



TRMC

TITUS REGIONAL MEDICAL CENTER



2025 COMMUNITY HEALTH NEEDS ASSESSMENT



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A LETTER FROM THE CEO



2001 N. Jefferson Ave. | Mount Pleasant, Texas 75455
903.577.6000 | www.TitusRegional.com

To Whom It May Concern:

At Titus Regional Medical Center, our purpose is clear: to lead the transformation to healthier tomorrows in our communities. This mission drives everything we do, from the care we provide to the decisions we make for the future of healthcare in our region. Our recent Community Health Needs Assessment (CHNA) reflects that commitment.

The CHNA process is essential to understanding the evolving needs of the people we serve. We invested significant time and resources to identify and prioritize our communities' most pressing health challenges. This was not done in isolation—we were honored to engage with a wide range of community stakeholders whose insights and perspectives were invaluable throughout the process.

Guided by our vision to be the catalyst in rural America, transcending barriers to health through a culture of excellence and compassion, we are now developing strategies to directly address many of the key issues identified in the assessment. These efforts are not just about data and planning—they're about making a tangible impact on the lives of our neighbors, families, and friends.

At TRMC, we are proud to provide top-quality, compassionate care and to serve as a trusted partner in the health and well-being of our region. We are grateful for our community's collaboration and support and look forward to continuing this important work together.

Sincerely,

A handwritten signature in purple ink that reads "Patricia Boeckmann".

Patricia Boeckmann
Chief Executive Officer
Titus Regional Medical Center



EXECUTIVE SUMMARY

PURPOSE OF THE ASSESSMENT

Titus Regional Medical Center is pleased to present the 2025 Community Health Needs Assessment (CHNA). As required by the Affordable Care Act (ACA), this assessment enables nonprofit hospitals like TRMC to identify and address the most pressing health challenges in the communities we serve. The CHNA is vital in improving health equity, resource allocation, and long-term community well-being by evaluating local health disparities, access to care, and social determinants of health. Through this process, TRMC remains committed to fulfilling regulatory requirements while developing data-driven strategies to enhance healthcare services and improve health outcomes in our community.



ABOUT TITUS REGIONAL MEDICAL CENTER

Titus Regional Medical Center (TRMC), a 174-bed, Joint Commission-accredited hospital in Mount Pleasant, Texas, has been a cornerstone of healthcare in rural Northeast Texas since opening in 1953. Established through the efforts of local citizens and support from the Hill-Burton Act, TRMC has continually expanded to meet the region's growing healthcare needs. With a mission to lead the transformation for healthier tomorrows and break down barriers to care, TRMC has evolved from a 32-bed facility into a regional leader in medical services, now supported by approximately 50 active physicians and 700 staff members. Governed by a seven-member elected Board of Managers, TRMC remains dedicated to excellence and compassion, serving as a vital resource for the community's health and wellness.

OUR MISSION

To lead the transformation for healthier tomorrows in OUR communities.



OUR VISION

To be the catalyst in rural America, transcending barriers to health through a culture of excellence and compassion.



TRMC's ROLE IN THE COMMUNITY

Titus Regional Medical Center (TRMC) is proud to serve as the leading healthcare provider for Titus County and the surrounding region. Guided by our mission to deliver high-quality, accessible, and compassionate care, we are committed to improving the health and well-being of Northeast Texas residents. More than a hospital, TRMC is a trusted partner in building healthier futures—offering a full spectrum of care, from emergency services and routine check-ups to advanced treatments and community outreach. Our dedicated team works tirelessly to ensure every individual receives the care and support they need, reinforcing our role as a vital pillar of the community.



LEGAL & REGULATORY REQUIREMENTS

The Patient Protection and Affordable Care Act (PPACA) requires all tax-exempt organizations operating hospital facilities to assess the health needs of their community every three (3) years. The resulting Community Health Needs Assessment (CHNA) report must include descriptions of the following:

- Definition of the Community – The hospital must define the geographic area or population it serves.
- Assessment of Community Health Needs – The hospital must identify significant health needs within the community, including disparities among different populations.
- Input from Community Representatives – The hospital must seek and consider input from:
 - Public health experts
 - Community members (especially from underserved populations)
 - Government agencies
- Review of Existing Data – The assessment should use existing public health data, hospital records, and other relevant sources.
- Prioritization of Health Needs – The hospital must evaluate and rank the identified health needs based on severity, impact, and community priorities.
- Implementation Strategy – A plan that outlines how the hospital intends to address the prioritized health needs must be developed.
- Availability of the Report – The CHNA must be made widely available to the public, typically by posting it online.
- Regular Updates – The assessment must be conducted at least once every three years with an updated implementation strategy.





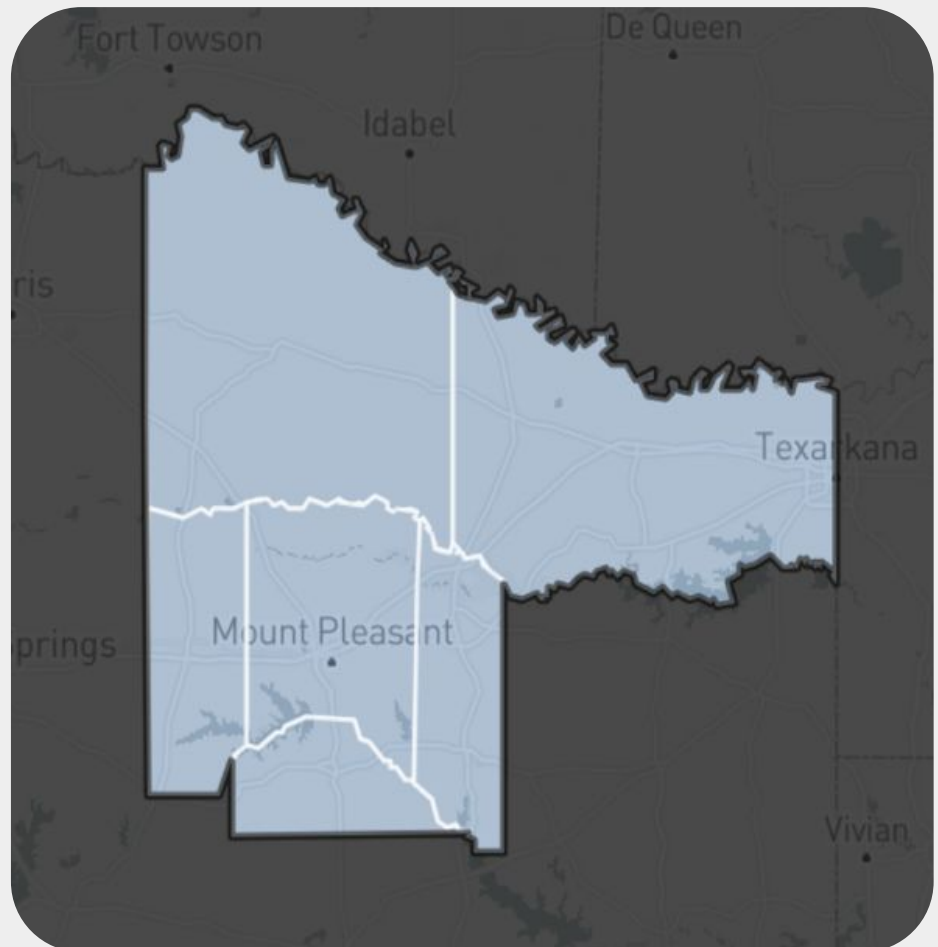
COMMUNITY DEMOGRAPHICS

COMMUNITY

The community served by Titus Regional Medical Center includes Titus County as the central hub, along with the surrounding counties of Bowie, Camp, Franklin, Morris, and Red River in Northeast Texas. Titus County, where Mount Pleasant is located, serves as the primary service area for the region. Bowie County lies to the northeast and includes Texarkana. Camp County is located to the southwest, with Franklin County directly to the west. Morris County is situated southeast of Titus County, and Red River County lies to the north. Together, these counties form a connected rural region in Northeast Texas with shared healthcare needs and access points.

TOTAL POPULATION
FOR THE SERVICE
AREA IS **170,414**.

- TITUS: 31,284
- BOWIE: 92,321
- CAMP: 12,464
- FRANKLIN: 10,359
- MORRIS: 11,973
- RED RIVER: 11,587

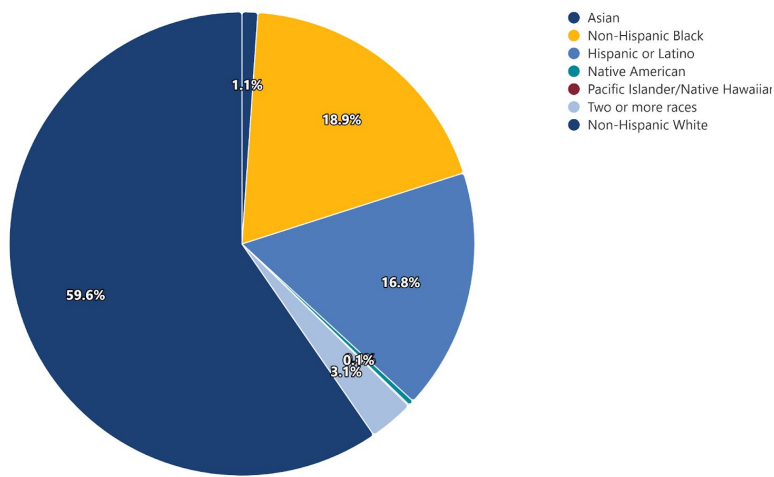


COMMUNITY DEMOGRAPHICS

ETHNICITY

The population of the TRMC CHNA Service Area is diverse, with Non-Hispanic White being the largest group at 101,370. Hispanic or Latino and non-Hispanic Black populations follow, with 28,604 and 32,233 individuals, respectively. Notably, the Asian population is 1,874, while Pacific Islander/Native Hawaiian is the smallest group at 122.

Population by Race/Ethnicity
TRMC CHNA Service Area, 2019-2023

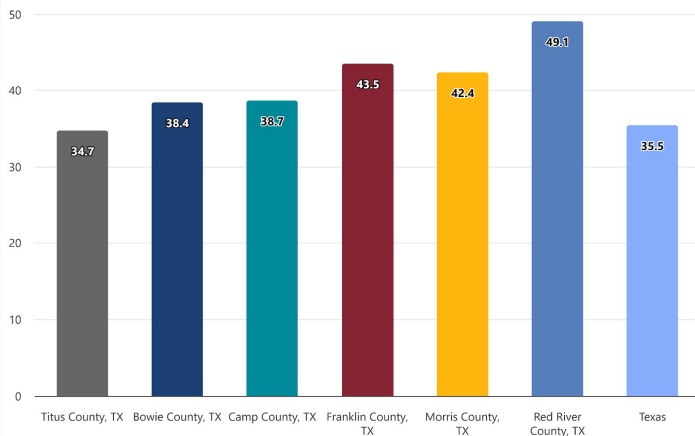


Created on Metopio | metopio.io/i/hx13dj37 | Data source: U.S. Census Bureau: American Community Survey (ACS) (ACS Table B01001; Decennial Census: Table P012)
Population: Average population over the time period



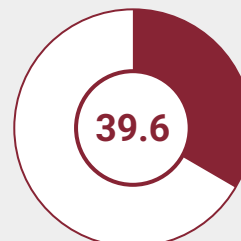
AGE

Median age, 2019-2023

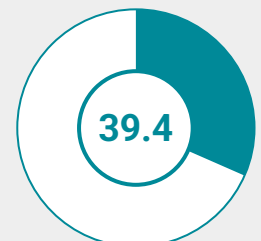


Created on Metopio | metopio.io/acx7a62h | Data source: U.S. Census Bureau: American Community Survey (ACS) (ACS Table B01002)
Median age: The median age represents the age of the "middle" resident, if they were all lined up from youngest to oldest. (Half of all residents are older than this, and half are younger.)

The median age in the TRMC CHNA Service Area decreased slightly from 39.6 in 2022 to 39.4 in 2023. This indicates a minor shift in the age distribution of the population.



2022



2023

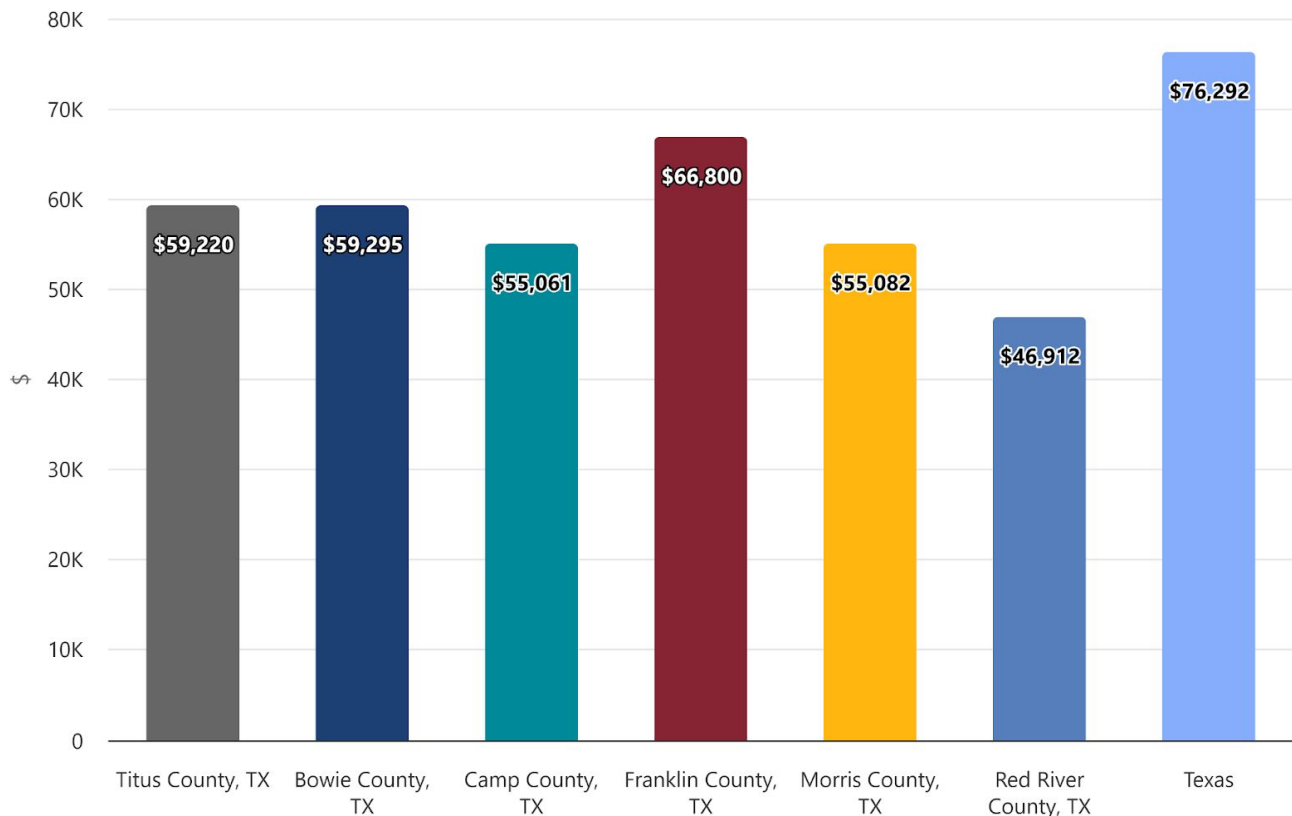


COMMUNITY DEMOGRAPHICS

INCOME

The median household income in the TRMC CHNA Service Area increased from \$51,248.52 in 2022 to \$53,212.00 in 2023. This indicates a positive trend in economic conditions for residents in this area.

