



## **2023-2025 Community Health Needs Assessment Implementation Plan and 2023 Outcomes**

Mason Health's 2023-2025 CHNA, coupled with the specific strategies identified within this Implementation Plan, reflect the culmination of our commitment to engaging and partnering with the community to identify disparities, prioritize health needs, and align activities and resources to address those needs. Mason Health's CHNA, adopted on November 22, 2022, contains a thorough evaluation of the factors impacting the length and quality of life of our community, including health behaviors, social and economic factors, clinical care, and physical environment.

The health data reviewed, and the community engagement process used in the development of the CHNA identified areas where our residents face challenges including obesity, chronic diseases, smoking, alcohol abuse among adolescents, physical activity and mental health and substance use. Of note, and consistent with State and federal trends, many behavioral health indicators, particularly among youth, worsened since the publishing of our previous CHNA. Data also demonstrates that social and economic factors—the social determinants of health are also present in our community.

After thoughtful consideration of the data and community input, and after considering the extent and magnitude of the community's needs, Mason Health identified the following three priority focus areas for the period of 2023-2025; representing the continuation and refinement of Mason Health's 2019-2022 priorities:

- ***Improve access to and reduce wait times for behavioral health services for District residents;***
- ***Prevent disease, detect health problems early and provide education to support good health related decisions and reduce the risk of injury; and***
- ***Realize a healthier environment and opportunities for the District's children, youth, and families.***

These three priorities will inform Mason Health's strategic planning efforts and are the focus of this Implementation Plan. The below tables delineate, by priority, the implementation strategies adopted for each priority, the anticipated impacts of those strategies and the resources needed and community partners necessary for implementation. We are confident that the selected implementation strategies will move the needle on each priority and that Mason Health will be able to demonstrate quantifiable improvements over time.

## Mason Health Implementation Plan & Outcomes

### ***Priority 1: Improve access to and reduce wait times for behavioral health services for District residents.***

<b>Implementation Strategies</b>	<b>Anticipated Impacts</b>	<b>Resources/Community Partners</b>	<b>2023 Outcomes</b>
<b><i>1.A: Recruit an additional behavioral health focused on pediatric services.</i></b>	<ul style="list-style-type: none"> <li>▪ Increase number of behavioral health providers in the Mason Clinic.</li> <li>▪ Increase ability to serve all patients in need of behavioral health services within Mason Clinic.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Recruiting firm</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hired additional 0.9 FTE who quickly filled her panel.</li> <li>▪ Additional 0.6 FTE hired.</li> <li>▪ Total increase of 1.5 FTE's to serve pediatric population.</li> </ul>
<b><i>1.B: Implement the Collaborative Care Model with all primary care providers participating once adequate behavioral staffing is in place to meet the demand.</i></b>	<ul style="list-style-type: none"> <li>▪ Reduced wait times for patients for BH counseling services</li> <li>▪ Increase primary care providers' ability to manage psychiatric medications.</li> <li>▪ Increase ability for psychiatric nurse practitioners to focus on more complex patients.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Primary care providers</li> <li>▪ Psychiatric nurse practitioner</li> </ul>	<ul style="list-style-type: none"> <li>▪ Additional 3 PCP added.</li> <li>▪ Plans for adding additional PCP in 2024.</li> </ul>
<b><i>1.C: Expand peer navigator program to include mental health recovery in addition to substance use disorder recovery support.</i></b>	<ul style="list-style-type: none"> <li>▪ Additional peer support available to our highest acuity BH patients to increase compliance and participation in treatment</li> </ul>	<ul style="list-style-type: none"> <li>▪ Peer counselors for patients with a mental health diagnosis and/or substance use disorder</li> </ul>	<ul style="list-style-type: none"> <li>▪ Grant funding for a peer navigator ended in August 2023.</li> <li>▪ 0.7 FTE office assistant/community health worker added.</li> </ul>
<b><i>1.D: Work with community partners on solutions to increase access.</i></b>	<ul style="list-style-type: none"> <li>▪ Increase access to mental health care for patients in the community.</li> <li>▪ Improve relationships across agencies within Mason County to remove barriers to treatment.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Catholic Community Services: Collaboration agreement signed to provide additional pediatric therapy.</li> <li>▪ Mason County Public Health: Continue collaboration around opioid response.</li> <li>▪ Shelton Homeless Advisory Panel: BH</li> </ul>	<ul style="list-style-type: none"> <li>▪ Contractual partnership with Catholic Community Services implemented to increase access for youth in the community.</li> <li>▪ Partnership with National Alliance on Mental Illness (NAMI) who have</li> </ul>

