



2020 Community Benefit Report

Community Benefits Identifying Community Needs

In addition to our leadership and support of efforts to address the COVID-19 pandemic, our team continued to identify ways to ensure community members and patients were able to practice health habits and engage safely outside of the home.

Our most recent Community Health Needs Assessment ([CHNA](#)), guides our strategies to ensure we are meeting the most important needs within our community.

In 2020, Beaumont Health provided almost \$378 million through community engagement initiatives, health programs, clinical initiatives and health outreach strategies across Southeastern Michigan.

Our employees and leaders more than ever continued to engage in partnerships, resource sharing and programs designed to support the highest priority needs in our community.

Beaumont

School based health centers

The Child and Adolescent Health Center program services are aimed at achieving the best possible physical, intellectual and emotional status of adolescents by providing services that are high quality, accessible and acceptable to youth. Included in the Child and



Adolescent Health Program are three models of service delivery - clinical health centers, School Wellness Program, and Behavioral Health Service models. The School Wellness Program sites pair an RN with a mental health counselor to provide limited clinical services, referrals, health education and immunizations. The behavioral health service model provides a full-time licensed mental health counselor to a school. Last year, we conducted Medicaid outreach to almost 100,000 individuals; had 13,000 participants in health education programs; and completed more than 8,700 visits including medical, mental health and tele-health.

The clinical school-based health centers program is targeted to uninsured, underinsured and Medicaid children ages 5-10 and adolescents ages 10-21 as well as infants and small children of eligible adolescents.

Mental health site expansion

Five new schools' sites around the Beaumont Health region were launched through funds received from the Michigan Department of Health and Human Services (MDHHS) for EXPANDING, ENHANCING EMOTIONAL HEALTH (E3) locations. The program located in a school or on school grounds provides on-site comprehensive mental health services to support mild to moderate severity of need. Services includes referrals, tracking and follow-up, and operates five days per week. Clinical services are provided by a licensed master's level mental health provider.



The Taking Pride in Prevention (TPIP) program

Educating adolescents on current topics for personal well-being and life's challenges.

This program is designed to educate adolescents on both abstinence and contraception to prevent pregnancy and sexually transmitted infections (STIs), including HIV/AIDS, and incorporates the following three adulthood preparation subjects: 1) healthy relationships; 2) adolescent development; and 3) parent-child communication. The goal of TPIP is to reduce the rate of teen pregnancy in Michigan. This will be achieved through the replication of evidence-based effective program models or substantial incorporation of elements of effective programs that have been proven to change behaviors. TPIP targets youth and young adults between the ages of 12 and 19.

Substance abuse prevention

Programs were implemented with various evidence-based curriculums to provide programming for elementary through high school age students in the communities we serve focusing on substance abuse and violence prevention. These lessons cover topics such as making decisions, utilizing effective communication skills, learning to use empathy, bullying prevention, saying no and the dangers of drugs and alcohol. A parenting component also teaches parents of teens to utilize effective methods to support their children. This component gives parents the confidence and courage to meet the challenges and savor the joys during their children's teenage years.



MDHHS Overdose Prevention Safer Systems of Care grant

This is an intervention grant that allows for development of a Quick Response Team (QRT) consisting of a family support coordinator, a law enforcement officer (plain clothed) and one peer recovery coach. Within 72 hours of a reported overdose, the survivor is visited by our QRT. The team uses their experience to assist the individuals and their families as they navigate a very complex system. If the individual is not open to treatment, the QRT leaves a resource packet, Narcan, as well as information for their family, who are eligible to accept any resources provided. Strong relationships with our community partners increase coordination and efficiency of services for our clients and families. In addition, our family support coordinators work with any youth to provide additional support, increase their protective factors and healthy coping strategies.

