

# 2025

## Community Health Needs Assessment Implementation Strategy

Methodist Midlothian Medical Center



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# Introduction

Methodist Midlothian Medical Center is pleased to present its 2026-2028 Implementation Strategy (IS). This plan follows the development of the 2025 Community Health Needs Assessment (CHNA).

## Implementation Strategy Purpose

The purpose of this implementation strategy report is to align the hospital's limited resources, program services, and activities with the findings of the CHNA. This includes identifying strategies and activities that Methodist Midlothian Medical Center will employ to address the health priorities identified in the most recent CHNA:



Access to  
Healthcare



Chronic  
Disease



Mental Health &  
Mental Disorders



Older Adult  
Health



Women's Health and  
Children's Health

## Implementation Strategy Development

This Implementation Strategy was developed by a team of members of senior leadership at Methodist Midlothian Medical Center representing several departments of the organization, including clinical administration, nursing, finance, and community relations. The team included input from the hospitals' communities and local nonprofit organizations to prioritize selected strategies and determine possible collaborations.

# Methodist Health System

Methodist Health System first opened its doors in 1927 as a single, 100-bed facility called Dallas Methodist Hospital. It has since become one of the leading healthcare providers in North Texas, owning and operating multiple individually licensed hospitals that serve the residents across the state. Methodist Midlothian Medical Center serves the community of Ellis County.

## Mission, Vision, and Values



### Mission

To improve and save lives through compassionate, quality healthcare.



### Vision

To be the trusted choice for health and wellness.

Methodist Health System core values reflect our historic commitment to Christian concepts of life and learning:



**Servant Heart** – compassionately putting others first



**Innovation** – courageous creativity and commitment to quality



**Enthusiasm** – celebration of individual and team accomplishment



**Hospitality** – offering a welcoming and caring environment



**Noble** – unwavering honesty and integrity



**Skillful** – dedicated to learning and excellence

## **Community Definition**

The community served by Methodist Midlothian Medical Center is Ellis County and is defined as the geographic area from which a significant number of the patients utilizing hospital services reside. This includes the 11 ZIP codes in Ellis County.

## **Action Plans**

The action plans presented on the following pages outline in detail the individual strategies and activities Methodist Midlothian Medical Center will implement to address the prioritized health needs. The following components are outlined in detail in the frameworks that follow: (1) Actions the hospital intends to take to address the health needs identified in the CHNA; (2) Anticipated impact of these actions; (3) Resources the hospital plans to commit to each strategy; and (4) Planned collaboration to support the work outlined.



## Access to Healthcare

**Methodist Midlothian Medical Center Goal Statement:** Promote health and community resilience by strengthening available resources, providing preventive screenings, and equipping individuals with lifesaving skills.

 **Methodist Midlothian Medical Center Strategy:** Strengthen community health and safety by expanding primary care engagement, supporting school-based health initiatives, and promoting preventive education and emergency preparedness through outreach programs.

Activities	Resources	Anticipated Outcome/Impact	Collaboration Partner(s)
Activity 1: Expand engagement with primary care physicians and community locations to strengthen available resources.	Education materials, and support	Increased engagement with primary care providers and services in the community	
Activity 2: Provide primary care services for Midlothian Independent School District express care clinic patients.	Clinic NP and staff	Enhanced primary care access and community support for services	Midlothian Independent School District
Activity 3: Offer sports physicals and echocardiograms for student athletes at Midlothian Independent School District.	Staff, medical equipment, education, and support materials	Primary care access for Mansfield student athletes	Midlothian Independent School District
Activity 4: Conduct community bystander CPR classes to equip community members with CPR and AED training basics.	Event coordination and training staff; education materials	Increased awareness and understanding of basics of CPR and how to respond in an emergency	Midlothian Fire Department
Activity 5: Deliver health screenings for congregants in faith-based organizations within the Methodist Midlothian service area to promote preventive care.	Screening staff; coordination; supplies and education materials	Access to health screenings; increased awareness of illness prevention and healthy lifestyle changes	Local faith communities



## Chronic Disease

**Methodist Midlothian Medical Center Goal Statement:** Enhance community health and safety by empowering individuals with knowledge to prevent and manage chronic conditions, while ensuring timely, high-quality stroke care.

<b>Methodist Midlothian Medical Center Strategy:</b> Promote neurological and chronic disease awareness by providing expert led education, community outreach, and nationally recognized standards of care for stroke treatment.			
<b>Activities</b>	<b>Resources</b>	<b>Anticipated Outcome/Impact</b>	<b>Collaboration Partner(s)</b>
Activity 1: Provide chronic condition management as topics for quarterly Lunch and Learn community education events.	Speakers, education and support materials, promotion	Increased awareness of better management of chronic conditions	City of Midlothian
Activity 2: Pursue enhanced recognition for stroke care quality.	Clinical staffing, imaging capabilities, dedicated stroke unit resources, ongoing education	Higher level of care available to community; enhanced community education and awareness	
Activity 3: Provide ongoing education on stroke signs and symptoms, treatment options, and risk reduction strategies.	Speakers, education and support materials, promotion	Increased awareness of better management of chronic conditions that contribute to stroke	
Activity 4: Deliver specialized training for first responders on stroke recognition, response, and treatment protocols to improve patient outcomes.	Training coordination and staff; education materials	Increased alignment with stroke center protocols, improved coordination with emergency department, leading to better stroke patient outcomes	Local Fire Departments, EMS, and other First Responder groups



## Mental Health & Mental Disorders

**Methodist Midlothian Medical Center Goal Statement:** Promote mental health and resilience in the Midlothian community by reducing stigma through education and supporting individuals in managing stress and mental health challenges.