Median household income, 2019-2023



Created on Metopio | metop.io/h71r45yh | Data source: U.S. Census Bureau: American Community Survey (ACS) (ACS Table B19013)
Median household income: Income in the past 12 months

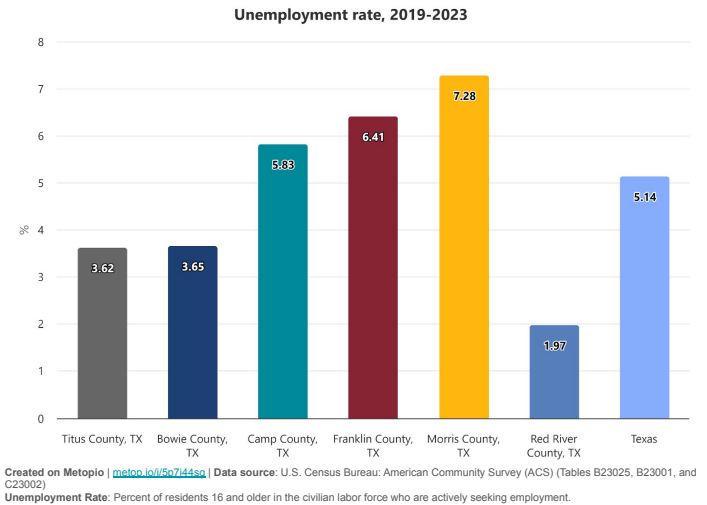
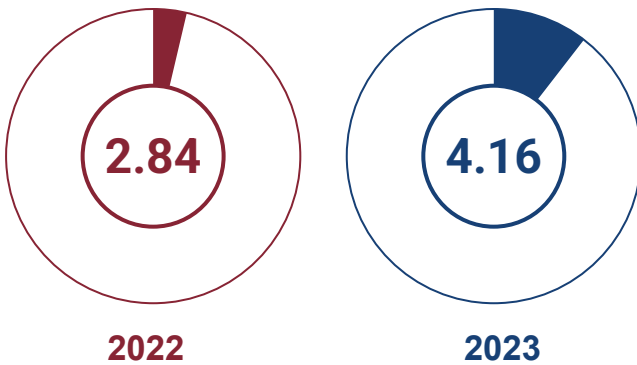
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COMMUNITY DEMOGRAPHICS

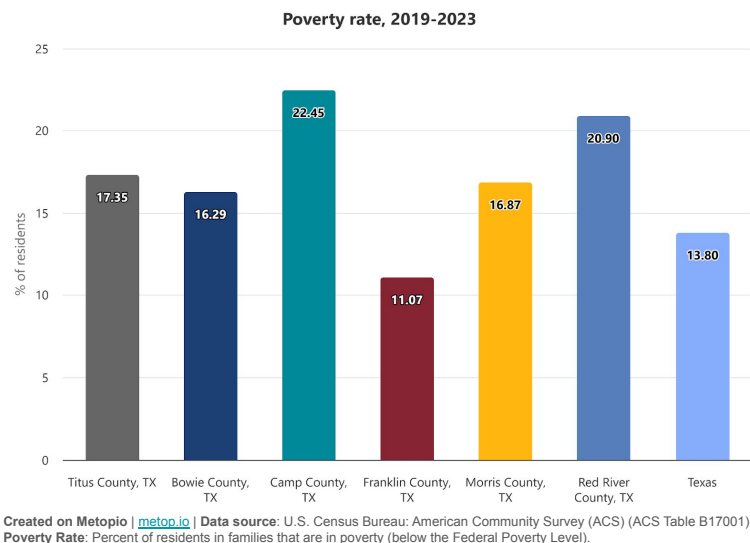
UNEMPLOYMENT

The unemployment rate in the TRMC CHNA Service Area has increased from 2.84% in 2022 to 4.16% in 2023. This rise indicates a significant economic challenge for the area.



POVERTY

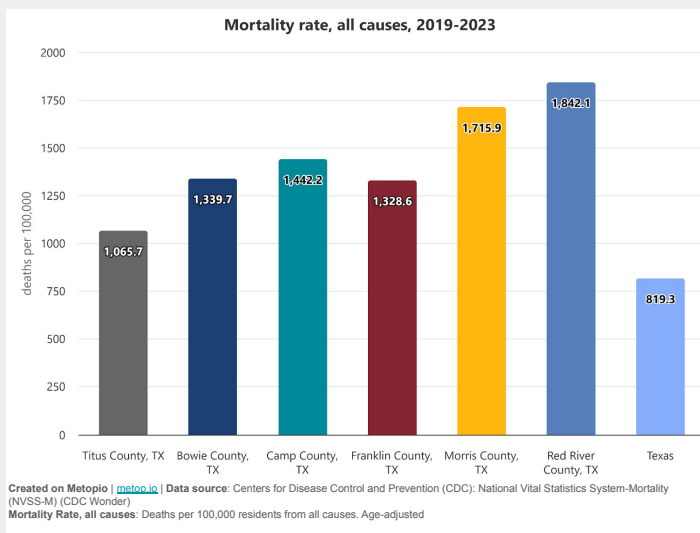
The poverty rate in several Texas counties is higher than the state average of 13.8%, with Camp County having the highest rate at 22.45%. Franklin County has the lowest rate among the listed counties at 11.07%.



COMMUNITY DEMOGRAPHICS

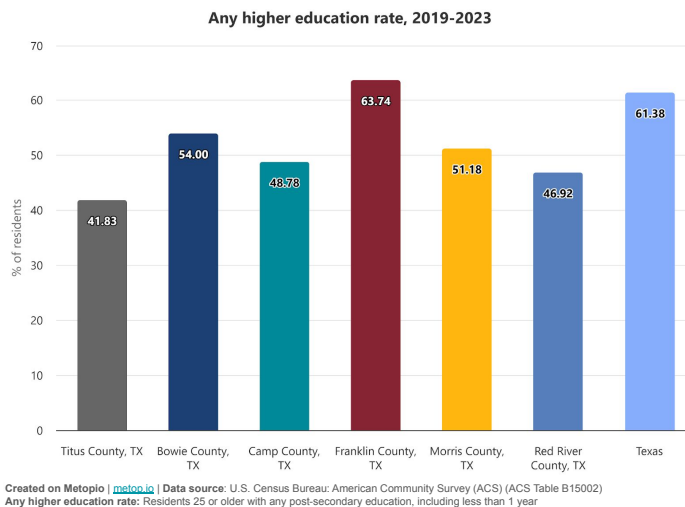
MORTALITY

The mortality rate for all causes in several Texas counties is significantly higher than the state average, with Red River County having the highest rate at 1842.06. Titus County has the lowest rate among the listed counties, but it is still higher than the Texas average of 819.35.



EDUCATION

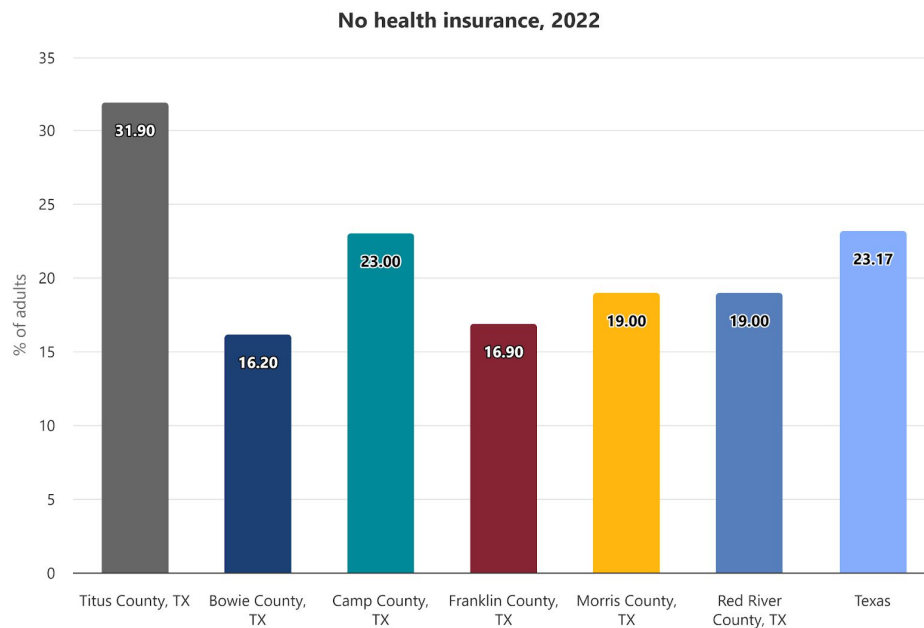
The data highlights the percentage of individuals with any higher education across various counties in Texas. Titus County has the lowest rate at 41.83%, while Franklin County boasts the highest at 63.74%.



COMMUNITY DEMOGRAPHICS

INSURANCE

The percentage of individuals without health insurance varies significantly across different counties in Texas, with Titus County having the highest rate at 31.9%. Overall, Texas has an average rate of 23.17% for individuals without health insurance.



Created on Metopio | metopio.io | Data source: Centers for Disease Control and Prevention (CDC): PLACES (Sub-county data (zip codes, tracts)), Behavioral Risk Factor Surveillance System (BRFSS) (County and state level data)
No health insurance: Percent of resident adults aged 18 to 64 years who report having no current health insurance coverage.



METHODOLOGY

An abstract graphic on the right side of the page. It consists of two overlapping semi-circles. The top semi-circle is a dark purple color, and the bottom semi-circle is a slightly lighter shade of purple. The right edge of these semi-circles is decorated with a dark, textured, brush-like border.

METHODOLOGY & APPROACH

Data Collection Methods

The Community Health Needs Assessment (CHNA) for Titus Regional Medical Center (TRMC) utilized both primary and secondary data sources to ensure a comprehensive evaluation of the region's healthcare needs.

- **Primary Data:** Direct community engagement was conducted through a comprehensive community-wide survey and structured interviews with local leaders. These efforts provide firsthand insights into key health concerns, service accessibility, and social determinants of health that influence community well-being.
- **Secondary Data:** Key health indicators were obtained from reputable sources, including public health databases, government reports, and existing research studies. These data points supplemented the primary data to provide a broader context for understanding health trends and disparities in the region.

Community-Based Participatory Research (CBPR) Approach

TRMC employed a Community-Based Participatory Research (CBPR) framework to ensure meaningful community involvement throughout the CHNA process. This approach emphasized collaboration with residents and stakeholders, recognizing their lived experiences as essential to shaping healthcare priorities.

The **community-wide survey**, created and conducted using SurveyMonkey, was made available in both English and Spanish to ensure accessibility. It gathered data on demographics, healthcare access, housing stability, mental health services, perceptions of care quality, affordability, and pressing health challenges. Additionally, the survey helped identify existing resources and gaps in services, allowing TRMC and its partners to refine their strategies based on the community's needs.



METHODOLOGY & APPROACH

Collaboration with the Child Development Center

To enhance the depth of the CHNA, TRMC collaborated with the Child Development Center, incorporating findings from its **2023 Community Assessment**. This partnership provided valuable data on early childhood health, developmental challenges, and socioeconomic factors affecting families in the region. By integrating this assessment as a key resource, TRMC gained a more comprehensive understanding of health disparities, particularly those impacting vulnerable populations such as children and families. This collaborative effort guided the development of targeted strategies to improve overall health outcomes in the community.

Collaboration with Texas Organization of Rural & Community Hospitals for a Community Health Improvement Plan

Titus Regional Medical Center partnered with The Texas Organization of Rural & Community Hospitals to develop its **2024 Community Health Improvement Plan** addressing key health priorities in the region. This collaboration not only supports coordinated efforts to improve community well-being but also serves as a valuable source of data. By incorporating insights and findings from the improvement plan, we can strengthen our Community Health Needs Assessment with relevant, up-to-date information that reflects ongoing initiatives and community input.

Partnership with Metopio for Data Analytics

TRMC partnered with **Metopio**, a data analytics platform, to strengthen the CHNA by leveraging advanced data visualization tools and extensive health and socioeconomic datasets. This partnership enabled TRMC to conduct precise analyses of health disparities, identify at-risk populations, and monitor emerging trends. Metopio's data-driven insights were pivotal in ensuring that community health priorities were based on robust, evidence-backed information, leading to well-informed strategies for improving healthcare access and outcomes.



METHODOLOGY & APPROACH

Community Leader Interviews

As part of the CHNA process, **interviews with community leaders** were conducted to gain a deeper understanding of the healthcare needs and gaps affecting the region. Leaders were contacted via phone and mail to share their perspectives on:

- Behaviors influencing community health and well-being
- Economic, social, and environmental factors impacting overall wellness
- Mental health concerns and barriers to care
- Access to healthcare services and challenges in obtaining necessary care
- Recommendations for how TRMC could take a more active role in addressing these issues

These insights provided critical context for shaping TRMC's strategies and strengthening its impact on the communities it serves. By incorporating feedback from key stakeholders, TRMC ensured that its CHNA reflected the real challenges and opportunities within the region.

