

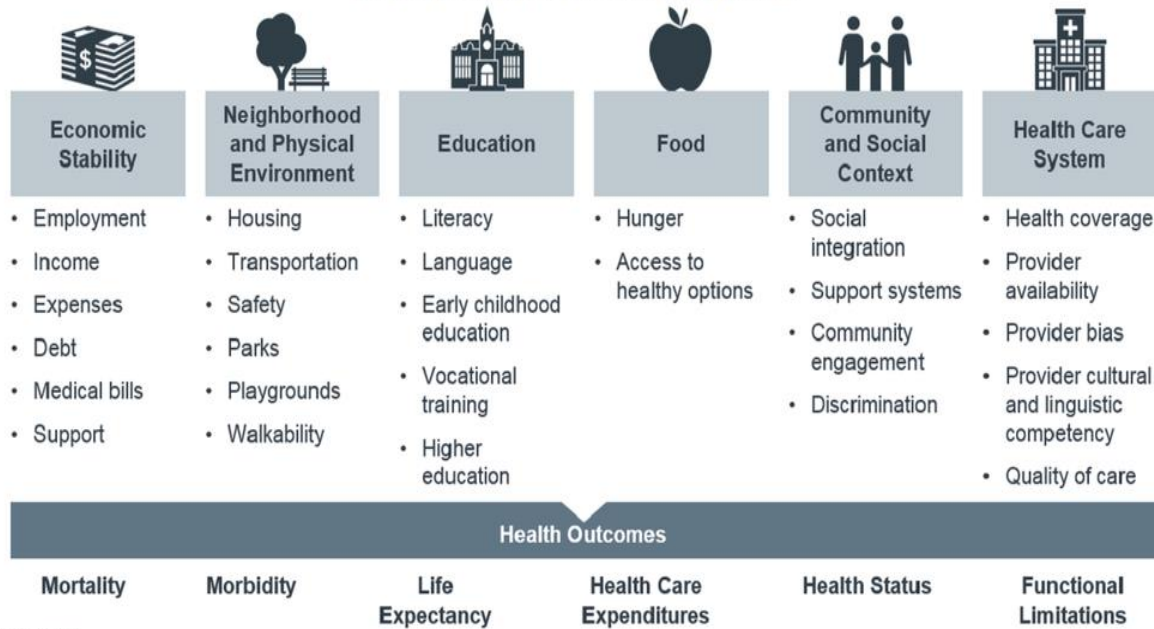
Community Health Needs Assessment Implementation Plan

Slides 1-9 are an overview

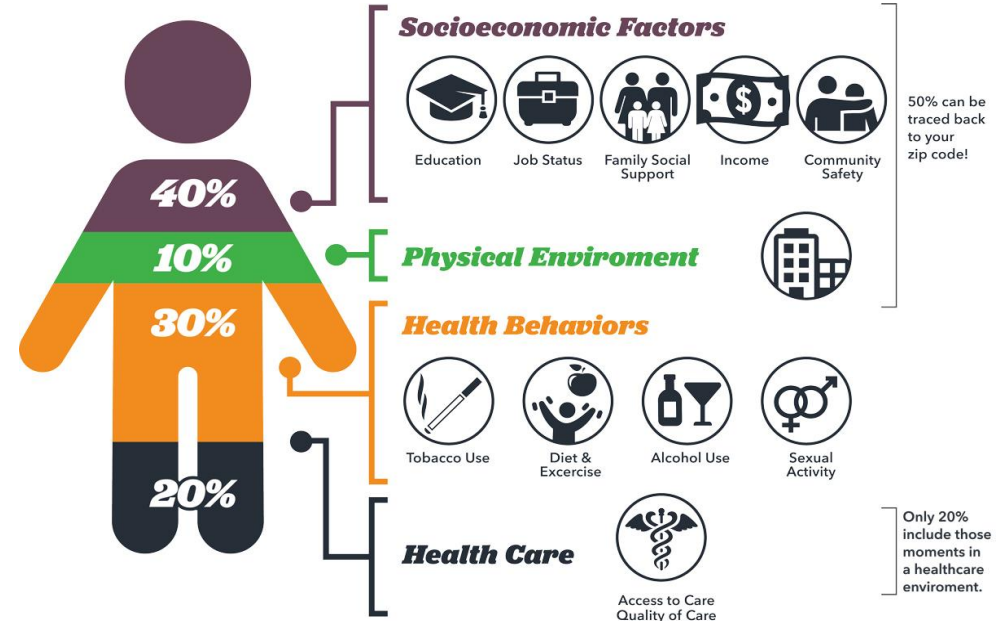
Appendix: Slides 10-16 are a deeper explanation on each action item

