



**FY 2020 - 2022  
Community Health  
Implementation Strategy**

**Cedar Park Regional Medical Center**

## Cedar Park Regional Medical Center Implementation Strategy

### Implementation Strategy Narrative

#### Overview

Ascension Texas, formerly known as Seton Healthcare Family, a 501(c)(3) nonprofit organization, and an affiliate of Ascension Seton and Ascension Health, is a minority owner of Cedar Park Regional Medical Center. These organizations collaborated to prepare this joint Implementation Strategy. For the purpose of this Implementation Strategy, “Ascension Texas” refers to both Ascension Texas and Ascension Seton. Ascension Texas has a long-standing history of serving Central Texas, not only as a health care provider, but as a leader and advocate for improving the health of the population as a whole.

#### *Ascension’s Mission*

*Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually-centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.*

Ascension Texas extends its mission to provide the best care possible through this joint venture at Cedar Park Regional Medical Center to help deliver outstanding healthcare in the communities served. Cedar Park Regional Medical Center is a 93-bed facility with complete inpatient, outpatient, surgical and emergency care. Cedar Park Regional Medical Center is a Joint Commission Accredited hospital that provides advanced programs and services, working hard every day to be a place of healing, caring and connection for patients and families in the community.

Ascension Texas has developed 17 Community Health Implementation Strategies, one for each of its hospitals and joint venture facilities. Each plan identifies the action the hospital, with the support of the Ascension Texas network, plans to take to address the prioritized needs identified in the Community Health Needs Assessment (CHNA) of its region.

The various actions included in the Implementation Strategy are not intended to be exhaustive or inclusive of every single Ascension Texas strategy, initiative or program. Instead, the plan highlights the most significant actions that each hospital has undertaken to address the health needs prioritized in the CHNA, including those strategies that are expected to make the most significant impact on the delivery of health care in the region for the poor and vulnerable.

This Implementation Strategy addresses the health care needs identified by the [2019 Williamson County CHNA](#). Cedar Park Regional Medical Center is in Williamson County. The needs identified include:

- behavioral health, stress and well-being
- chronic disease risk factors
- access and affordability of healthcare
- building a resilient Williamson County
- social determinants of health

### **Needs That Will Be Addressed**

Cedar Park Regional Medical Center will address: 1) behavioral health, stress and wellbeing and 2) chronic disease risk factors.

### **Needs That Will Not Be Addressed**

Cedar Park Regional Medical Center will not address access and affordability of care, building a resilient Williamson County or social determinants of health in this Implementation Strategy. The strategies outlined for mental health, stress and wellbeing, and chronic disease risk factors also address inequitable access to care through education and connection to community resources for reduced and no-cost health care services and community collaborations to improve coordination within the Williamson County.

Ascension Seton Williamson is an Ascension hospital that is also located in Williamson County. Ascension Seton Williamson is addressing building a resilient Williamson County during this three-year implementation cycle. Both Cedar Park Regional Medical Center and Ascension Williamson County will partner with community organizations to better understand and help address social determinants of health in Williamson County.

### **Summary of Implementation Strategy**

**Need:** Behavioral Health, Stress and Wellbeing

**Strategy:** Promote behavioral health, stress management, and wellbeing through education and partnerships in the community to improve the mental health care continuum.

- The target population for this strategy is individuals and families with or at risk of mental health challenges.
- Cedar Park Regional Medical Center recognizes that uninsured and underinsured communities experience greater risk for mental health challenges due to fewer community resources.

#### **Resources and Collaboration:**

- Cedar Park Regional Medical Center provides staff time to attend collaborative meetings with the Wilco Wellness Alliance.
- Cedar Park Regional Medical Center provides staff time from the case management team, medical staff, nursing and allied health staff to lead educational activities at support groups and for community partners.
- Cedar Park Regional Medical Center collaborates with Bluebonnet Trails, the local mental health authority in Williamson County, other regional mental health providers, support groups in the community, the Cedar Park and Leander police departments, and local school districts.

#### **Anticipated Impact:**

- Improve mental health outcomes for patients.
- Provide education in monthly newsletters to 10,000 members of Senior Circle and Healthy Woman community health groups.
- Provide education and stress management tools to 5,000 employees of local school districts.

**Need:** Chronic Disease Risk Factors

**Strategy:** Identify, educate and support people with chronic disease or at risk for chronic disease.

- The target population for this strategy is uninsured and underinsured community members.
- Cedar Park Regional Medical Center recognizes that uninsured and underinsured communities experience greater risk for unmanaged chronic conditions due to lack of resources.

**Resources and Collaboration:**

- Cedar Park Regional Medical Center provides staff support, education materials, screening tools, and financial support for activities to improve chronic health outcomes in the community.
- Cedar Park Regional Medical Center collaborates with primary care providers in the community including Lone Star Circle of Care, among other community health groups including Samaritan Health Services, the American Heart Association, the American Lung Association, and the American Diabetes Association.

**Anticipated Impact:**

- Provide education at 45 events annually.
- Provide 2,000 chronic health indicator screenings annually including blood pressure, blood glucose, and BMI.
- Provide prenatal care for approximately 200 uninsured or underinsured women in 2020 through partnership with Lone Star Circle of Care.