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		<p>Director serves on panel.</p> <ul style="list-style-type: none"><li>▪ Community Lifeline Board: BH provider serves on Board</li></ul>	<p>opened a Shelton location to provide additional support to patients and their families in Mason County.</p>

**Priority #2: Prevent disease, detect health problems early and provide education to support good health related decisions and reduce the risk of injury.**

<b>Implementation Strategies</b>	<b>Anticipated Impacts</b>	<b>Resources/Community Partners</b>	<b>2023 Outcomes:</b>
<b>2.A: Standardize and increase Cancer screenings</b>	<ul style="list-style-type: none"> <li>▪ Increase education of patients and staff about the benefits of disease screenings to promote health and wellness.</li> <li>▪ Increase cancer screenings by 20%</li> </ul>	<ul style="list-style-type: none"> <li>▪ Clinic Providers/Staff</li> <li>▪ Mason County Community Services</li> <li>▪ Karen Hilburn Breast Cancer Foundation</li> <li>▪ Harmony Hill Cancer Center &amp; Retreat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pilot Care Team Model initiated. CTM completes standardized prevention plan for all patients in the Medicare Annual Wellness Visit (AWV) program.</li> <li>▪ Currently working on pathways for identifying appropriate patients, ordering, scheduling and performing cancer screenings such as annual mammograms.</li> </ul>
<b>2.B: Increase Annual wellness visits</b>	<ul style="list-style-type: none"> <li>▪ Promote Health/Wellness</li> <li>▪ Early disease detection through screenings</li> <li>▪ Pro-active outreach</li> <li>▪ Increase annual wellness visits by 10%</li> </ul>	<ul style="list-style-type: none"> <li>▪ Postcard appointment reminders</li> <li>▪ Follow up calls from staff.</li> <li>▪ Collaboration through district health fairs – Shelton &amp; Hoodspout</li> <li>▪ Use of digital /social media</li> <li>▪ Mason Health website</li> </ul>	<ul style="list-style-type: none"> <li>▪ Partnership with the University of Washington (UW) and the WAMI regional Practice and Research Network to evaluate ways to increase rates of colon cancer screening.</li> <li>▪ Changes to the EMR system to improve ordering and tracking.</li> <li>▪ Further work will be completed to develop care pathways for cancer screenings and follow-up, including identifying appropriate patients, ordering, scheduling and performing cancer screenings such as mammograms, as well as timely and seamless follow-up of abnormal results in the new year.</li> </ul>

			<ul style="list-style-type: none"> <li>▪ AWV have increased (please see graph) by capturing patients who are due for wellness visits when seen at unrelated visits (ie, acute or chronic condition management) by standardizing a departure form and locating a scheduler in Mason Clinic.</li> <li>▪ the scheduling team has been educated about these appointments and started scheduling Medicare AWV for Medicare or Medicare Advantage patients calling for "yearly check in appts etc."</li> </ul>
<b>2.C: Hold community Fall Prevention activities at Mason County Senior Services, Belfair Senior Services and Shelton YMCA.</b>	<ul style="list-style-type: none"> <li>▪ Reduce fear of falling and decrease fall risk for seniors</li> </ul>	<ul style="list-style-type: none"> <li>▪ Evidenced based programs: Matter of Balance, Tai Ji Quan: Moving for Better Balance</li> <li>▪ Resource Fairs – Fall Risk Assessment</li> <li>▪ Mason County Senior Activities Center</li> <li>▪ The HUB – Center for Seniors, Shelton YMCA</li> </ul>	<ul style="list-style-type: none"> <li>▪ Taj Ji Quan classes</li> <li>▪ Two courses of Matter of Balance program completed at the Senior Center.</li> <li>▪ *added Brain injury support group in September 2023.</li> </ul>
<b>2.D: Partner with Parkinson's support group to prevent falls.</b>	<ul style="list-style-type: none"> <li>▪ Parkinson's patient participation in activities to promote improved function.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community Parkinson's support group</li> </ul>	<ul style="list-style-type: none"> <li>▪ Meeting's twice/month at the Senior Center with sessions geared toward falls/injury prevention.</li> </ul>
<b>2.E: Utilize SMART Team (School Medical Autism Review Team) for early, local diagnosis of Autism</b>	<ul style="list-style-type: none"> <li>▪ Families able to access local autism evaluation to allow earlier diagnosis, treatment, and access to</li> </ul>	<ul style="list-style-type: none"> <li>▪ Shelton School District</li> <li>▪ Mason County Public Health</li> <li>▪ South Sound Parent to Parent</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>

	resources for autism.		
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**Priority #3: Realize a healthier environment and opportunities for the District's children, youth, and families.**

