Broadlawns, One Economy	Financial and staff support, technical assistance, research
Resource and Referral Coordination	<ul style="list-style-type: none"> Together We Care and <i>findhelp</i> Community Health Workers Eyerly Ball Navigators 	Patients referred to appropriate community support services based on need. This can promote sustained or improved health outcomes.	<i>findhelp</i> , MercyOne, Amerigroup, United Way of Central Iowa, 211 of Iowa, Iowa Chronic Care Consortium	Financial support of IT system, staff support
Social Determinants of Health (SDoH) Support Efforts	<ul style="list-style-type: none"> Stoddard assistance with transportation and housing. Together we Care and <i>findhelp</i> Healthy Homes Iowa 	Eliminating barriers such as transportation, unsafe housing and others through appropriate services and referrals will increase accessibility healthcare services and adherence to care plans.	Uber Health, DART, Joyride, Care Inn, 211 of Iowa, MercyOne, Amerigroup, <i>findhelp</i> , United Way of Central Iowa	Financial support, dedicated staff assistance, technical support, referral support
Community Wellness Programs and Partnerships	<ul style="list-style-type: none"> Rooted in Nature with Polk County Conservation Yoga in the Park Farmers Market Dish with Nish Podcasts 	Community programs implemented with partner organizations will be developed to promote healthy eating, physical movement, and mental health promotions. These will contribute to decreased chronic conditions.	Cities of Des Moines and Ankeny, Des Moines Parks and Recreation, Polk County Conservation	Financial and staff support
Provide Community Building through Financial and In-Kind Contributions	<ul style="list-style-type: none"> Organizational Support of Partner Agencies and Initiatives Community Engagement Financial Support Process 	UPH-DM will provide support to community partner organizations working to address this priority. Targeted organizational resources will help to increase partner impact.	American Heart Association, Greater Des Moines Partnership, Child Serve, American Cancer Society, NAMI of Iowa, United Way, EveryStep, Arthritis Foundation	Financial, staff and technical support.

UnityPoint Health-Des Moines Community Engagement Team

- Monica Aunan Physician and Patient Experience Liaison
- Angie Fagervik-Chia Senior Community Relations Specialist
- Dave Kading Director, Business Development
- Chris McCarthy Community Health Project Manager
- Sid Ramsey VP, Strategic Business Development (Executive Sponsor)

UnityPoint Health-Des Moines Community Health Implantation Team

- April Barnhill Regional ACO Operations Director,
- Vanessa Calderon Process Improvement Engineer Sr, Performance Improvement
- Brian Feist Program Coordinator, Trauma Services
- Della Guzman Manager, Wellness Services
- Luke Honsey Business Development Strategist, Business Development
- Gina Mandernach Nursing Program Coordinator, Oncology Administration
- Joyce McDanel VP Human Resources, Administration
- Natalie McNaught Retention Specialist, Human Resources
- Grace Meier Intern, Iowa State University
- Megan Simpson Director Behavioral Services, Administration
- Cynthia Steidl Executive Director, Eyerly Ball
- Erin Wendt Director Development Sr, Health Foundation
- Chaney Yeast Director of Government Relations, Blank Administration
- Sarah Zeidler Executive Director, Oncology

