

# **Morristown-Hamblen Healthcare System 2023-2025 Community Needs Assessment Implementation Plan**

## **Identified Community Needs:**

1. Substance Abuse Disorders
2. Access to Mental Health Services
3. Cancer
4. Obesity
5. Tobacco Use and Vaping
6. Expanded Health Care Options

## **Implementation Strategy to Address Needs:**

### **1. Substance Abuse Disorders**

- **Low-Dose CT Screening**
  - Morristown-Hamblen Healthcare System will continue to advertise and encourage community members who meet the criteria to participate in Low-Dose CT screening. This initiative will help diagnosis and treat cancer during earlier stages instead of finding the cancer at an advanced stage.
- **Opioid Light Protocol**
  - Morristown-Hamblen Healthcare System has adopted the Covenant protocol to reduce the amount of narcotics prescribed in our Emergency Department. Narcotics are reserved for acute pain, and other non-narcotic methods of pain control are offered to patients with more chronic pain.

### **2. Access to Mental Health Services**

- Morristown-Hamblen Healthcare System has chosen to focus resources on tangible, effective local efforts and will continue to collaborate with local mental health providers as needed and as resources are available. A recent example is collaborating with Helen Ross McNabb to place an A&D counselor based in our emergency department to help identify patients and appropriate resources to expedite getting patients help in a timelier manner.
- Our Case Management Department has been educated on local group home resources that are available to those struggling with addiction.
- Senior Behavioral Health Services are collaborating with local resources such as ALPS or local dementia an adult care center

### **3. Cancer**

- **Low-Dose CT Screening**
  - Morristown-Hamblen Healthcare System offers Low-dose CT scans as a diagnostic screening for those at higher risk for lung cancer. The procedure is painless and takes about ten seconds; it is non-invasive and requires no medication. Low-dose

CT must be ordered by a physician. Community outreach efforts are being made to educate primary care physicians on the benefits of this screening procedure. Data from scans are logged into the ACR Database for further analysis and study.

- **“Think Pink” Event**
  - Morristown-Hamblen Healthcare System now offers an annual “Think Pink” event inviting the community to come and be educated and involved in encouraging ladies in our community to have annual mammograms.
  
- **Jingle Run**
  - Morristown Regional Cancer Center has developed the Jingle Run, a 5k walk or run, to raise awareness about cancer screening and prevention and to raise money for our cancer patient support fund used to help patients with the cost of take home medications, gas cards to assist with transportation to and from treatments, utility bill assistance, etc. while patients are un-expectantly out of work and undergoing cancer treatment.

#### 4. Obesity

- **Morristown Landing**
  - Morristown-Hamblen Healthcare System will be the official health care provider of the new community center, Morristown Landing. This will include health tips throughout the facility to educate the community on healthy lifestyles. In addition, Morristown-Hamblen will provide athletic trainers to ensure that athletes participating in events have access to quality care.
  
- **Population Health / Occupational Medicine Initiative**
  - Our Population Health Manager and our CAO are meeting with companies to share how Covenant Health can assist in helping companies understand health risk factors of their employees, and then implement education and initiatives to meet the goal of reducing risk factors most prevalent within the company’s employee population. One example is the “Biggest Winner” program implemented with our local utility company to help employees increase exercise and lose weight.

#### 5. Tobacco Use and Vaping

- **Community Education**
  - Morristown-Hamblen Healthcare System has annual health education and screening fairs across the community. Events include education in the school systems about the dangers of smoking and vaping.
  - Hamblen County School System’s “Be Smart, Don’t Start” initiative is a joint effort by Morristown-Hamblen Healthcare System, the Hamblen County Department of Health and the Hamblen County Board of Education. The program encourages students to abstain from smoking and vaping. The program was suspended during COVID but all parties hope they will be able to resume it again in the future.
  
- **Cancer Screening**
  - As part of its Low-Dose CT screening, smoking education material will be distributed to individuals at risk for lung cancer.

## **6. Expanded Health Care Options**

- To meet the healthcare needs of Morristown and the surrounding area, Morristown-Hamblen Healthcare System is currently building a \$37 million outpatient facility. The proposed 50,000-square-foot facility will include a free-standing emergency department, diagnostic center and physician offices. The facility is scheduled to open in 2023 and will expand health care services throughout the Morristown-Hamblen community.