1

Community Health Needs Assessment (CHNA)

Prepared by:
TORCH Management Services, Inc.

Bob Ellzey, LFACHE

November 2023

2

Special Thanks

- Larry Troxell, DHA, CEO
- Comanche County Medical Center Board of Directors
- Comanche County Consolidated Hospital District Board of Directors
- CCMC Medical Staff
- CCMC Leadership and Management Team
- Community Focus Group Participants
- Area Health Providers
- Mark Beaty, CCHF
- Kristine Bremer, CCMC

3

Table of Contents

- Overview of Community Health Needs Assessment 5
- Overview of Comanche County and Service Area 7
- Overview of Comanche County Medical Center and Services 8
- Economic Impact of Comanche County Medical Center 15
- Demographics 18
- Comparison of Health Factors, Outcomes, and Mortality 20
- Survey of Community Health Needs 35
  - Access to Healthcare Services 38
  - Categories of Community Health & Wellbeing 45
- Recommendations 62
- Summary 71
- Next Steps 73

4

Overview of Community Health Needs Assessment

- In 2014 the Affordable Care Act required all 501(c)(3) nonprofit hospitals to conduct a CHNA every 3 years
- The main purpose is to provide a comprehensive review of health needs among diverse constituents, how well those needs are being met, and identify any gaps in services available or constituent groups who receive those services
- Another purpose is to identify partnership opportunities with other providers or agencies
- The CHNA serves as a basis for development of a required action plan that must be developed with an intent to improve community health and reduce gaps among those who receive services

5

Data Sources

Public Data Sources

- CMS, U.S. Census Bureau, several other public and private sources as documented

In-Person Interviews

- 28 Focus Group Participants
  - Boards of Directors, Medical Staff, Leadership Team, Department Leaders, and Community Residents representing diverse occupations and experiences

6

Overview of Comanche County and Surrounding Service Area

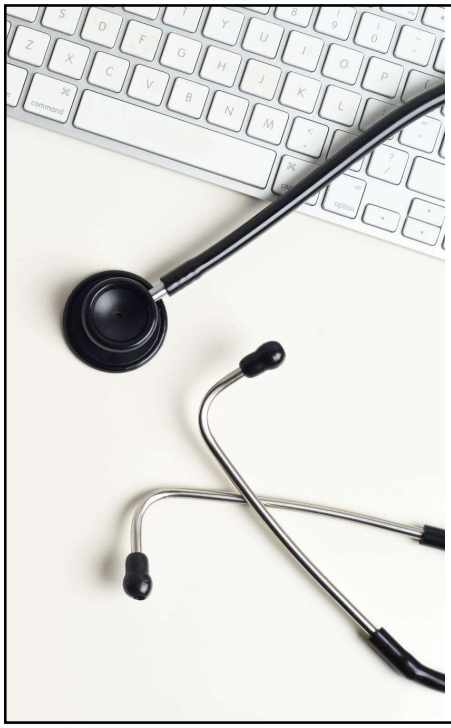
Comanche County, Texas, is bounded by the counties of Eastland, Brown, Erath, Hamilton, and Mills. Natural grazing and other resources made this area popular to Native American tribes for centuries before European settlers arrived.

Agricultural farming and ranching occupy the majority of acreage in these counties. Oil and gas production which peaked in the early to mid 1900's continues, but it is in decline along with farming and other agriculture.

With exception of Erath and Brown County, population within the region has grown slowly, and in some communities declined since 1990. Like rural communities everywhere, the average age of the population continues to grow older.

The region is well served educationally with two 4-year universities, two 2-year community colleges, and solid community public school districts.

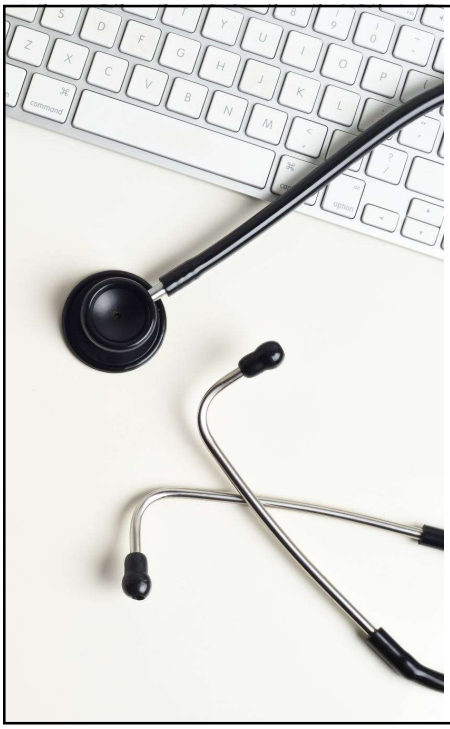
7



Overview of Comanche County Medical Center

- Comanche County Medical Center (CCMC) is a nonprofit 501(c)(3) which serves as Administrator for the Hospital District, managing the Critical Access Hospital, healthcare and wellness services provided to residents in Comanche County and surrounding counties. CCMC is governed by a 6-member Board of Directors.
- Comanche County Consolidated Hospital District (CCCHD) is a not-for-profit hospital district. It is governed by a 6-member Board of Directors who are publicly elected to oversee distribution of tax revenue to support access and availability of healthcare services through Comanche County Medical Center and throughout the District.

8



Overview of Comanche County Medical Center

Comanche County Medical Center is licensed as a 25-bed Critical Access Hospital. CCMC is much more than a hospital, however, operating more like a small regional health system.

The hospital provides access to a full line of services including Emergency, Inpatient, Swing Bed, Surgical, Diagnostic Outpatient, Rehab & Wellness, Infusion Therapy, Long-term Care, Pharmacy, and Clinics.

CCMC operates clinics and other medical access sites in several cities in the service area. The hospital closely monitors the needs of the community and expands service lines to meet identified needs. Services are available to all who need medical care regardless of income, race, or other qualifying factors.

The hospital is well equipped with modern facilities, equipment, electronic health record system, and other technology. CCMC receives patient referrals from multiple counties in the region.

