



sauk prairie
HEALTHCARE



Community Health Improvement Implementation Plan 2025-2027

Approved: March 17, 2025

PLANNING FOR ACTION AND MONITORING RESULTS

The purpose of the Community Health Needs Assessment (CHNA) is to provide data and direction to drive our Community Health Improvement Plan (CHIIP). The following document summarizes actions taken, or planned, by Sauk Prairie Healthcare to address the health needs identified in our CHNA.

Key Priorities

Sauk Prairie Healthcare determined priorities for the 2025-2027 CHNA and CHIIP. Priorities SPH can directly address through programming and clinical partnerships are:

- **Mental Health** – access to services, training and education, reducing stigma
- **Chronic Medical Conditions** – help patients avoid and address preventable medical problems
- **Substance Misuse** – use and abuse of alcohol, drugs, nicotine

The following priorities cannot be addressed directly by SPH, but we do have the capacity to support the efforts of leaders in the communities we serve:

- **Dependent Care** – access to affordable alternatives for the care of children and elderly adults
- **Social Isolation** – isolation caused by the lack of family and friends or geographic and/or transportation inaccessibility
- **Housing** – that is safe, and people can afford

This document does not currently reflect SPH's participation in efforts to address Dependent Care, Social Isolation, or Housing. However, members of SPH leadership stay connected with individuals and groups whose focus is to address these issues.

SPH will directly address Mental Health, Chronic Medical Conditions, and Substance Misuse through a variety of programs and actions. Current and planned efforts to address our community health need priorities are shared below:

MENTAL HEALTH

Mental health has been a top priority in each of SPH's Community Health Needs Assessments (CHNAs) due to its extensive impact on individuals and society. Around 20% of Americans experience mental illness annually, with about 5.5% having serious mental conditions, such as schizophrenia or severe depression. In Wisconsin, approximately 22% of adults report mental health conditions, with significant consequences for their ability to manage stress and daily responsibilities. Mental health conditions affect approximately 25.6% of adults in Sauk County, with poor mental health days reported at rates higher than the state average.

Untreated mental health issues impose a \$193 billion annual economic burden in the U.S. due to lost earnings alone. Societal impacts are extensive: mental illness contributes to 25-30% of homelessness, 60% of incarcerated populations, and is a leading cause of suicide, which claims over 48,000 lives annually in the U.S. Furthermore, the shortage of mental health providers exacerbates these issues; Wisconsin has over 100 mental health professional shortage areas, with ratios of one provider for every 570 individuals in some regions, compared to a national average of 1:350.

Community survey data indicates that 62% of respondents consider mental health to be the most important community problem. Community focus groups highlighted the limited access to mental health providers, and the groups often linked social isolation as a cause and/or compounding factor in the prevalence of mental health issues.

Community suggestions focus on increasing mental health services, education to reduce stigma, and accessible therapy options for diverse populations.

Mental Health Initiatives and Programs:

Adolescence Empowerment Program

Description:

Program aims to empower young men and women through journaling, cooking, and fitness programs.

Goal:

Establish and carry out empowerment programming for at-risk teens throughout the primary service area. Lead by the SPH Women's Health Steering Team (WHST), we believe "Healthy Girls = Healthy Women = Healthy Communities." Programs are funded by the Sauk Prairie Healthcare Foundation.

Status:

SPH will continue to provide Smoothie Classes to student groups in 2025.



Twenty students from River Valley Middle School participated in Sauk Prairie Healthcare Foundation's Youth Empowerment class. The group learned how (and why) to make smoothies at River Valley Middle School.

**Description:**

Sauk Prairie Healthcare is committed to collaborating with the local farm group Farmer Angel Network and Sauk County Health Department. The coalition is a group of concerned citizens working to prevent suicide through awareness, education, collaboration, and improved access to mental health care. Through conversations with those dealing with mental health issues, the team strives to bring the community, especially farmers and their families, together to reduce the stigma of mental health.

Goal:

To support grassroots initiatives designed to prevent suicide and other mental health issues within the agricultural communities.

