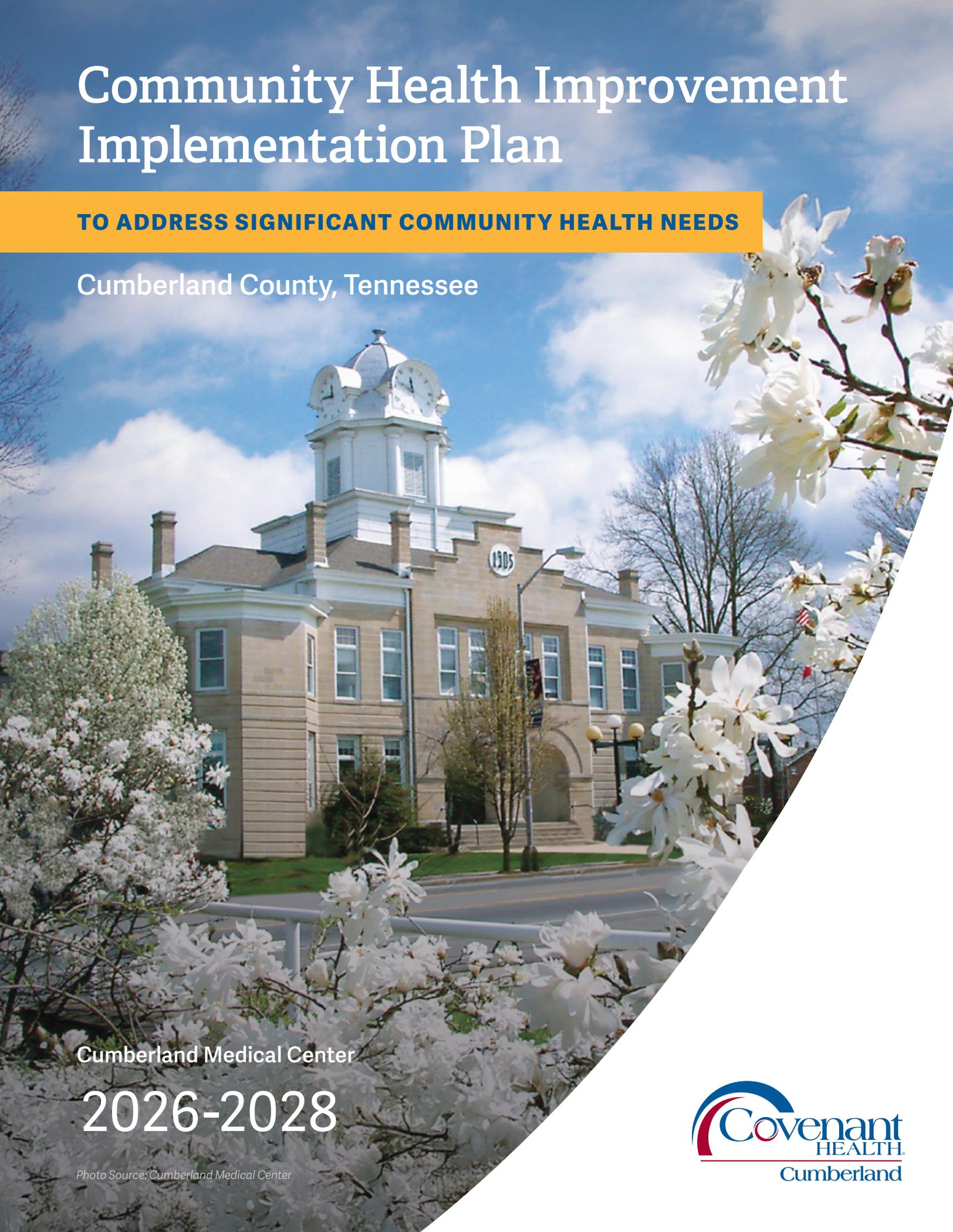


Community Health Improvement Implementation Plan

TO ADDRESS SIGNIFICANT COMMUNITY HEALTH NEEDS

Cumberland County, Tennessee



Cumberland Medical Center

2026-2028

Photo Source: Cumberland Medical Center



Overview

The Community Health Needs Assessment (CHNA) defines priorities for health improvement, creates a collaborative community environment to engage stakeholders, and develops an open and transparent process to listen and truly understand the health needs of the community served by Cumberland Medical Center (Cumberland County, Tennessee).