Community Health & Healthcare

The social determinants of health



Source: Kaiser Family Foundation



Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014)

Mental Health & Substance Abuse/Misuse

1. Collaborate with CCHCI on a MAT grant to ensure patients from the ED have treatment options for alcohol, opioid, and other addiction issues.
2. Plan and Collaborate with the Legacy Foundation of Southeastern Arizona to have an annual multidisciplinary Drug Addiction Summit in Cochise County.
3. Collaborate with the Benson Police Department & Reach program to address addiction-related social needs.
4. Continue to expand Concert Health Program.
5. Work with the Benson Family Alliance to hold parent multidisciplinary education nights at the school around substance abuse and the correlation with adverse childhood experiences.

Mental Health & Substance Abuse/Misuse

6. Explore options to treat social isolation among the elderly through fellowship options with local churches.
7. Create a collaboration with the Area Agency on Aging to improve mental health outcomes in Benson's elderly population.
8. Explore the possibility of partnering with SEAGO to create a congregate meal site in Benson that would address social isolation.
9. Work with Cochise County Health and Human Services to explore the option of using CAHs for detox bridge treatment.

Good Jobs & a Healthy Economy

1. Hold a summer camp for current students in middle and early high school to invest in the next generation of healthcare professionals
2. Work with the Center for the Future of Arizona to improve career-based STEM learning opportunities in Benson
3. Attend and participate in service area STEM night events
4. Work with BUSD and Center for the Future of Arizona to try and create a healthcare portion for the Southwestern Region Space Settlement Design Competition
5. Continue creating and expanding service lines that both keep and increase healthcare-associated spending in Benson

Good Jobs & a Healthy Economy

6. Work with the Benson Chamber of Commerce and the Southeast Arizona Economic Development Group to improve the overall economic environment in Benson
7. Work with the Cochise Technology District to expand the PCT program and explore creating a community health worker program
8. Partner with local schools to create practical experiences for students such as shadowing various departments involved with the delivery of healthcare
9. Recruit more specialist providers to Benson in order to increase local revenue and decrease the community expenditures associated with traveling to Tucson for care

Healthy Eating, Obesity, & Lifestyle Diseases

1. Explore the possibility of working with SEAGO to have a congregate meal site for elders in Benson
2. Reconvene the Benson diabetic education support group
3. Work with Concert Health to address lifestyle diseases in patients that also have coexisting conditions other than anxiety and depression
4. Continue working with Southwind's Farm to improve access to locally grown healthy produce
5. Reestablish the summer farmers market at Benson Hospital to increase access to locally grown produce

Healthy Eating, Obesity, & Lifestyle Diseases

6. Work with Benson Clean & Beautiful and the City of Benson to develop a community garden in Lions Park
7. Work with Benson Clean & Beautiful to expand Market on the Move in Benson
8. Provide guidance for youth effort fundraising for the Food Pantry
9. Work with Cochise (EFNEP) Expanded Food and Nutrition Education Program through the U of A Cooperative Extension to hold more educational classes in Benson

Compliance Requirements

- The board to vote to approve the plan or not
- The plan must be uploaded to the hospital website

Appendix for More Detailed Action Items

Introduction: Non-profit hospitals serve as vital anchors within their communities, extending beyond the mere provision of medical care to address broader health needs. One essential practice employed by these hospitals is the regular undertaking of Community Health Needs Assessments (CHNAs), typically conducted every three years. These assessments serve as a crucial mechanism for understanding the unique health challenges and priorities within the community.

