

**2016**

**Twin County Regional Healthcare**

**Implementation Strategy**

**To Address Significant Community Health Needs**

Galax City, Carroll and Grayson Counties, Virginia

Hard copies of this document may be obtained at Twin County Regional Healthcare, 200 Hospital Drive, Galax, VA 24333 or by phone 276-236-8181. This document is also available electronically via the hospital website <http://www.tcrh.org>

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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 (Galax City, Carroll and Grayson Counties, Virginia) by Twin County Regional Healthcare (TCRH). This document is the Implementation Plan outlining how TCRH plans on addressing significant health needs in the community.

The CHNA is contained in a separate document.

TCRH's Board of Directors approved and adopted this Implementation Strategy on November 28, 2016.

Starting on December 30, 2016, this report was made widely available to the community via the hospital website <http://www.tcrh.org>. Paper copies of this document may be obtained at Twin County Regional Healthcare, 200 Hospital Drive, Galax, VA 24333 or by phone (276) 236-8181.

### Community Health Improvement/ Implementation Plan 2016

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 TCRH's website.

Based on the results of the CHNA, Twin County Regional Healthcare (TCRH) has selected three (3) of the identified significant health needs to address.

1. Chronic Diseases/Aging
2. Healthy Lifestyle/Obesity
3. Socioeconomic Issues

TCRH plans to meet the significant health need by:

1. Chronic Disease/Aging - Twin County Regional Healthcare and Twin County Home Health have recently implemented chronic disease specific educational packets to help patients improve their health outcomes and to reduce readmissions.

Twin County Regional Healthcare offers a WorkPoint Wellness program to assist area employers and employees with health and wellness.

2. Healthy Lifestyle/Obesity - The Twin County Family Care Centers of Twin County Regional Healthcare have been designated as NCQA (National Committee for Quality Assurance) Patient-Centered Medical Homes. This dedicated focus will help patients to manage and improve chronic disease conditions as well as obesity.

Twin County Regional Healthcare partners with Southwest Virginia United Way to sponsor the Backpacks Unite program to provide food for area school children in need. Additionally, Twin County Regional Healthcare has partnered with the area schools to offer health and wellness information including exercise and nutrition topics. Twin County Regional Hospital offers Medical Nutrition Therapy to assist with chronic conditions as well as obesity.

Twin County Regional Healthcare offers a WorkPoint Wellness program to assist area employers and employees with health and wellness.

The Twin County Wellness Center of Twin County Regional Healthcare offers health and wellness programs including an exercise prescription program to assist those with chronic health conditions including diabetes, cardiac and other health conditions as well as obesity.

Twin County Regional Healthcare provides ongoing health assistance to the community including the following groups, helplines and classes: cardiac and grief support groups; bariatric, sleep and stroke helplines as well as education including asthma, childbirth, diabetes, gestational diabetes and infant CPR classes.

3. Socioeconomic Issues - Twin County Regional Hospital supports the efforts of the Free Clinic of the Twin Counties. Twin County Regional Healthcare offers Certified Application Counselors (CACs) to assist the community with questions and/or enrolling in the Health Insurance Marketplace. Twin County Regional Healthcare has partnered with the Virginia Department of Health and the Twin County Prevention Coalition to provide a Lactation Counseling Room at Twin County Pediatrics. Additionally, Twin County Regional Healthcare has partnered with Southwest Virginia United Way and the Boy Scouts of America to offer a Career

Explorer Post for area high school students to learn about healthcare careers and opportunities.

- Any planned collaboration between the hospital facility and other facilities or organizations

As stated above, Twin County Regional Healthcare supports the efforts of the Free Clinic of the Twin Counties. Twin County Regional Healthcare has partnered with the Virginia Department of Health and the Twin County Prevention Coalition to provide a Lactation Counseling Room at Twin County Pediatrics. Twin County Regional Healthcare partners with the Southwest Virginia United Way for the Backpacks Unite and Career Explorer Post along with the Boy Scouts of America. Additionally, Twin County Regional Healthcare has partnered with the area schools to offer health and wellness information including exercise and nutrition topics. Twin County Regional Healthcare welcomes other community partnerships to help make communities healthier.

Community input was received into the 2016 implementation plan during a community meeting on November 28, 2016. Additionally, there is a link on the TCRH's website for the community to provide written input into the CHNA and implementation plan.

TCRH does not intend to address the following significant health needs:

1. Mental Health and Substance Abuse - While Twin County Regional Healthcare currently offers inpatient and outpatient Behavioral Health Services and has plans to recruit a Psychiatrist, expansion of these services depends upon successfully recruiting a Psychiatrist to the area. The substance abuse needs in the community are currently handled by a number of agencies who specialize in this area including the Life Center of Galax and Mt. Rogers Community Services Board, Rooftop of Virginia, Social Services, etc.
2. Adverse Childhood Experiences/Trauma - While Twin County Regional Healthcare currently offers inpatient and outpatient Behavioral Health Services inpatient and has plans to recruit a Psychiatrist, expansion of these services depends upon successfully recruiting a Psychiatrist to the area. The adverse childhood experiences/trauma needs in the community are currently handled by a number of agencies who specialize in this area including Mt. Rogers Community Services Board, Rooftop of Virginia, Social Services, etc.

3. Water and Air Issues - Since this is not our area of specialty, we will defer to other community organizations to address these issues.