



Valley Regional Healthcare

Community Health Improvement Plan 2015

Valley Regional Healthcare Strategic Implementation

The following are the identified issues that Valley Regional Hospital can most directly affect, using its own resources:

1. Alcohol and drug misuse including heroin and misuse of pain medications
 - a. Commit personnel and other necessary resources to collaborate with other local, county and state groups that are working in prevention and treatment
 - b. Explore ways to bring treatment opportunities (in-patient and/or out-patient) onto the VRH campus
 - c. Provide appropriate and on-going training for staff
 - d. Review and update policies and procedures, as needed
2. Access to mental health care
 - a. Commit personnel and other necessary resources to collaborate with other local, county and state groups that are working to increase access to mental health treatment
 - b. In tandem with state agencies, explore ways to bring treatment opportunities (in-patient and/or out-patient) onto the VRH campus
 - c. Provide appropriate and on-going training for staff, particularly in the Emergency Department
 - d. Review and update policies and procedures, as needed
3. Access to enough and affordable health insurance; cost of prescription drugs
 - a. Continue to provide patient education and assistance regarding access to assistance programs
 - b. Utilize media channels to promote those programs to the community
 - c. Provide appropriate and on-going training for staff
 - d. Work at the state and Federal level to advocate for those who need help
4. Access to Primary Health Care
 - a. Increase the number of primary care providers in the Valley Regional Healthcare system
 - b. Create a media strategy to introduce PCP's to the community
 - c. Assess accessibility in terms of hours, days of the week, same-day appointments, coordination with Urgent Care and the Emergency Department
 - d. Create educational materials to encourage annual wellness exams for all ages

5. Health care for seniors
 - a. Continue to provide patient education and assistance regarding access to assistance programs
 - b. Utilize media channels to promote those programs to the community
 - c. Provide appropriate and on-going training for staff
 - d. Work at the state and Federal level to advocate for those who need help

The following are identified needs that the hospital can play a supportive role in the community to address:

1. Lack of physical activity; need for recreational opportunities
 - a. Continue to sponsor activities, programs and organizations that foster physical fitness, including numerous 5k races/walks, exercise classes, etc.
 - b. Publicize the efforts that support physical activities – cross postings of Claremont Community Center programs, city and county offerings
 - c. Promote physical activity through primary care
2. Access to dental health care
 - a. Support the efforts of the Community Dental Center through a Loaned Executive program
 - b. Cross-promote Dental Center information
 - c. Educate patients on Dental Center services, as appropriate
3. Poor nutrition/unhealthy food
 - a. Create an accessible community garden, in partnership with other community groups
 - b. Provide free cooking classes to educate the community about nutrition
 - c. Collaborate with community groups who are providing food and meals – the Claremont Soup Kitchen and Food Pantry, Meals on Wheels, summer meals program for children
 - d. Cross-promote programs and opportunities to address healthy choices, such as Farmers' Markets
4. Income, poverty and family stress
 - a. Provide screenings in the ED, Urgent Care and primary care practices to identify domestic violence
 - b. As one of the largest employers in the area, be an employer of choice by offering competitive wages, benefits and training
 - c. Work with other local and state organizations, including vocational high schools, on workforce development