



Community Health Plan Implementation 2023

INTRODUCTION:

The Monroe County Medical Center (MCMC) Community Health Needs Assessment (CHNA) was conducted in collaboration with the Monroe County Health Department, area healthcare services, as well as several non-profits, Cooperative Extension, and Community and Economic Development Initiative OF Kentucky (CEDIK). The MCMC Board of Directors approved the CHNA on February 20, 2023. In addition to the CHNA, and in accordance with requirements of Section 501(r) of the Patient Protection and Affordable Care Act, all nonprofit hospitals must also adopt an implementation strategy which describes how the hospital plans to address the identified health need(s) contained in the CHNA. According to the final guidelines issued by the IRS, hospital facilities have an additional four and a half months to adopt the implementation strategy to meet the health needs identified through a CHNA on or before the 15th day of the fifth month after the end of the taxable year in which the hospital facility finishes conducting the CHNA.

The strategies and tactics of this Implementation Plan will provide the foundation for addressing the community's significant needs between 2023 and 2025. However, MCMC anticipates that some of the strategies, tactics, and even the needs identified will evolve over that period. MCMC plans a flexible approach to addressing significant community needs that will allow for adaptation to changes and collaboration with other community agencies.

BACKGROUND:

MCMC conducted its CHNA in conjunction with multiple community partners and CEDIK for tax year 2023. For purposes of the CHNA and this document, the defined community is Monroe County, Kentucky. The process by which the CHNA was conducted is thoroughly described in the CHNA and the Executive Summary posted on the MCMC website at: <https://www.mcmccares.com>. Utilizing the findings of the CHNA, the hospital's current strategic priorities and efforts and activities in progress, we offer the implementation strategy as a component of MCMC's efforts to address priority community health needs.

PRIORITIZED AREAS OF NEED IDENTIFIED BY COMMUNITY:

The Monroe County CHNA Steering Committee reviewed survey, focus group and key information interview results as well as significant secondary health data. The committee considered existing local, state, and national priorities, conducted an open discussion, and voted on specific initiatives for the county. The committee selected the following priority areas for action:

Prioritized significant community health need	Addressed by hospital
Mental Health (including Suicide)	Yes
Substance Use/Addiction	Yes
Nutrition Education/Food Access	Yes
Increased Health Access	Yes
Diabetes (Obesity/Physical Inactivity)	Yes

MCMC STRATEGIES TO IMPACT PRIORITY HEALTH NEEDS AS IDENTIFIED IN THE CHNA:

- Provide in-kind staff to lead and serve on the Monroe County Cares Committee and *Monroe County Health Coalition*.
- Provide financial support through sponsorships to organizations who seek to impact health areas through their projects and programming.

PRIORITIZED HEALTH NEED 1: MENTAL HEALTH (INCLUDING SUICIDE)

Goal

Increase awareness and improve access to mental and behavioral health services within the service area

Strategies

- Evaluate expansion of services at the two hospital -owned Rural Health Clinics to include mental health services
- Evaluate feasibility and options for potential geriatric psychiatric inpatient via grant opportunity with Community Ventures
- Explore potential opportunities to increase awareness of behavioral health services in Monroe County
- Evaluate telehealth options for behavioral health services
- Continue evaluating each patient presenting to the facility for risk of suicide and modifying care as needed based on that assessment
- Educate community employers about the importance of encouraging employee engagement with sponsored Employee Assistance Programs (EAP)
- Facilitate community events to promote behavioral health awareness
- Engagement of community resources with Monroe County School District to promote behavioral health education

Measures

- Percentage of patients screened at MCMC for risk of suicide
- Number of community events at which behavioral resources and education are held
- For MCMC employees, number of employees accessing EAP services

Community collaborations and available resources

- Monroe County School District
- Fuller Life Counseling
- LifeSkills
- Mind Over Matter
- Local Employers

PRIORITIZED HEALTH NEED 2: SUBSTANCE USE/ADDICTION

Goal

Increase substance abuse education and awareness of treatment resources within the community ensuring prevention and recognition of substance use disorders and reduction in associated harms

Strategies

- Medical staff at MCMC have an opioid stewardship committee whose charge is to ensure safe opioid prescribing and assist in the decrease of opioid abuse and misuse by patients in our care.
 - I. Criteria for screening and assessing/reassessing pain
 - II. Algorithms for the appropriate prescribing
 - III. Pharmacological therapies and alternative therapies
 - IV. Patient education provided to reduce the risks of opioid use
- EMS coordinates use of Narcan with local Fire and Police Departments
- Assist in marketing National Drug Takeback Days
- Continue to assist and refer patients to appropriate Mental Health and Substance Use services
- Coordinate Smoking Cessation classes with Monroe County Health Department
- Continue to offer meeting space for Narcotics Anonymous and Al-Anon at the hospital
- Engagement of community resources with Monroe County School District to promote substance abuse prevention education
- Education and training for teachers and healthcare staff from community resources about substance use disorders
- Guest speakers in the schools, health care settings, and other community events to bring awareness to substance use disorders – signs, treatment options, etc.
- Resource awareness via social media platform