MDHHS Harm Reduction/Safe Syringe program (SSP)

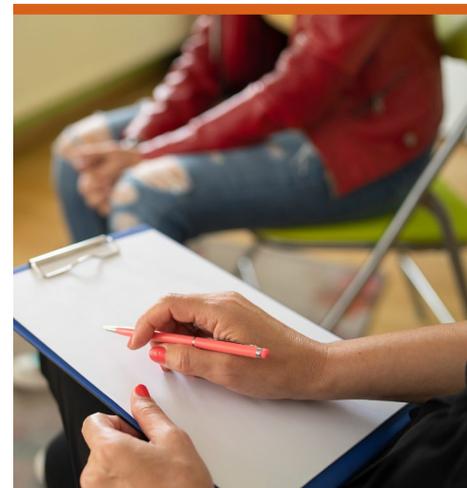
This program focuses on the opportunity to positively impact our communities with a harm reduction program to service residents to reduce overdose deaths, and reduce and treat Hepatitis and HIV infections. This program is an extension of our new overdose Quick Response Team (QRT) program, giving us the ability to increase our outreach, educate our communities, as well as dispelling myths and reducing the stigma associated with substance use disorders and HIV infection. In addition, providing PrEP/PEP/Vaccination education and referrals to those at highest risk.

Substance Abuse Violence Educators (SAVE)

Provides a year-long curriculum to all sixth graders in Taylor at Hoover and West Middle Schools. Utilizing two evidence based curriculums, presentation topics included: substance abuse facts, impact of substance abuse use on the family, influence of alcohol and tobacco advertising, the dangers of inhalants, prescription medications, peer-pressure and refusal skills, communication, emotion management, decision making, goal setting, and de-escalating conflicts.

SAVE Peer-Education Program

Recruit, train, educate and supervise high school and college age youth to assist in the delivery of substance abuse prevention services to elementary and middle school youth, including prevention education and mentoring. Conduct weekly group trainings and support to address substance abuse-related pressures and problems experienced by teens in our communities.



Modified programming

Our team quickly adapted to address the needs of community members by revising the method and platform in which we offered programs. Program delivery was adapted to a virtual platform beginning in March 2020. This created some new challenges as well as some new opportunities for our programs, staff and the community that we serve.

Drive up flu clinic for teens

Provided flu vaccines through drive up sites for medically underserved children and adolescents, school staff and community members. Additional funding was received to provide COVID-19 immunization efforts directed to the targeted populations in communities. Community immunization clinics provide services for all ages, are held outside of normal health center hours and on weekends. The events were conducted at area schools, churches and community organizations.



COVID-19 screening

Provided for Oakland County schools. Child & Adolescent Center Nurse Practitioners and Beaumont Health RNs screened calls from parents for the Oakland County COVID-19 Assessment phone hotline. Child & Adolescent Health Social Workers provided telephonic bereavement support to Beaumont families who lost a loved one to the Coronavirus. Additional families were issued further resources to assist them in coping with their loss.

COVID-19 virtual education

Programs were offered to maintain health of community members when isolated. Healthy lifestyle classes were hosted for the community in one-hour sessions. One example of the healthy lifestyle class is a healthy nutrition virtual presentation from a Beaumont Health dietitian, and a Beaumont Community Health AmeriCorps member. The class discussion focused on understanding what a well-balanced meal looks like, how to create a well-stocked pantry, and healthy recipe swaps.

SCHOOL SUPPORT GROUPS

Participants were referred to the groups by school staff and/or parents. Some students are self-referred. The groups were held during the school day in private classrooms and then on ZOOM. The groups included: LGBTQ support groups; girls support groups; boys support groups; and healthy relationships support groups. Groups were divided by grade and gender when appropriate.



Virtual programming (cont.)

Taylor Summer Arts & Prevention Academy

Was held virtually for the first time. During the pandemic, schools closed their doors; students had to participate in distance learning from their homes. To meet the health needs of the students, the School Based Health Centers successfully implemented our telehealth and counseling programs providing on going support for our patients.

Taylor Teens Opportunity through Prevention Services (TTOPS)

This court diversion program was developed with the School Based Health Center, the Taylor School District, the Taylor Police Department and the Juvenile Diversion Program of Wayne County Probate Court in 1994. TTOPS is an eight-week program designed to offer an effective combination of youth skill development and personal accountability for 11- to 17-year-olds, (with an emphasis on ages 11-14), who are considered first time or early offenders.

Supporting the work of our communities

Beaumont Health continues to support collaboration of community members, stakeholders and advocates across each of our regions. Our local community coalitions provide an avenue for members to identify new opportunities and engage with each other to address changing needs. In 2020, there was a large emphasis on providing opportunities for residents to engage outdoors safe environments.