Glossary of Focused Tactics Addressing CHNA Priorities and Initiatives

1. **ACEs (Adverse Childhood Experiences) 360 Board support:** UPH-DM provides financial support, technical assistance to the operations of Iowa ACEs 360. This organization works to provide education and trainings regarding ACEs and mitigation initiatives.
2. **ACEs Screening in Blank Clinic:** Children are screened in Blank Clinic for Adverse Childhood Experiences (ACEs).
3. **ACEs 360 Steering Committee:** The Central Iowa ACEs 360 Steering Committee is leading efforts to raise awareness of the life-long impacts of childhood trauma and to support initiatives working to prevent or mitigate its effects.
4. **ACEs Legislative Process Support:** Blank Advocacy and Outreach staff assist in developing policy and legislative agendas in collaboration with Iowa ACEs 360.
5. **Advocacy regarding the development of a statewide children's mental health system:** Along with other partners, Blank staff work to develop a Children's Mental Health Plan to be implemented throughout Iowa.
6. **Behavioral Health Urgent Care Clinic:** The behavioral health urgent care clinic provides services to individuals who are needing mental health services. Both pediatric and adult patients can be seen at Urgent Care. Patients under 18 years of age must have a parent or guardian with them.
7. **Bike Safety:** This program offers helmets, bike kits, and free education for families about bike safety. They also offer low-cost bike helmets to communities and organizations in need.
8. **Black Men in White Coats:** A daylong event of education, hands-on learning, and mentoring. BMWC aims to increase the number of minority youth pursuing careers in the medical profession.
9. **Black Women 4 Healthy Living:** Partnering with local medical professionals, patient advocates, counselors and community resources to help close the gap between Black women and health care. Promoting unity will help decrease health disparities while promoting healthy living habits.
10. **Blank Psychiatry:** The child and adolescent psychiatry team at Blank Children's Psychiatry, a hospital outpatient department of UnityPoint Health – Des Moines – Iowa Methodist Medical Center, cares for children and teens with mental health and behavior problems.
11. **Blank STAR Center:** (formerly the Regional Child Protection Center) works as a team with experts in child health, development, and welfare to provide services and support to children which increase their resiliency and improve their health and well-being. To fulfill this mission, the STAR Center houses a child advocacy center and three specialized clinics designed to meet the needs of children and their caregivers.
12. **Blank Developmental Center:** For infants and children with developmental, learning or behavioral problems, our developmental pediatrics team has the training and expertise to evaluate, diagnose and care for children. The team takes a close look at the medical and psychosocial aspects of developmental and behavioral problems to offer appropriate intervention and treatment options.
13. **Blank Psychology:** A service at Blank Children's to support patients and their families experiencing a wide range of difficulties.
14. **Child Passenger Safety Program:** The CPS Program is a program that distributes car seats to families in need.
15. **Community Engagement Financial Support Process:** Requests for limited financial support and or partnership proposals are accepted by Community Engagement. Proposals must support CHNA initiatives.
16. **Community Health Worker:** Dedicated staff assigned to help specific patients address the social determinants of health that may be keeping them from optimal health outcomes. UPH-DM is

participating in a demonstration project to pilot this concept within one of its clinic sites and Blank.

17. **Count the Kicks:** Partnership project with Healthy Birthday, Inc. and other health providers to address improved birth outcomes of minority women.
18. **Dish with Nish Podcasts:** A series exploring topics of interest in cancer prevention, the human spirit and how new ideas are changing cancer care. Dr. Andrew Nish, Medical Director at the John Stoddard Cancer Center, hosts insightful conversations with doctors, health care workers and patients discussing various aspects of health and cancer care
19. **Eyerly Ball Navigators:** Health professionals available to assist patients with accessing and using various health services and community support resources.
20. **Eyerly Ball OWI Evaluations:** Eyerly Ball also provides OWI screenings to Medicaid-eligible individuals and to those willing to pay the screening fee.
21. **Eyerly Ball Walk-In Assessments:** Substance abuse evaluations and/or individual outpatient therapy is available to individuals with Medicaid, Medicare, certain private insurance plans, or those willing to pay for services out of pocket.
22. **Eyerly Ball Certified Community Behavioral Health Center:** Mental health therapy services are offered at all four of our Central Iowa clinic locations, while medical services are provided at Polk, Story and Warren County clinics. Our clinicians provide high quality, recovery-focused treatment including individual, couple and group counseling as well as psychiatric assessments, medication management and substance abuse treatment in a confidential and supportive environment to children, adolescents, and adults.
23. **Fall Prevention through Physical Therapy:** Internal group that sees that every patient gets a fall screening regardless of chief complaint. Any patient identified as a moderate to high fall risk will get a treatment plan that includes an evaluation and treatment from their primary care provider. These patients can be referred to physical therapy, tai chi, and Matter of Balance.
24. **Diversity and Inclusion Committee:** Employee resource group that supports the organization with developing human resources policy, education and community involvement opportunities that promote a diverse and inclusive environment.
25. **Downtown Farmers Market:** Sponsorship of the Des Moines Downtown Farmers Market that also features UnityPoint Health Des Moines services providing health education each Saturday.
26. **Hanna Geneser Learning and Safety Store:** A store on the main level of Iowa Methodist Medical Center that offers a variety of child safety products to families at a low cost. They also have experts in store to provide education on best practice for each safety item.
27. **Health Equity Steering Committee:** A UPH-DM group that brings awareness and education to providers, team members, executive leadership, and board members about health care disparities. It also identifies and prioritizes initiatives to eliminate those disparities in care provided at our facilities.
28. **Health Screenings:** Many service lines across the organization offer a variety of health screening opportunities at no or low charge to our community. This includes skin screenings, mammograms, blood screenings, colorectal screenings, and many others.
29. **Healthy Homes Des Moines:** This project works with healthcare providers to identify children suffering from asthma that may see health improvements through housing mitigation to reduce asthma triggers. It also assesses and addresses the family's social needs. This is a partnership of MercyOne—Des Moines, Broadlawns Medical Center, Polk County Health Department, Polk County Housing Trust Fund and EveryStep.
30. **Injury Prevention Outreach:** A number of outreach services, including Safety Store, Child Assault Prevention (CAP), Safe Kids Iowa coordination, Safe Kids Greater Des Moines coordination, Inpatient Child Passenger Safety coordination, Special Needs Child Passenger Safety

Coordination, All Heads Covered Bike Safety Program coordination, Fire Safety House, Car Seat Safety & Fit Stations, Reach Out & Read, West Des Moines School Nurses.