Status:

Sauk Prairie Healthcare has one employee actively involved with The Farmer Angel Network which is a collaboration of Sauk Co. Public Health, Extension Sauk Co., Project Recovery, local churches and concerned farmers whose goal is to support area farmers through a time of depressed farm income, challenging cropping season and the highest rate of farm bankruptcies that are occurring. Mental health awareness and support resources are the key focus of this effort. The Farmer Angel Network supports area farmers and educate the public about the issues farmers are facing. Their goal is to help create strong rural communities that support agriculture by providing education, resources, and fellowship with a focus on mental health.

Description:

Sauk Prairie Healthcare's integrated model of care that addresses patient needs in a timely and coordinated way.

Integrating behavioral health into healthcare practice provides mental health and/or substance abuse screenings and treatments. These efforts can include coordination between primary care providers, case managers or behavioral health consultants, and mental health specialists (e.g., psychiatrists). (<https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/behavioral-health-primary-care-integration>)

Goal:

To develop comprehensive, patient-centered behavioral health programs that ensure accessible, high-quality mental health services for individuals of all ages across the SPH organization. These programs will integrate behavioral health into primary care, emergency and hospital inpatient settings, leveraging both telehealth and in-person services. By implementing evidence-based, culturally responsive interventions, the program aims to enhance care coordination and improve overall community wellbeing.

Status:

Initiatives with Sauk Prairie Healthcare's Behavioral Health Program were identified and began to be worked on:

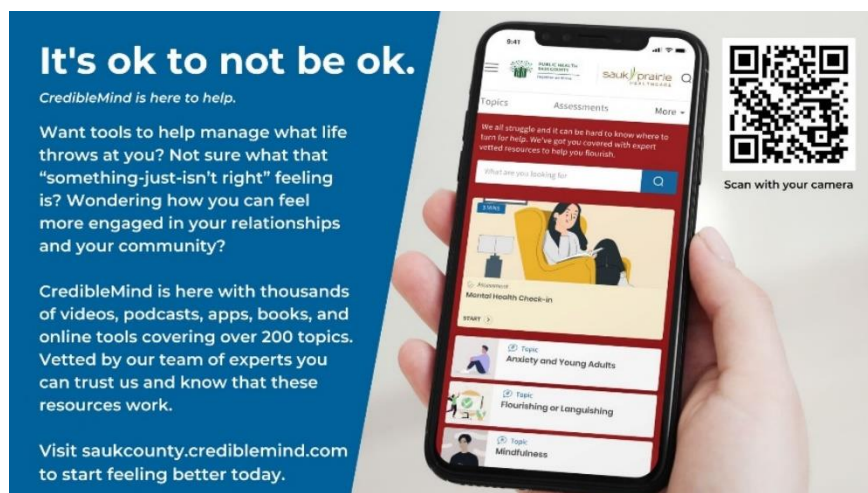
- Creating dedicated programs across the SPH organization.
- Providing virtual pediatric counseling through Bend Health through SPH clinics.
- Providing Crisis Management through ITP to provide real-time virtual behavior health assessments, recommendations, consults, and bed placement (if needed) of emergency department patients to obtain rapid access to inpatient care. Currently working to expand this program to all of SPH inpatient beds.
- Collaborating with the Sauk Prairie School District and have placed a Licensed Clinical Behavioral Health Therapist in the k-12 schools.
- Currently working to recruit candidates to provide geriatric behavioral health services for the geriatric population in nursing homes and assisted living facilities located within Sauk Prairie Healthcare clinic service areas.
- Working to incorporate our EHR to document behavioral health information.
- SPH continues to hire therapists for patient behavioral health care.

Description:

CredibleMind is an app which provides a localized, wellness-oriented digital platform that enables employers, insurers, healthcare providers, and community organizations to support consumer-centric engagement.

Goal:

Sauk Prairie Healthcare's participation in the CredibleMind app will help reduce stigma, build resilience and allow for earlier intervention while providing information and connection to local mental health support.

**Status:**

The application went live in 2023 with Sauk County Health and Sauk County hospitals all promoting its use via various channels. SPH continues to sponsor the app.