By engaging in CHNAs, hospitals can effectively tailor their strategies and initiatives to address prevalent health concerns, foster community well-being, and promote preventive care. This proactive approach not only improves the health outcomes of individuals but also contributes to the overall vitality and resilience of the community.

Action Items - Mental Health and Substance Abuse/Misuse

- 1. Collaborate with CCHCI on a MAT grant to ensure patients from the ED have treatment options for alcohol, opioid, and other addiction issues.**
 - Addressing substance abuse and addiction issues is imperative for enhancing the overall well-being of Benson's population. By collaborating with CCHCI on a Medication-Assisted Treatment (MAT) grant, the hospital can ensure that individuals presenting at the Emergency Department (ED) receive comprehensive care and support for their addiction issues, thereby reducing the burden on emergency services and improving long-term health outcomes for both individuals and the community.
- 2. Plan and Collaborate with the Legacy Foundation of Southeastern Arizona to have an annual multidisciplinary Drug Addiction Summit in Cochise County.**
 - Organizing an annual Drug Addiction Summit in collaboration with the Legacy Foundation of Southern Arizona provides a local platform for addressing substance abuse issues comprehensively. By bringing together multidisciplinary experts and community stakeholders, we can facilitate discussions, share best practices, and advocate for innovative solutions to combat drug addiction, ultimately promoting healthier lifestyles and reducing substance misuse within the community.
- 3. Collaborate with the Benson Police Department & Reach program to address addiction-related social needs.**
 - Substance abuse often intertwines with various social determinants, including poverty, homelessness, and mental health challenges. By partnering with the Benson Police Department and the Reach program, the hospital can address addiction-related social needs more effectively, providing holistic support to individuals struggling with substance misuse. This collaborative approach fosters community trust, reduces stigma, and promotes recovery-oriented outcomes.
- 4. Continue to expand Concert Health Program.**
 - Mental health plays a significant role in overall health and well-being. By expanding the Concert Health Program, the hospital can improve access to mental health services and support for individuals experiencing anxiety, depression, and other mental health conditions while focusing attention to the role mental health plays in physical health. This proactive approach not only enhances individual health outcomes but also strengthens community resilience and social cohesion.

Action Items - Mental Health and Substance Abuse/Misuse

5. **Work with the Benson Family Alliance to hold parent multidisciplinary education nights at the school around substance abuse and the correlation with adverse childhood experiences.**
 - Educating parents and caregivers about substance abuse and its correlation with adverse childhood experiences is crucial for prevention and early intervention efforts. By collaborating with the Radical Collaboration Council to organize multidisciplinary education nights, the hospital can help empower families with knowledge, resources, and support networks to mitigate the impact of substance misuse on children and promote healthier family dynamics.
6. **Explore options to treat social isolation among the elderly through fellowship options with local churches.**
 - Social isolation among the elderly population can significantly impact mental health and overall well-being. By exploring fellowship options with local churches, the hospital can create opportunities for social engagement, support, and connection for older adults, thereby reducing feelings of loneliness and improving mental health outcomes. This community-based approach promotes healthy aging and enhances the quality of life for vulnerable populations.
7. **Create a collaboration with the Area Agency on Aging to improve mental health outcomes in Benson's elderly population.**
 - Older adults often face unique challenges related to mental health and access to care. By collaborating with the Area Agency on Aging, the hospital can develop targeted interventions and services to improve mental health outcomes among Benson's elderly population. This partnership ensures that older adults receive tailored support and resources to address their mental health needs, promoting dignity, autonomy, and overall well-being in later life.
8. **Explore the possibility of partnering with SEAGO to create a congregate meal site in Benson that would address social isolation.**
 - Social isolation and food insecurity are interconnected issues that can adversely affect health outcomes, particularly among vulnerable populations. By partnering with SEAGO to establish a congregate meal site, the hospital can address both social isolation and nutritional needs within the community. This collaborative initiative not only fosters social connections and support networks but also promotes access to healthy meals, thereby improving overall health and well-being.
9. **Work with Cochise County Health and Human Services to explore the option of using CAHs for detox bridge treatment.**
 - Timely access to detox bridge treatment is essential for individuals struggling with substance abuse issues in rural areas. By working with Cochise County Health and Human Services to explore the use of Critical Access Hospitals (CAHs) for detox bridge treatment, the hospital can improve access to vital services and support for individuals in crisis. This collaborative effort ensures that individuals receive the care they need close to home, promoting recovery and reducing the burden on emergency and transport services.