Limitations and Information Gaps

While this Community Health Needs Assessment (CHNA) incorporates a variety of data sources, certain limitations and information gaps remain. Some groups may be underrepresented in the survey and interviews, particularly those who face barriers to digital access or who were underrepresented in outreach efforts. Limited access to up-to-date information highlights the need for ongoing data collection to better inform future planning.

Conclusion

Through a multi-faceted approach combining primary and secondary data collection, community engagement, strategic partnerships, and advanced data analysis, TRMC developed a CHNA that accurately reflects the healthcare landscape of its service area. These findings will guide future initiatives aimed at addressing health disparities, improving access to care, and enhancing overall community health outcomes.





KEY FINDINGS & PRIORITIZATION OF HEALTH NEEDS

KEY FINDINGS

61.87%

of survey participants listed **HEART DISEASE** as one of the significant health-related issues affecting our community

59.01%

of survey participants listed **CANCER** as one of the significant health-related issues affecting our community

58.16%

of survey participants listed **OBESITY** as one of the significant health-related issues affecting our community

57.43%

of survey participants listed **DIABETES** as one of the significant health-related issues affecting our community

54.36%

of survey participants listed **MENTAL HEALTH** as one of the significant health-related issues affecting our community



KEY FINDINGS CONTINUED

Heart disease, cancer, obesity, diabetes, and mental health remain significant health concerns across the TRMC service area. These chronic conditions are consistently linked to health disparities common in rural communities, including limited access to care, transportation challenges, and socioeconomic barriers. As part of TRMC's ongoing commitment to improving the health of our community, these issues have been identified as priority areas requiring targeted intervention, education, and collaborative outreach to support long-term wellness and reduce preventable health risks in our region.

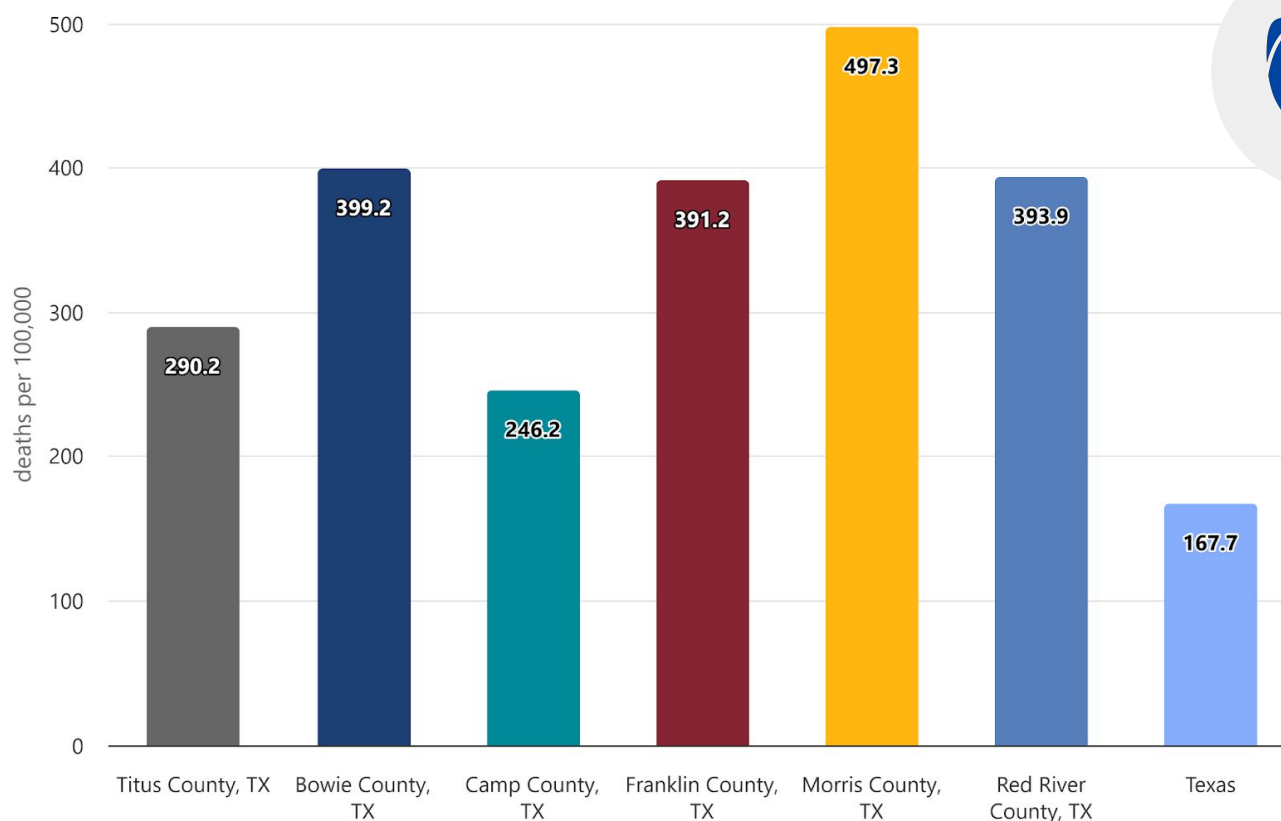


IDENTIFICATION & PRIORITIZATION OF HEALTH NEEDS

61.87%

Heart disease emerged as the top health concern identified by participants in our Community Health Needs Assessment survey, reflecting its significant impact on the well-being of residents in our service area. As one of the leading causes of death both nationally and within our community, heart disease affects individuals and families across all age groups and socioeconomic backgrounds. Contributing factors such as high blood pressure, obesity, diabetes, and limited access to preventive care continue to drive its prevalence locally. Addressing heart disease is vital not only to improve quality of life and reduce healthcare costs but also to support long-term community health by promoting early detection, healthy lifestyle choices, and access to cardiology services. This issue underscores the need for coordinated efforts among healthcare providers, community leaders, and residents to foster a healthier, more informed population.

Heart disease mortality, 2023



Created on Metopio | metopio.io/i/q3n5atp5 | Data source: Centers for Disease Control and Prevention (CDC): National Vital Statistics System-Mortality (NVSS-M) (Via <http://healthindicators.gov>)

Heart disease mortality: Deaths per 100,000 residents with an underlying cause of heart disease (ICD-10 codes I00-I09, I11, I13, I20-I51).

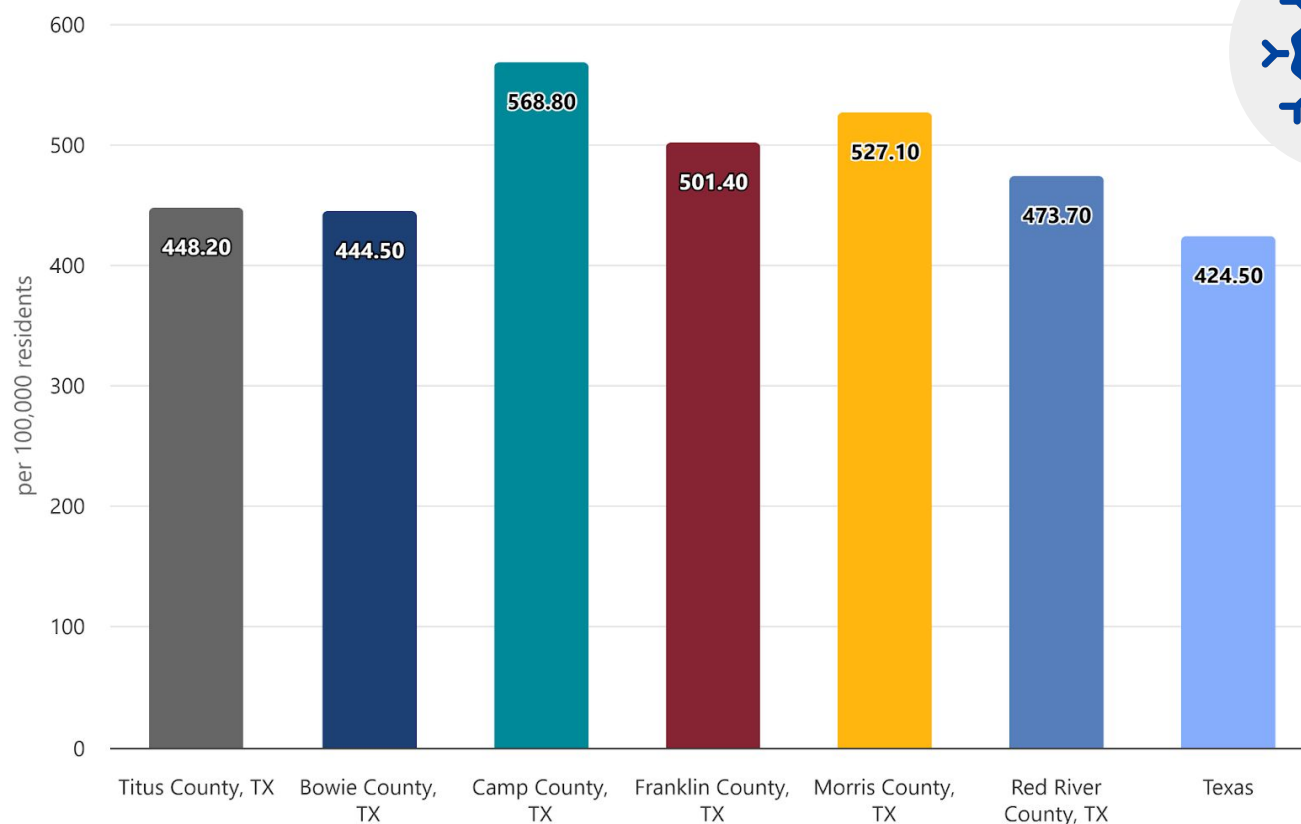


IDENTIFICATION & PRIORITIZATION OF HEALTH NEEDS

59.01%

Cancer was identified as a major health concern in our Community Health Needs Assessment, reflecting the deep impact it has on individuals and families in our area. As a leading cause of death, cancer affects people across all ages and demographics, often bringing emotional, physical, and financial challenges. Survey participants highlighted concerns related to early detection, access to specialized care, and education about risk factors and prevention. Many cancers are more treatable when caught early, making screenings and awareness especially important. Addressing cancer in our community requires a focus on prevention, timely diagnosis, and ensuring that patients have access to high-quality treatment and support throughout their journey.

Cancer diagnosis rate, 2017-2021



Created on Metopio | metop.io/ehzxdz4i | Data source: National Cancer Institute (NCI): State Cancer Profiles (WI: racial stratifications only) (Everywhere except IL)

Cancer diagnoses rate: Annual diagnosis rate for all invasive cancers. Does not include pre-cancerous diagnoses such as breast cancer in situ or urinary cancer in situ. All ages, risk-adjusted.



IDENTIFICATION & PRIORITIZATION OF HEALTH NEEDS

23

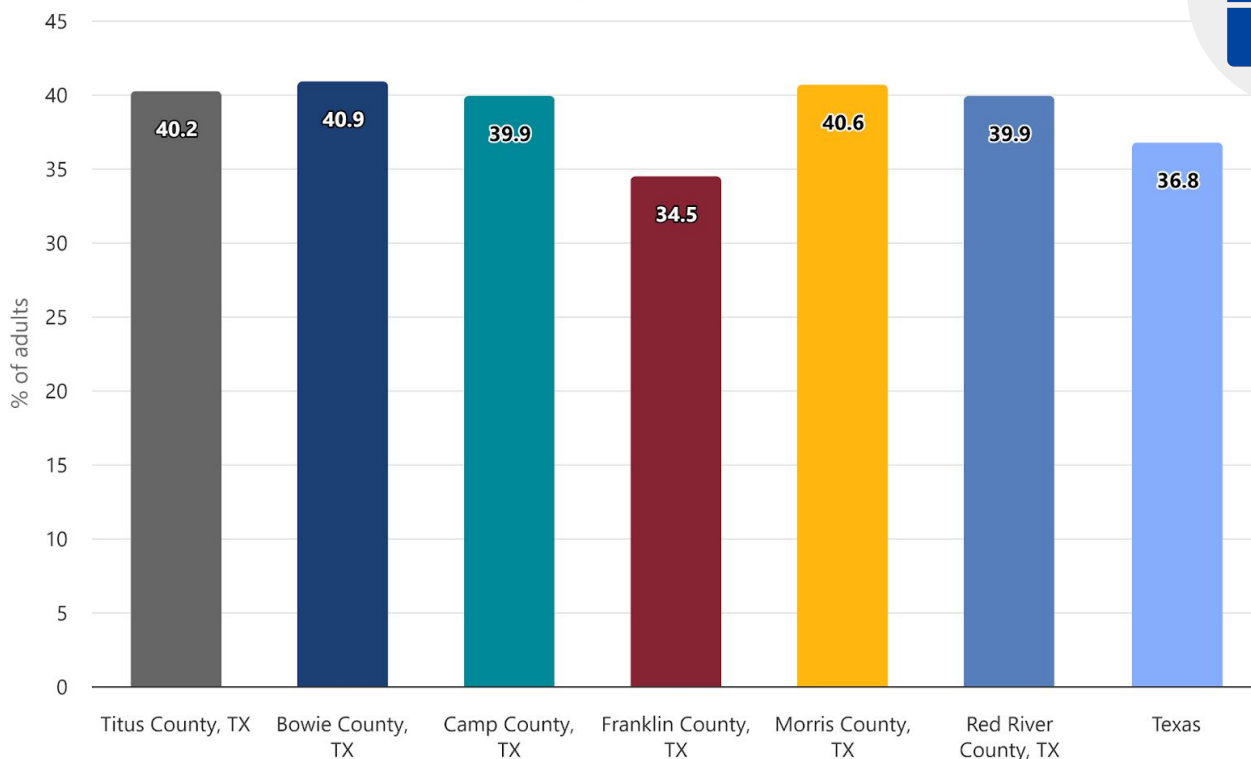
58.16%

Obesity was identified as a top health issue in our Community Health Needs Assessment, highlighting a growing concern among residents about its impact on overall health and quality of life. Obesity is a significant risk factor for numerous chronic conditions, including heart disease, diabetes, and certain cancers, all of which are prevalent in our community. Limited access to healthy foods, physical activity opportunities, and education around nutrition and wellness contribute to this complex issue. Addressing obesity is crucial not only for improving individual health outcomes but also for reducing the long-term burden on our healthcare system. By promoting healthy eating habits, encouraging active lifestyles, and supporting community-based wellness initiatives, we can work together to create a healthier environment for all.