Mental Health First Aid

Description:

Mental Health Educational Program: Mental Health First Aid is an 8-hour classroom setting program designed to teach how to identify and spot the signs of mental illness, how to respond when identified, and provide the tools and resources to assist those who need assistance. All classes are fully funded with a grant from the Sauk Prairie Healthcare Foundation and were free of charge to all who participated.

Goal:

Provide the knowledge to staff and those in the community how to identify the signs of mental illness and know of the resources available for help. We want to create confidence among those trained to provide assistance if/when they identify individuals who may need mental health assistance. In addition, we would like to reach out to the rural community specifically due to the increase in suicides among farmers.

Status:

SPH Foundation is fulling funding Mental Health First Aid Classes for the public.

- March 14, 2025 – Sauk Prairie Healthcare, Prairie du Sac, 23 participants
- July 25, 2025 – Elderflower Retreat, Spring Green, 18 attended
- August 21, 2025, Sauk Prairie Healthcare, Prairie du sac, 7 attended (First Responders)

Description:

Sauk Prairie Healthcare participates in the following committees and coalitions:

- MAT Providers Committee (Facilitated by Sauk County)
- Prevent Suicide Sauk County Coalition (Facilitated by Sauk County)
- RWHC Behavioral Health RoundTable (Facilitated by the Rural Wisconsin Health Cooperative)
- Sauk County Crisis Management Committee (Facilitated by Sauk County)
- Sauk County Crisis Mapping Workgroup (Facilitated by Sauk County)
- Sauk County Overdose Fatality Review Team (Facilitated by Sauk County)
- Sauk County Suicide Death Review Team (Facilitated by Sauk County)
- WCHQ Behavioral Health Improvement Team (Facilitated by the Wisconsin Collaborative on Health Equity)
- WHA Member Mental Health and Addiction Forum (Facilitated by the Wisconsin Hospital Association)
- Wisconsin Coalition for Social Connection

Goals:

[Prevent Suicide Sauk County Coalition](#) work to ensure everyone in Sauk County finds the support they need, ending suicide attempts and deaths.

[Sauk County Overdose Fatality Review Team](#) work to better understand the nature of overdose deaths in our county through comprehensive information sharing, to recommend and/or develop proactive initiatives to prevent overdose deaths, and to strategically focus limited resources on identifiable risk factors.

[WHA Member Mental Health and Addiction Forum](#) work with lawmakers to ensure patients receive the best, most appropriate care by addressing mental health policies in a coordinated, multi-faceted fashion.

[Wisconsin Coalition for Social Connection](#) (work to engage partners in reimagining how we can combat the root causes and adverse consequences of social isolation and loneliness among older adults and people with disabilities in our state.

CHRONIC MEDICAL CONDITIONS

Chronic diseases such as obesity, hypertension, and diabetes are significant health concerns. Locally, 37% of adults in Sauk County are obese, slightly above Wisconsin (34%) and the national average (34%). Hypertension affects 18% of Sauk County residents, comparable to the state rate but higher than the national average of 17.3%. Diabetes rates in Sauk County are consistent with Wisconsin (6.9%) but require improved management, as only 16% of diabetics locally have their A1C levels under control. Nationwide, chronic diseases account for 7 of the top 10 causes of death, emphasizing the need for preventive care, health screenings, and education at the state and local levels.

Chronic Medical Conditions Health Initiatives and Programs:

5k Walking Class

Description:

Training program designed for post hip and knee replacement community members who are motivated to get active. When successfully completing the class, they become capable of participating in the Sauk Prairie Cow Chip 5k Walk as a group. Program is provided free of charge and taught by Wellspring staff.

Goal:

To support and build up endurance of post hip and knee patients to help them successfully complete a 5k walk.

Status:

SPH continues to offer virtual class to community members in advance of the annual Cow Chip Orthopedic walk to encourage recover and physical fitness.

Community Population Health Management

Description:

Population Health Management (PHM) in a clinical setting involves the use of data-driven approaches to improve health outcomes across a defined group of patients. This proactive strategy focuses on preventive care, chronic disease management, and addressing social determinants of health to enhance overall patient well-being while reducing healthcare costs.