Healthy Dearborn

The workplace action team supported Dearborn employers and employees in adopting worksite wellness programs that foster a healthy work environment. The action team partnered with the American Heart Association to implement their Workplace Health Solutions program



with Dearborn businesses; received a \$2,000 award from Taste the Local Difference and the Michigan Dept. of Health and Human Services to purchase bikes for Brome Eatery employees to use on their break; and supported three University of Michigan-Dearborn students to create a policy brief on "Stress Management in the Workplace." The school action team works to ensure that all Dearborn Public School students are meeting the state recommended standard for physical activity and consuming the recommended amount of daily fresh fruits and vegetables.



Healthy Dearborn: Fun Healthy Resources

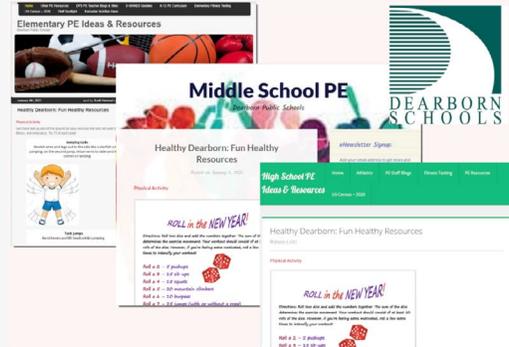
The Healthy Schools Team is providing blog posts for the Dearborn Public School's physical education blogs. New content from us is posted the first Friday of every month. There is a blog for elementary, one for middle school and one for high school. Students and families can find useful fun healthy resources that are tailored to each school level. Look for the blog posts titled "Healthy Dearborn: Fun Healthy Resources" in each blog.

Blog Links:

[Elementary PE](#)

[Middle School PE](#)

[High School PE](#)



"When a community joins together, great things can happen..."

The Healthy Schools team distributed 8,500 newsletters on COVID-related health information to schools, teachers, parents, and students through the Dearborn Public Schools lunch program. They created monthly "Healthy Dearborn: Fun Healthy Resources" blog posts for elementary, middle and high schools in Dearborn Public Schools, and developed and implemented a survey for Dearborn Public School leadership to understand/address barriers and concerns with COVID-19, specifically unmet needs of families and students and staff burnout. Response rate was around 76% and identified language barriers, technology, access to food and isolation.



Beaumont

Beaumont Health provides care, education and resources to improve health throughout the region.



300,000

served through community programs



900

attendees at coalition meetings



6,876

community screenings and remote programs



9,000

clinical visits through school-based health centers



15,000

medical & health professional students received education from Beaumont

Health Community Grosse Pointe/Harper Woods (GPHW)

offered a drop-in weekly yoga and meditation series. The sessions were offered every Saturday; outside and socially distanced with masks, under the pavilion. Sessions ran June through October.

Detroit Abloom Wellness Park offered Beaumont's Food is Medicine program, healthy cooking, yoga, and meditation. A walking trail is being planned, along with a medicinal, intergenerational, children's garden.



Pointe Peddlers weekly cycling group provided a structured opportunity for riders and walkers to participate in a socially distanced, masked, outdoor bike-ride and encourage and inspire physical activity through a social environment and group support. The group bike ride took place Wednesday evenings, June through October. The free, family-friendly sessions start at a new location each week, providing participants with a great opportunity to explore the community. Cyclists complete a five to six-mile ride. As a no drop program, the group rides or walks at a comfortable pace attracting 600 people to various routes through the Grosse Pointes, Harper Woods and Detroit.

School garden program at Defer Elementary School in Grosse Pointe Park was developed in partnership with Healthy GPHW and the Grosse Pointe School System. The garden has a new working greenhouse and garden in each classroom. The goals are to improve health and wellness through understanding the connection between the environment and health, and increased fruit and vegetable consumption.