9

Clinical Access Points

Comanche

- Comanche County Medical Center
- CCMC Pharmacy
- Doctors Medical Center
- CornerStone Family Medicine
- Nursing Home (2024)
- Comanche Physical Therapy & Wellness
- The Whitestone Assisted Living

The CCMC Mobile Clinic travels weekly to additional rural communities in the service area.

De Leon

- Kimmell Wellness Center

Dublin

- Dublin Family Medicine
- Patrick Street Pharmacy

Rising Star

- Rising Star Health Clinic
- Rising Star Pharmacy

10

Overview of CCMC Service Lines

- Cardiac Rehab
- Cardiology
- Chronic Care Management
- Primary Care
- Family Medicine
- Ear, Nose, and Throat
- Emergency Room
- EMS
- Gynecology
- Imaging & Radiology
- Laboratory
- Infusion Therapy
- Moncrief Cancer Center
- Occupational Health
- Orthopedics
- Pediatrics
- Pharmacies
- Podiatry
- Pulmonary Rehab
- Respiratory Therapy
- Surgery
- Swing Bed
- Long-Term Care
  - Assisted Living
  - Nursing Home (2024)

11

Primary and Specialty Care Providers

Primary Care Physicians and Practitioners

Doctors Medical Center
- 7 Physicians
- 4 Practitioners

Dublin Family Medicine
- 2 Physicians
- 3 Practitioners

Rising Star Health Clinic
- 1 Physician
- 2 Practitioners

CornerStone Family Medicine
- 1 Physician
- 2 Practitioners

Mental Health Provider
- 1 Licensed Clinical Social Worker

Specialty Care Physicians

Cardiology	1
Ear, Nose, Throat	1
General Surgery	1
Dermatology	1
Oncology	1
Ophthalmology	1
Gynecology	1
Orthopedics	4
Plastic Surgery	1

12

CCMC Medicare Star Quality Rating

Overall Star Rating

Source: Medicare.gov, Hospital Compare, December 2023.

https://www.medicare.gov/care-compare/results?searchType=Hospital&page=1&city=Comanche&state=TX&zipcode=&radius=25&sort=highestRated&tealiumEventAction=Landing%20Page%20-%20Search&tealiumSearchLocation=search%20bar

13

Driving Distance from Comanche County Medical Center to Next Nearest Other Hospitals

- Texas Health Harris Methodist, Stephenville 37 miles
- Hendrick Medical Center, Brownwood 37 miles
- Eastland Memorial Hospital, Eastland 40 miles
- Hamilton Healthcare System, Hamilton 41 miles

14

Economic Impact to Service Area of CCMC and CCHD

Economic Impact Assessment of Critical Access Hospital (using CCMC & CCCHD data)

Employment

- Direct Impact FTEs: 313 (number of full-time equivalent employees of CCMC and CCCHD)
- Multiplier: 1.34
- Secondary Impact FTEs: 106 (additional job creation impact within service area)
- Total Impact FTEs: 419 (total employment impact of CCMC and CCCHD)

Wages, Salaries, and Benefits (WSB)

- Direct Impact: $23.6 Million (total WSB provided by CCMC and CCCHD)
- Multiplier: 1.19
- Secondary Impact: $4.5 Million (additional WSB benefit created within service area)
- Total Impact: $28.1 Million (total WSB generated in service area as result of CCMC and CCCHD)

Average Retail Sales Impact (.25 WSB)

$5.9 Million retail sales generated in service area resulting from CCMC and CCCHD

SOURCE: National Center for Rural Health Works. Research Study. October 2016. Data from National Center, Oklahoma Office of Rural Health, and IMPLAN.

15

Local Economic Impact of Construction Activities of a Critical Access Hospital

(Example based on research average)

		Employment Impact			
Construction ($ millions)	Average Employment	Multiplier	Secondary Impact	Total Jobs Impact	
$1	9	1.23	2	11	
		WSB Impact			
Construction ($ millions)	Average WSB	Multiplier	Secondary Impact	Total Impact	Retail Sales Impact
$1	$332,551	1.25	$80,638	$403,189	$100,797

16

Summary of Economic and Employment Impact of CCMC on the Service Area

- 419 jobs within the service area attributed to CCMC
- $28.1 million created in area wages, salaries, and benefits
- $5.9 million impact on retail sales within the service area
- Every $1 million construction contributes to 11 new jobs with total wage, salary, and benefits generated equal to $403,000 (*2016 data, assume higher numbers in 2023*)
- What is the importance of jobs and wages on the health and wellness of a community?
  - Jobs create income and benefits. Income and benefits are a key factor impacting individual health and wellness.

17

Demographics of Population and Race by County

Population

Source: U.S. Census.gov/quickfacts. 2022. https://www.census.gov/quickfacts/fact/table/texas,US/PST045222

Population/ Year	Comanche County	Brown County	Eastland County	Erath County
1990	13,381	34,371	18,488	27,991
2000	14,026	37,674	18,297	33,001
2010	13,974	38,106	18,583	37,890
2020	13,594	38,095	17,725	42,545

Race

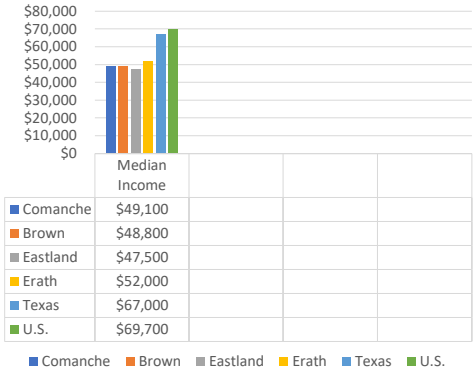
Source: U.S. Census.gov/quickfacts. 2022. https://www.census.gov/quickfacts/fact/table/texas,US/

Race/ County	Comanche County	Brown County	Eastland County	Erath County
White Only	68%	70%	77%	71%
Hispanic	29%	26%	17%	22%
Black	0.3%	3.6%	1.9%	2.8%
2020	0.3%	0.42%	0.54%	0.8%

