

2022-2025

Haywood Regional Medical Center

Implementation Strategy

To Address Significant Community Health Needs

Haywood County, NC

Paper copies of this document may be obtained at Haywood Regional Medical Center, 262 Leroy George Drive, Clyde, NC 28721 or by phone 828-456-7311. This document is also available electronically via the hospital website <http://www.myhaywoodregional.com>

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Overview

The Community Health Needs Assessment (CHNA) defines priorities for health improvement, creates a collaborative community environment to engage stakeholders, and an open and transparent process to listen and truly understand the health needs of the community served by Haywood Regional Medical Center (Haywood County, NC). This document is the Haywood Regional Medical Center (HRMC) Implementation Plan outlining how the hospital plans on addressing significant health needs in the community.

The CHNA is contained in a separate document.

Haywood Regional Medical Center's Board of Trustees approved and adopted this Implementation Strategy on April 25, 24

Starting on May 1, 2024, this report is made widely available to the community via Haywood Regional Medical Center's website, www.myhaywoodregional.com, and paper copies are available free of charge at Haywood Regional Medical Center.

Community Health Improvement/ Implementation Plan 2022-2025

To successfully make our community healthier, it is necessary to have a collaborative venture which brings together all of the care providers, citizens, government, schools, churches, not-for-profit organizations and business and industry around an effective plan of action. The community health needs assessment was completed previously and posted on HRMC's website.

Based on the results of the CHNA, HRMC has selected three of the identified significant health needs to address.

1. Mental Health
2. Substance Use
3. Obesity

Priority Health Need #1: Mental Health

Hospital Action

The Hospital will continue to offer inpatient behavioral health to individuals over the age of 18. We have two unique behavioral health settings. Our adult unit specializes in individuals 18-64 years old, and our senior behavioral health unit specializes in individuals over the age of 55. The hospital will begin to explore how to better address behavioral health care needs through intensive outpatient services and ECT.

Anticipated Impact

The anticipated impact of these services is to help decrease the mental health stigma in Haywood County as well as to provide more comprehensive services for those needing mental health services.

Programs and Resources

1. Adult Behavioral Health Unit (BHU) is a 17-bed adult (18-64) psychiatric inpatient program. Individuals who are considered for admission to the unit must meet criteria showing a need for admission for inpatient psychiatric care. These individuals may be experiencing an acute psychiatric crisis, complications related to noncompliance with medications, or be distressed to the level that they have become a danger to themselves or others. Our dedicated multi-disciplinary team provides individualized and comprehensive treatment that goes beyond simply acute stabilization. The BHU excels in providing individuals with the skills and resources necessary to maintain their journey to wellness well beyond their discharge. We strive to create an environment that is free of negative stigmas about mental illness and provide individuals with the atmosphere and support to begin their recovery. The services that are offered include diagnostic assessment, medication management, coping skills training, multi-disciplinary treatment plan, group and individual therapy, psycho education, comprehensive discharge planning, integrated health & wellness plans, as well as nursing care.
2. Senior/Geriatric Behavioral Health Unit has 16 beds and offers a spectrum of psychiatric and medical care for individuals over the age of 55. A multidisciplinary team of clinicians conducts mental, cognitive and medical assessments and develops customized treatment plans for patients. Attending psychiatrists and registered nurses will be on staff, as well as mental health technicians, counselors, an activities coordinator, and licensed clinical social workers. Program services

- include; providing a safe environment with 24-hour monitoring and supervision, diagnostic services, medication evaluation and treatment, dietary evaluation, group counseling, individual counseling, physical and occupational rehabilitation, recreational therapy, and specialized care coordination with outpatient providers. The average stay of these individuals is 14-16 days.
3. The hospital provides behavioral health consultations within the hospital and system wide as needed. A behavioral health clinician will visit with the patient to determine appropriate mental health resources and needs.
 4. The hospital offers outpatient psychiatric services.
 5. Tobacco Prevention/Cessation: The Hospital supports the NC Quit Line and has distributed quit line collateral to all physician practices in the county for distribution to patients. Smoking cessation counseling will also continue to be offered as part of the Lung Cancer Screening program where cessation education from the physician is required.
 6. Peer Bridger Program: The hospital participates in this program to help facilitate transition from inpatient to outpatient behavioral health services in effort to reduce rapid readmissions to the inpatient unit.

Collaboration

The hospital has collaboration with various local organizations such as the Balsam Center's Behavioral Health Center, Vaya Health, Meridian Behavioral Health Services, Appalachian Community Services, Mobile Crisis Management, The Harm Reduction Coalition, Western Regional Hospital Consortium, First Responders Program, and Triangle Behavioral Health Counsel.