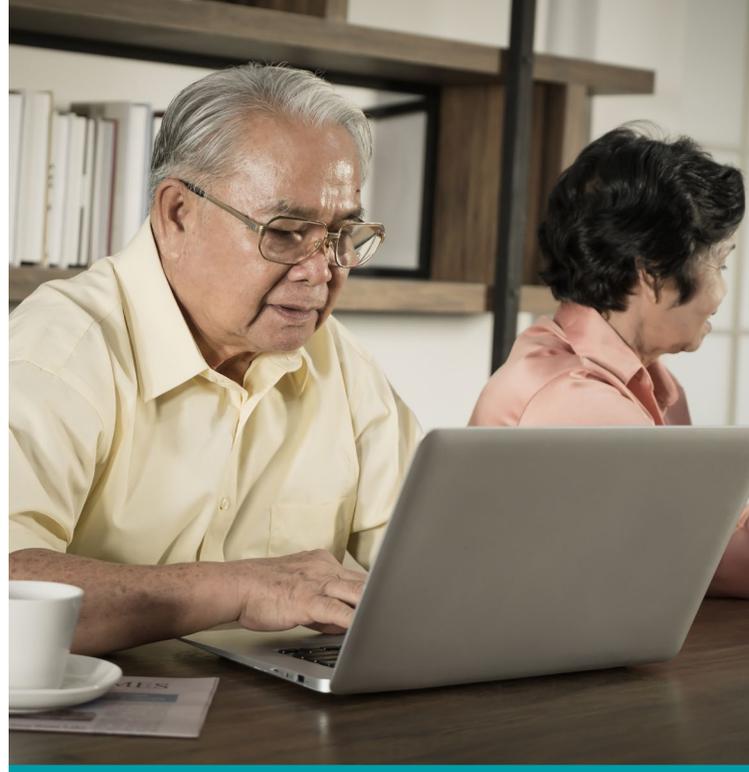
Healthy Trenton partnered with the Trenton Trail Town Initiative on an advisory group for implementation of the city's Trail Town Master Plan that was developed in 2019, from funding secured by the Downriver Linked Greenways for planning. The group used the Master Plan to prioritize strategies.

Healthy Wayne/Westland coalitions saw a significant expansion and deepening of the relationship with the National Kidney Foundation of Michigan (NFKM). The collaboration led to the completion of the Promoting Activity Communities Assessment, where opportunities for community activity related improvements were identified. Results shared between communities included the need for safe walking, biking and vehicle pick up/drop off at school; active transportation storage; an increased number of speed limit signs; and school amenities available for public use. Findings were delegated across teams and brought forward as 2021 high priorities.

Diabetes Prevention Program (DPP) and partnerships

These programs are facilitated through working closely with community agencies, coalitions and partnerships such as Macomb Partners in Health, the National Kidney Foundation of Michigan, Michigan Healthy Programs and the Greater Detroit Area Health Council to develop best practices and share learnings within implementation of the DPP. Through these partnerships, state and regional standards will be designed along with development of referral networks across organizations. The Southeast MI Hospital Collaborative supports a collaborative approach to address the needs of people with prediabetes in Southeast Michigan. The Collaborative now includes representatives of the area's four major health systems as well as a community-based organization. The Collaborative aims to demonstrate that a greater impact can be achieved through collaboration and combining resources to meet the needs of the region's prediabetes population.

Beaumont Health provides a variety of community programs to support chronic conditions. The Diabetes Prevention Program has been offered to community members and patients since 2017. Data shows the Chinese community disproportionately experiences diagnosis of prediabetes and diabetes. Beaumont Community Health partnered with the Association of Chinese Americans and the Beaumont Medical Group to offer the Diabetes Prevention Program in Chinese. Participants have seen more than a 5% average loss of body weight.



Positive changes

"I do feel like your class was instrumental in helping me focus on healthy eating, setting specific goals, a good way to monitor myself for life and being kind to myself when I goof up, instead of throwing in the towel. So, you've probably heard the starfish story about making a difference with the one starfish the guy threw back in the ocean. Your class and your comments have helped me in major health ways where I was stuck on the unhealthy beach of life. You helped me get back where I needed to be in the healthy sea."

As Health Equity is a priority for Beaumont Health, we look to continue to offer the program to continue to support Chinese Americans in preventing Type 2 Diabetes.

QUOTES

“It was ALL good and necessary. I admit I was not a fan of the food tracking but it was absolutely beneficial to see what I was doing and keep me focused on my goal and make adjustments as needed. Overall, the course was invaluable!! I have gained more strength in my tenacity to do the best I can in my food intake choices for my health. Why? Because I AM worth it.”