31. **ICON/Central Iowa Water Trails:** The ICON (Iowa Confluence) project leverages relationships, partnerships, and collaborations from throughout the state. The goal is to develop advocates and invest in infrastructure that will safeguard our waterways for generations to come.
32. **Learner Observations Program:** (previously known as Student Observation Program) creates a standard process for applicants and will allow us to connect with the participant before, during and after for a potential employment relationship in the future.
33. **LGBTQ Clinic:** UPH-DM opened a LGBTQ Clinic in April 2019 to meet the medical needs of the LGBTQ community.
34. **Make it OK:** Make It OK is a campaign to help our communities start changing attitudes and negative perceptions about mental illness.
35. **National Initiative VIII Medical Education Mentoring:** Mentoring program with North High School to connect students interested in health professions with UPH-DM staff to explore career development.
36. **Nursing Camp:** A two-day immersive experience for students entering 7th and 8th grade to discover what it is to be a nurse.
37. **One Economy Medical Home Project:** One Economy works to eliminate racial, economic, and other disparities in the African American community in Polk County by directly addressing five key areas: employment, financial inclusion, education, housing and health.
38. **Organizational Support of Partner Agencies and Initiatives:** UPH-DM helps to provide both financial and in-kind support to community organizations addressing health priorities. Online applications are accepted and evaluated for receiving this support.
39. **Psych Residency Program:** UPH-DM and Broadlawns Medical Center offer a jointly administered psychiatry residency program that has earned full accreditation from the Accreditation Council for Graduate Medical Education. The first class of four residents entered its four-year training program in July 2018.
40. **Rooted in Nature with Polk County Conservation:** Rooted in Nature is a wellness program designed to improve individuals' overall health and well-being by getting outdoors and immersing themselves in nature while exercising. Some of the activities include, Fitness in the Park, Mindfulness and Movement, Hike for Health, Shinrin Yoku (forest bathing) and Sunset Yoga.
41. **Safe Sleep:** This program distributes pack and play travel cribs for safe sleep for infants and children. The program also offers education on the ABCs (Alone, Back, Crib, no Smoking) of safe sleep.
42. **Stoddard Assistance with Transportation and Housing:** The Oncology Navigation Team can assist with transportation arrangements for patients who need rides to or from appointments and treatments by utilizing transportation resources in the community. They can also assist with lodging arrangements if patients need to travel for days in a row and driving back and forth from the John Stoddard Cancer Center is not feasible. Many of these transportation and lodging arrangements are funded by the John Stoddard Cancer Center Compassion Fund.
43. **Stoddard Cancer Center Screenings:** John Stoddard Cancer Center, in collaboration with other organizations, offers free cancer screenings for breast, colon and skin cancers. Many of these screenings are available to those who are uninsured or underinsured.
44. **Together We Care and findhelp:** Online tool that connects individuals to area organizations offering free and reduced-cost social services and programs. The resource is completely free and can be accessed by visiting TogetherWeCare.UnityPoint.org.

45. **Wellness Coaching:** Health coaching is available to all employees and spouses at UPH-DM and available to all Corporate Wellness Businesses. Health coaches are trained in the intrinsic coaching methodology which assists individuals in using best thinking to identify steps and create results that are important for them.
46. **Yoga in the Park:** Partnership with Ankeny Parks and Recreation to provide free yoga classes in local parks on Saturdays during the summer months.
47. **Youth Summer Camps – Des Moines Park and Rec:** This 10-week program is intended for youth looking to have the day camp experience. Site locations were selected based on community need, partnerships, and safe spaces. Activities will include arts & crafts, sports, field trips, STEM programs, nature-based programs, swim lessons, and more. Blank Children’s Hospital is a supporter of these camps provides educational programing through advocacy and outreach.
48. **2-1-1 App:** A resource and referral directory that provides phone and web-based assistance to practitioners and individuals regarding community resources to support patients/clients.