Obesity, 2022

Titus County, TX and comparison



Created on Metopio | metop.io/i/ef2g18s5 | Data source: Diabetes Atlas (County level data), (Behavioral Risk Factor Surveillance System (BRFSS) (State and US data), Centers for Disease Control and Prevention (CDC); PLACES (Sub-county data (zip codes, tracts))

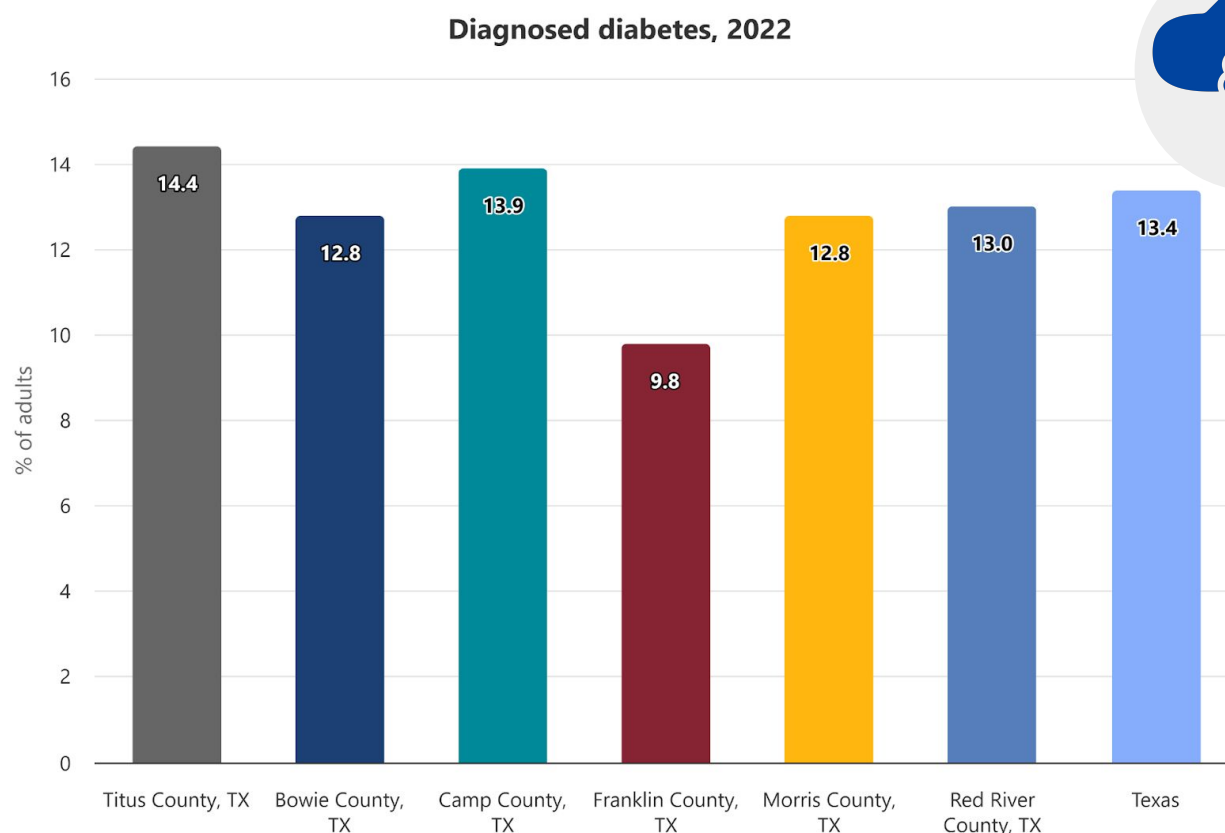
Obesity: Percent of resident adults aged 18 and older who are obese (have a body mass index (BMI) ≥ 30.0 kg/m² calculated from self-reported weight and height). Excludes those with abnormal height or weight and pregnant women.



IDENTIFICATION & PRIORITIZATION OF HEALTH NEEDS

57.43%

Diabetes was also ranked among the top health concerns by participants in our Community Health Needs Assessment, emphasizing its widespread impact within our region. As both a chronic condition and a major risk factor for other serious health issues such as heart disease, kidney failure, and vision loss, diabetes affects a significant portion of our population. Many community members face barriers to effective diabetes management, including limited access to routine screenings, education, and affordable treatment options. The prevalence of Type 2 diabetes, closely linked to obesity and lifestyle factors, signals the need for increased prevention efforts and support services. Tackling diabetes through early detection, patient education, and improved access to care is essential to improving health outcomes and enhancing the quality of life for those affected in our community.



Created on Metopio | metop.io/i/fmi8zi1a | Data source: Centers for Disease Control and Prevention (CDC): PLACES, Diabetes Atlas (County and state level data)

Diagnosed diabetes: Percent of resident adults aged 18 and older who report ever having been told by a doctor, nurse, or other health professional that they have diabetes, other than diabetes during pregnancy. Data for counties and states are age-adjusted. Data for zips, tracts, and smaller layers are raw

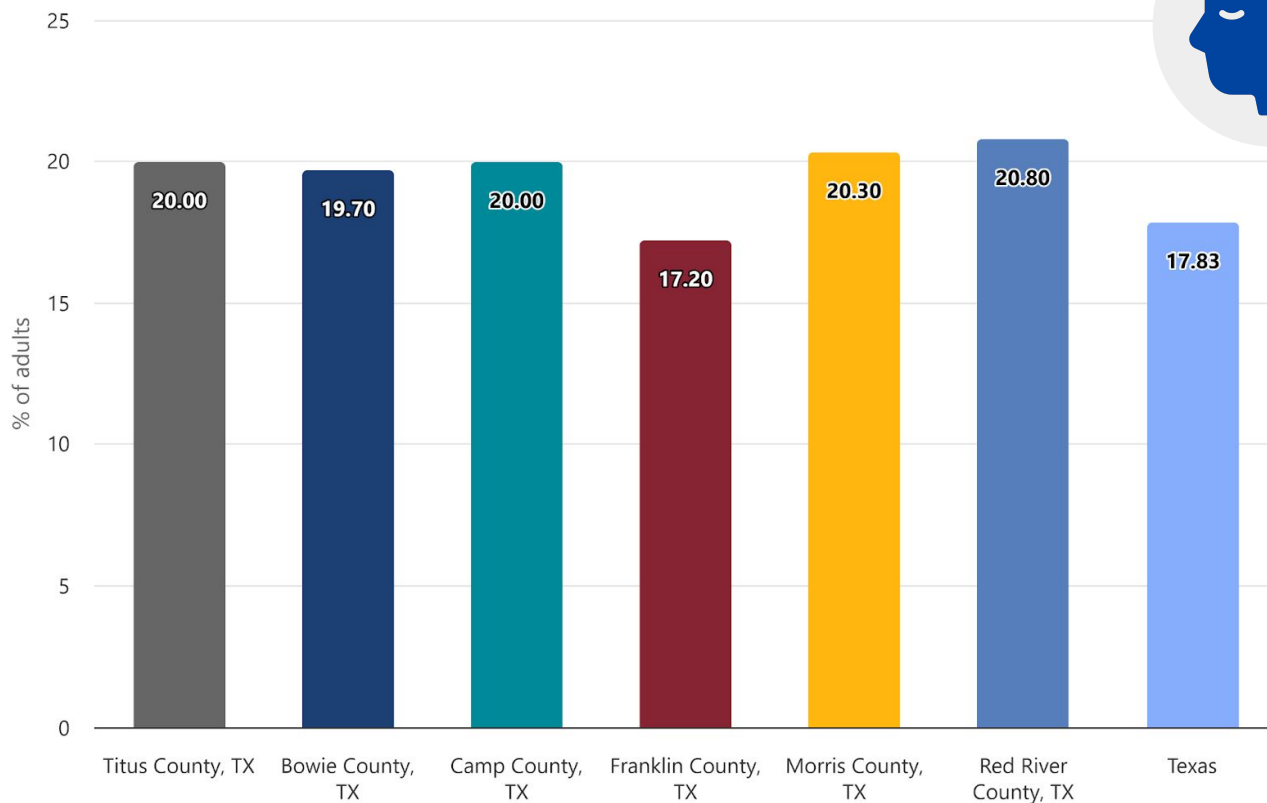


IDENTIFICATION & PRIORITIZATION OF HEALTH NEEDS

54.36%

Mental health services were identified as a top priority in our Community Health Needs Assessment, underscoring the growing recognition of mental well-being as a critical component of overall health. Community members expressed concern about the availability and accessibility of mental health care, including counseling, crisis intervention, and long-term support. The stressors of daily life, along with issues such as substance use, depression, and anxiety, have increased the demand for comprehensive mental health resources. Many residents face barriers such as stigma, limited provider availability, and financial constraints that prevent them from receiving the care they need. Expanding access to mental health services and promoting awareness can help individuals lead healthier, more fulfilling lives while strengthening the overall resilience of our community.

Self-reported poor mental health, 2022



Created on Metopio | metop.io/i/a4zvd26c | Data source: Centers for Disease Control and Prevention (CDC): PLACES
Self-reported poor mental health: Percent of resident adults aged 18 and older who report 14 or more days during the past 30 days during which their mental health was not good.





SOCIAL DETERMINANTS OF HEALTH FOR COMMUNITY SERVICE AREA

SOCIAL DETERMINANTS OF HEALTH

The social determinants of health play a critical role in shaping the overall well-being of individuals and communities. Factors like economic stability, education, healthcare access, housing, and community activities have a direct impact on health outcomes. Including these elements in a Community Health Needs Assessment helps identify underlying causes of health disparities and supports the development of more effective, equitable strategies to improve health for everyone in the community.

Table of ECONOMIC STABILITY

Topic	TITUS COUNTY	Bowie County, TX	Camp County, TX	Franklin County, TX	Morris County, TX	Red River County, TX	Texas
Median household income 2019-2023	\$61,053 ±\$5,512	\$53,212 ±\$6,212 <small>Data is showing for 2023.</small>	\$55,061 ±\$5,707	\$66,800 ±\$11,692	\$55,082 ±\$3,951	\$46,912 ±\$2,625	\$75,780 ±\$472 <small>Data is showing for 2023.</small>
Poverty rate % of residents 2019-2023	17.10 ±2.74	12.52 ±2.96 <small>Data is showing for 2023.</small>	22.45 ±5.01	11.07 ±3.70	16.87 ±3.48	20.90 ±3.45	13.67 ±0.25 <small>Data is showing for 2023.</small>
Unemployment rate % 2019-2023	3.64 ±1.94	4.16 ±2.80 <small>Data is showing for 2023.</small>	5.83 ±3.06	6.41 ±3.32	7.28 ±2.80	1.97 ±2.50	4.39 ±0.11 <small>Data is showing for 2023.</small>
High school graduation rate % of residents 2019-2023	77.05 ±2.42	89.30 ±5.19 <small>Data is showing for 2023.</small>	84.12 ±6.23	90.88 ±7.48	87.06 ±6.09	87.06 ±5.54	86.34 ±0.36 <small>Data is showing for 2023.</small>
Uninsured residents residents 2019-2023	6,589 ±620	8,531 ±1,834 <small>Data is showing for 2023.</small>	2,824 ±443	1,732 ±313	1,562 ±254	1,758 ±284	4,917,038 ±44,840 <small>Data is showing for 2023.</small>
Housing Insecurity % of adults 2022	20.2 ±0.6	18.0 ±1.5	19.8 ±1.9	13.7 ±1.2	16.6 ±1.4	18.4 ±1.3	16.9 ±0.5
No exercise % of adults 2022	34.2 ±1.4	28.4 ±3.8	30.2 ±4.1	21.4 ±3.4	29.3 ±4.3	30.4 ±4.2	27.6 ±0.8



**TRMC
CLINICAL
SERVICES**



CLINICAL SERVICES OFFERED AT TRMC

Behavioral Health

The Behavioral Health Unit at Titus Regional Medical Center, provides a secure inpatient psychiatric facility designed to meet the mental health needs of the geriatric population through a multidisciplinary approach. Patients may be admitted voluntarily or involuntarily based on individual circumstances. Patients receive treatment that incorporates the latest evidence-based psychotherapy and psychopharmacology under the supervision of a licensed psychiatrist. To support families and caregivers, the Behavioral Health Unit offers referrals and free assessments, which can also be conducted in a home setting, ensuring accessible and compassionate care for those in need.



CLINICAL SERVICES OFFERED AT TRMC

Cancer

CancerCARE at Titus Regional Medical Center provides advanced, community-based oncology treatment, allowing patients to receive comprehensive cancer care close to home. The center offers cutting-edge treatments, including chemotherapy, radiation therapy, immunotherapy, targeted therapy, and access to clinical trials. Patients benefit from a multidisciplinary team of specialists, including oncologists, nurse navigators, dietitians, and social workers who provide personalized support throughout treatment. Additional services such as financial counseling, nutritional guidance, and patient navigation help address the holistic needs of patients and their families. The facility emphasizes cancer prevention and education through screenings and outreach programs, enhancing early detection and improving health outcomes. CancerCARE at Titus also contributes to national cancer research through its cancer registry, which tracks treatment outcomes and advances best practices. With a commitment to compassionate, high-quality care, CancerCARE at Titus is crucial in supporting cancer patients and their loved ones throughout their journey.

Infusion Center

Our hospital-based infusion center provides essential outpatient therapies that support patients with chronic and acute health conditions. Services include but are not limited to blood transfusions, bone health treatments for osteoporosis, and intravenous (IV) antibiotic therapy for complex infections requiring extended treatment. These services are critical in reducing hospital admissions and improving quality of life for patients in our rural and underserved communities, offering safe, monitored care to home under the supervision of skilled nursing and medical staff.

