



Community Health Needs Assessment Implementation Plan, 2026-2028

Carson Tahoe Health (CTH) conducted its triennial Community Health Needs Assessment in 2025. Based on the input received, strategies to address the top focus areas have been integrated into the following Implementation Plan to achieve desired outcomes.

PRIMARY FOCUS AREAS

- **Mental health, especially youth mental health**, was identified as the most urgent and growing need across the communities Carson Tahoe Health serves. Isolation, anxiety, tech addiction and lack of resilience were noted elements needing to be addressed.
- **Access to Care** was also noted, a pain point present in several of the previous assessments. Of the primary concerns expressed by residents, challenges caused by provider shortages and referral pathways to behavioral health are the areas we are addressing.

Strategic Implementation Plan

Priority 1: Develop and Deploy Prevention-Focused Programming for Youth

Action Steps

- Expand on-going, no-cost mobile outreach, delivered by the Vehicles of Change, into schools and community centers delivering no-cost, age-appropriate tools that build resilience, emotional awareness, and coping skills.
- Establish curriculum to support parents and professionals.
- Grow scalable model to meet increasing community need.

Intended Outcomes

- Get ahead of the youth mental health crisis before kids develop behavioral health challenges.
- Improved connection, confidence and resilience to support healthy living.
- Expanded destigmatization of mental health and self-empowerment of youth across the quad county region.

Metrics:



- Number of youth reached annually through Vehicles of Change Program

Priority 2: Strengthen School & Community Partnerships

Action Steps

- Partner with schools and community organizations to integrate youth mental health education.
- Expand presence in rural schools and Boys and Girls Clubs, to become more interwoven into local communities.
- Collaborate with local organizations to support coordinated behavioral health initiatives.

Intended Outcomes

- Increased mental health awareness among youth.
- Establish trust and connection.
- Stronger collaboration between healthcare, schools, and community partners.

Metrics:

- Number of schools/community partners engaged in the Quad-County region
 - % of participants demonstrating improved coping skills or resilience
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Priority 3: Improve Behavioral Health Referral Pathways

Action Steps

- Strengthen referral pathways into appropriate levels of behavioral health care.
- Improve coordination between schools, providers, and community organizations.
- Support timely connections to behavioral health services and resources.

Intended Outcomes

- Faster access to care for youth and families.
- Improved coordination across systems of care.



- Reduced barriers to behavioral health services.

Metrics:

- % of referrals successfully connected to care
- Number of referrals to behavioral health services

Priority 4: Support Youth-Led Wellness Initiatives

Action Steps

- Develop opportunities for youth-led mental wellness activities and peer engagement.
- Encourage initiatives that promote openness, connection, and early intervention.
- Empower youth voices in behavioral health awareness efforts.

Intended Outcomes

- Increased peer support and engagement.
- Reduced stigma surrounding mental health.
- Greater youth participation in wellness initiatives.

Metrics:

- Number of youth-led activities launched annually
- % of participants reporting increased sense of belonging or peer connection

Priority 5: Engage Families & Caregivers

Action Steps

- Expand family-friendly outreach and educational opportunities.
- Provide practical tools and resources for supporting youth emotional well-being at home.
- Increase awareness around behavioral health and stigma reduction.

Intended Outcomes

- Improved family understanding of youth mental health needs.



- Stronger support systems for children and adolescents.
- Increased community awareness and trust.

Metrics:

- % of families reporting improved ability to support youth mental health
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Priority 6: Access to Care, Providers

Action Steps

- Establish a Graduate Medical Education program to train, educate and hire the next generation of physicians to establish locally.
- Continue robust recruiting for physicians and mid-levels for primary, specialty care and psychiatry.
- Apply digital tools and innovative models to create more appointment openings in physician schedules.

Intended Outcomes

- Growth of medical staff and their families joining our community.
- Improved provider hiring pipeline.
- Improved access to and timeliness of appointments.

Metrics:

- Number of residency positions established and filled (GME program)
 - Provider vacancy rate over time
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Commitment Moving Forward

Carson Tahoe Health remains committed to advancing an integrated model of prevention, clinical care, and community engagement to address access challenges and the growing behavioral health needs of youth and families throughout the Quad-County region. Through



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strategic partnerships, expanded services, and increased community collaboration, CTH will continue working to improve access, strengthen outcomes, and foster healthier futures for the communities we serve. Progress will be monitored annually using defined metrics and reported to leadership and the board.