

Implementation Plan for First Care Health Center

Priority Area: Availability/Access to Mental Health Services

Goal: Increase availability and access to mental health services

Strategies:

1. Zero Suicide Campaign implementation to include training of all staff and standardization of care.
2. Expand the Grief Support Group at FCHC - community led by local minister with support from FCHC for meetings.
3. Continue to support current mental health provider services at FCHC and seek any opportunity to expand services.

Priority Area: Substance Abuse Prevention for Adults and Youth

Goal: Decrease the misuse of substances by adults and youth

Strategies:

1. WCHD will chair the Walsh County Substance Abuse Prevention Coalition with participation of FCHC.
2. Coalition will develop evidence based strategies to reduce adult binge drinking, underage drinking, and illicit drug use.
3. WCHD will support SBIRT (Screening Brief Intervention and Referral) at FCHC and other provider offices.
4. Collaborate with health providers to bring MAT (Medication Assisted Treatment) to Walsh County at the Community Health Services Site.

Priority Area: Nutrition and Physical Activity

Goal: Support healthy behaviors that improve health outcomes

Strategies:

1. Promotion of senior meal sites by medical providers.
2. Promote and expand Diabetes Prevention Program.
3. Promote and expand Stepping on Program and research of indoor community walking sites for winter months.
4. Worksite wellness activity sharing between FCHC and WCHD, along with sharing to community businesses.



Nutrition and Physical Activity

While Nutrition and Physical Activity did not score in the top 5 priority areas in the CHNA, the steering committee determined that diabetes continues to be a major disease focus for FCHC.

Prevention activities that promote healthy nutrition and increase physical activity can prevent diabetes, and will promote overall good health. Thus this priority was added to FCHC priority areas.

Other Needs Identified in the CHNA, but not Addressed in This Implementation Plan

Each of the health needs listed below is important and is being addressed by numerous programs and initiatives operated by FCHC, other organizations within the hospital system, and other community partners of FCHC.

However, FCHC will not address the following health needs identified in the CHNA as part of this implementation plan due to limited resources and the need to allocate significant resource to the priority needs identified on the prior page.



Cost of Health Insurance

Hospital social workers are available to assist individuals who lack health insurance coverage through the agency Financial Assistance Program.

Collaboration and referrals to county social services occur on a regular basis.

A Walsh County Resource Guide provides people with some options for low cost/sliding scale services as well.

Hospital Administrator provides ongoing feedback to government policy makers at the state level regarding health care and health insurance costs.

Having Enough Child Daycare Services

FCHC will participate with any community led efforts to develop more child daycare services within its service area.

"Drug Use and Abuse - Adults" and "Drug Use and Abuse - Youth"

These two priority areas were combined under the priority area - Substance Abuse Prevention for Adults and Youth.