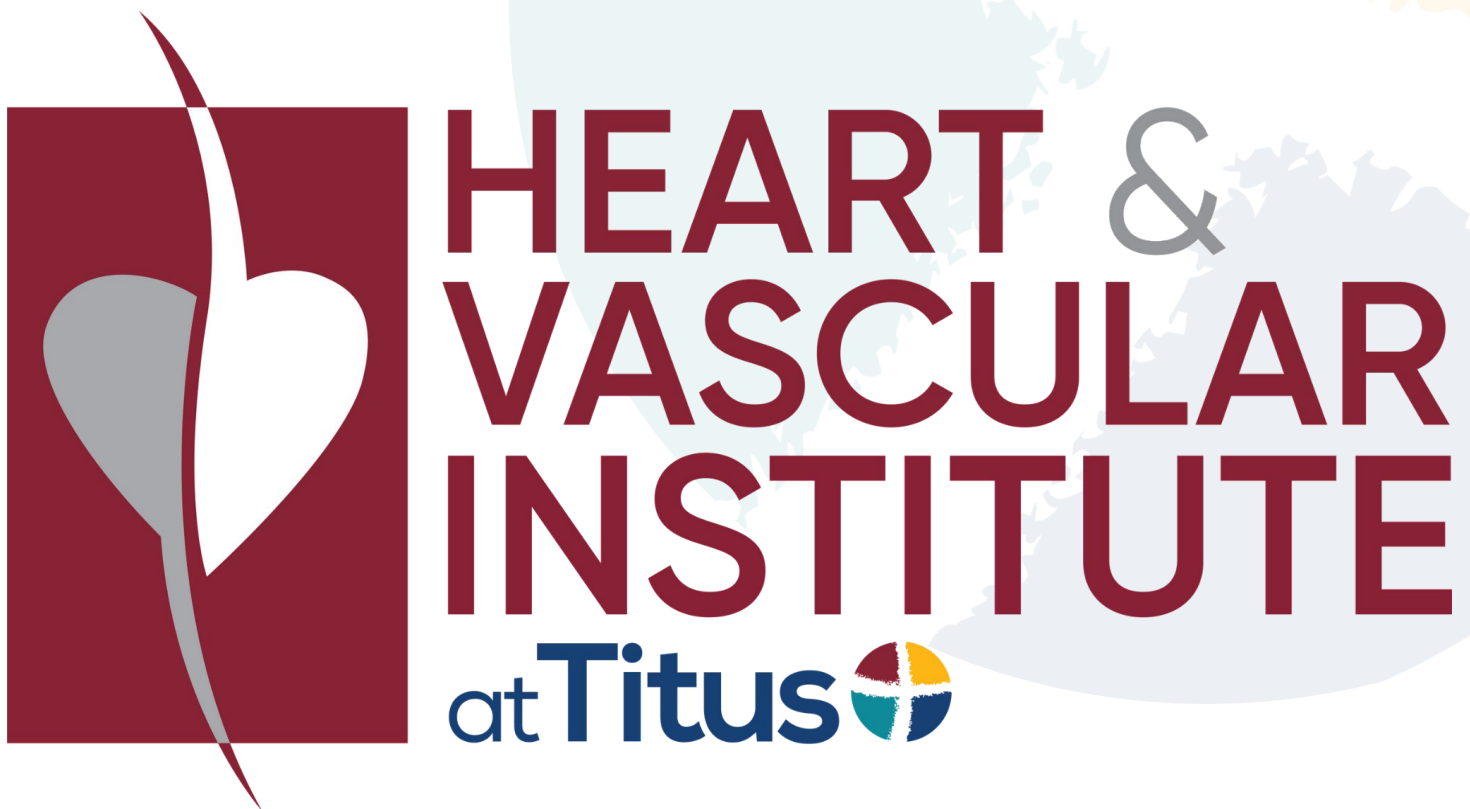


CancerCARE
at Titus

CLINICAL SERVICES OFFERED AT TRMC

Cardiology

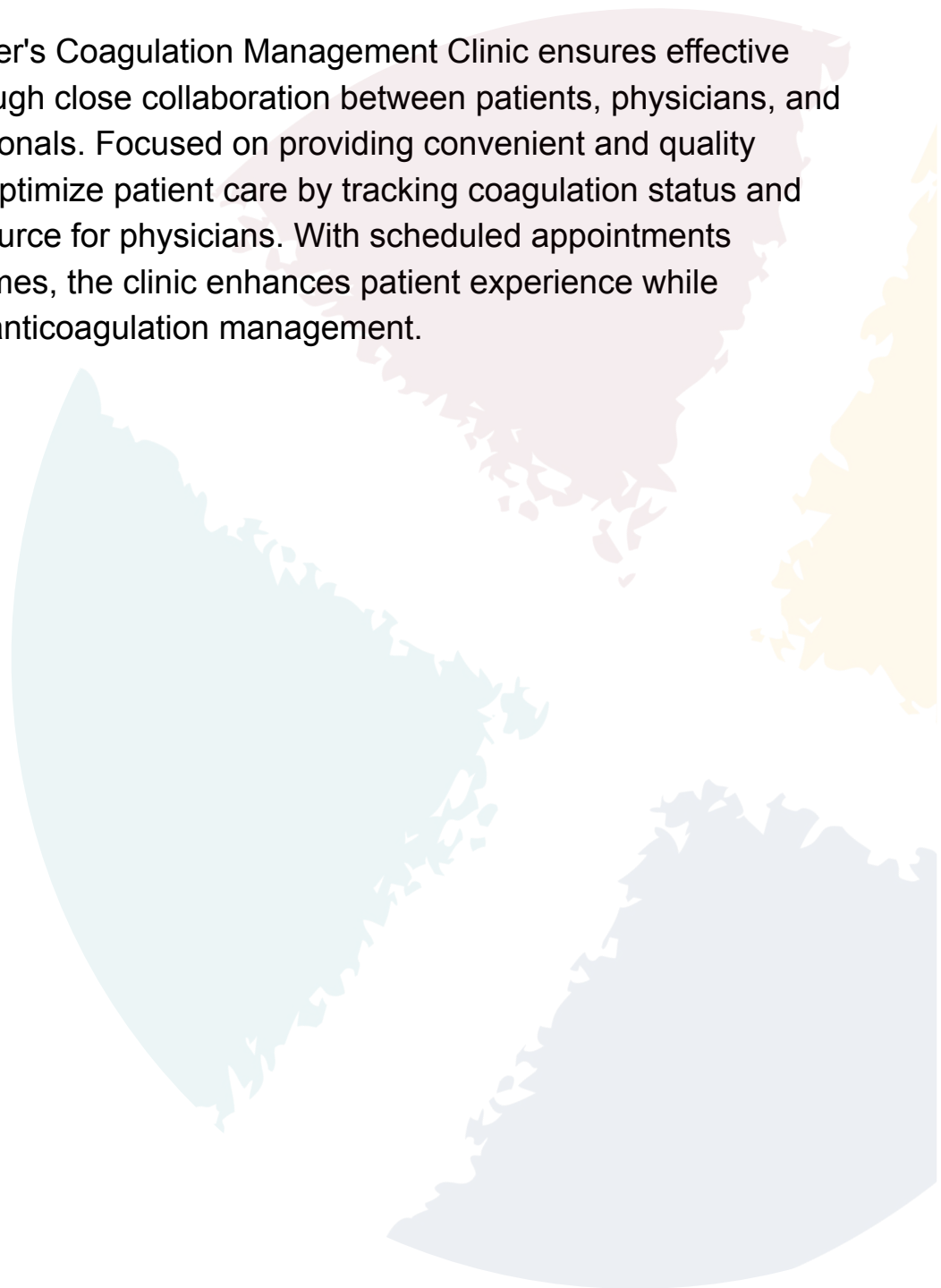
Titus Regional Medical Center (TRMC) provides complete, around-the-clock cardiovascular care led by three board-certified cardiologists and a team of highly trained professionals dedicated to optimizing heart health. Recognizing that heart disease remains the leading cause of death in both the United States and Northeast Texas, TRMC prioritizes rapid intervention.. To address this critical need, TRMC established a state-of-the-art catheterization lab in 2014 and expanded its services in 2017 to include 24/7 emergency heart attack care, ensuring patients receive life-saving treatment without delay. Through advanced technology and expert care, TRMC continues to enhance cardiovascular health and improve survival rates in the community.



CLINICAL SERVICES OFFERED AT TRMC

Coagulation Management Services

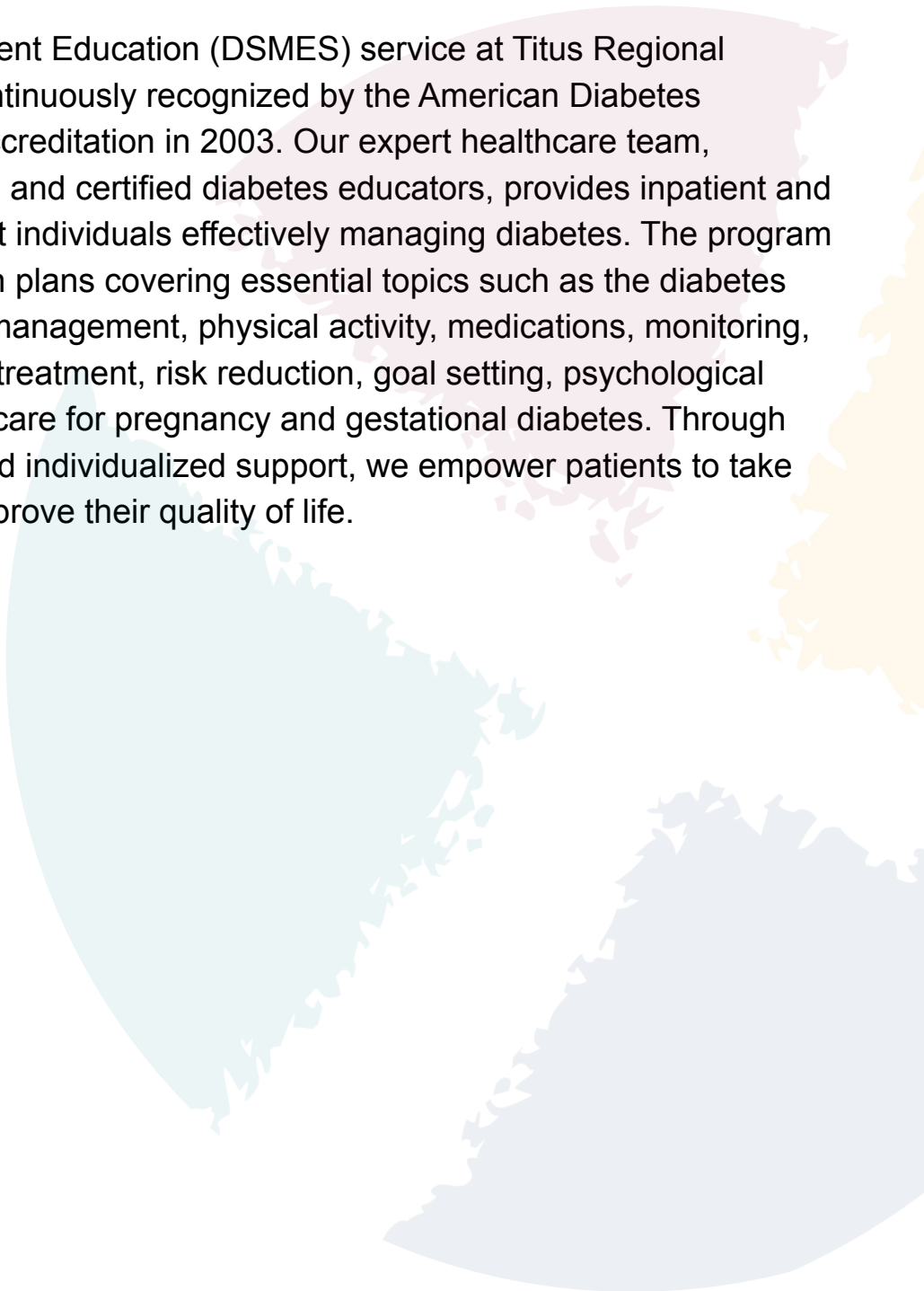
Titus Regional Medical Center's Coagulation Management Clinic ensures effective anticoagulation therapy through close collaboration between patients, physicians, and a dedicated team of professionals. Focused on providing convenient and quality monitoring, the clinic helps optimize patient care by tracking coagulation status and serving as an extended resource for physicians. With scheduled appointments designed to minimize wait times, the clinic enhances patient experience while ensuring safe and effective anticoagulation management.



CLINICAL SERVICES OFFERED AT TRMC

Diabetes Care & Education

The Diabetes Self-Management Education (DSMES) service at Titus Regional Medical Center has been continuously recognized by the American Diabetes Association since its initial accreditation in 2003. Our expert healthcare team, including registered dietitians and certified diabetes educators, provides inpatient and outpatient services to support individuals effectively managing diabetes. The program offers personalized education plans covering essential topics such as the diabetes disease process, nutritional management, physical activity, medications, monitoring, complication prevention and treatment, risk reduction, goal setting, psychological adjustment, and specialized care for pregnancy and gestational diabetes. Through comprehensive education and individualized support, we empower patients to take control of their health and improve their quality of life.

A faint, stylized map of the state of Alaska is visible in the background of the text area. The map is rendered in light blue and yellow tones, showing the outline of the state and its various islands.

CLINICAL SERVICES OFFERED AT TRMC

Emergency Care/Emergency Medical Services (EMS)

Titus Regional Medical Center (TRMC) is committed to providing high-quality, compassionate emergency medical care with efficiency and expertise. As the only advanced-level trauma center between Dallas, Texas, and Little Rock, Arkansas, TRMC serves as a critical lifeline for the region. Additionally, TRMC is a designated Primary Stroke Center and offers 24/7/365 cardiology coverage, ensuring rapid response to life-threatening conditions. The emergency department boasts an average wait time of less than half the national average, with door-to-CT times ranking among the nation's best. Supporting emergency care beyond the hospital, TRMC's Emergency Medical Services (EMS) team plays a vital role in patient outcomes. With a fleet of six Mobile Intensive Care Units (MICUs) and two quick-response vehicles, a dedicated team of 22 full-time and 20 part-time EMTs and paramedics responds to over 6,000 calls annually. TRMC's EMS also provides dedicated and non-dedicated coverage for various events, including football games, rodeos, large community gatherings, health fairs, and safety events.

