



2021 Community Benefit Report

Community Benefit 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 healthy habits and engage safely outside of the home.

In 2021, Beaumont Health provided almost \$459 million through community engagement initiatives, health programs, clinical initiatives and health outreach strategies across Southeastern Michigan.

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

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

Beaumont



School Based Health Centers

The Beaumont 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 Expanding, Enhancing Emotional Health (E3). The School Wellness Program sites pair an RN with a mental health counselor to provide limited clinical services, referrals, health education and immunizations. The E3 model provides a full-time licensed master's level mental health counselor to a school. The school-based health centers provide a nurse practitioner, a master's level social worker, and a medical assistant and work collaboratively with schools, community organizations and health care providers to meet the health and wellness needs of our youth.

The Beaumont Child and Adolescent Health Center Program consists of five full clinical school-based health centers, one school-linked clinic, one School Wellness Program and five E3 behavioral health sites. In 2021, the clinical and behavioral health programs served 2,274 students, provided more than 7,600 visits, provided more than 15,750 youth preventative evidenced based health education and provided Medicaid outreach to 54,815 individuals living in the communities we serve.

The clinical 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.

“Teen health center has been educating me since I was a freshman with good advice and the best ways to keep you healthy.”

“Feels like family when I come in. Feel safe and like I have three people who know me and care about me.”

Positive Impacts



When I was at Pierce, I worked with a sixth grader who has lost his older brother to suicide. He saw his father try to resuscitate him in the backyard. I did trauma work with him and his family. It was a long, long road but he finally was able to create his narrative (through poetry) and chose to "let it go" in a sink of water. We all huddled around the sink in the South Redford kitchen as he gently placed his poetry in the water. We watched it float and eventually disappear. We were all in tears at how beautiful it was to witness. Fast forward five years...I got a call from that mom. My former student is now in eleventh grade and continues to thrive. Her daughter, who at the time of her brother's death was five, is now in sixth grade and having some difficulties. She told me she wanted me to see her daughter "because you kept my family together during the worst time of our lives. You gave permission for us all to feel what we were feeling and supported us in adjusting to our new world. My daughter now needs you." ■



One student that stands out is someone who has been coming to the clinic for mental health services for a few years now. They were originally referred by their school counselor for concerns of depression and suicidal thoughts. It took many months of rapport building before this student began to respond with more than "I don't know" in sessions. However, they still weren't making significant progress in improving their mood and functioning with therapy alone and appeared to need more. The clinician worked with this student and their parents to explore medication treatment alongside therapy. Although the student was interested in medication, their parents were apprehensive and fearful. The clinician was able to provide basic

psychoeducation, validation and encouragement to seek more information with the student's PCP, which parents did and resulted in the PCP agreeing with the recommendation and beginning medication treatment and management. Since last summer, this student has made strides toward sustaining significant reduction in depression and anxiety symptoms and has not had any thoughts of suicide. This student has been able to manage their emotions better, resulting in less conflict with their parents, closer relationships with siblings, increased motivation and interest in creative and social hobbies, specifically completing multiple unique art projects. This student even got involved in painting an outdoor bench for the clinic, to help enhance the welcoming atmosphere of the clinic. In the recent months, this student's mother even shared with the therapist as to how much they noticed an improvement with the student's mood and ability to cope through difficult situations. This student's mother feels strongly that this has been a result of the combination of medication and therapy treatment and was very glad to have been guided out of her comfort zone to best support their child's mental health needs. ■

Taylor Teens Opportunity through Prevention Services (TTOPS) program

TTOPS is a court diversion program 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 13-16), who are considered first time or early offenders.

Nineteen new youth were referred to the Winter 2021 session, with eleven youth successfully completing the program and seven parents attending the parenting group. Upon completion of the program, the eleven youth were followed up by the Prevention staff, as well as their parent/guardians receiving follow up phone calls for additional services and referrals for six months after the program end.

“When a community joins together, great things can happen...”





The Taking Pride in Prevention (TPIP) program

TPIP 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. TPIP targets youth and young adults between the ages of 12 and 19 living in the communities of Westland, Wayne, Taylor, River Rouge, Lincoln Park and Inkster. In 2021, a total of 367 youth completed the TPIP program with a total of 2,531 sessions attended.

Positive Impact



On the first day of programming, we had a student who told us he had nothing to learn from us since he was gay and had no reason to learn about pregnancy prevention.

