

## Community Health Needs Assessment Implementation Plan

In order to best meet the needs of our community, Pulaski Memorial Hospital (PMH) leadership reviewed the report from the Indiana Rural Hospital Association (IRHA) and developed an action plan in response to several of IRHA's recommendations. On the topic of Transportation, PMH will continue working with area organizations to improve medical, non-medical, and non-emergent transportation options. However, with limited resources, PMH may not be able to fully address this concern at the present time.

### 2019 Health Need Priorities and Implementation Strategies

#### Education, prevention, and treatment – opioids, methamphetamine, tobacco:

- Hold “town hall” style meetings with community members to address these specific concerns.
  - Discuss constructive activities to develop a modified lifestyle.
  - Ask healthcare providers to share “lack of quality of life” stories for those impacted.
  - Give examples of changed lives.
  - Discuss negative impact on families of addicts.
- Coordinate with service groups and faith-based community to publicize, create, and host recovery and support groups such as Narcotics Anonymous, Al-Anon, etc.
- Participate in Pulaski Drug Free Council's strategic plan to provide community education on drug abuse education, prevention and treatment.
  - Support initiatives such as:
    - Education to the school boards, administration, teachers, parents, students, including elementary students
    - Mothers of Hope
    - Availability of Narcan in the schools
    - Peer recovery coaching
    - “Bridges out of Poverty” - AHEC education
    - Sharps disposal
    - Prescription drug disposal options
- PMH Health Fair - topics
  - Know the “O” Facts
  - “In plain sight” trailer for parent education
  - Bias of addiction
  - Recovery coaches
  - Drug take-back
- Continue to support the recovery coach program with Four County Counseling Center and Medication Assisted Treatment (MAT) options.
  - Grant extension for one year approved
  - Expand Peer Recovery Coach contacts to all ED patients who present with a substance use disorder, not just those who have received Narcan.

- Expand to OB population who present with positive drug screens.
- Explore the option of finding another physician or nurse practitioner to get a Suboxone waiver to provide MAT and funding to support the training needed.
- Provide MAT to clients in Pulaski County’s new Veteran’s Court program.
- Enhance the community outreach section of PMH’s website to include local and state resources for substance use disorder.
- Host provider education on opioid prescribing.

**Mental health and drug treatment options:**

- Collaborate with mental health providers, locally or regionally to develop programs.
- Collaborate with Four County Counseling Center to develop programs to enhance mental health options in the medical office buildings (MOB).
- Provide facilities where patients can be seen that are not publically labeled “Mental Health Facility.”
- Expand Peer Recovery Coach programs and Medication Assisted Treatments for Substance Use Disorders.
- Evaluate insurance coverage with local major employers to determine what plans are available.
- Evaluate insurance coverage with state programs for the indigent with mental health issues.
- Explore telemedicine opportunities for mental health, including Federal, State, or Private organization grants.

**Affordable health insurance/care – education to reduce costs**

- Explore programs that emphasize healthy living means lower healthcare costs.
- Evaluate Chronic Care Management programs.
- Utilize marketplace and insurance navigators.
- Create (if necessary) and publicize tobacco cessation programs and highlighted associated insurance savings.
- Collaborate with nutrition specialists and organize dietary refinement meetings.
- Hold special events to recognize success stories of patients.
- Work with local schools to encourage better nutrition in school foods.
- Collaborate with local restaurants, offer healthy menus, get hospital logo on menus.
- Develop a gardening program, promote organic foods, healthy diets.
- Develop physical activity classes, Zumba, aerobics, yoga, etc.
  - Include hospital employees and give health insurance credits.
  - Work with local businesses to send employees and offer insurance credits.
  - Collaborate with local clubs for support such as a YMCA or similar organizations.
- Support a wellness program for PMH associates

**Transportation – medical, non-medical, non-emergent**

- Collaborate with local churches and civic organizations for support groups.
- Collaborate with Pulaski County EMS to provide emergent transports to tertiary care facilities
  - Continue to train nursing staff to accompany a transfer
- Continue to explore other non-emergent transportation options with area ambulance services.

- Explore telehealth programs where applicable to avoid the need of transportation.

### **Family and parenting support and education**

- Develop Community Outreach programs to connect with applicable patients about available services.
- Explore a “Mentoring for Moms” program to support the emotional and educational needs of new mothers.
- Work with social service organizations to develop group classes on healthy living.
- Collaborate with local churches and civic organizations for support groups.
- Partner with providers, host events where they can speak about the benefits of health living.
- Seek financial support or materials from any local or regional organizations who manufacture or distribute family household goods.
- Provide a “Smart Discipline” parenting class to the community.