18

Demographic and Social Factors

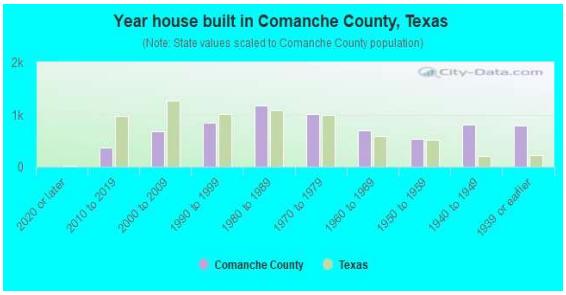
Median Income



	Median Income
Comanche	$49,100
Brown	$48,800
Eastland	$47,500
Erath	$52,000
Texas	$67,000
U.S.	$69,700

www.census.gov/quickfacts/fact/table/comanchecountytexas,US/PST045222

New Housing Construction



www.city-data.com/county/Comanche_County-TX.html

19

Comparison of Health Outcomes and Factors

Source: County Health Rankings & Roadmaps
https://www.countyhealthrankings.org/explore-health-rankings/texas/comanche?year=2023
(yellow highlight indicates unfavorable to State and U.S.)

2023 Data	Comanche County	Brown County	Eastland County	Erath County	Texas	U.S.
Overall Health Ranking	79	149	198	21		
HEALTH OUTCOMES (Rank)				Top QTR		
Life Expectancy	76	74.5	74.8	79.3	78.4	78.5
Child Mortality (per 100k)						
Diabetes Prevalence	11%	11%	12%	11%	12%	9%
Frequent Mental Distress	16%	16%	17%	16%	13%	14%
Frequent Physical Distress	11%	12%	13%	11%	9%	9%
HIV Prevalence (per 100k)	104	118	96	49	405	380

20

Comparison of Health Outcomes and Factors

Source: County Health Rankings & Roadmaps
https://www.countyhealthrankings.org/explore-health-rankings/texas/comanche?year=2023
(yellow highlight indicates unfavorable to State and U..S.)

2023 Data	Comanche	Brown	Eastland	Erath	Texas	U.S.
HEALTH BEHAVIORS						
Adult Smoking	19%	19%	22%	18%	13%	16%
Food Insecurity	15%	15%	18%	18%	13%	12%
Alcohol Impaired Driving Deaths (per 100k)	3%	28%	27%	20%	25%	27%
STI's (per 100k)	279	357	223	569	466	481
Teen Births (per 1,000)	42	31	32	14	29	19
Adult Obesity	35%	39%	38%	34%	36%	32%
Physical Inactivity	26%	26%	28%	24%	25%	22%

21

Comparison of Health Outcomes and Factors

Source: County Health Rankings & Roadmaps
https://www.countyhealthrankings.org/explore-health-rankings/texas/comanche?year=2023
(yellow highlight indicates unfavorable to State and U..S.)

Health Factors	Comanche	Brown	Eastland	Erath	Texas	U.S.
CLINICAL CARE						
Uninsured Adults	25%	21%	24%	22%	24%	12%
Uninsured Children	14%	10%	12%	12%	12%	5%
Primary Care Physicians	1960:1	1790:1	6130:1	1730:1	1640:1	1310:1
Dentists	3440:1	3570:1	1740:1	1610:1	1610:1	1380:1
Mental Health Providers	1720:1	500:1	1980:1	900:1	690:1	340:1
Mammogram Screening	30%	33%	20%	37%	34%	37%
Flu Vaccinations	29%	43%	39%	49%	48%	51%

22

Comparison of Health Outcomes and Factors

Source: County Health Rankings & Roadmaps
https://www.countyhealthrankings.org/explore-health-rankings/texas/comanche?year=2023
(yellow highlight indicates unfavorable to State and U..S.)

Health Factors	Comanche	Brown	Eastland	Erath	Texas	U.S.
SOCIAL & ECONOMIC						
Median Household Income	$49,100	$48,800	$47,500	$52,000	$67,000	$69,700
Children in Poverty	25%	22%	26%	20%	20%	17%
Children Eligible for Free Lunch	65%	58%	60%	52%	20%	17%
Child Care Cost Burden	25%	25%	26%	35%	25%	17%
High School Completion Rate	86%	87%	85%	88%	85%	89%
Some College	52%	52%	64%	62%	64%	67%
Severe Housing Problems	12%	11%	10%	18%	17%	17%

23

Comparison of Health Outcomes and Factors

Source: County Health Rankings & Roadmaps
https://www.countyhealthrankings.org/explore-health-rankings/texas/comanche?year=2023
(yellow highlight indicates unfavorable to State and U..S.)

Health Factors	Comanche	Brown	Eastland	Erath	Texas	U.S.
SOCIAL & ECONOMIC						
Suicides (per 100k)	21	18	21	12	13	14
Firearm Fatalities (per 100k)	24	15	14	9	13	12
Injury Deaths (per 100k)	109	67	82	68	60	76
Mental Health Facilities (per 100k)	0	0	0	0	2.7	
Chemical Dependency Centers (per 100k)	7.4	2.6	10.9	14.5	2.7	

24

Unfavorable Health Factors in Service Area of CCMC

Health Outcomes or Behaviors

- Frequent Physical Distress
- Frequent Mental Distress
- Food Insecurity
- Smoking
- # of Dentists
- # of Mental Health Providers

Social and Economic Factors

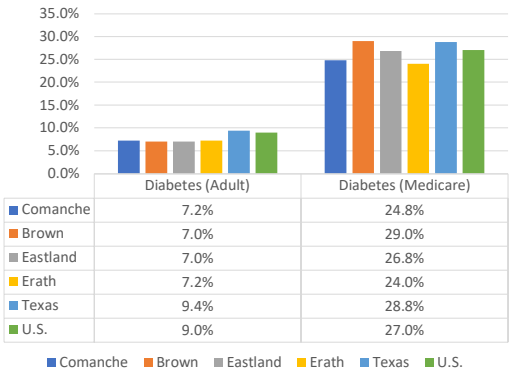
- Median Household Income
- Children in Poverty
- Children Eligible for Free Lunch
- Suicides (per 100k)
- Drinking Water Violations