We promised him that if he kept coming to class, he would learn at least two things that would be useful to him. As the program progressed, he became the student who would raise his hand when we asked questions, help clarify when other students were confused and ask multiple questions in front of the group. On the last day, we asked him if he was able to learn at least two things and he told us he learned a lot more than that. He thanked us for being inclusive and told us he was happy he got to meet us.

MDHHS Overdose Prevention Safer Systems of Care

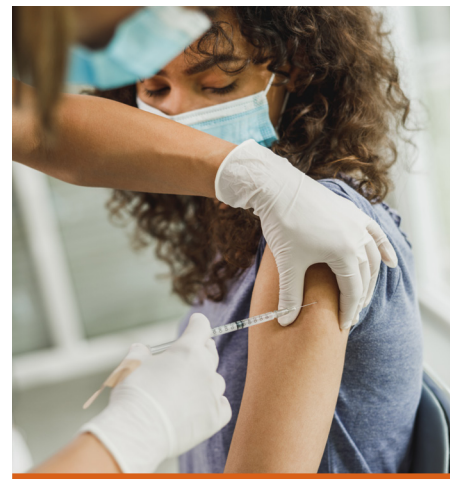
Through this grant a Quick Response Team (QRT) was developed, consisting of a family support coordinator, a law enforcement officer (plain clothed) and one peer recovery coach in the communities of Taylor, Lincoln Park and Ecorse. Within 72 hours of a reported overdose, the survivor is visited by the 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 community partners increase coordination and efficiency of services for clients and families. In addition, family support coordinators work with any youth living with or without the survivor to provide additional support, increase their protective factors and healthy coping strategies. In 2021, the QRT assisted 67 people into treatment, made 112 warm hand offs to other services and referred 98 families and 59 youth for support services.

MDHHS Harm Reduction/Safe Syringe Program (SSP)

The SSP focuses on the opportunity to positively impact communities with a harm reduction program to service out-Wayne County residents to reduce overdose deaths and reduce and treat Hepatitis and HIV infections. This program is an extension of the new overdose Quick Response Team (QRT) program, HIV Program and an increased partnership with the Beaumont Infectious Disease Clinic in Westland, improving the ability to increase outreach, educate the communities, as well as dispelling myths and reducing the stigma associated with substance use disorders and HIV infection. In addition, the SSP program provided PrEP/PEP/Vaccination education and referrals to those at highest risk.

COVID Immunization Administration

To meet the health and wellness needs of our youth and community members, Beaumont Health was awarded a grant through the Michigan Department of Health and Human Services Child & Adolescent Health Division to administer COVID vaccines to patients and community members. COVID-19 vaccinations were provided to the communities the school-based health centers are in and teams worked together providing immunizations to larger groups outside of the respective areas. Local partners invited Beaumont to host community events at churches, apartment complexes, at the schools for staff and students and an event with a shipping crew docked in port in Detroit. Through these efforts to date, six clinic locations were able to provide 1,286 COVID-19 vaccinations.



Health Education/Prevention

Health education and prevention programs were implemented using 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, self-regulation, bullying prevention, peer pressure & refusal skills and the dangers of drugs and alcohol. These programs are typically in the form of in-class presentations, small groups, after school and summer programs. There is also a parenting component that teaches parents of teens to utilize effective methods to support their children and give the parents the confidence and courage to meet the challenges and enjoy their children during the teen years. Health education/prevention programs conducted 1,517 activities with 5,955 people served.

Taylor Summer Arts & Prevention Academy

2021 marked the 25th year of the Taylor Summer Arts Academy. With COVID-19 numbers falling, the program was held in-person with a virtual option for those that were unable to be there in-person. For many participants, this was the first time they were with their peers since March 2020. The program was able to connect with 55 youth in 2021.

The Prevention Academy was created to utilize different art modalities (visual art, music, drama and dance) in providing youth with different ways to process information and express their feelings in a positive way, while teaching discipline and teamwork. The Academy involves students in the Taylor area from fifth to ninth grade. On August 9, family and friends (as well as other community members), were invited to the Summer Arts & Prevention Showcase, where youth perform and display their work and what they learned throughout the summer.

Support Groups

Support Groups are held in schools during the school day, after school at different community sites, as well as at the Beaumont Teen Health Center-Taylor. Participants were referred to the groups by school staff, parents or self-referral. The groups included LGBTQ Support Groups; Girls Support Groups; Boys Support Groups; Healthy Relationships Support Groups; and Parenting Groups. Evidence-based curriculums are used in all groups, following a session cycle and are closed groups.