Cumberland Medical Center's CHNA is available in a separate document: **2025 Cumberland County Community Health Needs Assessment**. Page 71 of the document provides a resource for the community to submit written input related to the 2025 CHNA and Implementation Plan.

This document is the Cumberland Medical Center (CMC) **Implementation Plan**, which outlines how the hospital, along with collaborative partnerships throughout the community, plans to address significant health needs identified in the 2025 Community Health Needs Assessment.

As designated by its Board of Directors, Covenant Health's Executive Leadership Team approved and adopted this Implementation Plan on **December 10, 2025**.

Starting on **December 15, 2025**, this report is made widely available to the community via Cumberland Medical Center's website: <https://www.covenanthealth.com/cumberland/chna/>. Paper copies are available free of charge at Cumberland Medical Center, 421 S Main Street, Crossville, TN 38555 or by phone, 931-484-9511.

Community Health Improvement Implementation Plan 2026-2028

To successfully make our community healthier, it is necessary to have a collaborative venture which brings together care providers, citizens, government, schools, churches, not-for-profit organizations and business and industry around an effective plan of action. A collaborative 2025 Community Health Needs Assessment was completed separately and is posted on CMC's website.

The community health needs assessment process identified seven significant health needs in Cumberland County.

- Mental health
- Substance use disorders
- Workforce development/jobs providing a living wage to decrease poverty
- Access to safe, affordable housing
- Youth tobacco and vaping
- Awareness and navigation of health, well-being and community resources
- Access to care, decreasing chronic diseases

Based on the results of the CHNA, Cumberland Medical Center will address four of the identified significant health needs:

- **Mental health**
- **Substance use disorders**
- **Youth tobacco and vaping**
- **Access to care, decreasing chronic diseases**

Based on available resources and expertise, Cumberland Medical Center does not plan on directly addressing safe, affordable housing and workforce development/jobs providing a living wage to decrease poverty. However, CMC is one of the largest employers in the county and will continue to offer competitive wages within the healthcare industry.

CMC plans to meet the significant health needs by:

1. Identifying the actions the hospital facility intends to take to address the significant health need
2. Anticipating the potential impact of these actions
3. Identifying any planned collaboration between the hospital and other facilities or organizations
4. Determining the programs and resources the hospital plans to commit to address the health need.

Cumberland Medical Center – Cumberland County Community Health Improvement Plan

Significant Health Need: Mental Health

Goal 1: Normalize and destigmatize mental health

Objective 1: Increase hospital participation in mental health month, health fairs, and other events to spotlight mental health and increase awareness of local resources

Actions	Target Populations	Anticipated Impact	Collaborators	Resources
Use the SAMHSA (Substance Abuse and Mental Health Services Administration) toolkit for Mental Health Awareness Month (May)	Those with depression, anxiety, and other mental health issues	Decrease stigma; highlight local resources	Peninsula Behavioral Health, East Tennessee Behavioral Health, Cumberland Prevention Coalition	Cumberland Medical Center marketing/ public relations
Provide mental health education materials at health fairs and community events	Those with depression, anxiety and other mental health issues	Decrease stigma; highlight local resources	Peninsula, East Tennessee Behavioral Health	SAMHSA and Cumberland Prevention Coalition
Advocate and support Covenant Health’s behavioral health services	Those with depression, anxiety and other mental health issues	Decrease stigma; highlight resources	Peninsula Behavioral Health, East Tennessee Behavioral Health	Hospital to share information about Covenant Health resources with patients and community