25

Incidence of Disease

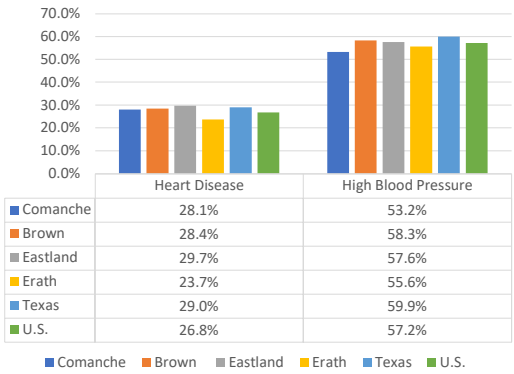
Source: https://sparkmap.org/report

Diabetes



	Diabetes (Adult)	Diabetes (Medicare)
Comanche	7.2%	24.8%
Brown	7.0%	29.0%
Eastland	7.0%	26.8%
Erath	7.2%	24.0%
Texas	9.4%	28.8%
U.S.	9.0%	27.0%

Heart Disease and High Blood Pressure



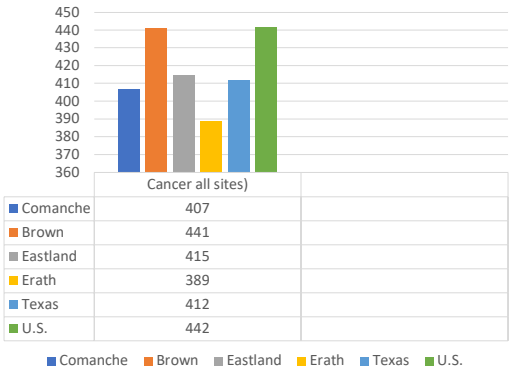
	Heart Disease	High Blood Pressure
Comanche	28.1%	53.2%
Brown	28.4%	58.3%
Eastland	29.7%	57.6%
Erath	23.7%	55.6%
Texas	29.0%	59.9%
U.S.	26.8%	57.2%

26

Prevalence and Incidence of Disease

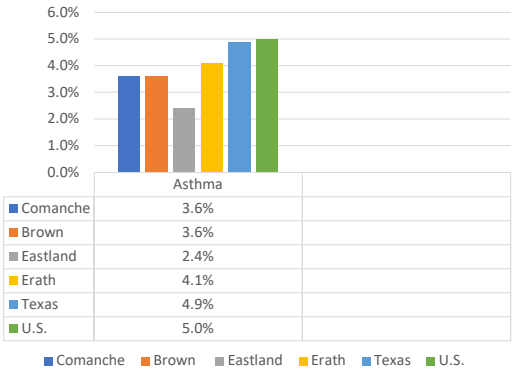
Source: https://sparkmap.org/report

Cancer (per 100k)



	Cancer all sites)
Comanche	407
Brown	441
Eastland	415
Erath	389
Texas	412
U.S.	442

Asthma



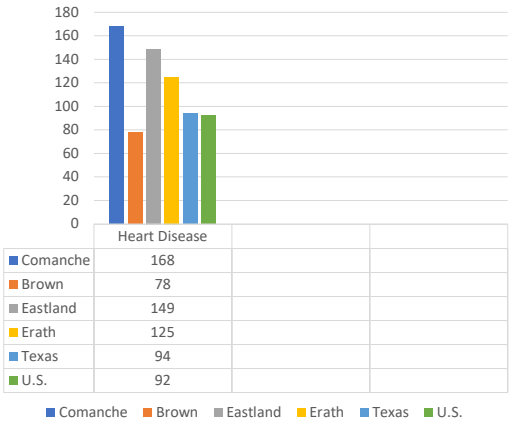
	Asthma
Comanche	3.6%
Brown	3.6%
Eastland	2.4%
Erath	4.1%
Texas	4.9%
U.S.	5.0%

27

Mortality (per 100k)

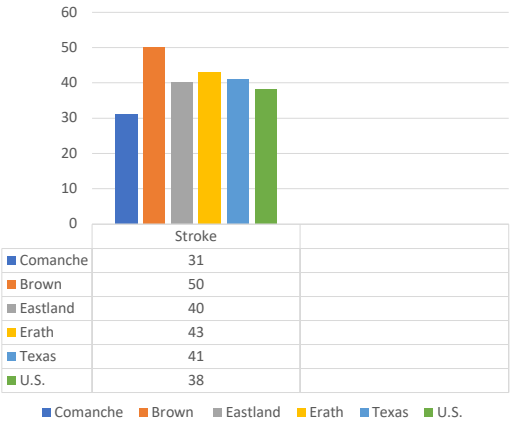
Source: https://sparkmap.org/report

Heart Disease



	Heart Disease
Comanche	168
Brown	78
Eastland	149
Erath	125
Texas	94
U.S.	92

Stroke



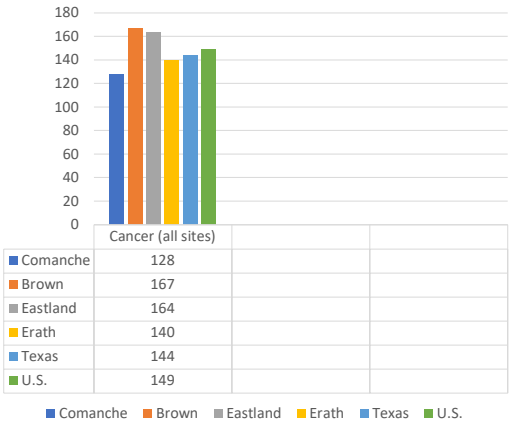
	Stroke
Comanche	31
Brown	50
Eastland	40
Erath	43
Texas	41
U.S.	38

28

Mortality (per 100k)