“You made a very positive impact on me. I think of you and all your great advice during our class meetings. Over the years I put on weight and dropped weight. For some reason because of your pleasant input, the light finally came to me. Indirectly and directly I often reflect on your good advice. You are my silent sounding board.”

“Thoroughly enjoyed even though we had virtual classes. Our electronic guru kept us up and running for all six weeks. Our moderators for the six weeks were terrific at keeping it a fun and interesting class. It was fun and also serious. I love the free book; the CD's and all the email resources were so valuable and will continue to be a part of my life. I have recommended this class to everyone I know. Thank you very much.”

“I want to thank whoever is responsible for setting up this program for diabetic education. I am an insulin dependent diabetic for three years. I believe whenever anyone is willing to educate me, especially for free, it is truly a gift and when presented well, as this class has been given. I must applaud all, the presenters and the technical support, thank you, thank, you, thank you.”

Diabetes, with the right diet, exercise and lifestyle changes, can be managed so that you can continue to do the things you love.



Walking

Beaumont Health continued its support for community members by providing opportunities to engage with nature. During periods of quarantine and in the early stages of the pandemic, these opportunities provided a chance for social engagement and fitness for community members.



Wellness Walk and Talk (WWAT) launched as part of a long-standing partnership with the Farmington Hills Nature Center (Heritage Park) is an offering designed for anyone interested in taking steps to a healthier future. The program provides an opportunity to gain useful health-related knowledge along with the benefits of a healthy walk. Beaumont Health professionals provide a half hour presentation on a health topic of interest, then enjoy a casual question and answer conversation with attendees during a half hour walk through the Farmington Hills Nature Center. Free sessions include light healthy snacks and educational materials to take home. The sessions were held with temperature and health screening, facial masks, outdoor classroom sessions and social distancing implemented as safety precautions.

Walk and Roll (Dearborn) is a structured opportunity for riders and walkers to participate in a mixed group bike-ride or walk. Walk and Roll is designed to encourage and inspire physical activity through a social environment and group support. Dearborn Walk and Roll is a seasonal program, taking place Wednesday evenings, May through October. The free, family-friendly sessions start at a new location each week, providing participants with a great opportunity to explore the community. Cyclists complete a five to six-mile ride and pedestrians take a one and a half to two-mile walk.

Walk With Ease (WWE) is a six-week physical activity program that helps participants reduce pain and improve overall health by building up to 30 minutes of walking, at least three days per week. Offered in partnership with the National Kidney Foundation of Michigan, WWE is offered to community groups in an virtual/self guided format, with participants and a certified WWE Leader attending sessions; or as a six-week self-guided program that begins with a virtual information session to orient participants to the program. In its virtual/self-guided format participants receive a program guidebook by mail along with weekly support emails and videos and connection with a coach who provides support by phone.

The Walkabouts –

A walking program in Farmington

Farmers markets serve as community-building and community-defining institutions. For many patrons, the social aspect of many farmers markets may be as important as the business. They provide for social interaction among diverse groups of neighbors and serve as a civic forum regarding matters of importance to the community, e.g. public health issues and community planning issues.



Voted one of the best farmers market in Michigan, the Farmington Farmers Market experienced record high attendance during the 2020 season. And as the community rallied around the market and took to the streets for exercise and diversion during the lockdown, the idea of a structured walking group came to reality. The Walkabouts, a partnership between the Farmington Farmers Market and Beaumont, created one-mile walking loops through the downtown area for local leaders (police, fire, healthcare, education, etc.) to lead educational walks free to patrons.

The Walkabouts opened their season with Farmington Mayor Sara Bowman, who was part of a previous attempt to get a regular fit walk going. "It was tough to get people to lead," she said. "This is a more concentrated effort to put it out there so people know they can rely on it. The walks are not just about getting fit but also camaraderie and building community. It's another opportunity for people to be active together while also supporting local and healthy foods."

With the support of Beaumont, they developed half a dozen routes that ranged from one to one-and-a-half miles. Walkers were able to sign up at the market to track their progress and received incentives for completing each eight-mile leg of the journey. The goal for the season was to complete 24 miles and it was a success.