Action Items - Good Jobs and a Healthy Economy

- 1. Hold a summer camp for current students in middle and early high school to invest in the next generation of healthcare professionals.**
 - Investing in the next generation of healthcare professionals is crucial for building a resilient healthcare workforce and ensuring the continuity of quality care in Benson. By organizing a summer camp for middle and early high school students, the hospital can inspire young minds to pursue careers in healthcare, thereby addressing future workforce needs and contributing to the economic vitality of the community.
- 2. Work with the Center for the Future of Arizona to improve career-based STEM learning opportunities in Benson.**
 - Enhancing career-based Science, Technology, Engineering, and Mathematics (STEM) learning opportunities is essential for preparing students for the evolving demands of modern industry. By collaborating with the Center for the Future of Arizona, the hospital can equip students in Benson with the skills and knowledge needed to thrive in healthcare-related and non-healthcare related careers, thereby fostering economic growth and prosperity.
- 3. Attend and participate in service area STEM night events.**
 - Active participation in STEM night events allows the hospital to engage with students, parents, and educators, promoting awareness of healthcare careers and opportunities. By showcasing the importance of STEM disciplines in healthcare, the hospital can inspire interest and enthusiasm among youth, encouraging them to pursue careers that contribute to the local economy and community well-being.
- 4. Work with BUSD and Center for the Future of Arizona to try and create a healthcare portion for the Southwestern Region Space Settlement Design Competition.**
 - Integrating healthcare components into educational initiatives such as the Southwestern Region Space Settlement Design Competition fosters innovation and creativity in addressing healthcare challenges. By collaborating with local educational institutions and organizations, the hospital can encourage students to explore innovative healthcare solutions, driving economic development and advancing healthcare technology within the community.
- 5. Continue creating and expanding service lines that both keep and increase healthcare-associated spending in Benson.**
 - Expanding healthcare service lines not only improves access to care for residents but also retains healthcare spending within Benson, stimulating economic growth and sustainability. By diversifying service offerings and enhancing healthcare infrastructure, the hospital can attract patients from neighboring communities, bolstering direct and indirect local revenue and supporting job creation.

Action Items - Good Jobs and a Healthy Economy

6. **Work with the Benson Chamber of Commerce and the Southeast Arizona Economic Development Group to improve the overall economic environment in Benson.**
 - Collaboration with local chambers of commerce and economic development groups strengthens the hospital's role as an economic anchor within the community. By working together to attract businesses, promote entrepreneurship, and support workforce development, the hospital contributes to a vibrant economic environment that benefits residents and businesses alike.
7. **Work with the Cochise Technology District to expand the PCT program and explore creating a community health worker program.**
 - These programs would enable graduating high school seniors to enter the healthcare workforce immediately after finishing school. Investing in healthcare education and workforce development programs addresses critical healthcare needs while also stimulating economic growth. By partnering with the Cochise Technology District, the hospital can expand training programs for Patient Care Technicians (PCTs) and explore the creation of a community health worker program, creating pathways to employment and supporting local economic prosperity.
8. **Partner with local schools to create practical experiences for students such as shadowing various departments involved with the delivery of healthcare.**
 - Providing practical experiences for students fosters interest and skill development in healthcare careers while also strengthening ties between the hospital and the community. By partnering with local schools to offer shadowing opportunities, the hospital exposes students to the diverse roles within healthcare, inspiring future professionals and contributing to a robust workforce pipeline.
9. **Recruit more specialist providers to Benson in order to increase local revenue and decrease the community expenditures associated with traveling to Tucson for care.**
 - Recruiting specialist providers enhances access to specialized care locally, reducing the need for residents to travel outside the community for medical services. By expanding specialist services within Benson, the hospital retains healthcare spending within the local economy, supporting businesses and contributing to community prosperity.