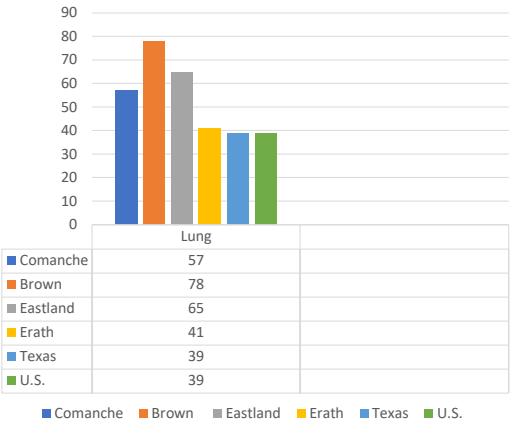
Source: https://sparkmap.org/report

Cancer



	Cancer (all sites)
Comanche	128
Brown	167
Eastland	164
Erath	140
Texas	144
U.S.	149

Lung



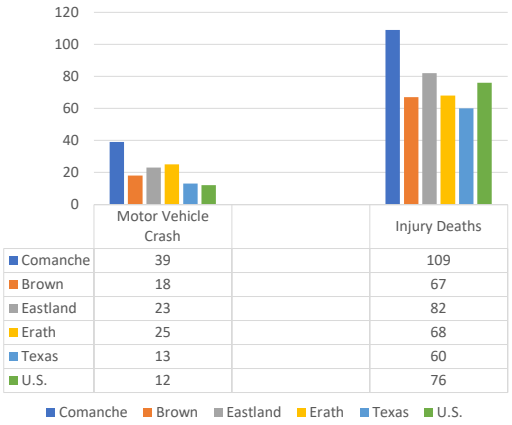
	Lung
Comanche	57
Brown	78
Eastland	65
Erath	41
Texas	39
U.S.	39

29

Mortality (per 100k)

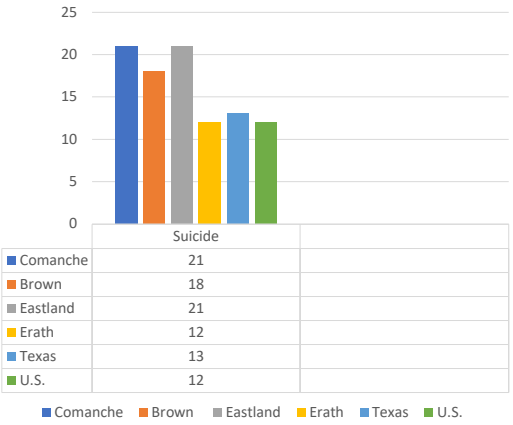
Source: https://sparkmap.org/report

Unintentional Injury or Crash



	Motor Vehicle Crash		Injury Deaths
Comanche	39		109
Brown	18		67
Eastland	23		82
Erath	25		68
Texas	13		60
U.S.	12		76

Suicide



	Suicide
Comanche	21
Brown	18
Eastland	21
Erath	12
Texas	13
U.S.	12

30

Comparison of Health Factors and Outcomes of CCMC and Service Area to Texas and U.S.

https://www.countyhealthrankings.org/explore-health-rankings/texas/comanche?year=2023

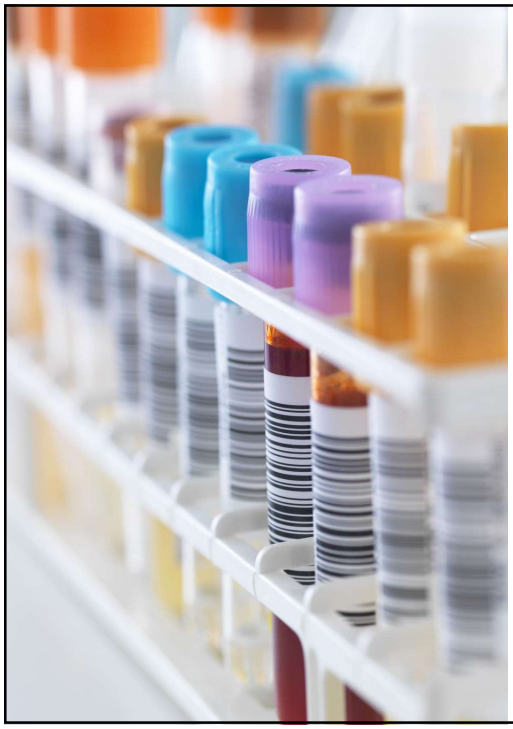
Favorable

- Asthma
- Diabetes (Adult and Medicare)

Unfavorable

- Cancer Mortality
- Heart Disease Mortality
- Lung Disease Mortality
- Motor Vehicle Crash Mortality
- Injury Deaths (Comanche, Eastland)
- Cancer Prevalence (Brown County)
- Suicide Mortality

31



Most Common Underlying Causes of Death in Comanche County 1999-2019

- Acute myocardial infarction, unspecified (477)
- Bronchus or lung, unspecified - Malignant neoplasms (159)
- Chronic obstructive pulmonary disease, unspecified (118)
- Stroke, not specified as haemorrhage or infarction (69)
- Atherosclerotic cardiovascular disease, so described (55)
- Atherosclerotic heart disease (46)
- Alzheimer's disease, unspecified (45)
- Congestive heart failure (41)
- Unspecified dementia (34)
- Colon, unspecified - Malignant neoplasms (10)

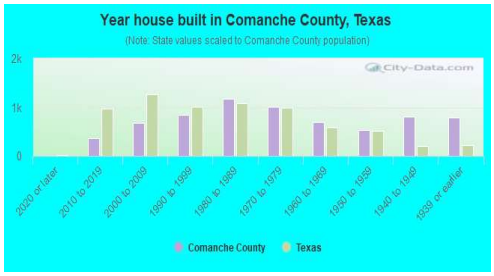
https://www.city-data.com/county/Comanche_County-TX.html