 **Methodist Midlothian Medical Center Strategy:** Strengthen mental health care access and awareness by providing virtual psychiatric services and promoting education through community partnerships and expert-led programs.

Activities	Resources	Anticipated Outcome/Impact	Collaboration Partner(s)
Activity 1: Facilitate placement and referral for patients presenting with suicidal thoughts or behaviors through collaboration with Behavioral Health Connections.	Hospital staff awareness and use of referral	Better placement options for suicidal patients	Behavioral Health Connections
Activity 2: Sponsor and support Midlothian community programs focused on mental health awareness to reduce stigma and increase access to resources.	Sponsorship dollars; event volunteers and support	Increased awareness of signs and symptoms of mental health issues and available community resources	Midlothian Police; Unite Ellis; Mentors Care
Activity 3: Provide virtual (tele-psych) psychiatric consultation services within the ED to support timely mental health evaluations.	Tele-psych coverage, services, and coordination	More streamlined care for the patients; faster more efficient treatment for patient	
Activity 4: Host educational seminars led by physicians to promote mental health awareness and stress management strategies for community members.	Event volunteers, staff, meeting space, education support materials, and promotion	Increased awareness of mental health and stress management and how to reduce risk	



## Older Adult Health

**Methodist Midlothian Medical Center Goal Statement:** Enhance senior health and quality of life by increasing awareness of age-related health issues, providing early mental health interventions, and fostering engagement through in-person and online education.

 **Methodist Midlothian Medical Center Strategy:** Promote healthy aging and mental well-being by integrating preventive screenings, educational outreach, and accessible virtual learning opportunities for seniors in the community.

Activities	Resources	Anticipated Outcome/Impact	Collaboration Partner(s)
Activity 1: Conduct senior depression screenings for all senior patients at Methodist Family Health Centers within the service area.	Portion of clinic staff, follow up materials and referrals	Increased awareness of senior depression among clinic patients	
Activity 2: Publish information regarding age-related health issues in SHINE magazine.	Coordination and writing of message, magazine production	Increased awareness of age-related health issues and how to reduce risk	
Activity 3: Provide education and outreach at local senior groups to address health needs of the aging community.	Physician speakers, outreach coordination, education materials	Increased awareness of age-related health issues and how to mitigate them	Local senior communities
Activity 4: Provide online accessibility to virtual programs at local senior center.	Virtual platforms; coordination and promotion	Increased awareness of age-related health issues and how to mitigate them among participants	Midlothian Senior Center
Activity 5: Host physician-led seminars twice a year for older adults that focus on age-related health issues.	Event volunteers, staff, meeting space, education support materials, and promotion	Increased awareness of chronic disease management and how to reduce risk	



## Women's Health and Children's Health

**Methodist Midlothian Medical Center Goal Statement:** Enhance health outcomes for women in the Midlothian community by exploring opportunities to expand access to obstetric care, supporting breast cancer awareness, and ensuring timely preventive screenings.

<b>Methodist Midlothian Medical Center Strategy:</b> Advance women's health and maternal care by expanding access to specialized services, promoting preventive education, and improving convenience for essential screenings.			
<b>Activities</b>	<b>Resources</b>	<b>Anticipated Outcome/Impact</b>	<b>Collaboration Partner(s)</b>
Activity 1: Provide sponsorship funding for the annual Pink Out event to raise breast cancer awareness and support community engagement.	Sponsorship funding and event support	Enhanced support of campaign for breast cancer awareness	Midlothian Independent School District
Activity 2: Deliver ongoing community education programs focused on women's health topics.	Event coordination; speakers, education and support materials, promotion	Increased community awareness of health issues affecting women, and how to proactively manage risk factors	
Activity 3: Explore opportunities to expand women's health services within the community.	Education, and support materials	Enhanced access to OBGYN medical care and information in the community	
Activity 4: Increase convenience by offering extended weekday evening and weekend hours for mammography services.	Staff, services to meet extended coverage, education, support materials	Enhanced access and convenience for mammography services	

## Conclusion

Methodist Midlothian Medical Center has developed this Implementation Strategy in compliance with the Internal Revenue Service (IRS) regulations for non-profit hospitals. Methodist Health System partnered with Conduent Healthy Communities Institute (HCI) to develop this Implementation Strategy. The goals, strategies and activities outlined in this plan will guide Methodist Midlothian Medical Center in their effort to address the respective health priorities. The progress of these initiatives will be monitored to ensure ongoing alignment with the system's mission to improve and save lives through compassionate quality healthcare.