“This group brings me joy. I really look forward to coming here every other week.”

“I really appreciate that yall let me join via zoom. I don't have any groups like this near me and I really need the support.”

Coalitions

Four task force/coalitions operated in 2021 - Taylor Substance Abuse Prevention Task Force; Lincoln Park Substance Abuse Prevention Task Force; Ecourse Community Coalition; and the Downriver Human Trafficking Coalition. All meetings and some events were held virtually. All coalitions were able to hold some outdoor community events over the summer and the fall - Community Food Programs, Community Town Halls, Community Health Fairs, Summer Festival Activities, Veterans Celebration, etc. These coalitions held 305 activities and had 7,012 people in attendance.

Virtual Programming

Clinical, mental health and prevention teams continued to adapt to the needs of our patients and community members by offering virtual video tele-health visits and programming through the Zoom platform. Program delivery remained strong, despite some being held on a virtual platform through 2021. In 2021, clinical teams conducted a total of 1,286 tele-health/video visits to youth.



On the last day of our completely virtual programming, a student unmuted and thanked us for our time, saying that she only wished she could have met us in person. A moment later, that student's mother appeared on camera. Her mother thanked us profusely and said, "You ladies did an awesome job, this is her favorite class!"



Chronic Disease Management and Prevention

Beaumont Community Health and Outreach aligns strategies to provide programs in Chronic Disease Management and Prevention to the community with several evidence-based programs: Diabetes Prevention Program, Hypertension Control, Walk With Ease and other Self-management programs.

Diabetes Prevention Program

In 2021, Beaumont supported 378 participants in losing 3,861 pounds. Program participants cut their risk for Type 2 diabetes by up to 58%. People older than 60 cut their risk by up to 71%. In contrast, those only using medication in the study were only able to cut their risk for Type 2 diabetes by 31%. The program emphasizes improving food choices, being physically active for at least 150 minutes each week and developing skills to identify and overcome barriers to making lifestyle changes.

Hypertension Control

In 2021, Beaumont Community Health expanded its program offerings to support self-management and behavior change across all eight hospital communities. Hypertension prevalence continues to rise across the state at 33.9%. Beaumont partnered with Clemson University to provide an evidence-based program called Health Coaches for Hypertension Control (HBP Control).

The HBP Control program is an evidence-based program designed by Clemson University that has been proven to help improve the health of individuals diagnosed with high blood pressure or those with risk factors for hypertension.

These eight-weekly classes help manage the condition by focusing on nutrition, physical activity, stress management and more. Trained facilitators called health coaches guide the small-group program and participants receive educational materials and support program tools like a blood pressure monitor, pedometers and educational materials. Beaumont Health staff were trained as Master Trainers to offer the program and subsequently trained 12 Health Coaches. Beaumont offered 10 workshops for the HBP Control Program and hosted a health coach training. More than 100 participants enrolled in the program and many program participants changed their behavior.

“After 20 plus years of having high blood pressure I finally have it under control. And I lost some weight.”

“I have succeeded in lowering my blood pressure by at least 10 points overall and am in the habit of checking the sodium content of the meals that I eat.”

Walk With Ease

New in 2021, 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. Delivered by Beaumont Health staff, nine sessions supported over 100 participants in walking. 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. Additional sessions were offered through a partnership with the National Kidney Foundation of Michigan.



“I went from being totally immobile to walking, that is a huge achievement. Because of a back injury and pending surgery, I am so grateful to be involved and nudged to get out of bed and move. For me being able to walk the fifteen minutes that I am, this is a HUGE success for me.” – Walk With Ease Participant

Self-Management Programs

Since 2014, Beaumont has offered the Chronic Disease Self-Management Program suite to its patients and communities at large. The Diabetes Self-Management Program (DSMP), also known as Diabetes-Personal Action Toward Health (PATH) is an evidence based self-management program, a part of the Self-Management Resource Center’s suite of self-management programs tested at Stanford University’s Patient Education Research Center. Diabetes PATH is designed specifically to enhance patient confidence in their ability to manage their disease and to work more effectively with their health care providers, which reduces both outpatient visits and hospitalizations. The class is for those with Type 2 Diabetes and their caregivers and meets for six weeks in two and a half hour sessions.