32

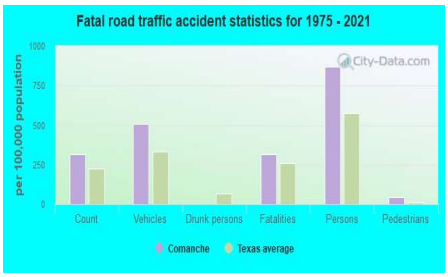
Comparison of Health Factors and Outcomes of CCMC and Service Area to Texas and U.S.

https://www.countyhealthrankings.org/explore-health-rankings/texas/comanche?year=2023

New Home Construction



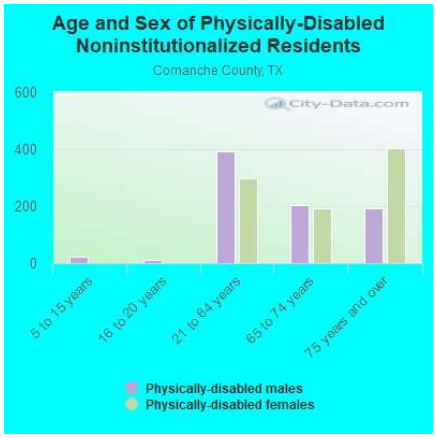
Fatal Road Traffic Crashes

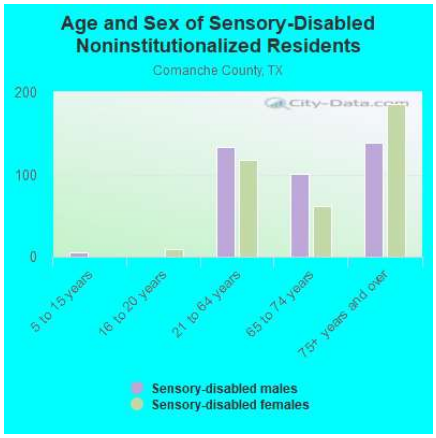


33

Non-Institutionalized Physically-Disabled Residents

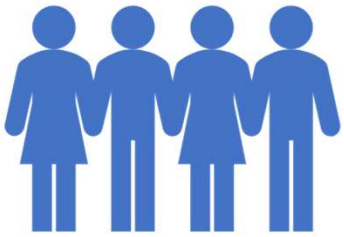
https://www.city-data.com/county/Comanche_County-TX.html, 2021





34

35



Community Health Questions and Focus Group Responses

- Focus group interviews were publicly announced, stakeholders were invited to attend one of several scheduled group sessions in service area locations. The sessions were facilitated by the TORCH consultant who moderated each session.
- The consultant used community health survey questions and focus group techniques to obtain responses. Questions posed were in two categories: 1) Access to Healthcare; 2) Chronic Illness and Disease.
- The focus group sessions were attended by 28 participants representing a diverse cross-section of the population living and working in Comanche County. Respondents included hospital staff, providers, board members, patients, residents, public sector employees, and others.

36

Community Health Questions

Category 1
Access to Healthcare Services

- Questions posed regarding:
  - Access to healthcare
  - Most critical services available
  - Most critical services not available but needed
  - Specialty physician services not available or need improvement
  - Services or specialties for which people are most likely to travel out of town
  - Confidence rating in locally provided services
  - Area resources available

Category 2
Community Health & Wellbeing

- Interviewees asked to describe the health and wellbeing of the community based upon:
  - Social and Physical Environment
  - Chronic Illness and Disease
  - Mental Health and Substance Abuse
  - Lifestyle Behavior

37

Access to Healthcare Services

Current access and availability of health services	Most critical health needs in the county	How well critical needs are being met in the county
• Very good • Good primary care clinics with multiple access points • Specialty clinic provides local access to specialists	• Geriatric (#1 cited) • Chronic Disease Management • Mental Health	• Overall good, with exception of mental health

38

Access to Healthcare Services

What service lines provided by the hospital are considered most critical to the community?	What would the impact be if these services were not available?	What services lines are *not* available that are most needed?
• ER • EMS • Primary Care • Diagnostic Ancillary Services • Cardiopulmonary Rehab	• Life threatening / Unnecessary Deaths • Travel hardship, especially for older population	• Oncology • Mental Health • Women's Health Services

39

Access to Healthcare Services

What physician specialties are not available that are most needed?	• OB/Gyn • Ear, Nose, and Throat
What physician specialties are residents most likely to travel out of town?	• OB/Gyn • Multiple Sub-specialties

40

Access to Healthcare Services

What medical service lines are available but need improvement?

- Women's Health Services – Prenatal Care
- Swing Bed
- Long-term Care
- Telehealth

41

Access to Healthcare Services

Community Confidence in Hospital and Other Local Health Providers

Confidence level expressed in services provided by the hospital	Hospital service lines considered to be of high quality	Community Perception Rating – Hospital Services (scale 1 to 10)	Community Perception Rating – Overall Health Services (scale 1 to 10)
• Broad support and confidence was consistently expressed for the hospital, providers, and services provided	• Diagnostic ancillary services • Pharmacy • Clinics • Surgery	• Perception of hospital services was consistently rated 8 to 10 by all focus group participants	• Perception of overall health services available in the community, regardless of provider source, was also rated 8 to 10 by participants

42

Community Health & Wellbeing

Public Perception of Healthy and Unhealthy Aspects of Living in Comanche County and Service Area

Healthy

Quality of Life	Clean Air	Slower Lifestyle
Access to Medical Care	Access to Education	Walking Trails
Community Garden / Park	Safe Outdoor Activities	Disc Golf Course

Unhealthy

- Alcohol and other substance abuse
- Smoking / Vaping
- Lack of healthy eating options / too much fast food
- Lack of employment opportunities

43

What Do You Consider General Aspects of a Healthy Community?

- Community health education and wellness programs
- Community collaboration for wholistic wellness initiatives
- Healthy food options
- Access to healthcare services

44

Categories of Community Health & Wellbeing

Social and Physical Environment

Nutrition, Housing, Transportation, Domestic Abuse, others

Chronic Illness and Disease

Diabetes, Hypertension, CHF, COPD, etc.