TITUS REGIONAL MEDICAL CENTER



EMERGENCY MEDICAL SERVICES



CLINICAL SERVICES OFFERED AT TRMC

Family Medicine

Titus Regional Medical Center (TRMC) and its network of Family Care Centers—including Community Care Center, Family Care Center - Mount Pleasant, Family Care Center - Harts Bluff, Family Care Center - Daingerfield, Family Care Center - Mount Vernon, Family Care Center - Bogata, and Nephrology and Family Medicine at Titus—provide essential primary and urgent care services that are fundamental to the health and well-being of the community. These clinics offer comprehensive care, including disease management, urgent care, preventive screenings, occupational medicine, and specialized services such as nephrology, ensuring that individuals and families can access high-quality medical care close to home. These services play a critical role in promoting long-term wellness by enabling early detection and treatment of chronic conditions like diabetes and hypertension while also providing immediate care for acute illnesses and minor emergencies. By offering extended hours, same-day appointments, bilingual care, and multiple convenient locations, TRMC reduces barriers to healthcare access, particularly for underserved populations. The availability of these services not only improves individual health outcomes but also strengthens the community by reducing hospital admissions, improving workforce productivity, and enhancing overall wellness.

FamilyCareCenter



COMMUNITY
CARE CENTER
at Titus

CENTRO DE
CUIDADO
COMUNITARIO
at Titus

CLINICAL SERVICES OFFERED AT TRMC

GI Lab & Procedures

The Outpatient Procedures department at TRMC provides a wide range of screening and diagnostic procedures, from routine gastrointestinal (GI) exams such as colonoscopies and esophagogastroduodenoscopies (EGDs) to advanced treatments for various GI disorders. Our state-of-the-art endoscopy suites have the latest high-definition technology and wireless patient monitoring systems, ensuring optimal conditions for our board-certified gastrointestinal specialists, surgeons, and staff. A key feature of our facility is the High-Definition Endoscopy Digital Video Processor, which enhances visualization of the colon for more accurate diagnoses. In addition to GI procedures, we offer percutaneous endoscopic gastrostomy (PEG) tube placements, cryoablation therapy, blood and platelet transfusions, infusion administration, transesophageal echocardiography (TEE) examinations, and peripherally inserted central catheter (PICC) line placements. With a commitment to precision, efficiency, and patient comfort, our Outpatient Procedures department delivers high-quality, advanced care in a modern and comfortable setting.

CLINICAL SERVICES OFFERED AT TRMC

Imaging Services

Titus Regional Medical Center (TRMC) provides advanced imaging and diagnostic services, ensuring community members can access high-quality medical technology close to home. Offering services such as CT scans, MRI, ultrasound, X-ray, nuclear medicine, laboratory testing, and EKGs at TRMC enables early detection and accurate diagnosis of various medical conditions. These services are crucial in improving health outcomes by facilitating timely interventions, reducing the need for travel to distant healthcare facilities, and enhancing overall patient experience. By providing state-of-the-art imaging and laboratory services with same-day appointments and affordable options for uninsured patients, TRMC supports equitable access to healthcare and strengthens the overall well-being of the community.

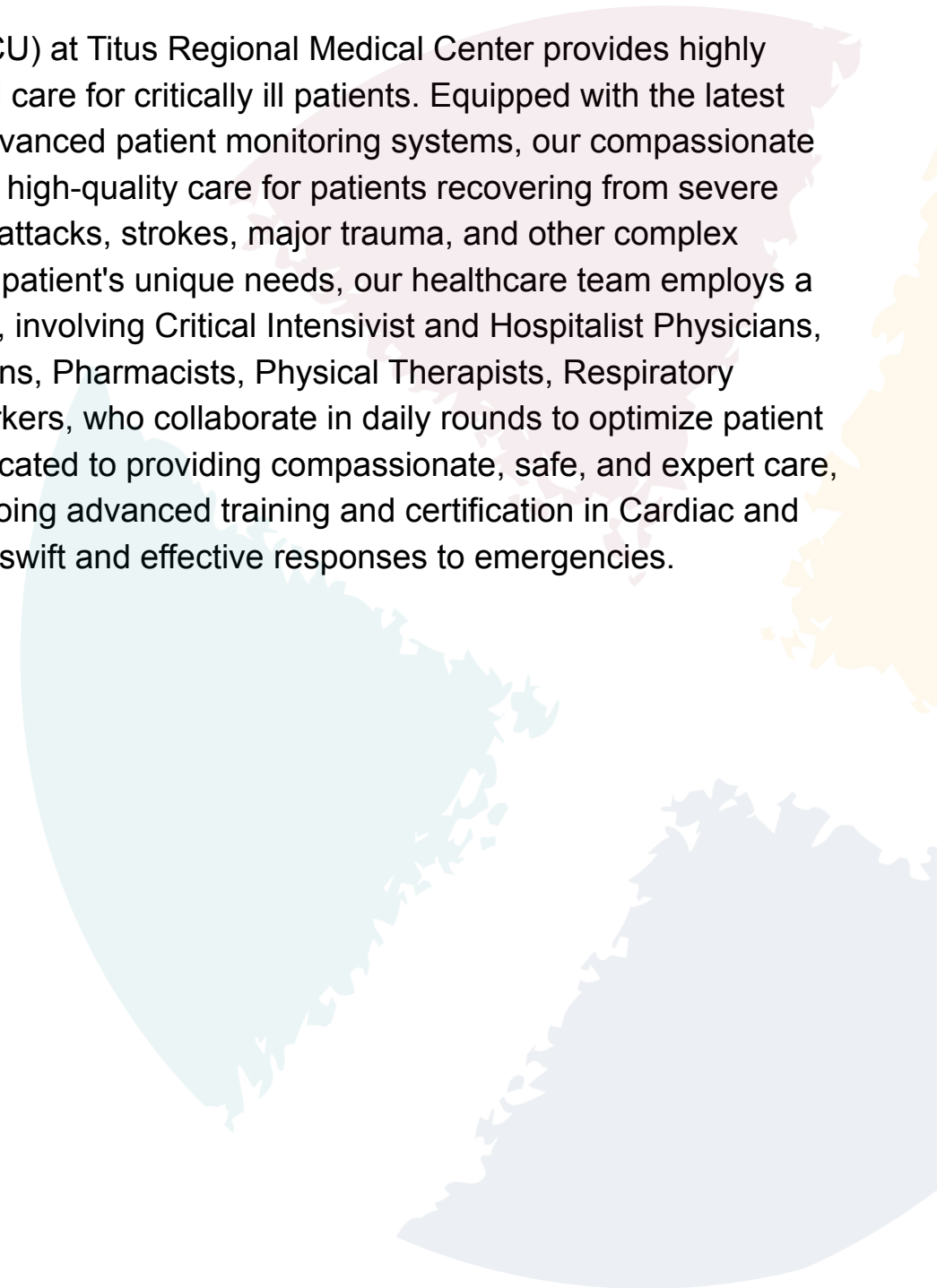
ImagingPlus
Mt. Pleasant



CLINICAL SERVICES OFFERED AT TRMC

Intensive Care (ICU)

The Intensive Care Unit (ICU) at Titus Regional Medical Center provides highly skilled nursing and medical care for critically ill patients. Equipped with the latest medical technology and advanced patient monitoring systems, our compassionate staff delivers complete and high-quality care for patients recovering from severe conditions, including heart attacks, strokes, major trauma, and other complex illnesses. To address each patient's unique needs, our healthcare team employs a multi-disciplinary approach, involving Critical Intensivist and Hospitalist Physicians, Registered Nurses, Dietitians, Pharmacists, Physical Therapists, Respiratory Therapists, and Social Workers, who collaborate in daily rounds to optimize patient care. The ICU team is dedicated to providing compassionate, safe, and expert care, with staff members undergoing advanced training and certification in Cardiac and Trauma courses to ensure swift and effective responses to emergencies.



CLINICAL SERVICES OFFERED AT TRMC

Labor & Delivery

At Titus Regional Medical Center, our determined staff works closely with each family to explore their desired birthing plan, ensuring the best experience and outcomes for the expectant mother and her newborn. The beautiful Maternal-Child Unit & Women's Center offers six spacious deluxe birthing suites designed to provide a home-like atmosphere. The unit also includes two surgical suites and a post-anesthesia care unit to support cesarean deliveries, as well as advanced technologies such as a state-of-the-art central fetal monitoring system and bedside computerized documentation. Our dedicated obstetrical team consists of expert registered nurses, all of whom hold additional certifications in Advanced Fetal Monitoring, Neonatal Resuscitation, and Advanced Cardiac Life Support. We are proud to serve as the delivery destination for four obstetricians and gynecologists, as well as two certified nurse midwives, and together, our team joyfully assisted in the arrival of nearly 1,100 new additions to our community last year.



TITUS REGIONAL MEDICAL CENTER
Family Birthing Center

CLINICAL SERVICES OFFERED AT TRMC

Laboratory Services

At Titus Regional Medical Center, we are committed to delivering reliable and accurate lab results to support appropriate diagnoses, ensuring excellence in quality and a positive patient experience. Our full-service clinical laboratory is accredited by the College of American Pathologists and adheres to rigorous testing standards. Our skilled team is known for providing exceptional care, particularly for patients who find blood draws challenging. Our phlebotomists and medical laboratory technologists are frequently praised for their expertise and compassionate approach. For outpatient laboratory procedures, we offer two convenient locations: the centralized laboratory on the first floor of the main hospital near Admitting and Imaging Plus for added convenience. This laboratory site is also recommended for specimen drop-off from home health agencies and pre-employment drug screenings. Through MyChart, patients can easily access their lab results and share them with their providers or family members who may be assisting in their care.

CLINICAL SERVICES OFFERED AT TRMC

Nephrology

At Titus Regional Medical Center, our Nephrology department specializes in the diagnosis and treatment of a wide range of kidney disorders, offering comprehensive care to keep you close to home. We treat conditions such as adrenal gland disorders, all stages of chronic kidney disease, amyloidosis, cystic kidney disease, diabetes, electrolyte disorders, hypertension, kidney stones, renal failure, urinary tract infections, and many more. Our expert team is dedicated to providing the highest quality care to help manage and treat these conditions effectively, ensuring you receive the best possible care in a compassionate and supportive environment.



**NEPHROLOGY
& FAMILY PRACTICE**
at **Titus** 

CLINICAL SERVICES OFFERED AT TRMC

Neurology

Titus Regional Medical Center offers thorough care for conditions affecting the central nervous system, including stroke, concussion, headaches, seizures, and more. Led by quadruple board-certified physicians, our award-winning Stroke Program follows evidence-based guidelines from the American Heart/Stroke Association, making us a certified Primary Stroke Center by the Joint Commission and the State of Texas. Recognized for our excellence, we have received the Stroke Gold Plus Quality Award and earned a spot on the Target Stroke Honor Roll Elite Plus. In addition to stroke care, we offer concussion care based on guidelines from the American Academy of Neurology at our Neurology Center at Titus. The Concussion Clinic provides same-day or next-day appointments for athletes and individuals with concussion-related injuries, following State of Texas return-to-school and return-to-play protocols. We also specialize in treating a wide range of neurological conditions, including dementia, epilepsy, and chronic headaches. Our specialists use advanced diagnostic tools and treatment strategies to manage seizures, migraines, and other disorders, focusing on improving quality of life and helping patients live healthier, fuller lives. At the Neurology Center at Titus, we are committed to delivering expert diagnosis, compassionate care, and ongoing management to our patients, all close to home.



NEUROLOGY CENTER

at Titus 

CLINICAL SERVICES OFFERED AT TRMC

Orthopedics

Titus Regional Medical Center's Orthopedic Services provide essential care for individuals suffering from musculoskeletal conditions, offering various treatments to restore mobility, reduce pain, and improve overall quality of life. From joint pain management and minimally invasive procedures to total knee and hip replacements, TRMC's orthopedic specialists utilize advanced techniques to deliver the best possible patient outcomes. These services are crucial in addressing common yet debilitating conditions such as arthritis, fractures, and sports injuries, ensuring that individuals can maintain active and independent lifestyles. Integrating physical therapy and rehabilitation further supports recovery, helping patients regain strength and prevent future injuries. By providing quality orthopedic care, TRMC is vital in enhancing community health, reducing disability rates, and enabling residents to lead healthier, more productive lives. Access to exceptional orthopedic treatment not only improves individual well-being but also contributes to the economic and social vitality of the region by keeping people engaged in work, recreation, and daily activities.



**ORTHOPEDICS
& SPORTS MEDICINE**
at Titus 

CLINICAL SERVICES OFFERED AT TRMC

Pain Management

The Center for Pain Management at Titus Regional Medical Center provides holistic care for individuals suffering from chronic pain, addressing conditions such as back and neck pain, sciatica, fibromyalgia, nerve pain, and more. Our approach includes interventional pain therapies, medication management, physical therapy, and behavioral treatments, aiming to improve patients' quality of life while reducing their reliance on opioid medications. The center offers advanced procedures and technologies including Medtronic Pain Pumps, Advanced Spinal Cord Stimulation Devices, Kyphoplasty, and VIA Disc NP, in addition to epidural steroid injections, radiofrequency ablation, and medial branch blocks. By offering alternative treatments such as acupuncture, mindfulness, and cognitive behavioral therapy, the center emphasizes long-term pain relief strategies that support both physical and mental well-being. These services are vital in addressing chronic pain, a condition that affects millions and can lead to disability, mental health struggles, and reduced productivity. Our availability of specialized pain management services helps individuals regain function, remain active in their daily lives, and reduce the economic burden associated with chronic pain-related healthcare costs and lost workdays. By providing effective, patient-centered pain relief solutions, the Center for Pain Management plays a vital role in fostering a healthier, more resilient community.



