

Cedar Park Regional Medical Center

Implementation Strategy for the 2021 CHNA



Ascension



The purpose of this implementation strategy is to describe how the hospital plans to address prioritized health needs from its current Community Health Needs Assessment. The significant health needs that the hospital does not intend to address are identified and a rationale is provided. Special attention has been given to the needs of individuals and communities who are more vulnerable, unmet health needs or gaps in services, and input gathered from the community.

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The 2021 Implementation Strategy was approved by the Cedar Park Health System, L.P. Board of Governors on September 8, 2022 (2021 tax year), and applies to the following three-year cycle: August 2022 to August 2025. This report, as well as the previous report, can be found at our public website.

We value the community's voice and welcome feedback on this report. Please visit our public website (<https://healthcare.ascension.org/chna>) to submit your comments.

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Executive Statement

The 2021 Implementation Strategy represents a collaborative effort in order to gain a meaningful understanding of the most pressing health needs across Cedar Park Regional Medical Center's and Ascension Seton's service area. Ascension Texas, an affiliate of Ascension Seton, is a minority limited partner of Cedar Park Health System, L.P., which owns Cedar Park Regional Medical Center, and so these organizations collaborated to prepare these Implementation Strategies.

Introduction

As one of the leading non-profit and Catholic health systems in the United States, Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable.

Cedar Park Regional Medical Center

Cedar Park Regional Medical Center is a 126-bed facility with more than 700 healthcare professionals offering inpatient, outpatient, surgical and emergency care. It is a Joint Commission accredited facility that is a Primary Stroke Center and also includes a Level II Neonatal Intensive Care Unit. It is located in Cedar Park, Texas, which is in Williamson County.

For more information about Cedar Park Regional Medical Center, visit <https://cedarparkregional.com>

Overview of the Implementation Strategy

Purpose

This Implementation Strategy (IS) is the hospital's response to the health needs prioritized from its current Community Health Needs Assessment (CHNA). It describes the actions the hospital will take to address prioritized needs, allocate resources, and mobilize hospital programs and community partners to work together. This approach aligns with Ascension Texas's commitment to offer programs designed to address the health needs of a community, with special attention to persons who are underserved and vulnerable.

IRS 501(r)(3) and Form 990, Schedule H Compliance

The CHNA and IS satisfy certain requirements of tax reporting, pursuant to provisions of the Patient Protection and Affordable Care Act of 2010, more commonly known as the Affordable Care Act (ACA). As part of the ACA, all not-for-profit hospitals are required to conduct a CHNA and adopt an IS every three years. Requirements for 501(c)(3) Hospitals Under the Affordable Care Act are described in Code Section 501(r)(3), and include making the CHNA report (current and previous) widely available to the public. In accordance with this requirement, electronic reports of both the CHNA and the current IS can

be found at <https://healthcare.ascension.org/CHNA> and paper versions can be requested at Cedar Park Regional Medical Center Administrative Offices.

Process to Prioritize Needs

Cedar Park Regional Medical Center, with contracted assistance from Alpinista Consulting, applied a phased prioritization process, described below, to identify the priority needs in the Cedar Park Regional Medical Center and Ascension Seton service areas.

The first step was to gather data from a variety of quantitative and qualitative sources to understand the raw data in terms of trends, gaps, perceptions and opinions. Quantitative needs were categorized into groups such as health behaviors, social determinants of health, length of life, quality of life, clinical care, and systemic issues in order to better develop measures and evidence-based interventions that respond to the determined condition.

From there, with guidance from Alpinista consulting, quantitative and qualitative data were reviewed and analyzed through a “validation” process, whereby themes that emerged from the qualitative data gathering process were matched against analysis of trends and stark gaps in key indicators of the County Health Rankings Data (the primary source of the quantitative data). Specifically, Cedar Park Regional Medical Center with Ascension Seton compared themes that emerged from the qualitative data gathering activities to various data “filters” of quantitative data, including: 1) Quantitative indicators of health and social needs that were worse by greater than one standard deviation compared to Texas and/or national indicators, 2) Analysis of trends over time that revealed worsening conditions related to health and social needs, 3) Analysis of significant gaps in health and social indicators among geographies within the service region as well as socio-economic and demographic (including racial and ethnic) indicators.

Next, “sensemaking” teams were convened with internal and external stakeholders to review the validated data and identify, through the lens of impact and alignment with Ascension Seton capacities and strategic priorities, which of the data points, or themes might be appropriate for prioritization. The sensemaking process, completed through a series of six sessions with three internal groups and three external groups, asked participants to consider the identified needs through various criteria, including the following:

- Alignment of problem with Cedar Park Regional Medical Center’s strengths, capacities and priorities
- Impact on vulnerable populations
- Importance of problem to the community
- Organizational resources available to address problem

Based on the results of the sensemaking sessions, the CHNA Steering Committee¹ prioritized which of the identified needs were most significant.

