



# Implementation Plan for Needs Identified in the Community Health Needs Assessment

FY 2024-2026

**Covered Facilities:** First Care Health Center

**Community Health Needs Assessment:** A Community Health Needs Assessment (“CHNA”) was performed in Winter 2024/2025 in collaboration with Walsh County Public Health to determine the most pressing health needs of Walsh County.

**Implementation Plan Goals:** The Governing Board of First Care Health Center has determined that the following health needs identified in the CHNA should be addressed through the implementation strategy noted for each such need:

## **Top Needs Identified:**

- Depression and anxiety in our youth
- Not enough places for exercise and wellness activities
- Assisted living options

### **1. Depression and anxiety in our youth**

- **Goal:** Bring awareness of depression and anxiety in our youth, promote educational events and activities for youth and parents, connect our community with available resources.
  - **Strategies**
    - Host a Youth Mental Health event in coordination with Park River Area Schools
      - In-school sessions for junior high and senior high students
      - Evening meal and public session
      - Local organizations invited to set up table with information
    - Sponsor local BIO Girls program
      - Mission is to improve the mental health of adolescent girls through empowerment of self and connection with others
    - Offer regular Behavior Health webinars for First Care staff to attend.
    - Organize free kids’ health events throughout the summer to provide connection, outdoor activities and a healthy snack for school age kids
    - Promote our Tele-Psychiatrist who specializes in pediatrics
    - Promote our staff Psychologist who provides in-person and tele-health visits
      - Coordinates visits with the school to allow youth to complete tele-health visits without having to leave the school.



- Rehab staff provide health promotional programs for daycare children to assist in learning lifelong healthy habits.
- First Staff attends quarterly Walsh County Behavioral Health Coalition meetings

## **2. Not enough places for exercise and wellness activities**

- Goal: Organize, promote, and sponsor exercise and wellness events and activities in our communities.
  - Strategies
    - Organize a 5K race in coordination with the BIO Girls program
    - Provide free healthy cooking classes open to the public
    - Support various athletic programs and events through local park departments and schools
    - Attend public forums regarding proposed community center in Park River
    - Host Senior Resource Fair to connect senior citizens with local resources
    - Present a Women's Health event in the fall
      - Promote mammograms and women's health screenings
      - Provide mammograms on-site at the event, after hours
    - Continue to grow Senior Life Solutions to help older adults to thrive mentally.
    - Maintain seasonal garden boxes in coordination with Senior Life Solutions and Briggs Beginnings daycare kids and staff to promote healthy eating and habits across the lifespan
    - Support the Park River Senior Center and Senior Meals program in Park River
    - Donate First Aid kits to Park River Area Schools classrooms

## **3. Lack of assisted living options**

- Goal: While First Care cannot provide assisted living options, our goal is to increase services and resources to support the elderly and improve the ability for them to stay in their homes
  - Strategies
    - Coordination of transportation for patients internally and externally
      - Continue coordination and collaboration with existing transportation agencies
      - Assist patients in getting to medical and rehab appointments at our own facility and regional healthcare facilities
      - Additional drivers have been hired to meet the needs of our patients
    - Promote and coordinate the medication management program offered through Walsh County Public
    - Promote and support the Park River Food Pantry
      - Alternative donation spot
      - Employee food drives
    - Continue to grow our Outpatient Care Coordination program

# First Care

## HEALTH CENTER

- Transitional Care Management
  - Training Licensed Social Worker to assist with outpatient care management
- Chronic Care management
- Maintain and embolden our Powerful Tools for Caregivers Program
- Coordinate with North Dakota Aging Services to connect patients and families with Qualified Service Providers and other programs
- Encourage and implement Home Safety Evaluation prior to hospital/swing bed discharges
- Promote and coordinate services available through county agencies for patients and community members
  - Home and Community Based Services
- Continue availability of respite services for local caregivers.