**CENTER FOR
PAIN MANAGEMENT**
at Titus 

CLINICAL SERVICES OFFERED AT TRMC

Pediatrics

The Pediatric Unit at Titus Regional Medical Center provides essential, family-centered care for children of all ages, offering a wide range of medical and surgical treatments for both acute and chronic conditions. With specialized services such as a Level II Newborn Nursery, a Neonatal Intensive Care Unit (NICU), and a dedicated inpatient pediatric wing, TRMC ensures that young patients receive high-quality, compassionate care close to home. The hospital's commitment to pediatric health extends beyond inpatient services, as expert pediatricians on campus provide outpatient care with over 120 years of combined experience. By prioritizing family involvement, TRMC creates a comforting and supportive environment for parents and children. Additionally, the hospital's distinguished newborn hearing screening program and breastfeeding education initiatives highlight its dedication to early childhood development. These services are critical in improving community health outcomes, reducing infant mortality rates, and ensuring children in Northeast Texas receive the specialized care they need to thrive.



TITUS REGIONAL MEDICAL CENTER
Women's AND Children's Center

CLINICAL SERVICES OFFERED AT TRMC

Rehabilitation Services


Titus Regional Medical Center's Rehabilitation Services provide essential care for individuals recovering from illness, injury, or surgery, helping them regain strength, mobility, and independence. Offering many different inpatient and outpatient therapies—including physical, occupational, speech, and aquatic therapy—TRMC's team tailors treatment plans to meet each patient's unique medical, emotional, and lifestyle needs. Specialized services such as custom splinting, cardiac rehabilitation, and an intensive inpatient rehabilitation program ensure that patients recovering from conditions like stroke, Parkinson's, joint replacements, and multiple sclerosis receive the highest level of care. The impact of these services extends beyond individual recovery, contributing to overall health by reducing disability rates, enabling patients to return to work, and improving quality of life for families. By providing access to advanced rehabilitation treatments, TRMC plays a critical role in fostering a healthier, more active community where residents can overcome physical challenges and achieve long-term wellness.



CLINICAL SERVICES OFFERED AT TRMC

Respiratory Services

The Respiratory Care Department at Titus Regional Medical Center provides essential services for patients all ages suffering from cardiopulmonary conditions. With a team of highly trained and certified Respiratory Care Practitioners available 24/7, TRMC delivers advanced treatments such as pulmonary function testing, oxygen therapy, aerosol and bronchodilator therapy, and pulmonary rehabilitation. These services are essential for individuals with chronic respiratory diseases like COPD, asthma, and emphysema to help them manage symptoms, perform daily activities, and reduce hospitalizations. Additionally, the department offers tobacco cessation programs and patient education to promote long-term lung health and disease prevention. TRMC strengthens overall community health by reducing the burden of respiratory diseases, improving patient outcomes, and ensuring access to critical pulmonary care.

A large, stylized map of North Carolina is visible in the background, rendered in a light blue and white color scheme. The map is positioned behind the text, with its outline clearly visible against the white background.

CLINICAL SERVICES OFFERED AT TRMC

Surgery

The Surgical Services Department at Titus Regional Medical Center provides emergency, elective, and diagnostic procedures, utilizing advanced surgical and diagnostic equipment to ensure high-quality patient care. TRMC's Perioperative Surgical Home streamlines the pre-operative process, offering a one-stop location for registration, evaluations, lab testing, and patient education, enhancing efficiency and reducing patient stress. The hospital also prioritizes family-centered care, providing a comfortable waiting area and real-time updates to keep loved ones informed. Post-surgical recovery is supported by a highly skilled nursing team dedicated to personalized and compassionate care, ensuring optimal healing outcomes. With state-of-the-art facilities and a commitment to excellence, TRMC's surgical services are critical in improving community health by providing timely interventions, reducing complications, and enhancing overall patient well-being. By offering accessible, high-quality surgical care, TRMC supports health and vitality, ultimately strengthening the community's healthcare infrastructure.

Surgical Oncology

The Cancer Surgery Program at Titus Regional Medical Center plays a vital role in diagnosing, staging, and treating various types of cancer, providing patients with essential surgical interventions tailored to their individual needs. Our experienced surgeons perform procedures to remove tumors, alleviate cancer-related symptoms, and offer reconstructive options to improve post-surgical quality of life. The Center for Women's Health ensures comprehensive breast cancer services, enhancing access to life-saving care for women in the community. By offering expert surgical oncology services close to home, TRMC improves cancer treatment outcomes, reduces the need for patients to travel long distances for specialized care, and strengthens the health of our community overall. These critical services contribute to early detection, effective treatment, and improved survivorship, making a lasting impact on the well-being of individuals and families affected by cancer.



**SURGERY
ASSOCIATES**
at Titus 

CLINICAL SERVICES OFFERED AT TRMC

The Wellness Center

The Wellness Center at Titus Regional Medical Center is a great resource for promoting long-term health and well-being in the community. By providing access to state-of-the-art fitness equipment, structured wellness programs, and specialized aquatic therapy, the center supports individuals at every stage of their health journey. Whether community members seek to improve cardiovascular fitness, recover from an injury, manage a chronic condition, or simply enhance their overall wellness, the center offers expert guidance and a welcoming environment. With amenities such as a heated indoor pool, indoor walking track, strength-training equipment, and personalized training options, The Wellness Center encourages active lifestyles and preventive health measures. Programs like Silver Sneakers and aquatic therapy provide accessible fitness options for older adults and those with mobility challenges, helping to reduce the risk of chronic diseases and improve quality of life. By fostering healthier habits, increasing physical activity, and supporting rehabilitation efforts, The Wellness Center strengthens the overall well-being of Titus County residents, reducing healthcare costs and enhancing community health outcomes.

TitusFIT
Wellness Center



CLINICAL SERVICES OFFERED AT TRMC

Urology

The Advanced Urology Institute at Titus Regional Medical Center addresses the urological health needs of the community by offering state-of-the-art diagnostic and treatment options for a wide range of conditions. From common concerns such as urinary incontinence, kidney stones, and benign prostatic hyperplasia to more complex issues like prostate and bladder cancer, the institute provides specialized, patient-centered care for both men and women. Cutting-edge procedures, including da Vinci robotic surgery, HoLEP, and Moses Laser Lithotripsy, ensure patients can access minimally invasive treatments that reduce recovery time and improve outcomes. By providing these essential services, the institute enhances the overall health and quality of life for residents, enabling early diagnosis, effective management of chronic conditions, and improved access to life-changing treatments. Such advanced urological care within the community helps reduce the burden of travel for specialized medical services, fosters more significant health equity, and empowers patients with the knowledge and care they need to make informed decisions about their well-being.



**ADVANCED
UROLOGY
INSTITUTE**
at **Titus** 

CLINICAL SERVICES OFFERED AT TRMC

Women's Health

The Center for Women's Health at Titus Regional Medical Center is dedicated to providing comprehensive, specialized care for women at all stages of life, ensuring access to high-quality diagnostic and treatment services close to home. With a strong focus on breast health, the center offers advanced imaging services, including digital mammography, breast MRI, and stereotactic breast biopsy, alongside expert surgical oncology and breast reconstruction procedures. Beyond breast care, the center also provides essential services such as bone densitometry and ultrasound, supporting the early detection and management of conditions that disproportionately affect women, including osteoporosis and urinary tract issues. By offering state-of-the-art technology and expert, compassionate care, the Center for Women's Health empowers women with the knowledge and resources to take charge of their health. This comprehensive approach enhances the community's well-being, reduces health disparities, and ensures that women receive timely, personalized care that leads to better health outcomes and improved quality of life.



CENTER FOR
WOMEN'S
HEALTH
at **Titus** 

CLINICAL SERVICES OFFERED AT TRMC

Wound Care

The Wound Healing Center at Titus Regional Medical Center provides specialized, state-of-the-art care for patients with chronic and non-healing wounds, significantly improving health outcomes and quality of life. With a dedicated team of physicians, nurses, and therapists, the center offers thorough wound management, including advanced treatments such as hyperbaric oxygen therapy, Wound V.A.C. therapy, wound debridement, and specialty dressings. These services are crucial in preventing complications, reducing hospitalizations, and promoting faster healing, particularly for patients with diabetes, circulatory disorders, and other underlying conditions. By addressing complex wounds that resist traditional treatments, the center plays a vital role in reducing the burden of chronic wounds, lowering the risk of infections, amputations, and prolonged hospital stays. The accessibility of these advanced wound care services in Northeast Texas ensures that patients receive expert care close to home, reducing travel barriers and enhancing overall community health. Through partnerships with specialists and home health services, the center fosters a collaborative approach to patient care, empowering individuals with the knowledge and resources needed for long-term healing and prevention.



The
Wound Healing Center

Titus Regional Medical Center

The background is a solid orange color. It features several large, organic, brush-stroke-like shapes in a lighter shade of orange and a darker olive-green shade. One large shape is in the upper right, another is in the lower right, and a vertical strip is on the far right edge. The text 'IMPLEMENTATION STRATEGY' is centered on the left side of the page.

IMPLEMENTATION STRATEGY

IMPLEMENTATION STRATEGY

GOALS & OBJECTIVES

To prioritize the health needs of our community, we utilized a multi-faceted approach that combined data from the 2025 CHNA survey, community leader interviews, the 2022 CHNA, and data insights from Metopio. This comprehensive assessment revealed consistent and urgent concerns, with community members identifying heart disease, obesity, diabetes, cancer, and mental health as their top five priorities. Additionally, they expressed concern over access to affordable healthcare, quality elderly care, youth activities, and affordable housing. By layering these findings with data from the CDC's Community Assessment and Metopio's social determinant insights, we were able to identify clear, actionable focus areas. As a result, we concluded that our community would most benefit from initiatives aimed at improving heart health, diabetes management, mental health resources, cancer care services, and access to comprehensive, affordable medical care. These findings will guide our strategies moving forward to ensure meaningful impact and measurable progress in the areas our community values most.



IMPLEMENTATION STRATEGY



STRATEGIES TO ADDRESS HEART HEALTH

To address the growing concern around heart health, Titus Regional Medical Center is implementing a multi-pronged strategy focused on prevention, education, early detection, and coordinated care. TRMC plans to expand heart health screenings through community health fairs, making it easier for residents to access blood pressure, cholesterol, and cardiac risk assessments. In partnership with local primary care providers and cardiologists, we will strengthen referral pathways and follow-up care for at-risk individuals. TRMC will also offer educational workshops on heart-healthy lifestyles, including nutrition, physical activity, and smoking cessation, as well as targeted support for managing hypertension. By collaborating with schools, churches, and employers, we will bring heart health awareness into daily life, ensuring that prevention and care are accessible to all members of our community.



STRATEGIES TO ADDRESS CANCER

At CancerCARE at Titus, our mission is to provide compassionate, comprehensive cancer care close to home. To address the community's concern around cancer, we are focused on expanding access to early detection, diagnosis, and treatment services. Through CancerCARE, we offer advanced imaging, on-site chemotherapy and infusion services, and personalized care plans designed by a multidisciplinary team. TRMC is also working to improve cancer screening rates by offering community education, screening events, and navigation services to help patients overcome barriers to care such as cost, transportation, and scheduling. We are committed to supporting patients and families throughout their cancer journey with access to social work services, nutritional counseling, and survivorship resources. By bringing together expert providers, leading-edge treatment, and compassionate support, CancerCARE at Titus ensures that our community receives the high-quality cancer care it deserves.



IMPLEMENTATION STRATEGY



STRATEGIES TO ADDRESS DIABETES

To address diabetes management in our community, Titus Regional Medical Center is focused on education, prevention, and coordinated care. We plan to offer free or low-cost diabetes screenings at community events and clinics to help identify individuals at risk or currently living with diabetes. TRMC will enhance access to diabetes education programs that focus on nutrition, exercise, blood sugar monitoring, and medication management. We will partner with local primary care providers to ensure patients have a clear care plan and access to ongoing support, including referrals to endocrinology when needed. Our team is also working to expand chronic disease management services and explore telehealth options for diabetes check-ins, especially for patients in rural areas.



STRATEGIES TO ADDRESS MENTAL HEALTH

To meet the growing need for mental health services in our community, Titus Regional Medical Center is committed to expanding access, reducing stigma, and strengthening partnerships. We are enhancing referral relationships with local behavioral health providers and increasing access to counseling and psychiatric care through both in-person and telehealth options. In partnership with Texas Tech University Health Sciences Center, TRMC now provides psychiatric evaluations via telepsychiatry in our Emergency Department, ensuring that patients in crisis have timely access to specialized mental health care. We are also integrating routine mental health screenings across our clinics and working closely with community organizations to provide education, raise awareness, and reduce stigma around mental health. Additionally, we are expanding access to support groups and crisis resources to create a more connected and compassionate mental health care network for our region.



IMPLEMENTATION STRATEGY



STRATEGIES TO ADDRESS ACCESS TO CARE

Access to affordable, comprehensive healthcare remains a top priority for Titus Regional Medical Center, as identified by our community. In response, TRMC is expanding access to primary care through our Family Care Clinics and increasing the number of available providers to better meet the growing demand. We are also committed to making care more affordable through sliding fee scales, financial assistance programs, and support from insurance navigators. To promote early intervention and reduce long-term health costs, we are increasing access to preventive services such as screenings, immunizations, and wellness visits. Additionally, we are investing in care coordination and chronic disease management programs to provide consistent, high-quality care at every stage of life. To further improve access and transparency, we are helping patients enroll in and use MyCHART, our online patient portal, which allows individuals to view test results, message providers, manage appointments, and coordinate their care more effectively. Our goal is to eliminate barriers—whether financial, geographic, or technological—so that every member of our community can receive the care they need, when and where they need it.



MyChart
at Titus



IMPLEMENTATION STRATEGY

COLLABORATION WITH COMMUNITY PARTNERS FOR NEW PROGRAMS & INITIATIVES

Titus Regional Medical Center recognizes that improving community health requires strong collaboration, and we are committed to working closely with our local partners to make a meaningful impact across all identified areas of need. These partnerships will allow us to host more community health events, increase education and prevention efforts, and improve care coordination for those most at risk. Through shared goals, open communication, and a unified commitment to wellness, TRMC and its partners will work together to build a healthier, more connected, and more supported community.



