



An implementation plan has been developed based on the Community Health Needs Assessment (CHNA) process conducted in 2023. The CHNA was conducted in collaboration with Pembina County Public Health to determine the most pressing health needs of Pembina County.

The top needs identified in the CHNA process includes:

- Alcohol use and abuse – youth and adult
- Availability of mental health services
- Availability of resources to help the elderly stay in their homes
- Availability of vision care
- Bullying/Cyberbullying
- Cost of long-term/ nursing home care
- Depression/ anxiety – young and adult
- Having enough affordable housing
- Smoking and tobacco use (second-hand smoke- youth)

The Pembina County Memorial Hospital Association (PCMHA) Board of Directors has determined that the following health needs identified in the CHNA should be addressed through the implementation strategy noted for each such need:

Priority Area: Availability of Mental Health Services

GOAL: Increase accessibility to behavioral health services

Strategies:

1. Continue to support and promote the current medical health providers services at Clinicare and seek any opportunity to expand services if a viable option is available.
 2. Encourage attendance and continue to support local led support groups. Seek opportunities to expand such groups.
 3. Continue to collaborate with Pembina County Behavioral Health Coalition (PCBHC) to bring education, classes, speakers, programs, and awareness to our communities.
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Priority Area: Alcohol Use & Abuse, Depression/ Anxiety Young and Adult

GOAL: Increase accessibility to treatment for depression and anxiety and promote dangers of alcohol use by our youth and adults.

Strategies:

1. Continue to support and promote the current medical health providers services at Clinicare in person and teletherapy and seek any viable opportunities to expand services as available.
 2. Support youth and adult alcohol free activities and education within our communities.
 3. Continue to provide space for support groups to meet at Pembina County Memorial Hospital.
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Priority Area: Availability of Resources to Help the Elderly Stay in Their Homes



GOAL: Increase access and awareness to resources, services and programs to allow elderly to stay in their homes longer.

Strategies:

1. Continue to support and promote the Bone Builders class that is offered weekly to this population.
 2. Continue to support and promote access to the prescription assistance program and other medication programs.
 3. Continue to work with Pembina County Health Coalition to provide and distribute a resource guide for Pembina County of services offered.
 4. Collaborate with NDSU, Pembina County Meals and Transportation, Social Services and offering services to programs such as QSP and Senior Meals.
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Priority Area: Smoking and Tobacco Use

GOAL: Increase accessibility to treatment for quitting smoking and using tobacco.

Strategies:

1. Continue to support and promote the current medical health providers services at Clinicare and seek any viable opportunities to expand services as available.
 2. Support youth and adult tobacco free activities and education within our communities.
 3. Continue to offer and promote supportive medications and education on risks of smoking, vaping and tobacco use.
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Other Needs Identified in the CHNA, but not addressed in this Implementation Plan

1. Availability of vision care
 - PCMHA would be an active participant in community efforts to help in this service but have exhausted solo efforts that were currently available.
2. Bullying/Cyberbullying
 - PCMHA will promote education and efforts towards this issue and will continue to support efforts made on this issue.
3. Cost of long-term/nursing home care
 - PCMHA provides ongoing feedback to government policymakers at the state and federal level as these rates are calculated by them for all institutions.
 - Collaboration and referrals to county social services occur on a regular basis.
 - Hospital and Nursing home social work designees are available to assist individuals who lack health insurance through programs offered and our Financial Assistance Program
4. Having enough affordable housing
 - PCMHA is participating with community led efforts to develop more affordable housing within its service area
 - PCMHA is a steering committee participant on a regional housing study