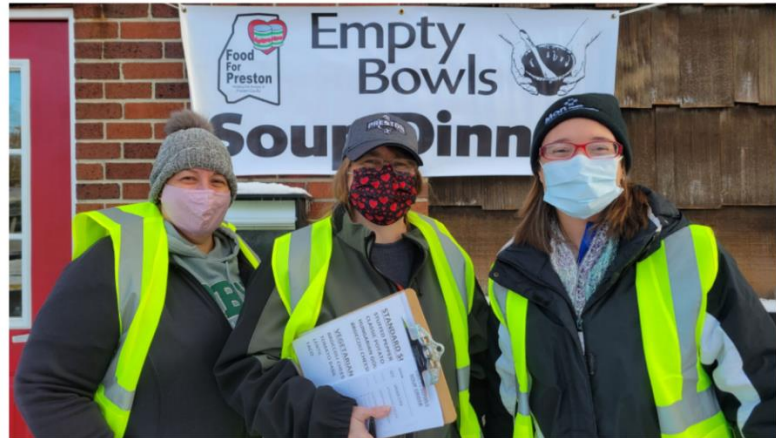


Mon Health Preston Memorial Hospital

2022-25 Community Health Improvement Plan





Our Commitment to Community Health

Preston Memorial Hospital (PMH) is a state licensed, non-profit, 25-bed Critical Access Hospital located in Kingwood, WV. The original PMH opened its doors on July 16, 1955. Now part of the Mon Health System, PMH provides advanced medical services for the community with integrated physician and physical therapy centers, Olympus Integrated One-Touch Surgical Suites, an expanded emergency department, 25 all private patient rooms, and the most advanced equipment for our patients.

Preston Memorial Hospital is committed to improving the health of our community. Our staff of highly trained professionals works closely as a team to provide compassionate, professional healthcare that meets the highest standards of excellence. We work cooperatively with physicians, other health care providers, local businesses and industries, and community organizations to address community needs and to provide a continuum of care.

Preston Memorial Hospital is sincerely concerned with the health and well-being of each and every person in our community. We see the effects of unhealthy living and the toll that it takes on individuals as well as families. We want to encourage and instruct members to take control of their health and teach children to live healthy lifestyles that will stay with them throughout their lives.

Preston Memorial Hospital Mission:

To enhance the health of the communities we serve, one person at a time.

Every three years, PMH conducts a Community Health Needs Assessment (CHNA) and develops a corresponding three-year Community Health Improvement Plan (CHIP) to better understand and respond to the health and wellness concerns for our community. The 2022 CHNA and 2022-25 CHIP build upon previous assessments and will continue to guide our community benefit and community health improvement efforts. Consistent with previous assessments, the 2022 CHNA and 2022-25 CHIP focus on the health needs of all residents of Preston County.

We invite our community partners to learn more about the CHNA and CHIP and opportunities for collaboration to address identified health needs. Please visit our website:

www.monhealth.com/preston-memorial or contact Kim Liston, Community Programs Coordinator at kliston@monhealthsys.org.



2022-25 Community Health Improvement Plan

What is a Community Health Improvement Plan (CHIP)?

A CHIP helps organizations move from data to action to address priority health needs identified in the CHNA. The CHIP serves as a guide for strategic planning and a tool by which to measure impact by detailing goals, objectives, strategies, and action steps over the three-year reporting timeframe. Anchoring initiatives and community benefit activities to measurable objectives, the CHIP creates a framework for measuring the impact of collective action towards community health.

Community Input

Like the CHNA, the CHIP reflects input from diverse stakeholders and helps to foster collaboration among community-based organizations. Community health priorities for PMH were identified in collaboration with Preston County community agency representatives. These individuals provided input to define and recommend solutions to the historical and day-to-day challenges in our community. Together this input provided diverse perspectives on health trends, helped us better understand lived experiences among historically disenfranchised and underserved populations, and provided insights into service delivery gaps that contribute to health disparities and inequities.

Determining Community Health Priorities

To work toward health equity, it is imperative to prioritize resources and activities toward the most pressing and cross-cutting health needs within the community. To determine which priority needs PMH is best positioned to address during this planning cycle, the PMH leadership team considered CHNA research findings in conjunction with community recommendations, partners' input and activities, and PMH's strategic initiatives. The hospital will focus community benefit initiatives on the following priority areas during the 2022-25 planning cycle.

- ▶ Chronic disease prevention
- ▶ Mental health
- ▶ Substance use disorder

Developing a Plan for Health Improvement

Community health improvement requires collaboration among community-based organizations, policy makers, funders, and many other partners. A CHIP is a guide to move from data to action, to coordinate community resources, and to measure progress as a community. The PMH CHIP outlines goals and specific strategies to address our community's most pressing health needs. We will continue to monitor and share our progress toward these efforts during the 2022-25 reporting cycle.

A summary of the PMH 2022-25 CHIP for the identified community health priorities follows.



