

## Community Health Needs Assessment 2024-2025 Progress Report

Needs Assessment Finding	Implementation Plan	2024 Strategies	2024-2025 Progress Report
<b>Mental Health</b>	<b>Objective A:</b> Increase access to mental health services	<ul style="list-style-type: none"> <li>· Recruit additional child and adolescent psychiatrists/providers</li> <li>· Expand telepsychiatry services in region, including to Critical Access Hospitals in Nebraska</li> </ul>	Added Lindsay Bouckal, NP to maintain staffing  Will have Albion, Alliance, Lexington, McCook, Sidney, Tecumseh, Valentine, Wahoo, Wayne on the Teledyne process by end of October. Continuing with others, i.e.. Norfolk, Howard County, Kearney YRTC, and Superior
	<b>Objective B:</b> Assist patients in accessing mental health resources	<ul style="list-style-type: none"> <li>· Collaborate to grow mental health services in community by participating in steering committee for development of Children's Nebraska Behavioral Health Center</li> </ul>	Collaboration continues, however, CN is moving from planning to operational phase.
	<b>Objective C:</b> Provide opportunities for mental health education and resources to employees, patients and the public	<ul style="list-style-type: none"> <li>· Plan to host a Mental Health Summit led by Boys Town experts, for professionals who work with children</li> <li>· Expand online and printed resource materials on anxiety, competing with character, depression and other mental health topics</li> <li>· Create parenting classes for mental health topics</li> <li>· Provide resources to pediatricians on topics such as autism, anxiety, depression, bipolar disorder, and schizophrenia</li> <li>· Provide mental health information to parents, teachers and coaches at schools and sporting events in the community</li> </ul>	Planning for event in April, 2025. Beginning search for speakers in Q2 of 2024 and announced conference online/at American Psychological Association Conference in August 2024.  The BT Hotline has released the "Your Life Your Voice" ap which allows users to track their mood, journal and provides resources for dealing with emotions, including hotline information in one ap. Posted education on ADHD, autism spectrum disorder, a series on psychiatry myths.
	<b>Objective A:</b> Promote healthy eating and physical activity for patients and the community	<ul style="list-style-type: none"> <li>· Offer parenting classes on breastfeeding and nutrition conducted by Boys Town pediatricians and certified lactation counselors through Facebook Lives, Newborn Expos and throughout the year</li> <li>· Sponsor All Play Field in Elkhorn to provide sporting fields as well as inclusive play areas for children with disabilities</li> <li>· Develop educational resources for families to help guide them in healthy cooking, healthy grocery shopping and adaptive exercises for all abilities</li> </ul>	Shared video on lactation counseling video. Promoted breastfeeding email series. Have featured 6-video series on breastfeeding basics.  EAA has begun hosting events. The organization will also be participating in the CP Day carnival hosted by the Institute for Human Neuroscience in October.  Filmed "grocery store green flags" interview for KETV Taking Care Together partnership.

		<ul style="list-style-type: none"> <li>· Post monthly content from SPARK, pediatric weight management program, on nutrition, activity, mental health and health tips</li> <li>· Additional sponsorships to encourage activity</li> </ul>	<p>Topics posted include: produce picking tips, hydration habits, snack swaps, heart-healthy nutrition, overcoming mental barriers to build healthy habits. Boys Town Pediatrics sponsoring Power Up exhibit at the Omaha Children's Museum. Created education pieces on activity and nutrition.</p>
<p><b>Nutrition, Physical Activity and Weight Management</b></p>	<p><b>Objective B:</b> Support and expand services of SPARK clinic at east campus</p>	<ul style="list-style-type: none"> <li>· Continue to work toward Comprehensive Weight Management certification to include all required elements of service</li> <li>· Increase Dietician services to address nutritional needs of children with specific diseases and disorders</li> <li>· Explore summer camp for SPARK patients for 2024 to see what impact a controlled environment has on patient choices and progress</li> <li>· Explore incorporating feeding therapy into services to address food aversion</li> <li>· Participate in proposed research projects to explore cognitive function, inflammation brain development and genetic influences</li> </ul>	<p>Continue with strong referrals, steady bariatric cases and increasing medical weight management options with newer weight loss drugs</p> <p>The dietician staffing is adequately providing services in the SPARK clinic. Additional resources specific to diseases is available, i.e., ketogenic diet services for neurology and OT services along with dietary in the SPROUT clinic to aid with feeding issues.</p> <p>Holding summer camp June 13 and 14 at East campus-activities and healthy eating, may expand in future based on participation and feedback.</p> <p>Camp received media placement on local evening news.</p> <p>Referring patients to SLP who specializes in feeding therapy</p>
	<p><b>Objective A:</b> Expand Boys Town parenting resources and support services</p>	<ul style="list-style-type: none"> <li>· Improve reminder system to ensure appointment information is clear to minimize confusion on appointment location and time</li> <li>· Continue development of patient portal and direct schedule</li> <li>· Create a support group for pediatric weight management patients and their families with new focus and changes to promote participation</li> </ul>	<p>Implemented Arterra platform with location specific info and real time confirm/cancel.</p> <p>Additional direct scheduling via portal and contact center for primary care scheduling. This includes cases where the primary care physicians is managing mental health care services and provides additional options for patients.</p> <p>A Facebook support group is currently active for patients and their families</p>

<p>Parenting Education and Family Support</p>		<ul style="list-style-type: none"> <li>Comfort Menu (Kara to expand)</li> <li>Child Life changes (Chrissy to expand)</li> </ul>	<p>CARES program to improve patient experience, i.e., lab, comfort measures, etc. In place for lab and hospital, rolling out to clinics in a more standardized way</p> <p>Creating a series of printed menus with emotional safety tactics for parents and patients to choose from, broken down by age/procedure. Menus are in development in Boys Town clinics via the child life team, and legal team is working on acquiring a copyright.</p> <p>This information was also turned into a social media education series on managing a fear of needles in kids.</p> <p>Increased child life support in clinics, including ability to schedule CL to assist with appointments. Increased utilization. A mock MRI is in use to decrease the amount of sedation needed for tests for children by allowing them to experience what will happen ahead of the appointment, thereby increasing their comfort and lessening anxiety about the test.</p>
	<p><b>Objective B:</b></p> <p>Promote Boys Town parenting education and resources to parents and the public</p>	<ul style="list-style-type: none"> <li>Produce two Newborn Expos</li> <li>Promote Common Sense Parenting to current patient families and the community</li> <li>Provide parenting tips and articles at Boys Town, community and sponsored events</li> <li>Post parenting tips, articles, videos and downloadable tools on social media</li> </ul>	<p>Newborn Expo in April-virtual with some on-site options for participation, i.e., BLS for infants</p> <p>This fall, this event is being rebranded as Newborn Week and is scheduled for October 7-12. The event will include 5 virtual presentations throughout the week and an in-person skills workshop where we teach essential skills like infant CPR.</p> <p>Boys Town Pediatrics sponsoring Power Up exhibit at the Omaha Children's Museum. Created education pieces on healthy relationships.</p> <p>Videos posted include: summer contract and summer health tips, praise ratio, ADHD, caring for illness.</p>