In 2021, Beaumont and the National Kidney Foundation of Michigan continued to work together to offer the program to the community. With 20 workshops of the Diabetes PATH and Chronic Pain programs, 228 participants were served. Participants learn to deal with and avoid complications from diabetes, learn to balance blood sugar, improve communication skills with their family and health care provider, understand the importance of monitoring blood sugar, manage symptoms, decrease stress and improve overall health.

Community Events and Programs

Arts Beats & Eats

The largest Labor Day festival in Michigan is a three-day event held Sept. 3-6 in the streets of Downtown Royal Oak. The festival includes more than 200 national and local music acts on nine stages, offerings from dozens of area restaurants and food trucks, family attractions and a juried fine arts show. Beaumont provided clinical volunteers to staff First Aid tents at the event on all days. Additionally, Beaumont provided information on Beaumont Urgent Care, Drug Prevention and Cardiac Rehabilitation service lines. Beaumont partnered with Oakland County Health Department to offer COVID-19 Vaccination shots on site.

Oak Park Farmers Market

Sponsored by Humana with support from Beaumont Health, Oak Street Health, Michigan State University Extension, Healthy Oakland Partnership and SMART, the Oak Park Farmers Market was held July through September. The market accepted SNAP/ EBT/Bridge cards and participated in Double Up Food Bucks (DUFEB) as well as Senior Market Fresh coupons and WIC Project Fresh coupons. Beaumont had a weekly presence at the Farmer's Market and promoted community health, stroke education, injury prevention and advance care planning at the market.



Student Heart Check

The Student Heart Check program is saving the lives of our precious youth. It has made an indelible difference for the more than 19,000 young people who have been screened since the program began, providing an incredible resource to help find student athletes at risk for sudden cardiac arrest and to remedy those vulnerabilities before they can take another life. Each student receives a blood pressure check, cardiac history and physical, EKG and a quick look echo with a Beaumont Cardiologist. More than 2000 students were impacted through the program in 2021.

Royal Oak City Center Sights and Sounds Concert Series

A free community-based concert series held in downtown Royal Oak. The city of Royal Oak has music at the main stage, a kid's zone, art and ice cream. Beaumont Hospital leaders spoke to the crowd before the band went on stage at each day of the event. Beaumont provided information on Stroke Education, Fall Prevention and Injury Prevention on each of the event dates.

DC Elite Basketball Camp

DC Elite partnered with Beaumont Health for their high school basketball summer league. This was an eight-week camp that was held June through July. Beaumont offered COVID Screenings for summer league participants and families along with vaccination opportunities and appointments for later dates. Information was provided on nutrition education, injury prevention, drug education and safe driving by Beaumont staff.

STOP THE BLEED®

The STOP THE BLEED® campaign was initiated by a federal interagency workgroup convened by the National Security Council Staff at the White House after the tragic school shooting at Sandy Hook Elementary School in 2012 and the Boston Marathon bombing in 2013. The purpose of the campaign is to build national resilience by better preparing the general public to save lives by raising awareness of basic actions to stop life threatening bleeding following everyday emergencies and man-made and natural disasters. Advances made by military medicine and research in hemorrhage/severe bleeding control during the wars in Afghanistan and Iraq have guided the work of this initiative which exemplifies the translation of knowledge gained by the military back to the homeland for the benefit of the general public.

The American College of Surgeons Committee on Trauma was chosen as the lead agency in delivering this program to the American general public. Through its verified Trauma Centers nationwide, classes are scheduled and taught by Trauma surgeons and nurses.



Positive changes

Since 2018, Beaumont Royal Oak's Level I Adult and Level II Pediatric Trauma Service team has educated approximately 2,500 students, teachers, school staff and administrators, along with members of the general public in the techniques of wound packing and tourniquet application to stop bleeding injuries. The program was paused for more than one year during the height of the COVID pandemic and re-started the in-person training sessions in July 2021. From July through December 2021, 224 students were taught, with many more groups signing up for instruction in 2022.

Health and Safety Lessons Through Literacy

The Health and Safety Lessons Through Literacy program was developed for elementary school students in the Southfield Public School (SPS) system. This program is a product of creative and necessary program restructuring due to pandemic restrictions and the long-standing relationship between Beaumont Children's Level II Trauma Service and the Celebrity Reader Literacy program in the SPS system. Beginning in 2020 and continuing into 2021, many challenges have been posed for students, educators and families due to the COVID-19 restrictions and precautions. This program was developed in order to preserve the strong community relationship that has been built and nurtured for more than 10 years with this very large school district near the Beaumont Royal Oak campus and with which the Trauma Service shares a strong, collaborative relationship with Southfield EMS.