Priority Health Need #2: Substance Use

Hospital Action

The Hospital will continue to offer outpatient resources to individuals seeking help with substance use. The hospital will continue to offer inpatient behavioral health to individuals over the age of 18 with a dual diagnosis for substance use. We have two unique behavioral health settings. Our adult unit specializes in individuals 18-64 years old, and our senior behavioral health unit specializes in individuals over the age of 55.

Anticipated Impact

The anticipated impact of these services is to help decrease substance use in Haywood County and provide more outpatient resources for those seeking assistance with substance use.

Programs and Resources

1. Adult Behavioral Health Unit (BHU) is a 17-bed adult (18-64) psychiatric inpatient program. Individuals who are considered for admission to the unit must meet criteria showing a need for admission for inpatient psychiatric care. These individuals may be experiencing an acute psychiatric crisis, complications related to noncompliance with medications, or be distressed to the level that they have become a danger to themselves or others. Our dedicated multi-disciplinary team provides individualized and comprehensive treatment that goes beyond simply acute stabilization. The BHU excels in providing individuals with the skills and resources necessary to maintain their journey to wellness well beyond their discharge. We strive to create an environment that is free of negative stigmas about mental illness and provide individuals with the atmosphere and support to begin their recovery. The services that are offered include diagnostic assessment, medication management, coping skills training, multi-disciplinary treatment plan, group and individual therapy, psycho education, comprehensive discharge planning, integrated health & wellness plans, as well as nursing care.
2. Senior/Geriatric Behavioral Health Unit offers a spectrum of psychiatric and medical care for individuals over the age of 55. A multidisciplinary team of clinicians conducts mental, cognitive and medical assessments and develops customized treatment plans for patients. Attending psychiatrists and registered nurses will be on staff, as well as mental health technicians, counselors, an activities coordinator, and licensed clinical social workers. Program services include providing a safe environment with 24-hour monitoring and supervision, diagnostic services, medication evaluation and treatment, dietary evaluation, group counseling, individual counseling, physical and occupational

rehabilitation, recreational therapy, and specialized care coordination with outpatient providers. The average stay of these individuals is 14-16 days.

3. The hospital provides behavioral health consultations within the hospital and system wide as needed. A behavioral health clinician will visit with the patient to determine appropriate resources and needs.
4. The hospital can refer to outpatient programs such as October Road, Crest View Recovery Center, Asheville Recovery Center, and First Step Services.

Collaboration

The hospital has collaboration with various local organizations such as the Balsam Center's Behavioral Health Center, Vaya Health, Meridian Behavioral Health Services, Appalachian Community Services, Mobile Crisis Management, The Harm Reduction Coalition, Western Regional Hospital Consortium, First Responders Program, and Triangle Behavioral Health Counsel, and the Behavioral Health Group.

Priority Health Need #3: Obesity

Hospital Action

The Hospital plans to continue offering both diabetes and medical nutrition therapy through physician referrals. These visits are conducted by certified diabetes educators and registered dietitians. The Haywood Regional Health and Fitness Center will continue offering memberships for all patient populations. This includes sliding scale memberships, transitional memberships, corporate memberships as well as various Medicare supplement plans. The Fitness Center will continue offering G3, a program that helps to address the physical inactivity that leads to obesity and other chronic diseases.

Anticipated Impact

The anticipated impact of these actions will help to promote an active, well-nourished, and healthy weight community in Haywood County.

Programs and Resources

1. **Diabetes and Nutrition Education Program:** The Hospital has two Registered Dietitians who are also Certified Diabetes Educators. Patients can be referred by their physician or can self-refer themselves to the center. Our dietitians can help address and manage obesity and many other chronic diseases through diet and exercise. On average patients will continue to see the dietitian for 8-12 visits or until desired weight and health goals are reached.
2. **Inpatient Dietitians:** Inpatient dietitians will discuss hospitalized patients with BMIs over 40 daily at the Interdisciplinary Rounds meeting with the attending physician. If deemed appropriate, the inpatient dietitian will request an outpatient dietitian consultation be placed upon discharge. The inpatient dietitians will provide education at the bedside for weight management if deemed appropriate.
3. **Haywood Regional Health and Fitness Center:** The Fitness Center will continue to offer various programs and memberships to the community. G3 is an exercise program held at the Fitness Center by an exercise physiologist. The program tailors an exercise program to each participant and their needs. Transitional memberships are available for patients after they graduate from physical therapy, cardiac rehab or diabetes

education to continue to achieve their exercise and recover goals. The Fitness Center also offers swimming lessons, group fitness classes and KidZone (~350 kids per month).

4. Community Lunch and Learns: Various staff will conduct lunch and learn opportunities on various topics to the community free of charge.

Collaboration

The hospital plans to continue collaboration with the Health and Human Services Agency, the Community Paramedicine program, and local employers through health screenings.