Goal:

SPH works with patients in the primary care setting, as well as other clinical areas, to ensure health screenings, immunizations, medication adherence, and other measures are monitored and improved. The following list indicates the number and type of metrics that are monitored.

Cancer Screenings

- Colorectal
- Breast

- Cervical

Immunizations/Vaccinations

- Influenza
- Pneumococcal
- Childhood Immunizations
- Adolescent Immunizations

Diabetes

- Blood Pressure Control
- A1c Control
- Diabetic Eye Exam
- Kidney Health Function

Medication Adherence

- Statin for Cholesterol
- Diabetes Medications
- ACE or ARB for Hypertension
- Statin Use in Diabetics

Bone Health

- Osteoporosis Screenings

Other Metrics

- Fall Risk Screening
- Depression Screening
- Controlling Hypertension
- Use of Opioids at High Dosage
- Inpatient Hospital Discharge Follow Up within 15 Days
- Discharge of Emergency Department Patients
- Avoidable Emergency Department Visits and High Utilizers
- Inpatient Readmissions
- Annual Wellness Visits

Status:

SPH has integrated the measurement and monitoring of population health metrics into its care model, ensuring that all primary care providers monitor the status of their patient panels on a monthly basis. SPH also deploys Population Health Nurses to work directly with patients who are in need of support for achieving their health maintenance goals.

Community Education Presentations

Description:

Sauk Prairie Healthcare's dietitians, nutritionists, diabetic educators, cardiac rehab therapists, and health fitness educators will go out into the community and provide education information regarding nutrition and exercise.

Goal:

SPH's dietitians and nutritionists, cardiac rehab specialists, health fitness specialists, and diabetic educators work collaboratively with partner community groups to present nutrition, health education and/or physical activity presentation in the community to increase the knowledge of the community members to improve their health.

Status:

SPH's dietitians expanded the Eating for Life 12-part education series to be both provided at SPH as well as in the community; providing local community centers and faith-based organizations

access to the presentations.

SPH's Cardiac Rehab Specialists provide heart healthy education to various local community organizations.

Prevent T2 Lifestyle Change Program

Description:

Diabetes Pre-Diabetic Classroom Program is a 16-session classroom program spanning 4 months with focus on educating pre-diabetic community members on how to slow down or stop diabetes with eating habits, physical activity, and lifestyle choices.

SPH's class is an example of a chronic disease self-management (CDSM) program. These CDSM programs support patients' active management of their condition in their daily life through education and behavioral interventions.

Goal:

Educate the community with information regarding diabetes risk and prevention as well as healthy eating tips and exercise.

Status:

SPH hosted a spring session of the class beginning in February 2025 with 9 participants.

Stir It Up!

Description:

SPH's dietitian travels to a rural grade school with a high population of ESL students and teaches 1-2 children who become the "chef" a basic recipe. Those students go back to the classroom and teach the other children how to make the recipe. The recipes are sent home with the entire class for the kids to share with/teach the parents. The program fosters an introduction to nutrition and cooking with healthy foods while focusing on the family environment. Typical school-based nutrition education programs include educational components such as classroom instruction and nutrition education curricula.

Goal:

Teach school age children a few basic, healthy recipes. They then share that knowledge with the rest of their class as well as their parents and family. Conduct pre and post-program testing to demonstrate programs efficacy in achieving outcomes of healthy food recognition and increasing understanding of basic nutrition. 8 visits annually with Tower Rock Elementary (one per month during the school year) with goal of 40 kids during each full school year.

Status:

In 2025, SPH will provide this program to the SPSD Tower Rock during school year and the SOAR program (after school program), as well as Sauk Prairie's summer school program.

SPH is discussing with Lodi School District to bring the program to their students.

Description:

The Sauk County Extension StrongBodies Program is based on the StrongWomen Program that was created by Professors Miriam E. Nelson and Rebecca Seguin. StrongBodies will catalyze positive change in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support.

Goal:

To increase strength, muscle mass, and bone density through 2x/weekly classes that include progressive resistance training, balance, training and flexibility exercises.

Status:

SPH continues to host the program through the Wellspring Fitness Center.

Description:

Wellspring program that includes individual specific strength training exercises with moderate to high intensity and activities to improve balance. The individualized program provides modifications for chronic conditions or orthopedic limits.

