



## 2016 Implementation Plan



# Summary

As a trusted local healthcare leader, Mount Nittany Health is committed to understanding and addressing the most pressing health and wellness concerns for our community. Therefore, every three years Mount Nittany Health conducts a Community Health Needs Assessment (CHNA) and creates a corresponding implementation plan to address the health priorities identified by the CHNA.

Mount Nittany Health has conducted the 2016 CHNA in partnership with Centre Foundation, Centre County United Way, and Centre County Partnership for Community Health. The 2016 CHNA will be used as a tool for informing strategy, funding, and action plans to improve the health and wellness of our community.

Research from our most recent CHNA (completed in 2016) shows us that our community, Centre County, is a healthy community. Centre County meets 16 Healthy People 2020 goals and ranks 4th among all 67 Pennsylvania counties for health outcomes.

However, there are still health issues and areas of health disparity in our community that exist. The 2016 CHNA identified three priority areas based on the scope and severity of the issue affecting Centre County residents. This plan, which was developed in collaboration with key community organizations and has been adopted by the Mount Nittany Health board of directors, outlines each priority area along with their respective challenges, goals, objectives and strategies.

The identified health priority areas of behavioral health, substance abuse and chronic disease are complex issues affected by a multitude of factors requiring a community wide coordinated approach to identify and implement impactful solutions. Mount Nittany Health looks forward to potentially partnering with a host of community organizations, coalitions and interested individuals to positively impact these priority areas.

## Priority Issue 1: Behavioral Health

**Problem statement:** Unmet behavioral health needs frequently lead to preventable illness and death in individuals, families, and communities; additionally, stigma related to behavioral health prevents individuals and families from seeking and accessing care and support, leading to poor health outcomes.

**Goal statement:** Improve access to screening, support, education, and treatment for behavioral health disorders in order to achieve optimal health outcomes. Reduce the stigma associated with behavioral health disorders to increase access to care and utilization of support services and systems.

### Objective 1: Increase the use of evidence-based tools to identify potential mental health concerns

#### Strategies:

- Encourage the use of early identification screening tools among all Mount Nittany Health primary care patients
- Provide free screening tools to community-based organizations and partners
- Develop a behavioral health emergency department case management program to coordinate care and services

## **Objective 2: Increase the number of residents identified as having a behavioral health condition who receive treatment or counseling**

### **Strategies:**

- Collaborate with appropriate partners to leverage existing resources
- Provide education to facilitate improved communication between consumers and providers, development of care plans and ongoing treatment for individuals who have identified behavioral health issues

## **Objective 3: Increase awareness of psychological distress symptoms and risk factors for suicide**

### **Strategies:**

- Develop and execute community awareness campaign to prevent suicide
- Encourage suicide prevention education through sponsorship of community events and service
- Disseminate suicide prevention education with community groups and at community events

## Objective 4: Focus on reducing stigma associated with behavioral health through community programs and education

### Strategy:

- Conduct and support community education programs

### Potential Partners:

- American Foundation for Suicide Prevention
- Centre County Can Help Crisis Line
- Centre County Council of Human Services
- Centre County Office of Mental Health
- Centre County Suicide Prevention Task Force
- Centre County United Way
- Clear Concepts Counseling/Crossroads Counseling, Inc.
- Community Care Behavioral Health
- Community Mental Health Committee
- Community Help Center
- Community Safety Net
- Hearts for Homeless
- Jana Marie Foundation
- The Meadows - Universal Community Behavioral Health
- Mount Nittany Medical Center Medical Staff Education Committee
- Oasis Lifecare, LLC
- Out of the Cold for Homeless
- Penn State Cedar Clinic
- Penn State Psychological Clinic
- Quest Services
- Senior Living Providers
- Senior Centers
- Skills of Central Pennsylvania
- Student Assistance Programs
- Strawberry Fields
- YMCA of Centre County
- Youth-Aid Panel
- Youthful Offenders Program
- Youth Service Bureau

## Priority Issue 2: Substance Abuse

**Problem statement:** Substance abuse is on the rise in Centre County, impacting individuals, families, and our community, cumulating in social, physical, mental, and public health problems.

**Goal statement:** Improve access to screening, support, and treatment for substance abuse disorders in order to achieve optimal health outcomes. Increase public awareness about the scope and severity of substance abuse issues within Centre County to reduce the stigma associated with substance abuse disorder.

