
Carson Valley Health 2026–2028

Community Health Implementation Strategy Plan

For Douglas County, Nevada

Prepared in accordance with IRS Form 990, Schedule H, Part V, Sections B & C

1. Overview

Purpose:

To outline strategies, measurable objectives, and performance indicators that Carson Valley Health Hospital (CVH) will implement to address the significant community health needs identified in the 2025 Community Health Needs Assessment (CHNA).

Guiding Frameworks:

- Internal Revenue Code §501(r)(3) Compliance
- Healthy People 2030 Objectives
- Social Determinants of Health Focus
- Community-Based Participatory Planning Approach

Significant Areas of Opportunity Identified:

1. Mental Health
2. Disabling Conditions
3. Substance Use
4. Cancer
5. Nutrition, Physical Activity & Weight
6. Heart Disease & Stroke
7. Access to Health Care Services
8. Respiratory Disease

1. Mental Health

Goal:

Improve access to, capacity of, and community integration of behavioral health services.

Strategies:

- Expand behavioral health services and access in our community.
- Partner with schools and law enforcement for crisis response.
- Support crisis stabilization services locally.

2. Disabling Conditions

Goal:

Enhance supports and access for residents living with disabilities and chronic functional limitations (defined as dementia, mobility impairment and sensory disabilities).

Strategies:

- Develop caregiver training workshops and support groups.
- Advocate for accessible public infrastructure (ramps, hearing loops, etc.).
- Support and partner with dementia-friendly Douglas County efforts.

3. Substance Use

Goal:

Reduce substance use and enhance prevention, treatment, and recovery supports.

Strategies:

- Support youth prevention programs through schools.

4. Cancer

Goal:

Improve early detection, prevention, and treatment access for cancer patients.

Strategies:

- Expand cancer screening services including but not limited to breast, lung and colorectal.

- Support opening of a comprehensive CVH Cancer Center combining oncology and infusion.
- Offer “Cancer Care Navigation” or survivorship support groups.
- Increase mobile screening for rural populations.

5. Nutrition, Physical Activity & Weight

Goal:

Increase access to healthy foods and opportunities for physical activity to reduce obesity rates.

Strategies:

- Partner with schools for nutrition education and physical fitness programs.
- Support expansion of local farmers’ markets and community gardens.
- Offer diabetes prevention and weight management classes.

6. Heart Disease & Stroke

Goal:

Reduce cardiovascular risk factors and improve emergency and rehabilitation care for cardiac/stroke patients.

Strategies:

- Promote community heart health screenings.
- Expand use of CVH Cardiology and newly implemented Cardiac Rehab services.
- Offer public education on heart attack and stroke symptoms (“FAST” recognition).
- Support smoking cessation and exercise programs to reduce risk.

7. Access to Health Care Services

Goal:

Improve access to affordable, high-quality, and coordinated medical care.

Strategies:

- Recruit and retain primary care and specialty providers.

- Promote Medicaid/ACA enrollment assistance events.
- Support Douglas Area Rural Transit in providing transportation for medical appointments.
- Create partnerships with surrounding rural communities to improve access and coordination of care.
- Expand specialty services in primary and secondary service areas.

8. Respiratory Disease

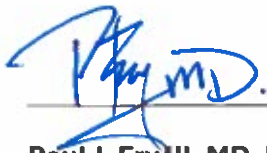
Goal:

Reduce respiratory disease burden and hospital readmissions.

Strategy

- Implement smoking cessation support/education and lung cancer screening programs.
- Improve access to pulmonology services through partnerships, affiliations, or telemedicine.

Board of Directors Approval:



Paul J. Fry III, MD, Board Chair

February 18, 2026

Reporting & Accountability

Required Element	Description / Process
Tracking & Reporting	CVH will maintain annual documentation of actions, outcomes, and expenditures related to each strategy.
Public Availability	Implementation Strategy and CHNA will be posted on the CVH website and made available upon request.
Evaluation of Impact	Annual review of measurable outcomes; full evaluation reported in next CHNA (2028).
Community Engagement	Ongoing partnership with local health departments and social service agencies for feedback.