



Community Health Plan Implementation 2026

2026 Update

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 Blueprint Kentucky (formerly CEDIK). The MCMC Board of Directors approved the CHNA on April 20, 2026. 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 2026 and 2028. 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 Blueprint Kentucky for tax year 2026. 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 Substance Use/Misuse)	Yes
Access to Care	Yes
Chronic Diseases	Yes
Community and Health Education	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.
- Provide financial support through sponsorships and in-kind donations to organizations who seek to impact health areas through their projects and programming.

PRIORITIZED HEALTH NEED 1: MENTAL HEALTH (INCLUDING SUBSTANCE USE/MISUSE)

Goal

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

- Evaluate feasibility and options for potential geriatric psychiatric inpatient program
- Evaluate feasibility and options for behavioral health services at RHC
- Explore potential opportunities to increase awareness of behavioral health services in Monroe County
- Evaluate telehealth options for behavioral health services
- Evaluate each patient presenting to the facility for risk of suicide and modifying care as needed based on that assessment
- Coordinate with the Kentucky Statewide Opioid Stewardship Program to place a peer support specialist in the MCMC emergency department
- Facilitate community events to promote behavioral health awareness
- Medical staff at MCMC has 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
- Assist in marketing National Drug Takeback Days
- Coordinate Smoking Cessation classes with Monroe County Health Department
- Continue to offer meeting space for Narcotics Anonymous and Al-Anon
- Engagement of community resources with Monroe County School District to promote substance use/misuse prevention education and behavioral health education
- Guest speakers in the schools, health care settings, and other community events to bring awareness to substance use disorders and behavioral health – signs, treatment options, etc.
- Resource awareness via social media platform

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
- Monitor ePrescribing of multiple Schedule II prescriptions by MCMC providers

- Number of attendees at Smoking Cessation classes
- 2028 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
- Number of patient contacts and referrals from the Peer Support Specialist

Community collaborations and available resources

- Monroe County School District
- LifeSkills
- Rook and Spade LLC
- Local Employers
- Local law enforcement
- Civic Organizations such as Monroe County C.A.R.E.S.
- Faith-Based Organizations

PRIORITIZED HEALTH NEED 2: INCREASED HEALTH ACCESS

Goal

Increase access to healthcare in the community

Strategies

- Recruit additional primary care providers in Monroe County
- Collaborate with area tertiary medical centers to increase specialty physician services offered in Monroe County.
- Continuing teleneurology services via agreement with TriStar Health
- Evaluate social media options to market the services that are currently available as well as any future new services
- 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
 - Diabetes Health Fair

Community collaborations and available resources

- Monroe County Health Department
- Ascension St. Thomas
- The Medical Center of Bowling Green
- TriStar Health
- Greenview Regional Hospital
- TJ Regional Health

PRIORITIZED HEALTH NEED 3: CHRONIC DISEASES

Goal

Increase awareness of chronic diseases including diabetes, obesity, heart disease, and hypertension: causes, contributing factors, and treatment options. Increase access to physical fitness

Strategies

- Hospital-sponsored diabetes education classes
- Continue offering free one-on-one nutrition consults at MCMC
- Participate in the Food is Medicine initiative sponsored by KHA and the Department of Agriculture
- Begin offering community health fairs in conjunction with area healthcare services providers
- Participate in various community events to offer nutrition education
- Collaborate with Monroe County Extension Services to offer nutrition education
- Coordinate with the Monroe County School District to begin offering nutrition education and food preparation education to students
- Promote increased physical activity and proper nutrition to fight obesity, with an emphasis on childhood obesity
- Continue offering 2 free laboratory tests to employees of MCMC annually
- Use of social media to promote food resources in the community
- Research grant opportunities to increase levels of physical activity

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

PRIORITIZED HEALTH NEED 4: COMMUNITY AND HEALTH EDUCATION

Goal

Increase access to healthcare education and access to community resources

Strategies

- Promote Monroe County Family Wellness Center services
- Collaborate with Monroe County Extension Services to offer nutrition education
- Evaluate options for community podcasts

- Increase collaboration among community resources
- Continue offering Hospital-sponsored diabetes education classes
- 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
- Sponsor Lunch and Learn sessions to educate community on various health aspects

Measures

- Number of participants at area health fairs
 - Diabetes Health Fair
- 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 July 20, 2026.