<b>Implementation Strategies</b>	<b>Anticipated Impacts</b>	<b>Resources/Community Partners</b>	<b>2023 Outcomes</b>
<b>3.A Provide community education on healthy lifestyle choices and reducing the risk of injury and disease progression.</b>	<ul style="list-style-type: none"> <li>Public awareness of health promoting resources.</li> <li>Increase in number of education programs provided number of participants.</li> </ul>	<ul style="list-style-type: none"> <li>Community Resource Fairs: Early Learning Coalition, Allyn Days, Olympic College, PUD 3, Hoodspport Fire and EMS</li> </ul>	<ul style="list-style-type: none"> <li>Hoodspport Fair</li> <li>Early Leaning Coalition fair</li> <li>PUD wellness fair</li> <li>YMCA welcoming week fair</li> <li>Allyn Days</li> </ul>
<b>3.B Offer local high school students nursing, phlebotomy, and medical assistant scholarships.</b>	<ul style="list-style-type: none"> <li>Increase opportunities for first generation college students.</li> <li>Creating diverse workforce</li> <li>Full scholarships including transportation and books.</li> <li>Increase number of entry level flexible jobs in health care while in school.</li> <li>Offer various levels of education based on the needs and goals of students.</li> <li>Increase number of full scholarships available for health-related jobs, including transportation and books.</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Shelton School District</li> <li>Olympic Community College</li> <li>South Puget Community College</li> <li>Bates Technical College</li> <li>Washington Association for Community Health</li> <li>Local Skilled Nursing Facilities</li> <li>Washington Association for Community Health</li> <li>Local Skilled Nursing Facilities</li> </ul>	<ul style="list-style-type: none"> <li>9 Scholarships were awarded: <ul style="list-style-type: none"> <li>3 RN</li> <li>4 Phleb</li> <li>1 NAC</li> <li>1 MA</li> </ul> </li> <li>6/9 recipients successfully completed their first year.</li> <li>Barriers to success for the students have been mixed:</li> <li>Family barriers and finding the role was not a good fit are a few barriers. <ul style="list-style-type: none"> <li>Three meetings with students and families took place in 2023.</li> </ul> </li> </ul>
<b>3.C Continue to promote and participate in the Health Science</b>	<ul style="list-style-type: none"> <li>Increase number of job shadowing opportunities</li> <li>Provide mentorship for high school</li> </ul>	<ul style="list-style-type: none"> <li>Shelton School District</li> <li>Office of Superintendent of Public Instruction-</li> </ul>	<ul style="list-style-type: none"> <li>Mentors in place for HSA students who have received scholarships.</li> </ul>

<b><i>Academy model at Shelton High School</i></b>	<p>students interested in healthcare jobs.</p> <ul style="list-style-type: none"> <li>▪ Information sharing about job roles and requirements.</li> <li>▪</li> </ul>	<p>Career and Technical Education</p>	<ul style="list-style-type: none"> <li>▪ Job shadowing will be a requirement before applying for a MH scholarship in 2024.</li> <li>▪ Expanded representation at career days.</li> <li>▪ In person Recruitment days for hard to fill departments: CNS &amp; EVS</li> </ul>
<b><i>3.D Incorporate provider clinic in the local YMCA space currently leased by Mason Health, conveniently located adjacent to Shelton High School and Oakland Bay Junior High.</i></b>	<ul style="list-style-type: none"> <li>▪ Increase access to healthcare for junior high and high school students within the Shelton School District.</li> <li>▪ Increase opportunities for Primary Care Provider relationships for youth.</li> <li>▪ With success and sustainability, look to expand to other age groups and to open the clinic to members of the YMCA.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Shelton Community YMCA.</li> <li>▪ Shelton School District</li> </ul>	<p>After one year of offering primary healthcare services for Shelton High School and Junior High School students, the decision was made to transition this clinic to care provided to Women, Infants and Children (WIC). This type of care will be offered through an arrangement with Mason County Public Health. It was determined through the initial arrangement with the School District the primary healthcare clinic was under-utilized, and therefore this</p>



			<p>model was not sustainable. It was also determined the majority of students were receiving care directly at Mason Health.</p> <p>The partnership with the Public Health Department allows them use of Mason Health's space in the Shelton YMCA. Offering WIC services became a high priority in the community with the discontinuation of these from the previous provider. Therefore, it made this transition of clinic space and the type of healthcare services offered very important within the community.</p> <ul style="list-style-type: none"><li>▪</li></ul>
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