Goal:

To improve on the following tests; 8 Foot Up and Go test (for coordination and agility), 30-Second Chair Stand (strength and endurance) and sub-max strength tests on 7 strength movements.

Status:

SPH continues to offer the program through the Wellspring Fitness Center and is currently averaging 50 participants.

SUBSTANCE MISUSE

Substance misuse is a critical concern, with 22.4% of adults in Sauk County engaging in binge drinking, higher than both the state (21.1%) and national (16.6%) rates. Wisconsin's culture of heavy drinking contributes to health risks, including alcohol-attributable deaths and motor vehicle accidents; 34% of Sauk County's crash deaths involved alcohol, similar to the state (35%) but significantly higher than the national rate (26%). Youth alcohol use is prevalent, with 26% of local high school students currently drinking. Tobacco use among adults in Sauk County (18.7%) exceeds the state average (17.7%) and national average (15.5%). Of rising concern is the adolescent use of nicotine delivery devices such as pouches which have replaced vaping as the common way to ingest nicotine. Strategies to address substance misuse include prevention programs, increasing access to treatment, and education targeting youth.

Substance Misuse Health Initiatives and Programs:

Medically Assisted Treatment

Description:

Medically Assisted Treatment (MAT) is an evidence-based approach to treating substance use disorders (SUD), particularly opioid and alcohol use disorders, within primary care settings. MAT combines FDA-approved medications with behavioral therapies and counseling to provide a comprehensive treatment plan that improves patient outcomes and reduces the risk of relapse. Some SPH primary care providers provide MAT to qualifying patients.

Goal:

Sauk Prairie Healthcare seeks to address substance use disorders among patients who, without MAT interventions, would be at significant risk for relapse and a reduced quality of life.

Status:

Medically Assisted Treatment is provided by a limited number of SPH primary care physicians. At the time of this writing, there are no plans to expand this service. Of note, Prairie Clinic, SC., an independent primary care clinic located in Sauk City, WI also provides MAT.

Representatives from SPH and Prairie Clinic also participate on the Sauk County MAT Providers Committee.

Description:

Community event held twice a year to allow community members to bring unused and expired medication to a collection site.

Goal:

Sauk Prairie Healthcare participating in Med Take Back events is to provide a safe, convenient, and

responsible means of disposal of prescription medications, while also educating the public about the potential for abuse of these medications.

Status:

SPH pharmacy staff will join the Sauk Prairie Police Department in providing 2 Med Take Back events; one in April and one in October 2025.



Smoking Cessation/Quit Smoking (Breathe Easy Program)

Description:

Our Breathe Easy Quit Smoking Program is aligned with the [American Lung Association's Freedom from Smoking® program](#). The American Lung Association has been helping people quit smoking for over 40 years and has helped one million people quit for good. Freedom from Smoking® is ranked one of the most effective cessation programs in the country and includes a comprehensive variety of evidence-based, proven-effective cessation techniques.

**Goal:**

To save lives by improving lung health and preventing lung disease.

Status:

SPH continues to offer program to any patient that is identified as still smoking as part of any Respiratory Therapy intake assessment.

Substance Misuse:

Addressing the use and abuse of alcohol, drugs, and nicotine via coalition participation

Description:

Sauk Prairie Healthcare participates in the following committees and coalitions:

- Sauk County Partnership for Prevention (P4P)
- SUPER (Support People and Empower Recovery)
- South Central Alliance for Tobacco Prevention

Goal:

[The Sauk County Partnership For Prevention \(P4P\)](#) is an alliance of community members and local organizations that are dedicated to preventing the misuse of alcohol, tobacco, and other drugs. The coalition is facilitated by Sauk County Public Health and works to address: the use of alcohol by youth under age 21, the use of vaping products by youth under age 18, and the misuse of prescription medication by residents age 12+.

[SUPER \(Support People and Empower Recovery\)](#) is run BY and FOR people in recovery and those that support them to create safe, inclusive and supportive communities.

