



# **CVRMC Community Health Implementation Plan**



**CHIP / 2024-2028**

## **COMMUNITY HEALTH IMPLEMENTATION PLAN (CHIP)**

The Community Health Implementation Plan (CHIP) is a guide used by public health, community hospitals and their partners to collaborate and respond to key factors that may be limiting their community's ability to lead full, happy and healthy lives. The CHIP is developed and based on the key findings of the Community Health Needs Assessment (CHNA), which is an assessment of the health status of residents across the Cobre Valley Regional Medical Center (CVRMC) service region.

## **IDENTIFYING HEALTH PRIORITIES**

The Administrative Team, at the direction of the Board of Directors, used key findings and next steps identified in the CHNA. The key findings include the following:

1. Chronic Disease – obesity, heart, diabetes, cancer
2. Behavioral/Mental Health
3. Substance/Drug/Opioid/Alcohol Abuse

## **DEFINING GOALS, OBJECTIVES, AND STRATEGIES FOR ACTION**

The Administrative Team identified long-term and short-term goals for the above Key Findings, using an Asset-Based Analysis Approach in order to educate each other on current efforts, opportunities to collaborate, and potential gaps to fill. The Administrative Team then devised strategies and tactics to support the goals.

## **PRIORITY 1: CHRONIC DISEASE – OBESITY, HEART, DIABETES, CANCER**

The decision to include Chronic Disease as a health priority was based on several findings in the CHNA.

In America one of the most significant economic, health and social challenges faced today is the increased presence of chronic disease and degenerative diseases. Chronic conditions are common effecting 6 in 10 adults. This is also true of Gila County, with 63% of seniors over 65 who are living with two or more chronic conditions. Additionally, Gila County's overall health outcome is 13<sup>th</sup> of the 15 Arizona counties and is 9<sup>th</sup> for health factors.

Chronic diseases, once established, typically persist throughout an individual's life, significantly affecting both mental and physical health as well as life expectancy. Managing chronic conditions necessitates consistent healthcare, maintaining an active lifestyle, adhering to a nutritious diet, and following prescribed medication regimens. This entails ongoing health monitoring, regular medical supervision, and acquiring skills to effectively manage one's chronic condition.

Fortunately, we can significantly reduce or prevent chronic disease with the following behaviors. This list includes:

- Increase Physical activity and regular exercise
  - Reduce Excessive use of alcohol
  - Eating a Healthy diet
  - Reduction of tobacco use and exposure to secondhand smoke.
  - Increased education
  - Annual Routine health exams
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## PRIORITY 1: CHRONIC DISEASE

Goal: Identify and mitigate the impact of Chronic Disease

### **Objective 1:1**    **Expand Preventative Care**

#### **Strategy 1:1**

Chronic care/transitional care management.

- Build and expand Chronic and transitional care programs.
- Program to increase annual well visit compliance.

**Lead Organization:** CVRMC

**Collaborating Organizations:** Gila County Health Dept., Specialty Providers

#### **Strategy 1:2**

Utilize internal and external data to improve patient chronic care management.

- Utilize Meditech to promote disease management.
- Patient Connect campaign to promote education and engagement.
- Coordinate care coordination with AHCCCS and Insurance Companies.
- Utilize Health Information Exchange to improve continuity of care.
- Utilize patient registry to Identify and Target at risk Patients.
- Local Health Providers.

**Lead Organization:** CVRMC

**Collaborating Organizations:** Gila County Health Dept.

#### **Strategy 1:3**

Continue and develop health and wellness education and community outreach.

- Participating in Health Fairs.
- Screenings.
- First Fridays in Globe and other various community events.
- Work with various civic organizations.
- Media – targeted campaigns.

**Lead Organization:** CVRMC

**Collaborating Organizations:** Gila County Health Dept.

#### **Strategy 1:4**

Continue to develop community wellness opportunities and facilities.

- Walking Path.
- Community Pools – Globe, Miami.
- New park to be built north of the hospital.

## PRIORITY 2: BEHAVIORAL/MENTAL HEALTH

Mental health is crucial, affecting how we think, feel, and act. It influences our ability to cope with stress, build relationships, and make decisions. Mental health contributes to overall well-being, productivity, and quality of life. Neglecting mental health can lead to issues like depression, anxiety, and reduced quality of life. Prioritizing mental health helps individuals lead fulfilling lives and contributes to healthier communities.