Mental Health and Substance Abuse

Lifestyle Behaviors

45

Community Health & Wellbeing

Social and Physical Environment

46

Community Health & Wellbeing

Social and Physical Environment

Biggest needs cited by community focus groups

Nutrition
- Nutrition education
- Healthy food options in restaurants

Housing
- Affordability and more options
- Housing impacts ability to grow, retain area population, or attract new workers

Employment Opportunities
- More area jobs that pay livable wages
- Jobs impact income which impacts health

Domestic Abuse
- Impacts physical, mental, and social wellbeing

47

Community Health & Wellbeing

Social and Physical Environment

Biggest needs cited by community focus groups

A broad range of social services is reported available to diverse populations residing in Comanche and surrounding counties

Access to charitable food, clothing, transportation, temporary shelter and other crisis services are available through various private, public, and faith organizations

CCMC maintains a long and impressive referral list of community and social services available

48

Community Health & Wellbeing

Social and Physical Environment

Nutrition Services

(partial list of the local services available)

West Texas Food Bank
- Mobile food distribution hosted and coordinated by CCMC; held monthly at Comanche and De Leon City Parks

De Leon Food Pantry
- Lunches served on Tuesday, Wednesday, Friday

Ministerial Alliances
- Food distribution and other assistance for the needy

Open Arms Mission Food Pantry
- Food Distribution for the needy

Salvation Army
- Food, Utility, and other assistance

Comanche Senior Center
- Lunches served on Tuesday, Wednesday, and Friday

49

Community Health & Wellbeing

Social and Physical Environment

Elderly Services

(partial list of elderly services available)

Cornerstone Community Action Agency
- Long Term Care, Skilled Nursing, Rehab, Respite Care

Western Hills Residence, De Leon Nursing Home
- Rehab & Nursing Facilities

Whitestone Assisted Living
- Senior Living Center

Comanche County Consolidated Hospital District
- Nursing Home to open in 2024

50

Community Health & Wellbeing

Social and Physical Environment

Transportation and Other Services

(partial list of elderly services available)

City and Rural Rides (CARR)
- Rural and public transit service

Texas Health and Human Services
- Medicaid Medical Transportation Program

Families to Freedom
- Free transportation for abused victims to a safe shelter

West Central Texas Aging & Disability Resource Center (THHS)
- Texas State agency to streamline access and referral to services for older adults and people with disabilities

Texas Adult Protective Services
- Investigates abuse and exploitation of adults and children

51

Community Health & Wellbeing

Chronic Illness and Disease

52

Community Health & Wellbeing Chronic Illness and Disease

- The need for more community education on chronic disease management was frequently expressed. Public classes teaching nutrition, lifestyle and behavioral adjustments were recommended.
- Collaborative efforts to encourage local restaurants and grocery stores to increase or promote healthy food options was recommended.

53

Community Health & Wellbeing Chronic Illness and Disease

- Chronic Care Illnesses Most Commonly Identified:
  - High Blood Pressure
  - COPD
  - Diabetes

54

Community Health & Wellbeing Chronic Illness and Disease

- CCMC Clinics all offer chronic disease management education to patients. CCMC reports over 500 patients served monthly leading to reduced hospitalization.
- Efforts by Clinics were reported to begin coordinating health services on school campuses.
  - Potential to favorably impact other teen and social health issues.
  - Expanded use of telehealth on campus was discussed.

55

Community Health & Wellbeing Chronic Illness and Disease

- AccelHealth is a FQHC with largely the same general service area as CCMC. AccelHealth offers:
  - Family Health Services
  - Women's Health Services
  - Behavioral Health Services
  - Family Dental Care
- Accel and CCMC experience common challenges in serving chronic illness and behavioral health.
- Representatives from both AccelHealth and CCMC expressed interest in forming a collaborative network to include themselves and other community organizations to address common issues impacting health and wellbeing.

56

Community Health & Wellbeing

Mental Health and Substance Abuse

57

Community Health & Wellbeing

Mental Health and Substance Abuse

Biggest Issues cited by focus groups

- Shortage of area mental health counseling services
- Lack of interventional services available for substance abuse
- Lack of social workers and licensed professional counselors

58

Local and Area Mental Health Area Resources Identified

Local

- CCMC has hired a Licensed Professional Social Worker
- AccelHealth offers mental health counseling and support
- School districts offer certain counseling service
- Comanche County Sheriff's Office has hired a Mental Health Officer

Surrounding Area

- Center for Life Resources
- Pecan Valley Centers for Behavioral Developmental & Healthcare
  - Both are Texas State MHMR Network
- National Alliance for Mental Illness (NAMI)
- Area Universities with LPC Programs – Use student interns
  - Tarleton State University
  - Howard Payne University

59

Community Health & Wellbeing

Lifestyle Behaviors

60

Community Health & Wellbeing

Lifestyle Behaviors

Biggest issues cited by focus groups

- Smoking and Vaping
- Activities for youth and lower income families
- Organized community wellness activities such dancing, yoga, walking, etc.

61

Recommendations

- **Chronic Disease Management and Education**
- **Mental Health**
- **Substance Abuse**
- **Collaborative Health Network to Improve Community Health and Wellbeing**

62

RECOMMENDATION
Chronic Disease Management and Education

It is recommended that CCMC continue its efforts to offer and expand chronic disease management and education within its service area

- CCMC is to be commended for its efforts to initiate chronic disease management and education into its established primary care clinics.
- Tangible benefits of reduced hospital admissions are already experienced through these initiatives.
- Contributing factors to chronic disease such as smoking, physical activity, nutrition and food insecurity is generally higher than the State and U.S. according to data.
- Mortality from lung disease exceeds State average in all 4 counties surveyed and death from heart disease exceeds the State in 3 of the 4 counties surveyed.
- Efforts are underway to grow, improve, and expand utilization of its fitness gyms should continue to promote improved wellness.
- This recommendation is supported by both public data, community feedback, and results from initial efforts already initiated.

