

# Community Health Improvement Implementation Plan

**TO ADDRESS SIGNIFICANT COMMUNITY HEALTH NEEDS**

Anderson County, Tennessee



2026-2028

*Photo courtesy of Explore Oak Ridge, used by permission*



# Overview

The Community Health Needs Assessment (CHNA) process 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 Methodist Medical Center (Anderson County, Tennessee).

Methodist Medical Center's CHNA is available in a separate document: **2025 Anderson County Community Health Needs Assessment**. Page 69 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 Methodist Medical Center (MMC) **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 Methodist Medical Center's website <https://www.covenanthealth.com/methodist/chna/>. Paper copies are available free of charge at Methodist Medical Center, 990 Oak Ridge Turnpike, Oak Ridge, TN 37831, or by phone, 865-835-1000.

# 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 Methodist Medical Center's website.

The Community Health Needs Assessment process identified five significant health needs in Anderson County:

- Mental/behavioral health, including anxiety and depression
- Substance use disorder
- Healthy eating/active living and food security
- Tobacco and vaping by youth and adults
- Affordable housing

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

- **Mental/behavioral health, including anxiety and depression**
- **Substance use disorder**
- **Healthy eating/active living and food security**
- **Tobacco and vaping by youth and adults**

Methodist does not intend to address the following significant health need:

- Access to safe, affordable housing

Methodist Medical Center does not have the scope of service or expertise to specifically address affordable housing in our community. However, with our mission to improve the quality of life through better health, Methodist will be supportive of community organizations leading affordable housing initiatives.

Methodist Medical Center plans to meet these 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 facility and other facilities or organizations
4. Determining the programs and resources the hospital plans to commit toward addressing the health need

The top two needs, mental/behavioral health and substance use disorder, will primarily be addressed by Ridgeview Behavioral Health Services in their action plan. Methodist Medical Center will augment Ridgeview's tactics as described in this Implementation Plan.

# Methodist Medical Center - Anderson County Community Health Improvement Plan

Significant Health Need: Mental/Behavioral Health				
Goal 1: Increase awareness of community mental health resources				
Objective 1: Provide community health information programs related to mental health topics				
Actions	Target Populations	Anticipated Impact	Collaborators	Resources
Methodist Medical Center sponsors health information programs for the community through presentations by nurse educators and medical residents at the hospital's MED Talk series in partnership with Oak Ridge Senior Center. Topics often include a mental health focus	Senior adults and those facing depression, anxiety, and other mental health issues	Decrease stigma, provide information related to self-care and professional treatment, highlight local resources	MMC nurse educator and medical residents from Methodist Family Medicine Residency program	MMC marketing department arranges programs
Methodist will continue partnering with Ridgeview Behavioral Health Services and Covenant Health's Peninsula to share information and education on vital mental health topics as community opportunities arise	General population and those with depression, anxiety, and other mental health issues	Decrease stigma; highlight local resources	Ridgeview Behavioral Health, Peninsula	Community opportunities

<b>Goal 2: Integrate primary care and mental health</b>				
Objective 2: Provide counseling in primary care office(s)				
<b>Actions</b>	<b>Target Populations</b>	<b>Anticipated Impact</b>	<b>Collaborators</b>	<b>Resources</b>
Identify primary care practices that are sharing mental health information with patients	Primary care patients	Decrease stigma; provide information about mental health issues and local resources	Covenant Medical Group primary care practices	To be determined depending on existing resources
Share information about mental health providers/services as local resources	General population, MMC patients	Decrease stigma; provide additional resources	Ridgeview, Peninsula	Information from Ridgeview, Peninsula

<b>Goal 3: Provide mental health resources</b>				
Objective 3: Provide support groups and educational programs				
Identify and promote existing support groups	Those who are experiencing issues such as anxiety, depression, or grief	Provide resources for group sharing in a supportive environment	Ridgeview, Peninsula	Covenant Health support groups offered by Peninsula and Covenant Hospice
Continue to provide education/information programs and informational articles on mindfulness, stress relief, nutrition, etc.	Those with anxiety and depression	Decrease depression, poor mental health	Ridgeview, Peninsula, NAMI Oak Ridge	Covenant Health resources, including website information on related topics

