

**Bothwell Regional Health Center**  
**Community Health Needs Assessment**  
**Implementation Plan FY2023-2025**

**BACKGROUND**

As a nonprofit hospital, Bothwell Regional Health Center is required by the Internal Revenue Service tax code to conduct a Community Health Needs Assessment (CHNA) every three years. The hospital must then use the findings from the CHNA to develop implementation strategies to address identified community needs.

In May 2021, Bothwell completed its CHNA for its primary service area, which includes Benton and Pettis counties. The total population between Benton and Pettis counties is about 61,726 individuals. Of the 61,726, the CHNA found that 94.57% of residents are white, which aligns with the secondary data that estimates that number at approximately 93%. The median age of residents in Benton County is 53.6 years compared to 37.8 years for Pettis County. A large portion of Benton County is considered rural, while more than half of Pettis County is considered urban. From the findings, 16.8% of individuals live under 100% of the Federal Poverty Level in comparison to the state and national rates of 13.68% and 13.42%, respectively.

These metrics provide important context for understanding the most pressing needs identified in the assessment:

1. Mental Health
2. Substance Abuse
3. Heart Disease and Obesity

Bothwell's implementation plan incorporates both systemwide plans and local strategies and activities. It integrates tactics and innovative ideas with potential for addressing the priorities. The plan reflects programs and services available through other organizations in the community and Bothwell's available resources and contributions.

**PRIORITY 1: Mental Health**

**Goal:** Increase the level of awareness of and access to mental health resources in the community

**Strategy:** Promote help-seeking behaviors and emotional well-being practices, and prevent suicide through education and outreach

- Tactic: Increase awareness to providers of availability of inpatient tele-medicine mental health services
- Tactic: Explore placing an embedded partner social worker in the Emergency Department
- Tactic: Explore educational opportunities to train more individuals in Mental Health First Aid
- Tactic: Participate in area mental health organizations and alliances including West Central Region Zero Suicide Coalition, DeFeet, county health care coalitions and NEXT GEN (suicide awareness)
- Tactic: Partner with area mental health organizations to provide mental health professionals embedded in specific service lines
- Tactic: Continue to recruit mental health professionals to the medical team
- Tactic: Promote stigma elimination education and messaging, particularly in May and October mental health awareness months

## **PRIORITY 2: Substance Abuse**

**Goal:** Decrease addiction rates and use of illegal substances

**Strategy:** Promote benefits of a drug-free lifestyle and provide resources to the community related to finding help for addiction

- Tactic: Partner with local entities to increase education on the effects of substance abuse
- Tactic: Collaborate on community events that keep youth engaged and away from illegal substances.
- Tactic: Collaborate with local law enforcement to sponsor annual day of proper disposal of prescription medications
- Tactic: Promote proper use and disposal of opioid prescriptions through handouts given at time of prescription
- Tactic: Explore hosting Narcan training sessions in area schools

### **PRIORITY 3: Heart Disease and Obesity**

**Goal:** Decrease the percentage of adults diagnosed with high blood pressure and with excessive BMI

**Strategy:** Promote active lifestyle and provide resources related to heart health and weight management

- Tactic: Support community fitness events and activities (walking/running/biking/sports) for adults, youth and families
- Tactic: Explore reinstating the “Doctor is In” program
- Tactic: Invite the community to participate in heart health and weight management activities such as the Bothwell Foundation’s Wear Red for Women and Lub Dub 5K/10K Walk/Run
- Tactic: Provide free blood pressure screenings to the community and increase number of screenings offered annually
- Tactic: Offer low-cost or free community education classes and materials on importance of diet and exercise to prevent serious health issues
- Tactic: Increase the number of wellness screening programs, particularly to adults in the workplace
- Tactic: Support the Bothwellness community garden and promote gardening and healthy food choice communitywide
- Tactic: Explore participation in the American Heart Association Healthy for Life program, an evidence-based community nutrition and well-being program that empowers people to make healthy food, nutrition and lifestyle choices

### **Community Partners**

- Benton County Public Health Department
- Burrell Behavioral Health
- Compass Health
- Golden Valley Memorial Hospital
- Katy Trail Community Health
- Missouri Hospital Association
- Pathways Community Behavioral Health
- Pettis County Public Health Department
- Pettis and Benton County Schools
- Sedalia Parks and Recreation
- West Central Region Zero Suicide Coalition

## **RESOURCE COMMITMENTS**

To effectively implement these strategies and tactics, Bothwell will commit financial and in-kind resources, such as specific programs and services and staff time to serve on community collaborations. Bothwell will also encourage staff to volunteer with local organizations.

## **EVALUATION OF ACTIVITIES**

Bothwell leaders will use assessment and engagement activities throughout the implementation phase and annually review and revise specific work plans that align with Bothwell Forward: Strategic Plan for 2020-2025.

## **RESOURCES**

[Bothwell Regional Health Center - Community Health Needs Assessment 2022](#)

[Missouri Department of Mental Health - Assertive Community Treatment Teams](#)

[Walk With A Doc](#)

[Take Off Pounds Sensibly](#)

[American Heart Association Healthy for Life](#)

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