Cedar Park Regional Medical Center has selected those needs determined by the CHNA Steering Committee as the prioritized needs to develop a three-year implementation strategy. These prioritized needs are the same prioritized needs selected for each of the 12 hospitals in the Ascension Seton network as well as the other five joint ventures in the shared service area. Although each hospital may address many more needs, the prioritized needs will be at the center of a formal CHNA implementation strategy and corresponding tracking and reporting.

Through the prioritization process for the 2021 CHNA, the prioritized needs are as follows:

- **Mental and Behavioral Health** - This need was selected because a number of key indicators reveal the significant and growing concerns over mental and behavioral health needs in our region. Many of these concerns are long standing, including reported numbers of poor mental health days and upward trending suicide rates and substance use and abuse. Coupled with the effects of the pandemic, concerns around isolation, anxiety and depression heightened needs around mental and behavioral health.
- **Access to Care** - This need was selected because both qualitative and quantitative data revealed significant and increasing needs around issues of accessing care, particularly regarding affordability and insurance coverage for care, transportation- especially in the rural parts of Ascension's service area, telemedicine and access to sufficient broadband infrastructures, and navigation of the complex medical system and services..
- **Social Determinants of Health** - This need was selected because many of the counties in the Ascension Seton service area have multiple indicators related to social needs that are significantly worse than averages for Texas and the United States, including lower access to exercise opportunities, lower rates of home ownership, very high rates of childhood poverty and low median household incomes, among others. Focus groups also mentioned food security and housing as significant barriers to healthy living.
- **Health Equity** - This need was selected because significant gaps in health indicators and outcomes exist in the Ascension Seton service region according to County Health Rankings data and focus groups revealed narratives of cultural and language barriers to receiving care.

Cedar Park Regional Medical Center understands the importance of all the health needs of the community and is committed to playing an active role in improving the health of the people in the

¹ The CHNA Steering Committee is comprised of internal leaders Ray Anderson (Chief Strategy Officer), Lauren Baker (VP of Academic Integration & Chief of Staff), Derek Covert (Chief Mission Integration Officer and VP Canonical Affairs), and Kate Henderson (President - Regional Hospitals and Strategic Community Partnerships), and community partners Dr. Jewel Mullen (Associate Dean for Health Equity and Associate Professor, Department of Population Health at The University of Texas), and Dr. Andrew Springer (Associate Professor, Health Promotion and Behavioral Sciences at The University of Texas School of Public Health).

communities it serves. For the purposes of the CHNA, Cedar Park Regional Medical Center has chosen to focus its efforts on the priorities listed above.

Needs That Will Be Addressed

Cedar Park Regional Medical Center will address access to care and mental and behavioral health in this implementation plan. Cedar Park Regional Medical Center understands the importance of all the health needs of the community and is committed to playing an active role in improving the health of the people in the communities it serves.

Needs That Will Not Be Addressed

This IS will not address social determinants of health nor health equity. Ascension Texas partners will be addressing each of these needs in their IS. This report does not encompass a complete inventory of everything Cedar Park Regional Medical Center does to support health within the community.

Acute Community Concern Acknowledgement

A CHNA and IS offer a construct for identifying and addressing needs within the community(s) it serves. However, unforeseen events or situations, which may be severe and sudden, may affect a community. At Ascension, this is referred to as an acute community concern. This could describe anything from a health crisis (e.g., COVID-19), water poisoning, environmental events (e.g., hurricane, flood) or other event that suddenly impacts a community. If adjustments to an IS are necessary, the hospital will develop documentation to inform key internal and external stakeholders.

Written Comments

This IS has been made available to the public and is open for public comment. Questions or comments about this IS can be submitted via the website: <https://healthcare.ascension.org/chna>.

Approval and Adoption by Cedar Park Health System, L.P. Board of Governors

To ensure the Cedar Park Regional Medical Center efforts meet the needs of the community and have a lasting and meaningful impact, the 2021 IS was presented and adopted by Cedar Park Health System, L.P. Board of Governors on September 8, 2022. Although an authorized body of the hospital must adopt the IS to be compliant with the provisions in the Affordable Care Act, adoption of the IS also demonstrates that the board is aware of the IS, endorses the priorities identified, and supports the action plans that have been developed to address prioritized needs.