Measures

- Monitor ePrescribing of multiple Schedule II prescriptions by MCMC providers
- Number of attendees at Smoking Cessation classes
- Number of NA and Al-Anon meetings held annually
- Number of education opportunities provided in the school district and healthcare providers, along with number of attendees

Community collaborations and available resources

- Monroe County School District
- Local law enforcement
- LifeSkills
- Mind Over Matter
- Fuller Life Counseling
- Civic Organizations such as Monroe County C.A.R.E.S.
- Faith-Based Organizations
- Local Employers

PRIORITIZED HEALTH NEED 3: NUTRITION EDUCATION/FOOD ACCESS

Goal

Increase awareness of nutrition education programs and improve access to food resources

Strategies

- Resume hospital-sponsored diabetes education classes with the ending of the Public Health Emergency

- Continue offering free one-on-one nutrition consults at MCMC
- Begin offering community health fairs in conjunction with area healthcare services providers
- Participate in various community events to offer nutrition education
- Coordinate with the Monroe County School District to begin offering nutrition education and food preparation education to students
- Monroe County School District offers school nurses at each school
- Making the MCMC website Resource List more widely available to the community
- Evaluate opportunity to create a community garden
- Use of social media to promote food resources in the community
- Collaborate with Monroe County Extension Services to offer nutrition education

Measures

- Number of diabetes support group classes and number of attendees
- Percentage of nutrition consult opportunities completed
- Number of education offerings to the School District

Community collaborations and available resources

- Monroe County School District
- Civic Organizations such as Helping Monroe and Community Outreach
- Monroe County Cooperative Extension
- Monroe County Health Department
- Faith-Based Organizations
- Local city and county government

PRIORITIZED HEALTH NEED 4: INCREASED HEALTH ACCESS

Goal

Increase access to healthcare in the community

Strategies

- Finalize the addition of new primary care provider in the Monroe County Family Practice RHC beginning in September 2023
- MCMC has two cardiologists, one affiliated with Ascension St. Thomas Hospital West and another independent provider in the Bowling Green area who offer outreach clinic services in our community
- Collaborate with area tertiary medical centers to increase specialty physician services offered in Monroe County.
- Continue offering teleneurology services via agreement with TriStar Health
- Evaluate social media options to market the services that are currently available and any future new services
- MCMC ambulance services provided at many school/community events when there is a large number in attendance or the risk is high for injury or illness (football games, recreational vehicle races, etc.)
- Begin offering community health fairs in conjunction with area healthcare services providers

Measures

- Successful recruitment of new primary care provider
- Successful recruitment of new specialists
- Number of telehealth consults at MCMC
- Number of participants at area health fairs

Community collaborations and available resources

- Ascension St. Thomas
- The Medical Center of Bowling Green
- TriStar Health

PRIORITIZED HEALTH NEED 5: DIABETES (OBESITY/PHYSICAL INACTIVITY)

Goal

Increase access to healthcare in the community

Strategies

- Resume hospital-sponsored diabetes education since the Public Health Emergency has ended.
- Resume annual diabetes-focused health fairs in conjunction with Monroe County Health Department
- Continue offering free one-on-one nutrition consults at MCMC
- Begin offering community health fairs in conjunction with area healthcare services providers
- Participate in various community events to offer nutrition education
- Collaborate with community partners to offer educational community-based events
- Promote increased physical activity and proper nutrition to fight obesity, with an emphasis on childhood obesity
- As one of the largest employers in the community, wellness initiatives of MCMC team members end up influencing the broader community. Our organization began an Employee Wellness program at MCMC in 2023 and will be offering incentives to our employees to participate in health-focused events and to achieve goals for improving their health and level of activity.
- Continue offering 2 free laboratory tests to employees of MCMC annually
- Promote Monroe County Family Wellness Center services
- Collaborate with Monroe County Extension Services to offer nutrition education
- Research grant opportunities to increase levels of physical activity
- Evaluate options for community podcasts
- Increase collaboration among community resources

Measures

- Number of diabetes support group classes and number of attendees
- Number of participants at area health fairs
- Percentage of nutrition consult opportunities completed
- Number of MCMC employees participating in Employee Wellness Initiatives

Community collaborations and available resources

- Monroe County School District
- Civic Organizations such as Helping Monroe

- Monroe County Cooperative Extension
- Monroe County Family Wellness Center
- Faith-Based Organizations
- Monroe County Health Department

While there is some overlap in many of the identified health issues, MCMC recognizes its leadership role in being a catalyst for innovative thinking in addressing these community priority areas. We will continue to partner with other individuals and organizations in the community on their efforts to address each of the named community priority areas. As we continue to refine the health system's strategic initiatives, we will remain focused and determined in addressing the health needs of our population.

Reviewed and approved by the Monroe County Medical Center Board of Directors on June 19, 2023.