Goal 2: Integrate primary care and mental health

Objective 2: Provide counseling in primary care office(s)

Identify primary care practices to assess opportunities for providing counseling/ information to patients	Adult primary care patients	Decrease stigma; provide additional resources	Covenant Medical Group	Hospital to provide materials/ information if needed
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Significant Health Need: Substance Use Disorder

Goal 1: Prevent and treat substance misuse in the community

Objective 3: Increase the community's knowledge of existing community resources

Actions	Target Populations	Anticipated Impact	Collaborators	Resources
Use the SAMHSA toolkit for Substance Use Prevention Awareness Month (October)	Community, recovery community	Reduce substance abuse and misuse. Fewer alcohol-related driving deaths	Peninsula, local mental health resources. Law enforcement and health agencies can provide current substance use data	CMC marketing/public relations to share related messaging
Provide substance abuse prevention education materials at health fairs and community events	Substance users, community and family	Reduce substance abuse and misuse	Peninsula, Cumberland Prevention Coalition	CMC to participate in community outreach opportunities as available
Focus on early education for children and youth	Children and youth	Educate children on healthy lifestyles and coping mechanisms	Peninsula, Cumberland Prevention Coalition	Hospital collaboration with pediatricians, schools
Continue promoting low-dose CT screening for lung cancer	Smokers and former smokers	Increase early detection of lung cancer	Covenant Health, Covenant Medical Group	CMC marketing/public relations to share community/primary care messaging

Goal 2: Prevent and treat substance misuse through support of CMC patients and families

Objective 4: Provide substance use information to patients

Continue Covenant Health's Opioid Light protocol to support non-narcotic methods of pain control as appropriate for patients while providing information about other pain-control options	Hospital patients	Decrease use of narcotic medications to lessen chance of dependence	Covenant Health	Hospital care teams
Continue providing education to patients and families struggling with addiction by providing education about local resources	Patients and families facing addiction	Provide patients with information about local resources throughout hospital stay and at discharge	Local organizations providing assistance with substance misuse and addiction	Hospital care teams

Significant Health Need: Youth Tobacco and Vaping

Goal 1: Reduce vaping among minors

Objective 5: Provide education and consequences of vaping

Actions	Target Populations	Anticipated Impact	Collaborators	Resources
Provide education in schools as well as family education	Individuals and families who vape	Decrease youth vaping	Health Department, Cumberland Prevention Coalition, school system, school nurses	CMC marketing/public relations to share vaping information in articles, social media, other messaging as opportunities arise
Provide education materials at health fairs and community events	Entire community	Reduce vaping use	Health Department, Cumberland Prevention Coalition, school system, school nurses	CMC marketing/public relations to share vaping information in articles, social media, other messaging as opportunities arise

Significant Health Need: Access to Care, Decreasing Chronic Diseases

Goal 1: Ensure adequate primary care and specialists in the County

Objective 6: Recruit additional primary and specialty care providers

Actions	Target Populations	Anticipated Impact	Collaborators	Resources
Provide ongoing assessments of CMC and community needs for primary care and specialists	Community	Better availability of qualified medical providers to meet community needs	Covenant Health, Covenant Medical Group	Cumberland Medical Center leadership, Covenant Health recruiters, census data

Goal 2: Educate the community on chronic disease prevention

Objective 7: Hold educational sessions in person and online

Continue providing information about signs/symptoms of stroke and heart attack to every inpatient upon discharge	Cumberland Medical Center patients	Improve awareness of heart disease, risk factors, and stroke/heart attack symptoms	Covenant Health, American Heart/Stroke Association	CMC information and materials related to stroke and heart attack
Provide community stroke education as opportunities arise	Communities, those at risk for stroke	Improve awareness of risk factors, symptoms, treatment and lifestyle changes	Local organizations providing opportunities for CMC education	CMC stroke educator, CMC marketing/public relations