Chronic Disease Prevention

Goal: Ensure all residents have knowledge of, and equitable access to, the resources they need to maintain and improve their health.

Objectives and Strategies:

- ▶ Objective: Increase access to traditional and alternative places people can access healthcare.
 - Provide financial counseling to assist people acquire health insurance coverage.
 - Continue to assess community need for specialty care services and opportunities to expand available clinics.
 - Host and participate in community health fairs, offering affordable preventive screenings.
 - Provide a low-dose CT scan care pathway for patients with qualifying criteria and low self-pay pricing for patients not covered by insurance.
 - Expand equitable access to telehealth visits by increasing technology know-how and use of telehealth among priority populations.
 - Sponsor interns, residents, and fellows, and participate in youth career workshops and fairs to foster interest in healthcare professions.

- ▶ Objective: Increase availability of and access to community-based health and social services.
 - Host regular meetings with area health and social providers to facilitate networking, resource sharing, and joint community health improvement planning.
 - Support the Food for Preston Pantries and Backpack Program to provide in-person and mobile food resources for all residents and a year-round weekend food program for students.
 - Support, promote, and participate in community health events and wellness programs, targeting nutrition, tobacco cessation, and physical activity.
 - Support early health education and programming for youth in partnership with afterschool programs (e.g., Preston County Youth Center, After School Explorers) and Preston County Schools.
 - Support Preston County High School career and technical programs for Medical Assistants and Certified Nursing Assistants to expand the local healthcare workforce.
 - Provide a Registered Dietician-led nutrition program and a physician-guided weight-loss program.
 - Offer the fitness center in Bruceton Mills, providing fitness and wellness classes and affordable membership rates.
 - Sponsor community blood drives in partnership with the American Red Cross.
 - Provide Heartsaver First Aid and CPR courses for community members and healthcare providers.



- ▶ Objective: Increase the proportion of older adults receiving needed social and community support.
 - Partner with Buckwheat Express transportation services to help older adults access area medical and dental offices.
 - Partner with the senior center, library, churches, and other community-based organizations to promote and offer older adult health and social services.
 - Implement intentional opportunities for social interaction among older adults at health fairs and other community events.
 - Work to reengage older adults in community volunteer opportunities.

Mental Health

Goal: Strengthen and support community initiatives that promote mental wellness, recovery, and resilience.

Objectives and Strategies:

- ▶ Objective: Improve access to mental health services and supports.
 - Continue to explore partnership opportunities with Mon Health-affiliated hospitals and other area providers for psychiatric service referrals.
 - Host stakeholder meetings among PMH social workers to identify and connect patients in need of mental health services.
 - Offer group therapy and counseling services as part of the PMH Recovery Care Program.
 - Strengthen and support community organizations providing youth mental health supports, including mentorship, relationship-building, and social emotional learning opportunities.
- ▶ Objective: Increase awareness of mental health to reduce stigma and fear of seeking treatment.
 - Conduct universal screenings in healthcare settings to identify individuals with mental health concerns.
 - Support, promote, and participate in community mental health awareness efforts.
 - Partner with the senior center to provide older adult mental health education and resilience activities (e.g., mindfulness, physical activity, coping skills).

Substance Use Disorder

Goal: Strengthen and support community initiatives to prevent the initiation of substance use and promote recovery.

Objectives and Strategies:

- ▶ Objective: Improve access to treatment and services for substance use disorder.
 - Provide the Recovery Care Program, following the Comprehensive Opioid Addiction Treatment (COAT) model, and offering support and services at the emergency



department and in the community, including group therapy, weekly counseling, community-based meetings, recovery planning, and connections to other local resources.

- Provide Reverse the Cycle, a peer recovery service to support and fast-track individuals with opioid use disorder to same day and ongoing treatment.
 - Provide Medication-Assisted Treatment (MAT), detox, and inpatient programming for patients experiencing opioid addiction.
- ▶ Objective: Increase awareness of substance use disorder to prevent initiation and reduce fear of seeking treatment.
- Conduct universal screenings in healthcare settings to identify individuals with substance use disorder.
 - Support, promote, and participate in community substance use disorder awareness and training efforts.
 - Partner with Preston County Schools to implement substance use disorder prevention education to increase awareness and provide intervention tactics to help reduce the appeal of substances.

Next Steps

Preston Memorial Hospital is committed to advancing initiatives and community collaboration to support the issues identified through the CHNA. The 2022 CHNA report was presented to the PMH Board of Directors and approved in June 2022. The corresponding three-year CHIP was presented to the PMH Board of Directors and approved in September 2022.

Preston Memorial Hospital welcomes your partnership to meet the health and medical needs of our community. We know we cannot do this work alone and that sustained, meaningful health improvement will require collaboration to bring the best that each of our community organizations has to offer. To learn more about PMH's community health improvement work or to discuss partnership opportunities, please visit our website: www.monhealth.com/preston-memorial or contact Kim Liston, Community Programs Coordinator at kliston@monhealthsys.org.