### Objective 1: Increase the use of evidence-based tools to identify potential substance use concerns

#### Strategies:

- Encourage the use of early identification screening tools throughout the life span among all Mount Nittany Health primary care patients
- Provide screening tools to community-based organizations and partners

### Objective 2: Increase the number of residents identified as having a substance abuse disorder who receive treatment or counseling

#### Strategies:

- Collaborate with appropriate partners to leverage existing resources
- Provide education to facilitate improved communication between consumers and providers, creation of care plans, and ongoing treatment for individuals who have identified substance abuse disorders

## **Objective 3: Increase public education and awareness for preventing prescription drug, opioid misuse, and overdose**

### **Strategies:**

- **Develop substance abuse prevention resources for use in community, prevention, and treatment settings, targeting at-risk populations**
- **Collaborate with appropriate organizations to promote programs and initiatives that boost protective factors to reduce risk factors for drug use**
- **Maintain up-to-date fact sheets on prescription drug misuse/abuse/addiction and related consequences**
- **Reduce access to prescription drugs for misuse and abuse**

### **Potential Partners:**

- Al-Anon Family Groups/Alcoholics Anonymous
- Centre County Can Help Crisis Line
- Centre County Communities that Care Coalition
- Centre County HOPE Initiative
- Centre County Office of Drug and Alcohol
- Centre County Council of Human Services
- Centre County United Way
- Clear Concepts Counseling/Crossroads Counseling, Inc.
- Community Care Behavioral Health
- Community Mental Health Committee
- Community Help Center
- Community Safety Net
- Hearts for Homeless
- The Meadows - Universal Community Behavioral Health
- Medical Staff – Mount Nittany Medical Center
- Oasis Lifecare, LLC
- Out of the Cold for Homeless
- Pharmacies
- Skills of Central Pennsylvania
- St. Joseph Institute for Addiction
- Student Assistance Programs
- Youth Service Bureau

## Priority Issue 3: Chronic Disease

**Problem statement:** Chronic diseases, including cardiovascular and circulatory diseases, diabetes, cancer, and chronic lung disease, are among the most prevalent of all health problems in our community and limit individuals and families from reaching their highest health potential.

**Goal statement 1:** Decrease overweight and obesity among adults and youth

**Objective 1:** Increase prevention and education programs that encourage healthy lifestyles for adults and youth

### Strategies:

- Increase prevention and education programs that encourage healthy lifestyles for adults and youth
- Provide education about healthy lifestyles and chronic disease prevention at community events and through local media sources
- Educate primary care patients on prevention of chronic disease, weight loss strategies, and referral to community resources



**Goal statement 2:** Improve chronic disease outcomes through prevention and by ensuring access to appropriate, quality healthcare services

**Objective 1: Improve care coordination for individuals managing chronic disease**

**Strategies:**

- Develop and implement a plan to reduce unplanned 30-day readmissions
- Implement a care management program in MNPG to improve coordination and cost-effective care for at-risk populations

**Objective 2: Improve care coordination for individuals managing chronic disease**

**Strategy:**

- Implement a system-wide population health structure with a multi-year strategic plan

**Objective 3: Increase awareness of diabetes risk, screenings, and early treatment**

**Strategies:**

- Provide community education and programming by certified diabetes educators, targeting at-risk populations
- Provide free blood sugar screenings within the community
- Increase the number of residents who receive diabetes screenings as part of their primary care

## **Objective 4: Increase awareness of heart disease risk, screenings, and early treatment**

### **Strategies:**

- Provide community education and programming, targeting at-risk populations
- Provide free screenings for high blood pressure, cholesterol, and other risk factors for heart disease within the community
- Increase the number of residents who receive heart disease screenings as part of their primary care

## **Objective 5: Increase awareness of lung disease risk, screenings, and early treatment**

### **Strategies:**

- Increase the number of residents who receive lung disease risk screenings as part of their primary care
- Work with care providers to screen incidental findings of lung nodules

## **Objective 6: Increase awareness of stroke risk, screenings, and early treatment**

### **Strategies:**

- Provide community education and programming by the stroke coordinator to educate on early warning signs of stroke and need for immediate treatment
- Provide stroke screenings within the community
- Increase the number of residents who receive stroke risk assessment as part of their primary care

## **Objective 7: Increase awareness of cancer risk, screenings, and early treatment, and reduce barriers to care**

### **Strategies:**

- **Provide community education and programming to educate on importance of early detection, routine screenings, and risk factors for developing cancer**
- **Increase the number of residents who receive cancer screenings as part of their primary care**
- **Promote Mount Nittany Health cancer patient navigator service for assistance with coordination of care, navigating the healthcare system, assisting with insurance challenges, accessing resources and support, and locating financial assistance**
- **Provide transportation services for Mount Nittany Health medical oncology patients**

### **Potential Partners:**

- American Cancer Society
- American Heart Association
- Bestwick Foundation
- Bob Perks Assistance Fund
- Centre Area Transit Authority (CATA)
- Centre County Office of Aging
- Centre County Food Pantries/Food Banks
- Centre Moves
- Centre Region Parks and Recreation
- Centre Volunteers in Medicine
- Clearwater Conservancy
- Home Health agencies
- Mount Nittany Health Foundation
- Mount Nittany Medical Staff
- Penn State Extension
- Penn State Health and Community Medicine Residency Program
- Penn State - Kinesiology Department
- Penn State - Nutrition Department
- Penn State Sustainability Institute
- Pennsylvania Department of Public Health
- Pink Zone
- Senior Living Providers
- Senior Centers
- State College Meels on Wheels
- Super Fair
- Team Ream
- YMCA of Centre County