Historically, an age-appropriate safety-themed children's book is shared with each classroom, then class discussion touches on literacy topics and reinforces the safety lesson. The program initially focused on the second-grade classrooms but with support from the Children's Miracle Network, was able to expand to include all kindergarten, first, second and third graders in the school district. In partnership with the Scholastic Book, Inc. Literacy Partnerships program the book chosen was *How Do Dinosaurs Stay Safe?* an engaging book from reading and literacy perspectives which would lend itself well to family reading or a virtual reading session.

When information and education is provided to one child, the entire family receives that education and knowledge and our goal is to enhance safe, healthy and disease-prevention behaviors. Along with the book, this program provided two cloth masks to each student to promote health safety and personal protection from the COVID-19 virus. This program impacted 1,600 kindergarten through third grade students and their families in 2021.

The goal of this program was to replace the two reading sessions per year which were held in each second-grade classroom in the district.



Bike Day

2021 was the sixteenth year of providing custom-fit adaptive bikes for children with special needs (primarily Beaumont Pediatric Rehabilitation patients from our five outpatient clinics). The Bike Day event was created to give children an opportunity to be fit with a custom-adapted bike utilizing the expertise of a physical therapist, an occupational



therapist and a specialized bike vendor. Therapists refer children in outpatient services to Bike Day throughout the year, providing a unique adjunct to support children and their families during their therapy experience. Children are evaluated for “Fitting Day” in May each year and typically receive their bike in late June or early July. Pediatric Rehabilitation staff volunteer their time for this event and vendors provide a 20% discount on their bikes and accessories.

This event has provided approximately 1,300 bikes to children since its inception in 2004. Bike Day provides the opportunity for children to grow with the program; when a child receives a bike, they can keep it as long as they wish, then return the bike when they outgrow it/it no longer meets their needs to be refurbished for another child and receive a new bike that meets their current size and/or needs. These children are given the chance to experience a purposeful childhood occupation while having fun and improving their health status at no cost to the family. Secondary benefits of adaptive bike riding include improved strength, coordination, self-confidence and social connection/development with their peers and families.

Children’s Miracle Network has played a significant role in the success of the Bike Day event. The average cost of an adaptive bike typically ranges between \$2,500 to \$3,000. With support from Children’s Miracle Network, families do not incur costs for the bikes. As our program continues to grow, children return their bikes for new ones and our vendors are able to refurbish the bikes for another child at a discounted price. This has afforded us the ability to provide more bikes to more children at a reduced cost over time. In 2021, we were able to utilize a record 52 refurbished bikes. We will continue to provide refurbished bike options in 2022. Our annual goal for Bike Day is to provide bikes for 100 to 120 children.

Caring for Kids

Beaumont Children's Center for Exceptional Families (CEF) in Dearborn has been helping families in need of assistance during the holidays for more than 15 years. The program, "Caring for Kids," is a huge hit and 2021 was no different with sponsors joining together to help 132 families (342 children) during the holiday season. Throughout the year, CEF staff identify families in need of assistance during the holidays. This could be related to ongoing financial limitations or a crisis such as a house fire, flood or family separation.

After the Caring for Kids team receives wish lists from their identified families, they match them with a sponsor. While the program maintains confidentiality of families and sponsors, they provide the sponsor with the family's wish list.

Jack Demmer Lincoln, Inc. in Dearborn generously allows the CEF team and volunteers to temporarily take over its parts department for the gift distribution process. Sponsors drop off their gifts on a specified date and the families pick up the gifts on a separate day.

Caring for Kids is a massive endeavor which includes significant hours of volunteer time from various Beaumont employees, hundreds of staff pitching in towards gifts for families and a fine-tuned distribution process at Jack Demmer Lincoln, Inc. CEF works with children with a wide array of medical and emotional needs. Many of the recipients have unique or specific interests and the sponsors are great at helping to truly make their wishes come true.



Senior Citizen Education and Outreach

One in four older adults fall each year. Falls are the leading cause of injuries and injury related deaths for older adults aged 65+. Falls are the leading cause of trauma seen at Beaumont Hospital, Farmington Hills; while older adults make up almost half of all our trauma patients, regardless of the mechanism of injury. Trauma services is dedicated to reducing injuries in the community through safety, prevention and emergency preparedness education. Our senior education and outreach consist of various programs focusing on fall prevention via health, lifestyle, physiologic aging changes and home safety education, as well as other programs for driving and pedestrian safety. In 2021, there were 14 educational sessions, reaching 147 older adults in our community.

