

# Implementation Plan for Needs Identified in the Community Health Needs Assessment for Cooperstown Medical Center

FY 2022

**Covered Facilities:** Cooperstown Medical Center and Nelson Griggs District Health Unit.

**Community Health Needs Assessment:** A Community Health Needs Assessment (“CHNA”) was performed in the Fall/Winter 2022 in collaboration with public health to determine the most pressing health needs of Cooperstown and Griggs County.

**Implementation Plan Goals:** The Board of the Cooperstown Medical Center has determined that the following health needs identified in the CHNA should be addressed through the implementation strategy noted for each such need:

## 1. Access to Healthcare:

*Specific Needs Identified in CHNA:*

- Ensure all community members, including the uninsured and working poor have access to mental health services (page 43, ranking number 3).
- Address specifically depression and anxiety in all ages (page 43, ranking number 4).
- Key Objectives:
  - Increase the amount of time a mental health specialist is available to the patient population.
  - Increase the number of ways mental health services can be provided to the community.
- Implementation Strategies:
  - A. Work with tertiary organization(s) that currently provide on-site Mental Health services visits to see if they could increase time allocated to CMC.
  - B. Work with telemedicine providers to try to set up a routine day per week where CMC patients could be scheduled telemedicine visits to address mental health concerns.
  - C. Provide education to the students at the local schools regarding depression/anxiety on an annual, or more frequently as needed/routine basis.
  - D. Provide information/education to parents and students at local schools regarding depression/anxiety either through onsite education or assisting with sponsorship of these educational offerings. Work with Public health offices to provide information as a team effort and provide consistency in our messages.

### The goals:

1. Obtain at least 1-2 more days per week where Mental Health services appointments are available to the public.

2. Provide onsite education with question and answer periods for the students and parents at local schools to allow them time to learn about depression and anxiety, and help them identify signs and symptoms, and know when to ask for help. Provide this information annually or more often as needed.
3. Increase the awareness in the communities of the availability of healthcare services through CMC and Griggs County Public Health that are related to mental health.
4. Provide onsite education to schools, students, and parents at least once per year or more often as needed.
5. Work with local school systems and Griggs County Public Health to develop survey tools to help assess the mental health status of our community members of all ages, with a focus on anxiety/depression and to help develop a baseline for data and help us work towards improvements in status.

**Other Needs Identified in the CHNA but Not Addressed in this Plan:** Each of the health needs listed below is important and is being addressed by numerous programs and initiatives operated by the Hospital, other organizations within the Hospital system, and other community partners of the Hospital. However, the Hospital will not address the following health needs identified in the CHNA as part of this Implementation Plan due to limited resources and the need to allocate significant resources to the two priority health needs identified above.

**Ensure those community members' basic needs of care are met:**

1. Attracting and retaining young families.
2. Adequate childcare services.