## Significant Health Need: Substance Use Disorder

### Goal 1: Prevent and treat substance misuse

Objective 4: Increase the community's knowledge of existing community resources

Actions	Target Populations	Anticipated Impact	Collaborators	Resources
Use the state Substance Abuse and Mental Health Services Administration (SAMHSA) Substance Use Prevention Awareness Month (October) toolkit	Community, recovery community	Reduce substance abuse and misuse. Fewer alcohol-related driving deaths	Ridgeview, Peninsula, NAMI Oak Ridge, ASAP of Anderson County	SAMHSA Substance Use Prevention Awareness Month (October) toolkit, currently available data from hospitals and law enforcement, MMC marketing
Provide substance abuse prevention education materials at health fairs and community events	Substance users, community and family	Reduce substance abuse and misuse	Methodist, Ridgeview, Peninsula, NAMI Oak Ridge, ASAP of Anderson County	Methodist Medical Center to participate in community outreach opportunities
Assess ED visits related to alcohol and substance abuse	MMC ED patients	Increase understanding of ED visits related to drug abuse and drinking	MMC Decision Support, ED staff	MMC Decision Support, ED staff
Methodist will continue to refer patients who are pregnant or young mothers struggling with substance abuse/addiction to Ridgeview Behavioral Health's MIST program. MIST team comprises a case manager, a counselor, and a program manager who connect with mothers through home visits, individual therapy sessions, and support groups	Patients who are pregnant or young mothers	Helping pregnant patients or young mothers break the chains of addiction	Ridgeview	Methodist Medical Center staff

**Goal 2: Promote substance abuse awareness and prevention**

Objective 5. Decrease the stigma of drug use

Actions	Target Populations	Anticipated Impact	Collaborators	Resources
Educate caregivers on trauma-informed care	Providers, community, schools	Decrease the stigma of drug misuse	Methodist, Peninsula, Ridgeview, NAMI of Oak Ridge	Use resources from mental health professionals
Provide education on stigma reduction to the community through social media	Primary care physicians, providers	Decrease the stigma of drug misuse		MMC marketing to create social media messaging from various mental health resources

## Significant Health Need: Healthy Eating/Active Living and Food Security

### Goal 1: Increase the number of households that prioritize healthy eating

Objective 6: Provide resources on healthy eating

Actions	Target Populations	Anticipated Impact	Collaborators	Resources
Provide education for a healthy mindset around food, such as smart strategies in the grocery aisles, making the most of frozen food, healthy back-to-school lunches, and balanced eating in a fast-paced world	General population	Increase the number of households that prioritize healthy eating	Covenant Health, grocery stores, schools, articles in Oak Ridger and News-Sentinel	MMC registered dietitians, MMC and Covenant Health websites and informational blogs, videos and news releases
Methodist sponsors health information programs for the community, area schools, and through presentations by nurse educators and medical residents at the hospital's MED Talk series in partnership with Oak Ridge Senior Center. Topics often include nutrition and exercise/physical health	General community, school groups, senior adults and others who are interested in improving personal nutrition and physical activity	More people who choose healthy nutrition and/or physical activity	MMC nurse educators and medical residents from Methodist Family Medicine Residency Program	MMC marketing department arranges programs

<b>Goal 2: Increase the number of households that are physically active</b>				
Objective 7: Increase opportunities to be physically active				
<b>Actions</b>	<b>Target Populations</b>	<b>Anticipated Impact</b>	<b>Collaborators</b>	<b>Resources</b>
Provide free weekly exercise classes for families, dads, moms and kids	Families wanting to be active	Increase amount of time spent in physical activity	Kern United Methodist Church	Leaders of exercise classes
Provide local low-cost BodyWorks classes in Anderson County	Individuals who want to be active	Increase amount of time spent in physical activity	First Baptist Church of Clinton, Covenant Health BodyWorks	Leaders of exercise classes
Publicize other free and low-cost public opportunities to be active, such as area walking programs	Individual who want to be active	Increase amount of time spent in physical activity	Include in MMC information as appropriate	Area parks and recreation programs

<b>Goal 2: Decrease food insecurity</b>				
Objective 8: Use Covenant Health locations as food distribution centers				
Use primary care offices to help identify persons who are food insecure and may need help from local resources	Primary care patients	Make information about local food resources available to patients	Food banks, UT Extension, churches, primary care practices	Covenant Medical Group

## Significant Health Need: Tobacco and Vaping by Youth and Adults

### Goal 1: Decrease tobacco use and vaping

Objective 9: Provide resources and education on harmful consequences of tobacco use and vaping

Actions	Target Populations	Anticipated Impact	Collaborators	Resources
Ensure all municipalities, workplaces, schools, etc., update their policies to include education about vaping	Children, teens, adults, parents	Increase awareness about the dangers of vaping	American Lung Association	MMC support for community programs
Methodist to continue providing a lecture series for schools and the community that frequently focuses on the risk of tobacco use and vaping and offers resources to help people avoid these activities while pursuing healthier lifestyles	Children, teens, adults, parents	Increase awareness about the dangers of vaping	Local news media, schools	MMC marketing to arrange programs
Methodist will offer information to help people avoid the risks of tobacco use and vaping, as well as information about resources to stop dependence on tobacco use and vaping	General population	Increase awareness of risks, help people stop use of tobacco and vaping	Local news media, patient-facing support at MMC such as hospital informational materials, etc.	Informational articles, blogs, community resource information