Kids Cooking Classes

The Kids Cooking Classes are free, fun, hands-on and educational cooking classes for children ages six and older. Classes are led by a registered dietitian and focus on promoting healthy lifestyles for children and families. Children prepare two to three recipes per class and topics include Brain Boosting Breakfast, Likable Lunches Kids Can Pack, Delightful Dinners, Super Snacks, Fall Fruits and Veggie Fun and Healthy Holiday Treats.

Healthy Communities

Beaumont Health continues to support the 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.

HEALTHY FARMINGTON

Farmington Hills

- Awarded an additional year of funding from the Alliance of Coalitions for Healthy Communities to continue the Greater Farmington Youth Substance Abuse Coalition (GFYSAC).
- Facilitated a free drive-up Narcan training with CARES in Farmington Hills.
- Facilitated free Narcan training with the cities of Farmington Hills and Farmington, educating 115 community members on safely using Narcan.
- Provided the Farmington Farmers Market Walkabout's (walking group) with 1,000 pedometers, 750 shoe lights, 500 drawstring bags and 500 water bottles. The Walkabout's walked a total of 678 miles during the market season.
- Beaumont Hospital, Farmington Hills staff provided outreach and education at 24 market days for a total of 72 hours. Topics included trauma services, mental health, hypertension, diabetes and heart health.
- Coordinated with Beaumont Hospital, Farmington Hills to provide two drug take back days, April & October, collecting more than 20 lbs.
- Supported the Wellness Walk and Talks at Heritage Park with five Beaumont speakers, reaching more than 100 community members.



Healthy Farmington- Farmington Hills Collaborations

Preventing Tobacco Use in Youth

As a result of the change in the federal Tobacco Control Act, which prohibits retailers from selling tobacco to any person younger than age 21, the Healthy Farmington-Farmington Hills Youth Substance Abuse Coalition participated in Synar visits with 26 alcohol and tobacco retailers in the community. The Synar Amendment requires states prohibiting the sale and distribution of tobacco products to minors. In partnership with the Oakland County Sheriff's office, our goal was to both check with retailers for correct signage and provide education to retailers on their role in protecting children and adolescents from the harms of tobacco.

HEALTHY DEARBORN

Launched in 2015, the Healthy Dearborn Coalition is a robust committee representing Beaumont Hospital, Dearborn, the City of Dearborn, Dearborn Public Schools, nonprofits, academia and community members. The Coalition is focused on creating an inclusive and diverse community that embraces a unified culture of health where everyone enjoys whole health (mind, body, spirit), with equal access to healthy foods, health care, green space and opportunities for safe, active living. In 2021, the coalition continued to meet virtually, but remained committed to providing high quality programs for the greater Dearborn community.

Healthy Dearborn Action Team Accomplishments

Five action teams completed work under Healthy Dearborn during 2021. Highlights from the action teams include:

Healthy Environments Action Team

- Launched Dearborn Healthy Street's program across six neighborhoods in Dearborn to improve neighborhood connectivity and promote safe physical activity.
- Supported the Walk n' Roll and Bike Dearborn from May 28 through Oct. 20 with 680 bikers and 86 walkers participating.
- Partnered with the University of Michigan Dearborn and Ford Motor Company to implement a 3D Mobility Mapping project focused on inequities in transportation and access to basic needs.



Healthy Foods Action Team

- Distributed 4,250 seed pods (16 pounds) through the Dearborn Public Library in partnership with the University of Michigan Dearborn Interpretive Center and Gleaners.
- Developed a virtual food access library with free and/or reduced cost programs/resources for community partners to share with clients.

Inclusive Health Equity Action Team

- Expanded the Health Equity Toolkit through trainings and outreach with action teams and community partners.
- Implemented a city-wide sports sampling program aimed at creating accessible opportunities for Dearborn youth with cognitive and developmental disabilities to participate in sports and/or group physical activity programs.

HEALTHY DEARBORN *cont.*

Healthy at Work Action Team

- Implemented two workplace wellness webinars with the Dearborn Chamber of Commerce and the American Heart Association.
- Developed a workplace wellness survey for small to mid-size Dearborn businesses to understand workplace wellness needs.