63

RECOMMENDATION
Mental Health Counseling and Services

It is recommended that efforts to improve access to mental health services continue as ongoing

- The need to improve access to mental health services is supported by both public data and community feedback
  - Suicides in all counties are almost 33% higher than Texas and the U.S.
    - A breakdown of suicide by age demographics is not provided in this CHNA
  - Poor mental health days is recorded as significantly higher than Texas and the U.S.
- Mental health is probably the #1 health issue throughout the state, and was continually the #1 concern cited by CCMC focus group participants
- CCMC has recently hired an LCSW as a new resource for the hospital and clinics

64

Mental Health Counseling and Services

Ideas for Consideration

- The intentional use of CCMC primary care clinics to identify mental health issues and offer certain intervention is recommended
- Tarleton State University and Howard Payne University should be considered to contact offering CCMC as a site for students to achieve clinical hours needed for LPC certification
- Telehealth should be considered as a viable source to improve access to mental health services
- The Center for Life Resources and Pecan Valley Centers for Behavioral Health & Development serve as state-funded MHMR's for the CCMC service area. They should be contacted about opportunities to improve access to mental health services
- The National Alliance for Mental Illness (NAMI) is a source that seeks grant funding opportunities to help finance mental health projects

65

RECOMMENDATION
Substance Abuse Intervention

It is recommended that efforts be made to reduce the incidence of substance abuse and improve access to addiction services

- Alcohol and other substance abuse is reported to be high throughout the service area
- Lack of area drug rehab services for addiction was widely reported
  - The county jail serves as an unofficial / non-optimal source for detoxification
- Substance abuse is indeed a community issue involving multiple contributors, including mental health, home environment, social culture, employment, and other factors
  - Multiple resource groups should be involved to develop a comprehensive plan to prevent the onset of substance abuse
- Local sources such as Alcoholics Anonymous offer respected experience to help formulate plans to treat addition
- State funded programs should be sought for assistance or referral
- State elected officials should be contacted about the need for more state resources

66

RECOMMENDATION

Collaborative Health Network to Improve Community Health and Wellbeing

It is recommended that a community health network be formulated to develop a collaborative plan to address issues identified in this CHNA (and other issues that will be identified)

- Community health involves much more than the hospital and providers
  - It involves social, mental, physical, and spiritual components
  - Hospitals and Providers often become involved only after harmful events take place
- Community health involves (partial list only for example):
  - City and County government leaders
  - School teachers and other educators
  - Pastors, priests, other faith leaders
  - Police and other public service workers
  - Social issues such as jobs, housing, transportation, communication, etc.
  - Recreation, exercise, and other activities that impact health
  - Social health agencies, senior center, long-term care, home health, child-care centers, etc.

67

Collaborative Health Network to Improve Community Health & Wellbeing

- Each of the Recommendations in this CHNA can best be impacted through a collaborative community approach that includes participation from multiple and diverse representatives.
  - Issues related to mental health, substance abuse, housing, employment, recreation, and other social health issues involve much more than the hospital.
- The idea of engaging a collaborative approach was discussed by focus groups and much eagerness was expressed among participants

68

Collaborative Health Network to Improve Community Health & Wellbeing

Ideas for Consideration

- Recommend starting first collaborative partnership in Comanche County
  - Selectively identify partners that will actively participate in identifying and formulating plans of action
  - AccelHealth has expressed interest and shares common challenges
  - The network should include participants from non-healthcare occupations, public and social services, as well as healthcare sector
  - Prioritize community health issues
  - Identify contributing causes of unfavorable health behaviors and outcomes
  - Develop a plan of action including funds needed.
    - Identify foundations, grants, and other funding sources available

69

Collaborative Health Network to Improve Community Health & Wellbeing

Ideas for Consideration (continued)

- Consider organizing collaborative network into a separate 501 (c) (3) organization to qualify for chartable funding.
  - This would truly identify the network as a community organization rather than perhaps a "hospital committee"
  - Hospital (and select others) could be written in as a permanent member
- A collaborative network offers the best approach to identifying root causes and developing action plans to have the biggest impact on improving community health and wellbeing.

70

Summary

The residents of Comanche County have a progressive history of working together to improve health for all who live and work within the service area. Comanche County Medical Center is a well-equipped modern hospital that is the unselfish product of the cities of Comanche and De Leon merging their individual hospitals to form a single hospital that is stronger and sustainable to serve the health needs of the county.

Today, CCMC has expanded its service area to include neighboring counties with rural populations to sustain local access to healthcare. CCMC has positioned itself as a market leader in sustaining access to healthcare in rural areas. CCMC continues to grow and expand its service lines in primary care, chronic care management, and long-term care for the elderly. CCMC has established an advanced infusion therapy program that is attracting "reverse migration" referrals from larger communities, leading the medical center to seek larger communities in which to expand its services.

71

Summary

Improving the health and wellbeing of the diverse needs in Comanche County is larger than CCMC can accomplish alone. Comanche County is fortunate to be served by other independent public, private, health, and social service organizations. Collaborative efforts should be made to engage these organizations to work together toward a common goal to improve local health and wellbeing, especially for issues like mental health, substance abuse, and social issues that impact health. Willingness to work together was expressed by numerous participants in this CHNA.

Thank you to all participants from the community service area who contributed to this Community Health Needs Assessment. CCMC leaders, hospital staff, medical staff, board members, and district leaders are to all be commended for maintaining a well-run and successful community hospital. The findings in this report are intended to serve as a platform for further efforts to improve care, identify solutions, and overcome obstacles to improving community health.

72

Next Steps

- *A next step will be to present this CHNA to the Board of Directors and hospital leadership team for review.*
- *It is recommended that this CHNA be shared with all focus group participants who contributed to this assessment, and post on the hospital website for public access. Sharing this assessment with the focus group participants and community will likely create synergy as the community sees that the hospital is focused on strategic efforts to improve the health and wellbeing of people living in Comanche County.*
- *These recommendations, supplemented by data and comments provided by community focus groups, should be used to develop a plan of action and prioritize allocation of resources to improve community health and wellbeing.*

73

Comanche County Medical Center

74