Mental health conditions are common and can significantly impact a person's physical health and overall well-being. Integrated care that addresses both physical and mental health can lead to better health, reduced hospital admissions, and improved patient satisfaction. Additionally, early detection and treatment of mental health issues can prevent more severe problems and reduce healthcare costs in the long run. By prioritizing mental health in our healthcare system, we can focus on comprehensive care that addresses the whole person.

In Gila County, the prevalence and need for mental health effects 19% of the population much higher than Arizona at 16.8% and nationally at 15.2%. Surveys of key community stakeholders noted prevalence of mental health related conditions and the lack of access to mental health providers as one of the top needs in the region.

## **PRIORITY AREA 2: BEHAVIORAL/MENTAL HEALTH**

Goal: Develop behavioral health integration programs to manage at risk patients

**Objective 2:1** Reduce prevalence through Increased awareness and treatments options.

**Strategy 2:1:2** Mitigate the mental health stigma through education and awareness.

- Targeted media campaigns on mental health.

**Lead Organization: CVRMC**

**Collaborating Organizations: CVRMC**

**Strategy 2:1:1** Increase access to mental health services in the communities we serve.

- Add cognitive behavioral health therapy to our mental health program.
- Recruit additional providers to include a LCSW or psychologist to our mental health program.
- Counseling services.
- Enhance access to telehealth services.

**Lead Organization: CVRMC**

**Collaborating Organizations: CVRMC; Canyonlands; CBI; Gila County Health Dept.**

### PRIORITY AREA 3: SUBSTANCE/DRUG/OPIOID/ALCOHOL ABUSE

Substance abuse can have profound effects on an individual's physical health, mental well-being, relationships, and overall quality of life. Physically, it can lead to various health issues. Mentally, it can cause mood disorders, anxiety, depression, and cognitive impairments. Socially, substance abuse can strain relationships with family and friends, lead to isolation, and result in legal issues and financial problems. Over time, it can also increase the risk of accidents, injuries, and premature death. Education, treatment and support are crucial for individuals struggling with substance abuse to regain control of their lives.

The likelihood of substance abuse is affected by the following:

- Family history of addiction
- Mental health disorders
- Peer pressure
- Negative family involvement
- Early use of substances
- Taking a highly addictive drug, prescribed or illicit

Substance abuse or more specifically overdose was noted as one of the most significant health concerns in the region. Substance abuse isn't just a local problem as outlined in the 2023 Health and Human Services report. This study found the following:

- The prevalence of substance abuse among people aged 12 or older in 2021, 61.2 million people (or 21.9 percent of the population) used illicit drugs in the past year. The most commonly used illicit drug was marijuana, which 52.5 million people used. Nearly 2 in 5 young adults 18 to 25 used illicit drugs in the past year; 1 in 3 young adults 18 to 25 used marijuana in the past year.
- 9.2 million people 12 and older misused opioids in the past year.
- 46.3 million people aged 12 or older (or 16.5 percent of the population) met the applicable DSM-5 criteria for having a substance use disorder in the past year, including 29.5 million people who were classified as having an alcohol use disorder and 24 million people who were classified as having a drug use disorder.
- The percentage of people who were classified as having a past year substance use disorder, including alcohol use and/or drug use

disorder, was highest among young adults aged 18 to 25 compared to youth and adults 26 and older. (HHS)

- In 2021, 94% of people aged 12 or older with a substance use disorder did not receive any treatment. Nearly all people with a substance use disorder who did not get treatment at a specialty facility did not think they needed treatment.
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## **PRIORITY AREA 3: SUBSTANCE/DRUG/OPIOID/ALCOHOL ABUSE**

Goal: Reduce substance abuse to improve quality of life for those in the communities CVRMC serves

**Objective 3:1** Increase access to care for substance abuse services.

**Strategy 3:1:1** Expand access to Narcan at CVRMC locations.

- Train providers in substance abuse awareness including the administration of Narcan.
- Ensure ample supply of Narcan.
- Review the distribution of Narcan data to identify opportunities for improvement.

**Lead Organization:** CVRMC

**Collaborating Organizations:** Gila County Health Dept.

**Strategy 3:1:2** Partner with county and schools to increase awareness.

- Meet with county and schools periodically to allow for collaboration.
- Support the county and schools for community outreach efforts.

**Lead Organization:** CVRMC

**Collaborating Organizations:** Gila County Health Dept.