Healthy Schools Action Team

- Disseminated a “Recess Before Lunch” policy brief for administrators at Dearborn Public Schools.
- Developed a story walk program in partnership with the Dearborn Public Library and Dearborn Schools to encourage health literacy with families.
- Implemented a Safe Routes to School program with 10 elementary schools in Dearborn.
- Supported a virtual “Healthy Schools Summit” with Wayne State University, attracting more than 15 speakers and 300 participants.

Action Team Success Stories



Dearborn Healthy Streets

Dearborn Healthy Streets ran from May 4 through October 31, 2021, across four streets, ranging in length from one to two miles and located near schools and parks. In partnership with the City of Dearborn, the focus of this pilot was to raise awareness and conversations around how residents use their streets as means to promote healthy lifestyles. Dearborn Healthy Streets are slow and shared spaces intended to make streets more inviting and to encourage people on bikes to ride in the street and make using community sidewalks more pleasant and safe.

Dearborn Healthy Streets signage was posted on barrels at major intersections indicating that the street is a slow and shared space and that all users of the road should yield to more vulnerable users. Approximately four to five barrels were located on each Healthy Street. Traffic control materials were funded through donations and contributions by Healthy Dearborn.

Bike Dearborn & Walk 'n Roll

Rain or shine (even snow) can't keep avid bicyclists or walkers from attending Dearborn's Walk 'n Roll or Bike Dearborn weekly events. Cyclists and walkers start and end at the same location each week, with the end location often at a new downtown Dearborn business. The event is free and open to the public. In 2021, Bike Dearborn attracted 680 cyclists and 86 walkers. This year's Bike Dearborn and Walk 'n Roll events were led by guest speakers, “Dearborn celebrities”, such as the Mayor and members of City Council.

Action Team Success Stories *cont.*



Dearborn Schools Get Active

Healthy Dearborn is encouraging not only families to get active, but also schools and students. With the return of in-person school, students were excited to both see their friends but also participate in the Safe Routes to School Program (SRTS). SRTS is a federal program that makes it safe, convenient and fun for children to roll — on bikes, skates or wheelchairs; children with physical differences are encouraged to participate too — and walk to school.

Since the program launched in September 2021, 8,387 Dearborn students have participated in the SRTS program across 10 elementary schools. Additionally, two bikes were awarded to students, four bike racks were installed at schools and hundreds of water bottles and t-shirts were awarded to students for participating.

HEALTHY GROSSE POINTE AND HARPER WOODS

The Healthy Grosse Pointe and Harper Woods Coalition was established in partnership with the Cities of Grosse Pointe Park, Grosse Pointe City, Grosse Pointe Farms, Grosse Pointe Woods, Grosse Pointe Shores and Harper Woods; Grosse Pointe and Harper Woods School Districts; community organizations and those who live and work in the Grosse Pointes and Harper Woods. In 2021, coalition meetings took place by zoom each month and had more than 300 participants.



Food is Medicine Program

The Food Is Medicine Program is a plant-based cooking program that continues to take place at the Detroit Abloom Garden. Health experts teach a well-balanced diet and how it can provide many health benefits, such as a reduced risk of chronic diseases such as obesity, coronary heart disease, high blood pressure, diabetes and help some types of cancer. Health experts give a 20–30-minute cooking demonstration and time afterwards to share a meal and socialize in this beautiful Detroit Garden. In 2021, 216 participants enjoyed 18 weeks of cooking demos.

HEALTHY GROSSE POINTE AND HARPER WOODS *cont.*

Pointe Peddlers Weekly Cycling

This cycling group offers a structured opportunity for cyclists to participate in an outdoor bike-ride and encourage and inspire physical activity through a social environment and group support. This group bike ride takes place Wednesday evenings, April through October. In 2021, 720 participants made new friends, socialized, learned about the area and complete five to seven miles each week. As a “no drop” program, the group rides or walks at a comfortable pace attracting people to various routes throughout the Grosse Pointes, Harper Woods and Detroit.

Tai Chi Programming

Tai Chi is a mind-body practice, which originated in China as a martial art and has value in treating or preventing many health problems. In this low-impact, slow-motion exercise, one goes without pausing through a series of motions named after animal actions. This outdoor weekly 30-minute free class was designed for beginners. A Drop-In Weekly Yoga, Meditation and Tai Chi program was offered under the outdoor pavilion at Detroit Abloom during 2021. The sessions were offered every Saturday and Sunday from June through October. Yoga sessions had 192 participants, Tai chi had 192 participants and Meditation sessions had 96 participants. Several coalition meetings were coordinated and conducted with coalition members on site.