Healthy Eating, Obesity, and Lifestyle Diseases

- 1. Explore the possibility of working with SEAGO to have a congregate meal site for elders in Benson.**
 - Addressing food insecurity and promoting healthy eating habits are essential components of preventive healthcare. By partnering with SEAGO to establish a congregate meal site for elders, the hospital can ensure access to nutritious meals while also fostering social connections and community support networks, ultimately improving health outcomes and quality of life for older adults.
- 2. Reconvene the Benson diabetic education support group.**
 - Managing chronic conditions such as diabetes requires ongoing education and support. By reconvening the Benson diabetic education support group, the hospital can empower individuals with the knowledge and resources needed to effectively manage their condition, thereby reducing complications and improving overall health outcomes.
- 3. Work with Concert Health to address lifestyle diseases in patients that also have coexisting conditions other than anxiety and depression.**
 - Lifestyle diseases, such as obesity and heart disease, often coexist with other health conditions, requiring a comprehensive approach to management. By collaborating with Concert Health, the hospital can integrate lifestyle interventions into patient care plans, addressing underlying health issues and promoting holistic wellness.
- 4. Continue working with Southwind's Farm to improve access to locally grown healthy produce.**
 - Access to fresh, locally grown produce is essential for promoting healthy eating habits and preventing chronic diseases. By continuing to work with Southwind's Farm, the hospital can increase access to nutritious foods within the community, supporting healthy lifestyles and reducing the prevalence of diet-related illnesses.
- 5. Reestablish the summer farmers market at Benson Hospital to increase access to locally grown produce.**
 - The summer farmers market provides a convenient venue for residents to access fresh, locally sourced produce, supporting healthy eating habits and local agriculture. By reestablishing the farmers market at Benson Hospital, the hospital can promote healthy food choices and community engagement, contributing to improved health outcomes for residents.

Healthy Eating, Obesity, and Lifestyle Diseases

6. **Work with Benson Clean & Beautiful and the City of Benson to develop a community garden in Lions Park.**
 - Community gardens offer opportunities for residents to grow their own fruits and vegetables, fostering a sense of ownership and connection to healthy eating. By partnering with Benson Clean & Beautiful and the City of Benson, the hospital can support the development of a community garden in Lions Park, promoting food security and community well-being.
7. **Work with Benson Clean & Beautiful to expand Market on the Move in Benson.**
 - Market on the Move provides affordable access to fresh produce for residents, particularly those facing financial constraints. By working with Benson Clean & Beautiful to expand this initiative, the hospital can increase access to healthy foods and promote equitable health outcomes within the community.
8. **Provide guidance for youth effort fundraising for the Food Pantry.**
 - Supporting youth-led fundraising efforts for the Food Pantry not only addresses food insecurity but also empowers young people to make a positive impact in their community. By providing guidance and resources for these efforts, the hospital can foster a culture of philanthropy and social responsibility among youth, contributing to a healthier and more resilient community.
9. **Work with Cochise (EFNEP) Expanded Food and Nutrition Education Program through the U of A Cooperative Extension to hold more educational classes in Benson.**
 - Education is key to promoting healthy eating habits and preventing lifestyle diseases. By partnering with the Expanded Food and Nutrition Education Program (EFNEP), the hospital can facilitate educational classes in Benson, equipping residents with the knowledge and skills needed to make informed food choices and improve their health outcomes.