



Community Health Needs Assessment 2023-2024 Progress Report

Needs Assessment Finding	Implementation Plan	2023-2024 Progress Report
<p style="text-align: center;">Mental Health</p>	<p>Objective A: Increase access to mental health services</p> <p>Objective B: Assist patients in accessing mental health resources</p> <p>Objective C: Provide opportunities for mental health education and resources to employees, patients and the public</p>	<ul style="list-style-type: none"> • Recruited Lindsay Bouckal, NP to maintain staffing • Expanded telepsychiatry services in region, including to Critical Access Hospitals in Nebraska in Albion, Alliance, Lexington, McCook, Sidney, Tecumseh, Valentine, Wahoo, Wayne, Norfolk, Howard County, Kearney YRTC and Superior • Collaborated with Children's Nebraska on development of Behavioral Health Center through planning phase. • Planning underway for a Mental Health Summit to be led by Boys Town experts who work with children nationwide for April, 2025 • Online and printed resources have been expanded to include materials on anxiety, competing with character, depression and other mental health topics. 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. Education was posted on ADHD, autism spectrum disorder and a series on psychiatry myths.

**Nutrition, Physical Activity
and Weight Management**

Objective A: Promote healthy eating and physical activity for patients and the community

- Offered information on breastfeeding including a lactation counseling video, a six video series on breastfeeding basics, and an email series on breastfeeding
- Worked in sponsorship with Elkhorn Athletic Association (EAA) to provide sporting fields as well as all-inclusive play areas for children with disabilities
- EAA also participated in the CP Day Carnival hosted by the Institute for Human Neuroscience
- Developed education resources for families to help guide them in healthy cooking and grocery shopping with "Grocery Store Green Flags" interview for KETV Taking Care Together partnership
- Posted content from SPARK pediatric weight management program including produce picking tips, hydration habits, snack swaps, heart-healthy nutrition, and overcoming mental barriers to build healthy habits
- Developed additional sponsorships to encourage activity including sponsoring the Power Up exhibit at the Omaha Children's Museum

Objective B: Support and expand services of SPARK clinic at east campus location

- Continue to work toward Comprehensive Weight Management certification with strong referrals, steady bariatric cases and increasing medical weight management options with newer weight loss drugs
- Dietician services to address the nutritional needs of children with specific diseases and disorders continues in the SPARK clinic as well as for neurology with ketogenic diet services, and dietary and occupational therapy services in the SPROIUT clinic to aid with feeding issues
- Provided a summer camp for SPARK patients with activities to encourage activity and healthy eating
- Incorporated feeding therapy into services with referrals to speech language pathologist who specializes in feeding therapy to address food aversion

Parenting Education and Family Support

Objective A: Expand Boys Town parenting resources and support services

- Improved appointment reminder system with Arterra platform to ensure appointment information is clear to minimize confusion on appointment location and time with real-time ability to confirm or cancel appointment
- Continued optimization of patient portal with direct scheduling and contact center for scheduling including cases where the primary care physician is managing mental health care services and provides additional options for patients
- Created a support group for pediatric weight management patients and families on Facebook
- Developing CARES program to improve patient experience, i.e., lab, comfort measures, etc.
- Child life is developing a series of printed menus with emotional safety tactics for parents and patients to choose from, broken down by age and procedure. These will be copyrighted materials.
- Education was provided on social media with a series on managing fear of needles in children
- Increased child life support in clinics, including ability to schedule child life to assist with appointments.
- 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

Objective B: Produce Newborn Expos

- A virtual event was held in April with some on-site options for participation, i.e., basic life support for infants
- The fall event was rebranded as Newborn Week and included 5 virtual presentations throughout the week and an in-person skills workshop to teach essential skills such as infant CPR.
- Educational videos were posted to provide parenting tips including summer health tips, praise ratio, ADHD and caring for illness