Action Plans

The IS below is based on prioritized needs from the hospital’s most recent CHNA. These strategies and action plans represent where the hospital will focus its community efforts over the next three years. While these remain a priority, the hospital will continue to offer additional programs and services to meet the needs of the community, with special attention to those who are poor and vulnerable.

The IS lists actions that this hospital is taking to address the needs, recognizing that needs are complex and multi-layered. More specific information about how the “Actions” and “Measurement” under each IS are carried out and tracked are in an Evaluation Plan. The information gathered for evaluation will be used to report on each activity listed along with others that may align with the strategies adopted.

STRATEGY #1
Hospital Name Cedar Park Regional Medical Center
Prioritized Health Need Mental and Behavioral Health
Strategy Promote behavioral health, stress management and wellbeing
Collaborators <ul style="list-style-type: none"> ● Bluebonnet Trails ● Regional Mental Health Providers ● Support Groups ● Cedar Park and Leander Police Departments ● School Districts ● Georgetown Behavioral Health ● Breast Cancer Resource Center ● Williamson County Wellness Alliance ● AGE of Central Texas ● Drive a Senior Program ● Alzheimer’s Association
Resources <ul style="list-style-type: none"> ● CPRMC will provide space, staff and resources for support groups ● Case management teams maintain records of referrals for mental health needs
ACTION STEPS
Refer patients to appropriate inpatient and outpatient mental health services including Samaritan Health Ministries and Bluebonnet Trails
Provide resources on stress management to school district in annual convocation
Provide information and seminars on mental health issues for Senior Circle and Healthy Woman members

Provide virtual and in-person support groups
Breast Cancer Resource Center navigators to support and educate newly diagnosed breast cancer patients
ANTICIPATED IMPACT
<i>Short term:</i> Address mental health needs in partnership with key collaborators to provide relief from depression, anxiety and stress
<i>Long term:</i> Improved mental health outcomes across the community including decreased rates of suicide, depression, anxiety and familial stress

STRATEGY #2
Hospital Name Cedar Park Regional Medical Center
Prioritized Health Need Access to Care
Strategy Reduce risk of chronic diseases through education and referrals to health and screening programs in the community
Collaborators <ul style="list-style-type: none"> ● Samaritan Health Ministries ● Lone Star Circle of Care ● Primary care providers ● American Heart Associations ● American Lung Association ● American Diabetes Association ● Hill County Community Ministries
Resources <ul style="list-style-type: none"> ● Information and educational materials for community members ● Investments in community organizations offering healthy living programs ● Health screenings for heart disease and diabetes
ACTION STEPS
Provide patients with educational resources to improve health and prevent the risk of chronic diseases prior to discharge
Provide information on lifestyle modification, including diet, exercise and smoking cessation at community events
Provide information on resources at Hill Country Community Ministries regarding food and resources for individuals with food insecurity
Provide quarterly health screenings for heart disease and diabetes in the community

Provide information and resources to teachers at annual convocation
Provide information for older adults at annual health fair
ANTICIPATED IMPACT
<i>Short term:</i> Address chronic disease in partnership with key collaborators to educate, screen for and treat community members at risk for (or with) chronic disease
<i>Long term:</i> Decrease rates of chronic disease and increase early detection and treatment of chronic disease

STRATEGY #3
Hospital Name Cedar Park Regional Medical Center
Prioritized Health Need Access to Care
Strategy Invest in community organizations providing medical care for underserved communities
Collaborators <ul style="list-style-type: none"> ● Williamson County Wellness Alliance ● Lone Star Circle of Care ● Samaritan Health Ministries ● Breast Cancer Resource Center
Resources <ul style="list-style-type: none"> ● CPRMC will provide resources to community organizations offering medical services ● Information and educational materials for community members
ACTION STEPS
Provide information regarding follow-up with Samaritan Health Ministries and Lone Star Circle of Care for women’s health services, targeting underserved communities in the service area
Sponsor programs of Samaritan Health Ministries and Hill Country Community Ministries
ANTICIPATED IMPACT
<i>Short term:</i> Address health needs, particularly of women, in partnership with key collaborators
<i>Long term:</i> Improved health outcomes for women including prenatal care

Evaluation

Cedar Park Regional Medical Center, in partnership with Ascension Seton, will develop a comprehensive measurement and evaluation process for the IS. The Ministry will monitor and evaluate the action plans



outlined in this plan for the purpose of reporting and documenting the impact these action plans have on the community. Cedar Park Regional Medical Center, in partnership with Ascension Seton, uses a tracking system to capture community benefit activities and implementation. To ensure accountability, data will be aggregated into an annual Community Benefit report that will be made available to the community.