



**Mason Health**  
Mason General Hospital • Mason Clinic

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

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

### *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><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>
<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>
<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>
<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 Director serves on panel.</li> <li>▪ Community Lifeline Board: BH provider serves on Board</li> </ul>

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

Implementation Strategies	Anticipated Impacts	Resources/Community Partners
<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>
<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; Hoodsport</li> <li>▪ Use of digital /social media</li> <li>▪ Mason Health website</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>
<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>
<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 resources for autism.</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>

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

Implementation Strategies	Anticipated Impacts	Resources/Community Partners
<p><b>3.A Provide community education on healthy lifestyle choices and reducing the risk of injury and disease progression.</b></p>	<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>
<p><b>3.B Offer local high school students nursing, phlebotomy, and medical assistant scholarships.</b></p>	<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>
<p><b>3.C Continue to promote and participate in the Health Science Academy model at Shelton High School</b></p>	<ul style="list-style-type: none"> <li>▪ Increase number of job shadowing opportunities</li> <li>▪ Provide mentorship for high school students interested in healthcare jobs.</li> <li>▪ Information sharing about job roles and requirements.</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ Shelton School District</li> <li>▪ Office of Superintendent of Public Instruction-Career and Technical Education</li> </ul>
<p><b>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.</b></p>	<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>