Family Gardening

Families who garden together reduce stress and promote a sense of wellbeing. This leads to measurable psychological, physiological and behavioral benefits such as reduced anxiety, sadness and other negative moods, lower blood pressure and improved immune functioning. Healthy Grosse Pointe Harper Woods has partnered with the Grosse Pointe School System to build a model school garden program for Defer Elementary School in Grosse Pointe Park.

Safe Routes to School (SRTS)

The coalition partnered with the Grosse Pointe school district and Safe Routes to Schools (SRTS) to identify safe routes to schools and for sidewalk and street improvements, crosswalk paint, signals and signage. The coalition helped to educate students and parents about how to be safe while traveling to and from school, while walking and biking.



HEALTHY TROY

Beaumont established this initiative in partnership with the city of Troy, the Troy Community Coalition, the Troy School Districts, community organizations and those who live and work in the Beaumont Hospital, Troy area. The intent is to continue to build community partnerships that create a culture of health. Seeking to reduce chronic disease and mental health issues the coalition utilizes a collective impact model that emphasizes community engagement, capacity building and shared learning.



Stage Nature Center

In 2021 Beaumont Health partnered with the Stage Nature Center to develop a three-year Mindfulness program. This project is to help people experiencing isolation and depression, anxiety or stress to cope with mental health challenges due to the pandemic and help their well-being by immersing them in nature.

Community Collaboration

Beaumont Health also partners with the Troy Community Coalition, a non-profit organization dedicated to improving the quality of life for all who live or work in Troy, by promoting a lifestyle free from the abuse of alcohol and drugs and its impact on behavioral health. The following programs were offered:

- 7 Habits of Highly Effective Youth (sixth to twelfth grades)
- Parents Who Host (parents)
- Addiction Awareness (ninth to twelfth grades)
- Prayer Breakfast (teens & parents)
- Choose Wisely (fourth grade)
- Project Sticker Shock (ninth to twelfth grades & parents)
- Family Day (parents & students)
- Rx Drug Education (parents)
- Incredible Kid Recognition (K to sixth grades w/parents)
- Summer Camp (third to eighth grades)

HEALTHY TROY *cont.*

Walking to Wellness

The Troy Walking to Wellness group met at the Troy Historical Village on Thursdays to explore the community with a new route each week. Since September 2018, the Troy Historic Village has joined Beaumont's community walking initiative by organizing a free weekly walking group. The group has grown each year, but several new milestones were reached in 2021 – the number of group "regulars" grew from 30 to 45 walkers and the group added monthly Saturday hikes, offering walkers a weekend alternative and a wider variety of parks and trails to explore. This new initiative was so popular that Saturday hikes were added outside of the regular season programming, in April, May and October.

Museum Yoga

Many gyms and yoga studios were able to reopen the summer of 2021, however many participants still felt uncomfortable exercising indoors due to the ongoing pandemic. Outdoor yoga classes led by certified instructors at the Troy Historic Village offered a healthy outdoor alternative to traditional indoor classes. Between June and September 2021 a total of 110 people participated in the weekly outdoor Museum Yoga classes. Weekly class size ranged from 17 to 43 participants, with 25-30 being the average.

Village Fitness Challenge

Participants in the virtual Village Fitness Challenge could walk, run, ride, roll, swim, paddle, stretch, etc. as they worked their way through a bingo card full of challenge activities in the Summer Village Fitness Challenge. Everyone was invited to post images and their recommendations of local places to get out and explore on a private Facebook group page. The program was first offered in 2020 and had 11 new participants in the summer of 2021.



Beaumont Community Resource Network

In partnership with findhelp, Beaumont 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 food, housing, goods, transit, health, money, care, education, work and legal. Within these domains there are a total of 65 subcategories that allow for easier navigation.

GET CONNECTED TODAY



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.

2021 Community Investment

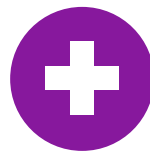


\$458,906,756

Total Community Benefit



\$113,598,603
Health Professions
Education



\$238,485,642
Unreimbursed
Cost of Medicaid



\$5,642,092
Community Health
Improvement Services



\$19,436,438
Financial Assistance



\$74,499,044
Subsidized Health
Services



\$6,053,836
Research



\$1,191,101
Cash and In-Kind
Contributions

Beaumont