## Prioritized Need #1: Behavioral Health, Stress and Wellbeing

**GOAL:** Improve care for community members with mental health challenges.

### Action Plan

<p><b>STRATEGY:</b> Promote behavioral health, stress management, and wellbeing through education and partnerships in the community to improve the mental health care continuum.</p>
<p><b>BACKGROUND INFORMATION:</b></p> <ul style="list-style-type: none"> <li>• The target population for this strategy is individuals and families with or at risk of mental health challenges.</li> <li>• Cedar Park Regional Medical Center recognizes that uninsured or underinsured communities experience greater risk for mental health challenges due to fewer community resources.</li> </ul>
<p><b>RESOURCES:</b></p> <ul style="list-style-type: none"> <li>• Cedar Park Regional Medical Center provides staff time to attend collaborative meetings with the Wilco Wellness Alliance.</li> <li>• Cedar Park Regional Medical Center provides staff time from the case management team, medical staff, nursing and allied health staff to lead educational activities at support groups and for community partners.</li> </ul>
<p><b>COLLABORATION:</b></p> <ul style="list-style-type: none"> <li>• Cedar Park Regional Medical Center collaborates with Bluebonnet Trails, the local mental health authority in Williamson County, other regional mental health providers, support groups in the community, the Cedar Park and Leander police departments, and local school districts.</li> </ul>
<p><b>ACTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Provide patients with a list of appropriate inpatient and outpatient mental health services, including Samaritan Health Ministries and Bluebonnet Trails.</li> <li>2. Provide patients and families with information about resources in community for drug and alcohol treatment.</li> <li>3. Provide education on stress management to the local school districts in their annual convocation.</li> <li>4. Provide educational information and seminars on mental health issues for Senior Circle members, Healthy Woman members, and community groups to promote healthy living.</li> </ol>
<p><b>ANTICIPATED IMPACT:</b></p> <ol style="list-style-type: none"> <li>I. Improve mental health outcomes for patients.</li> <li>II. Provide education in monthly newsletters to 10,000 members of Senior Circle and Healthy Woman community health groups.</li> <li>III. Provide education and stress management tools to 5,000 employees of local school districts.</li> </ol>

**Alignment with Local, State & National Priorities**

<b>OBJECTIVE:</b>	<b>LOCAL / COMMUNITY PLAN:</b>	<b>STATE PLAN:</b>	<b>HEALTHY PEOPLE 2020:</b>
I - III	Williamson County 2017-2019 CHIP: Strive to sustain a coordinated behavioral health system of care that: focuses on prevention and early intervention, provides integrated services and access to care by eliminating barriers, reduces stigma through building awareness, improves outcomes in a community that respects and preserves the rights of all, and focuses on the whole person.	Department of State Health Services Strategic Plan: Goal 1: Improve health through prevention and population-health strategies.	Healthy People 2020 MHMD-9 Increase the proportion of adults with mental health disorders who receive treatment.

## Prioritized Need #2: Chronic Disease Risk Factors

**GOAL:** Improve chronic health outcomes

### Action Plan

<p><b>STRATEGY:</b> Identify, educate and support people with chronic disease or at risk for chronic disease.</p>
<p><b>BACKGROUND INFORMATION:</b></p> <ul style="list-style-type: none"> <li>• The target population for this strategy is uninsured or underinsured community members.</li> <li>• Cedar Park Regional Medical Center recognizes that uninsured or underinsured communities experience greater risk for unmanaged chronic conditions due to lack of resources.</li> </ul>
<p><b>RESOURCES:</b></p> <ul style="list-style-type: none"> <li>• Cedar Park Regional Medical Center provides staff support, education materials, screening tools, and financial support for activities to improve chronic health outcomes in the community.</li> </ul>
<p><b>COLLABORATION:</b></p> <ul style="list-style-type: none"> <li>• Cedar Park Regional Medical Center collaborates with primary care providers in the community including Lone Star Circle of Care, among other community health groups including Samaritan Health Services, the American Heart Association, the American Lung Association, and the American Diabetes Association.</li> </ul>
<p><b>ACTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Provide educational information on lifestyle modification, including diet, exercise and smoking cessation at community events including an annual senior health fair.</li> <li>2. Provide regular health screenings for heart disease and diabetes in the community.</li> <li>3. Provide educational information and resources to teachers at annual convocation.</li> <li>4. For uninsured patients, provide information regarding community partners who can help with finances or provide reduced cost or free primary care.</li> <li>5. Provide financial support to organizations for programs related to increasing healthcare services for uninsured patients or chronic health screening, treatment and education.</li> <li>6. In 2020 provide a donation to Lone Star Circle of Care to provide prenatal care for uninsured or underinsured women.</li> </ol>
<p><b>ANTICIPATED IMPACT:</b></p> <ol style="list-style-type: none"> <li>I. Provide education at 45 events annually.</li> <li>II. Provide 2,000 chronic health indicator screenings annually including blood pressure, blood glucose, and BMI.</li> <li>III. Provide prenatal care for approximately 200 uninsured or underinsured women in 2020 through partnership with Lone Star Circle of Care.</li> </ol>

**Alignment with Local, State & National Priorities**

<b>OBJECTIVE:</b>	<b>LOCAL / COMMUNITY PLAN:</b>	<b>STATE PLAN:</b>	<b>HEALTHY PEOPLE 2020:</b>
I - III	Williamson County 2017-2019 CHIP: Provide increased access to active living resources and wellness opportunities to Williamson County residents.	Department of State Health Services Strategic Plan: Goal 1: Improve health through prevention and population-health strategies.	Healthy People 2020 HRQOL/WB-1 Increase the proportion of adults who self-report good or better health.