The Walkabouts ran from June through October 2020 with an average of 30 people walking each week. "The market is known to attract patrons from across the metro region," as explained by Walt Gajewski, Market Manager. "Prior to the pandemic, many workplaces offered walk challenges but in our new state of working remote, that's not an option for many. The farmers market was a great place to relaunch walking groups, while also supporting local and building community."





Seeds for health

Dearborn's Seed Library is an important library resource that helps to promote food independence, seed diversity, maintaining heritage varieties and the saving of seeds that are adapted to the local climate and growing conditions. In general, seed libraries share the wonder of growing your own food- or plant- from seed, promotes cost saving and sharing, encourages sustainable practice and offers a great way to give back to the community.

Initially found in rural communities where seeding is a common practice, urban areas have increasingly established seed libraries to help educate the public on food sourcing and healthy growing techniques. With nearly 100 seed libraries across the state, the Dearborn Community Library was a natural partner to implement a seed library and share information about growing and cultivating healthy food.

The idea is simple: Anyone from the community can browse through the hundreds of small, yellow, hand-stuffed seed packets and take whatever they want to plant in their home gardens. It's completely free and open to anyone, with or without a library membership.

Seeds circulated in the Dearborn Seed Library are typically regionally adapted and heirloom. While technically "loaned," patrons are not required to return the seed varieties in the fall.

Beaumont's Healthy Dearborn Coalition,

Dearborn's Seed Library has drawn volunteer hours from dozens of community members and UM-Dearborn students, staff and faculty to promote access to fresh foods. In 2020, the Dearborn Seed Library packaged, labeled and stocked the library with more than 100 different kinds of flower and vegetable seeds, all of which were non-GMO and non-hybrid.

However, they are encouraged to properly harvest the seeds using techniques taught through the Dearborn Seed Library program to ensure the quality of the seeds for the next growing season.

"It's a great initiative for the community's health. People are very interested in health topics and it saves them money," says Dearborn librarian Patty Podzikowski. She says the Dearborn library always had a gardening section but the seed library has created a demand for an increased stock of gardening and other healthy living books.

The Dearborn Seed Library also serves a complementary role with Healthy Dearborn's community health education initiatives. Healthy cooking programs have previously been offered through Beaumont Health's "Personal Action Toward Health" in a small teaching kitchen at the library. With the support of Beaumont, the seed library supports the connection between farm to table, with the goal of creating sustainable micro-gardens to promote the consumption of fresh fruits and vegetables as part of a healthy lifestyle.

Meeting the needs of our community

Food insecurity was a major issue, prior to the COVID-19 pandemic with more than 37 million people in the U.S., including more than 11 million children, considered food insecure according to Feeding America. Estimates are over 19% of Michigan residents will experience food insecurity, with Wayne County, in Southeast Michigan, expected to be one of the hardest hit areas.

Prior to the pandemic Beaumont Community Health partnered with Gleaners Community Food Bank of Southeastern Michigan, offering classes to help individuals stretch their food dollars. Beaumont shifted this financial support to assist with food distribution in the Beaumont Health service areas. Beaumont supported food distribution to more than 61,000 homes from March 2020 through September 2020 through this partnership.



Beaumont Health's Community Resource Network

In partnership with Find Health, Beaumont Health's Community Resource Network provides a standardized resource tool to address and connect patients' social needs in a personalized manner. The Beaumont Community Resource Network recognizes 10 social domains of need, including abuse, food and goods, mental health, education and work, housing and utilities, transit, health, financial, care, and legal. Within these domains there are a total of 65 subcategories that allow for easier navigation.

Beaumont Community Resource Network can be accessed by all residents in the Southeast Michigan community.

IT IS AS EASY TO USE AS

1. identify needs
2. enter zip code and search resources
3. connect and get help.

The network allows Michigan residents to connect with the services they need – with dignity and ease.

GET CONNECTED TODAY



Beaumont

2020 Community Investment



\$377,638,686

Total Community Benefit



\$46,370,509

Health Professions
Education



\$308,930,796

Unreimbursed
Cost of Medicaid



\$6,317,634

Community Health
Improvement Services



\$8,255,174

Financial Assistance



\$6,684,290

Subsidized Health
Services



\$1,034,448

Research



\$45,835

Cash and In-Kind
Contributions

Beaumont