

METHODIST MEDICAL CENTER 2023-2025 COMMUNITY NEEDS ASSESSMENT IMPLEMENTATION STRATEGY

Identified Community Needs:

1. Substance Abuse*
2. Mental Health*
3. Tobacco Use and Vaping
4. Lack of Physical Activity and Obesity

Implementation Strategy to Address Needs:

The top two* needs will be primarily addressed by Ridgeview Behavioral Health Services in their action plan. Specific goals in those categories have also been added to Methodist's plan to augment Ridgeview's tactics.

1. Substance Abuse*

- **Behavioral Health Partnerships**

- Methodist Medical Center will continue to connect with local behavioral health providers such as Peninsula Behavioral Health and Ridgeview Behavioral Health Services to bring programming on vital mental health topics to the community via event opportunities.

- **MIST Program**

- Methodist Medical Center will continue to refer patients who are pregnant or young mothers struggling with substance abuse and addiction to Ridgeview Behavioral Health Services' MIST Program. The MIST team consists of a case manager, a counselor, and a program manager who connect with mothers through home visits, individual therapy sessions, and weekly support groups.

2. Mental Health (includes Toxic Stress)*

- **Community Lectures**

- Methodist Medical Center sponsors health information programs for the community including an innovative new series called Walk-With-A-Doc. Started during the pandemic, Walk-With-A-Doc serves as a way to both educate and reconnect people within a socially safe outdoor environment. Now, with a following of more than 45 people, the series has hosted programs on a variety of topics including mental health, stress reduction, breast cancer, congestive heart failure, stroke, balanced lifestyle and

diabetes. The objective of Walk-With-A-Doc is to inspire the community through movement and conversation, and to empower people to make good choices in regards to their health and continue to grow their social circles. Methodist's Walk-With-A-Doc is the first, and currently only, chapter in East Tennessee.

- **Grief Support Activities**

- Methodist Medical Center will continue to partner with Covenant Hospice to offer ongoing monthly grief support groups where those who have experienced the death of a loved one can find comfort, support and hope in a safe and welcoming environment.

3. Tobacco Use and Vaping

- **Healthy Lifestyles**

- Methodist Medical Center produces a 2-page, bi-monthly insert in the News-Sentinel. This insert is zoned specifically to those subscribers in Methodist's 5-county market and offers a platform to educate readers on the hazards of smoking/vaping as well as highlight cancer detection services such as Low Dose CT and smoking cessation options. This insert has a circulation of approximately 9,000.

- **Smoking Cessation Quarterly Program**

- Methodist Medical Center will continue to offer "Freedom from Smoking®" classes through the hospital's cardiopulmonary rehab program. The smoking cessation program is a six-class series that helps participants identify people, places and things that trigger their urge to smoking and works to create a smoking plan that fits their individual needs and receive support to avoid a relapse. The classes are offered quarterly and the \$50 course fee is refundable upon complete of all six classes.

4. Lack of Physical Activity and Obesity

- **Community Fitness Classes**

- Methodist Medical Center's Family Education program will continue to partner with Kern United Methodist Church to host free weekly exercise classes renamed "M2M Exercise Co" to be more inclusive for new dads and well as moms. Parents are encouraged to bring their babies and young children for an action-packed hour of exercise and fellowship. In addition, Methodist partners with Covenant Health's Bodyworks community exercise program to give adults safe and effective workouts for a nominal per class fee of \$5. First Baptist Church of Clinton is the partner site for the Bodyworks CardioMix class which is offered in Anderson County.

- **Ask the Dietitian**

- Methodist Medical Center's registered dietitians will continue to provide educational articles focused on a healthy mindset around food. Initiated in 2019, topics have included smart strategies in the grocery aisles, making the most of frozen food, the connection between nutrition to sports performance, healthy back-to-school lunches, balanced eating in a fast-paced world.