[South Central Alliance for Tobacco Prevention](#) is a coalition that serves Adams, Juneau, and Sauk County and work to prevent commercial tobacco use among youth, eliminate secondhand smoke, and support local and state policies that encourage commercial tobacco prevention.

HEALTHY LIFE INITIATIVE GRANTS

Healthy Life Initiative Grants are funds that Sauk Prairie Healthcare Foundation provides to the community. The purpose of the Healthy Life Initiative Grant program is to advance the health of our communities by funding new or expanded screening, educational, preventive and wellness projects or by funding research which can be applied to such projects. Area non-profit organizations apply for the money. A committee consisting of members of the Foundation's Grants & Gifts Committee and members at large select the recipients.

In 2024, Sauk Prairie Healthcare Foundation awarded more than \$60,000 to the following projects and organizations:

- 6:8, Mental, Social & Behavioral Health Classes for Circles Program
- Baraboo Area Senior Citizen Org., Elevator Upgrade
- Black Earth /Mazomanie Rec Program, Summer Recreation Programs
- Capital Off Road Pathfinders, Dam Trails Bike Ride
- Columbia County, Bicycle Safety Helmet Program
- Friends of Lodi Library, Healthy Summer Program 2024
- George Culver Community Library, Dramatic Play & Literacy Center
- Good Neighbor Clinic, Diabetic Education Program
- Harmony Grove Association, AED in Parks
- Heights Unlimited, Fight Food Insecurity
- Ice Age Nordic Trail, Ski Club
- Ice Age Trail Alliance, Summer Saunters
- Lift Lodi, Annual Community-Wide Day of Service
- Lodi Area EMS, CPR Classes
- Lodi Middle School & High School, Trail Trekkers Hiking Club
- Mazomanie United Church of Christ, Literacy Program (Books to Hosp Birthing Ctr)
- New Heights Lutheran Church, Installation of wheelchair/walk-on lift
- Northwest Dane County Senior Serv, HappyGroom
- Public Health Sauk County, Community Care Dental Vouchers
- Public Health Sauk County, Rural Safety Days
- Reach Out Lodi, Trishaw
- River Valley School District, Life Saver Medical Box
- Ruth Culver Comm Library ,Activity Kits for Indoor Play
- Sauk Fire District, Lifepak AED
- Sauk Prairie Area Food Pantry, Especially Special Diet
- Sauk Prairie Schools, Afternoon Magic
- SP CAN – SP, Community Acceptance Now Adult Mental Health Project
- SP NHS, AED for Sauk Prairie High School
- Spring Green Community Library, Yoga at the Library
- St. Vincent de Paul Sauk Prairie, Recovery Literature Project/Sauk Prairie
- Town of Lodi, Pickleball Court - Harmony Grove Michaels Park
- Village of Prairie du Sac, AED in Culver Park

SHARING WITH THE COMMUNITY

The following details the methods Sauk Prairie Healthcare used to share both the 2025-2027 Community Health Needs Assessment and the 2025-2027 Community Health Improvement Implementation Plan documents with the community.

1. Website:
 - a. Sauk Prairie Healthcare's Community Health Needs Assessment (CHNA) can be found online here: <https://www.saukprairiehealthcare.org/documents/CHNA-2025-2027-web.pdf>
 - b. Sauk Prairie Healthcare's Community Health Improvement Implementation Plan (CHIIP) can be found online here: <https://www.saukprairiehealthcare.org/about/community-health/>
 - c. Sauk Prairie Healthcare's Community Health Needs Assessment (CHNA) can be found on the Sauk Prairie Chamber of Commerce website here: <https://www.saukprairie.com/>.
2. Social Media: Shared through various social media platforms.
3. Press Releases: Shared with local news outlets.
4. In person: Representatives from Sauk Prairie Healthcare shared SPH's CHNA and CHIIP process and results with the following community members:
 - a. Sauk Prairie Healthcare Foundation Board Retreat, September 6, 2024
 - b. Sauk Prairie Optimists Club, December 18, 2024
 - c. Village of Sauk City Board, April 29, 2025
 - d. Village of Prairie du Sac Board, May 13, 2025
 - e. Sauk Prairie Healthcare Foundation Board Retreat, September 5, 2025