

Implementation Plan for Unity Medical Center

Priority Area: Availability/Access to Mental Health Services

Goal: Increase availability and access to mental health services

Strategies:

1. Continue to support current mental health provider services at UMC and seek any opportunity to expand services.
2. NAMI (National Alliance for Mentally Ill) development at UMC. Initial focus is to support families.
3. Support schools through provision of education to de-stigmatize mental illness by UMC and Walsh County Health District (WCHD). WCHD will work with Grafton "Youth Ending Stigma" program and assist with Poverty Education to teachers.
4. Support of telemedicine behavioral health at the Community Health Services, Inc. in Grafton as part of Medication Assisted Treatment - WCHD will collaborate.

Priority Area: Substance Abuse Prevention for Adults and Youth

Goal: Decrease the misuse of substances by adults and youth

Strategies:

1. WCHD will chair the Walsh County Substance Abuse Prevention Coalition with participation of UMC.
2. Coalition will develop evidence based strategies to reduce adult binge drinking, underage drinking, and illicit drug use.
3. WCHD will support SBIRT (Screening Brief Intervention and Referral) at UMC and other provider offices.
4. Collaborate with health providers to bring MAT (Medication Assisted Treatment) to Walsh County at the Community Health Services Site.

Priority Area: Nutrition and Physical Activity

Goal: Support healthy behaviors that improve health outcomes

Strategies:

1. Promote use of senior meal sites, along with indoor walking at the Grafton Armory, by medical providers.
2. Promote and expand Diabetes Prevention Program
4. Breastfeeding Coalition development by WCHD WIC
5. Worksite Wellness activity sharing between UMC and WCHD, along with sharing to community businesses.



Nutrition and Physical Activity

While Nutrition and Physical Activity did not score in the top 5 priority areas in the CHNA, the steering committee determined that diabetes continues to be a major disease focus for UMC.

Prevention activities that promote healthy nutrition and increase physical activity can prevent diabetes, and will promote overall good health. Thus, this priority was added to UMC priority areas.

Other Needs Identified in the CHNA, but not Addressed in This Implementation Plan

Each of the health needs listed below is important and is being addressed by numerous programs and initiatives operated by UMC, other organizations within the hospital system, and other community partners of the UMC.

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 resource to the priority needs identified on the prior page.



Attracting and Retaining Young Families

UMC will collaborate with economic development and city agencies as they work to bring businesses and job opportunities to the area.

Community support for the UMC building project helps to assure that Grafton remains an attractive community for recruiting and retaining young families.

"Alcohol Use and Abuse" and "Drug Use and Abuse"

These were similar in nature and were combined as the priority listed on prior page "Substance Abuse Prevention for Adults and Youth".

Depression and Anxiety

This area was combined under the priority area "Availability/Access to Mental Health Services".

All primary care providers at UMC treat depression and anxiety, so access to treatment for general management is in place.

Stigma about mental health continues to be a concern in Walsh County and efforts to reduce stigma and promote access to treatment for all mental health issues will be addressed through the Availability and Access to Mental Health Services priority area.