2022 CHINA



2022 COMMUNITY HEALTH NEEDS ASSESSMENT IMPACT

2022 CHNA

Since the 2022 Community Health Needs Assessment (CHNA), Titus Regional Medical Center has made significant strides in implementing its strategic initiatives. In mental health, TRMC launched a vital collaboration with Texas Tech University's telepsychiatry program, expanding access to psychiatric evaluations. For chronic illness, TRMC earned recognition from the American Heart Association for excellence in stroke, heart, and diabetes care—affirming our commitment to high-quality chronic disease management. In oncology, CancerCARE at Titus has grown its team and introduced new services while enhancing facilities to better serve our community. To promote healthy living, TRMC has provided free physicals to students in local school districts and supported health-focused educational activities. Recognizing the challenges faced by our aging population, we've introduced wellness programs like chair yoga and aquafit, and continued hosting health fairs for education and early detection. We've improved access to care by enhancing centralized scheduling and expanding our primary care team. Lastly, in response to local labor needs, TRMC has focused on hiring clinical support staff directly from area medical training programs, helping build a stronger, homegrown healthcare workforce.

RESOURCES & ASSETS

The page has a solid teal background. The title 'RESOURCES & ASSETS' is written in a large, white, sans-serif font. On the right side, there are two dark teal silhouettes of foliage. One is a vertical strip of leaves along the right edge, and the other is a larger, curved shape at the bottom right corner.

EXISTING RESOURCES AND COMMUNITY ASSETS

CHILD DEVELOPMENT CENTER

The 2023 Community Assessment from the Mount Pleasant ISD Child Development Center provides valuable insight into the resources and challenges facing families in Titus County, particularly those with young children. This data will be used in conjunction with TRMC's Community Health Needs Assessment (CHNA) to help identify overlapping areas of concern, such as access to healthcare, early childhood development, language barriers, and economic hardship. By aligning findings, TRMC can better tailor its health initiatives to support underserved populations, enhance community partnerships, and create more targeted strategies that reflect the needs of families served by programs like Head Start and Early Head Start.

2022 CHNA:

The initiatives identified in TRMC's 2022 Community Health Needs Assessment (CHNA) serve as a strong foundation for shaping the 2025 priorities. Continued efforts to strengthen mental health services through collaborations and referrals remain critical, especially as community needs grow. Work done to improve chronic illness management—particularly in stroke, hypertension, and diabetes—has laid the groundwork for expanding Clinical Integrated Service Lines, which will be further developed in 2025. TRMC's leadership in addressing high emergency department utilization by enhancing care coordination and expanding access for vulnerable populations will guide strategies for reducing strain on emergency services and improving overall community care. Programs aimed at supporting the aging population, developing a patient-centered oncology service line, and promoting healthy living through school partnerships have proven effective and will evolve to meet current needs. Additionally, workforce development initiatives from 2022—focused on building local clinical support roles—will inform ongoing efforts to ensure affordable and accessible healthcare across Titus County.

EXISTING RESOURCES AND COMMUNITY ASSETS

DATA FROM METOPIO

Metopio assists TRMC's Community Health Needs Assessment (CHNA) by providing real-time access to reliable data on demographics, social determinants of health, and health outcomes. The platform allows TRMC to explore trends in poverty, education, chronic disease, and access to care across Titus County and neighboring communities. By using Metopio, TRMC identifies at-risk populations, uncovers health disparities, and visualizes data to better understand the challenges facing the region. This helps guide informed decision-making, shape targeted health initiatives, and ensure that strategies are aligned with the most pressing needs of the community.

COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP) 2024

The 2024 Community Health Improvement Plan created by TRMC in collaboration with The Texas Organization of Rural and Community Hospitals to address crucial health priorities in the region. This collaboration not only supports coordinated efforts to improve community well-being but also provides meaningful data and shared insights. By incorporating findings from the improvement plan, we can strengthen our Community Health Needs Assessment with relevant, up-to-date information that reflects ongoing initiatives and community input.



ATTACHMENTS



2001 N. Jefferson Ave. | Mount Pleasant, Texas 75455

903.577.6000 | www.TitusRegional.com

To Whom It May Concern:

At Titus Regional Medical Center, our purpose is clear: to lead the transformation for healthier tomorrows in our communities. This mission drives everything we do, from the care we provide to the decisions we make for the future of healthcare in our region. Our recent Community Health Needs Assessment (CHNA) reflects that commitment.

The CHNA process is essential to understanding the evolving needs of the people we serve. We invested significant time and resources to identify and prioritize our communities' most pressing health challenges. This was not done in isolation—we were honored to engage with a wide range of community stakeholders whose insights and perspectives were invaluable throughout the process.

Guided by our vision to be the catalyst in rural America, transcending barriers to health through a culture of excellence and compassion, we are now developing strategies to directly address many of the key issues identified in the assessment. These efforts are not just about data and planning—they're about making a tangible impact on the lives of our neighbors, families, and friends.

At TRMC, we are proud to provide top-quality, compassionate care and to serve as a trusted partner in the health and well-being of our region. We are grateful for our community's collaboration and support and look forward to continuing this important work together.

Sincerely,

A handwritten signature in blue ink that reads "Patricia Boeckmann". The signature is fluid and cursive, with a long horizontal stroke at the end.

Patricia Boeckmann
Chief Executive Officer
Titus Regional Medical Center



Health in our Community Interview

Thank you for taking the time to participate! Your input is important in helping us better understand the needs and views of our community. These questions are meant to gather your initial thoughts, and our phone interview will give you the opportunity to further elaborate. The call should take no more than 10 minutes.

The answer choices provided are just suggestions. If you have other thoughts, experiences, or ideas that better reflect your perspective, please feel free to write them in. We appreciate your unique perspective and want to give you the space to share it fully.

1. What behaviors in your community do you believe contribute to greater health and wellness? **(Select all that apply)**

- a. Preventative healthcare practices
- b. Social connections and community support networks
- c. Mental health awareness
- d. Substance abuse prevention and recovery programs
- e. Community engagement in health education and wellness programs
- f. Physical Activity
- g. Education on healthy relationships, sexual health, and reproductive health services
- h. Gun safety education and violence prevention initiatives
- i. Volunteer and civic engagement opportunities
- j. Access to healthy food and good nutrition habits
- k. Other (please specify): _____

2. What physical health concerns affect the health for your community? **(Select all that apply)**

- a. Chronic diseases (e.g., diabetes, hypertension, heart disease)
- b. Obesity
- c. Low levels of physical activity
- d. Infectious diseases (e.g., flu, COVID-19, tuberculosis)
- e. Lack of access to dental and oral healthcare services
- f. Substance abuse-related health issues (e.g., overdoses, liver disease, addiction recovery)
- g. High prevalence of respiratory issues (e.g., asthma, COPD, effects of smoking/vaping)
- h. Limited access to healthcare services, including primary care and specialists
- i. Maternal and child health concerns (e.g., prenatal care access, infant mortality)
- j. Other (please specify): _____

3. What mental health concerns affect the health for your community? **(Select all that apply)**

- a. Not enough mental health services or providers
- b. High levels of stress and anxiety
- c. Depression and mood disorders
- d. Substance abuse and addiction
- e. Stigma around mental health that prevents people from getting help
- f. Increase in suicide and self-harm
- g. Lack of mental health support in schools and workplaces
- h. Social isolation and loneliness
- i. Financial struggles causing mental health stress
- j. Burnout among caregivers and essential workers
- k. Other (please specify): _____

4. What economic concerns affect the health of your community? **(Select all that apply)**
 - a. Affordable healthcare and insurance coverage
 - b. Rates of unemployment or underemployment
 - c. Low wages and lack of livable incomes
 - d. Rising cost of housing and risk of homelessness
 - e. Food insecurity
 - f. Financial barriers to mental health and substance abuse treatment
 - g. Medical debt and financial strain from healthcare costs
 - h. Affordable childcare
 - i. Job and education opportunities
 - j. Economic impact of chronic illness and disability on individuals and families
 - k. Business closures and lack of local economic development opportunities
 - l. Other (please specify): _____

5. What social concerns affect the health of your community? **(Select all that apply)**
 - a. Neighborhood safety
 - b. Teen/unplanned pregnancy
 - c. Language or cultural barriers to healthcare
 - d. Violence and community safety
 - e. Access to transportation
 - f. School dropout rate
 - g. Misinformation or lack of health education about disease prevention and treatment
 - h. Other (please specify): _____

6. What environmental concerns affect the health of your community? **(Select all that apply)**
 - a. Playgrounds/Parks/Green space
 - b. Air pollution
 - c. Water contamination
 - d. Safe living conditions
 - e. Waste management
 - f. Other (please specify): _____

7. Where do members of your community access primary care? **(Select all that apply)**
 - a. Local Private clinics
 - b. Emergency Department
 - c. Free Clinics
 - d. Telehealth
 - e. Urgent Care Centers
 - f. Community Health Events
 - g. Travel outside of the area
 - h. Other (please specify): _____

8. Where do members of your community access mental health treatment? **(Select all that apply)**
- a. Local mental health clinics
 - b. Private therapists or counselors
 - c. Emergency Department
 - d. Community support groups
 - e. Telehealth
 - f. School or College counseling
 - g. They don't
 - h. Other (please specify): _____
9. Are you satisfied with the current capabilities of the healthcare system in your community? Why or why not?
10. Reflecting on these barriers how do you believe TRMC could actively assist to impact healthcare in the community?



Community Health Needs Survey

Thank you for your interest in the Community Health Needs Assessment. This survey has 26 questions and will be open until **April 8th**. Your answers will help Titus County Regional Medical Center better understand the health needs of our community. Your feedback is very important—it helps us create programs and services that address the specific health challenges faced by people in Titus County and nearby areas. Please take a few minutes to share your thoughts by completing the survey.

Questions About You

1. What county do you reside in?

☐ Bowie ☐ Camp ☐ Franklin ☐ Morris ☐ Red River ☐ Titus

2. What is your age?

☐ Under 18 ☐ 18-24 ☐ 25-34 ☐ 35-44 ☐ 45-54 ☐ 55-64 ☐ 65+

3. What is your gender?

☐ Female ☐ Male ☐ Prefer not to say

4. What is your marital status?

☐ Married ☐ Cohabiting ☐ Divorced / Separated ☐ Not married / Single ☐ Widowed

5. What is your racial and ethnic identity? **(Select all that apply.)**

☐ African American/Black ☐ Hispanic or Latino(a)
☐ Middle Eastern/Arab American or Persian ☐ Native American or Alaskan Native
☐ Asian ☐ White
☐ Pacific Islander or Hawaiian Native ☐ Prefer not to answer
☐ Another race or identity: _____

6. What is your current employment status?

☐ Employed (full time) ☐ Employed (part-time) ☐ Self-employed
☐ Student ☐ Retired ☐ Not employed ☐ Prefer not to answer

7. What is the highest level of education you have completed?

☐ Some high school ☐ Some college ☐ High school graduate or GED
☐ College graduate or higher ☐ Vocational or technical school ☐ Prefer not to answer

8. Is a language other than English spoken in your home?

☐ Yes ☐ No

9. If yes to Question 8, what languages other than English are spoken in your home?



Community Health Needs Survey

Questions About Your Household		
10. What is your yearly household income?		
<input type="checkbox"/> Less than \$10,000	<input type="checkbox"/> 40,001 to \$50,000	<input type="checkbox"/> 150,001 to \$200,000
<input type="checkbox"/> 10,001 to \$20,000	<input type="checkbox"/> 50,001 to \$75,000	<input type="checkbox"/> 200,001 or more
<input type="checkbox"/> 20,001 to \$30,000	<input type="checkbox"/> 75,001 to \$100,000	<input type="checkbox"/> I do not know
<input type="checkbox"/> 30,001 to \$40,000	<input type="checkbox"/> 100,001 to \$150,000	<input type="checkbox"/> Prefer not to answer
11. Do you have stable housing or shelter?		
<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Prefer not to answer
12. How many people (not including yourself) live in your home?		
<hr/>		
13. How many people less than 18 years old live in your home?		
<hr/>		
14. In the past 12 months, have you ever struggled to pay for necessities such as housing, food, bills, etc.?		
<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Prefer not to answer



Community Health Needs Survey

Questions About Your Healthcare

15. How do you pay for your health care? **(Select all that apply.)**

- ☐ Pay cash (no insurance)
 ☐ Health insurance (e.g., private insurance, Blue Shield, HMO)
 ☐ Medicaid
 ☐ Medicare
 ☐ Veterans' Administration
 ☐ Indian Health Services
 ☐ Other (please specify): _____

16. Do you have a doctor or clinic where you go for primary care?

- ☐ Yes
 ☐ No

17. How often do you use any form of tobacco product? (Such as e-cigarettes, cigarettes, cigars, nicotine pouches, smokeless tobacco, or vapes)

- ☐ Not at all
 ☐ Once a week
 ☐ Most days a week
 ☐ Everyday

18. In the past 12 months, have you delayed any medical care, such as annual physicals?

- ☐ Yes
 ☐ No

19. If yes to Question 18, what were the reasons for delaying medical care? **(Select all that apply.)**

- ☐ Wait time for appointment
 ☐ Cost of service
 ☐ I am not at risk
 ☐ Did not want to get vaccinated
 ☐ Transportation
 ☐ No insurance
 ☐ Inconvenient hours
 ☐ Lack of provider
 ☐ Prefer not to answer
 ☐ Other (please specify): _____

20. During the past 12 months, was there any time when you needed mental health treatment or counseling?

- ☐ Yes
 ☐ No
 ☐ Prefer not to answer

21. If yes to Question 20, were you able to get the help you needed?

- ☐ Yes
 ☐ No

22. If no to Question 21, please select the reason(s) you did not get the mental health treatment or counseling you needed. **(Select all that apply.)**

- ☐ I could not afford the cost
 ☐ I was concerned that getting help might cause my family or community to have a negative opinion of me
 ☐ I was concerned that getting help might have a negative effect on my job
 ☐ My health insurance does not cover or pay enough for mental health treatment or counseling
 ☐ I did not know where to get services
 ☐ I was concerned that the information I gave the counselor might not be kept confidential
 ☐ I was concerned that I might be committed to a psychiatric hospital or have to take medicine
 ☐ I tried to get mental health treatment or counseling but was put on a waitlist
 ☐ I could not find a therapist who was culturally or disability competent
 ☐ I did not have transportation to get to an appointment
 ☐ Other (please specify): _____



Community Health Needs Survey

Health-related Community Challenges

23. How significant are each of the following health-related issues in your community on a scale from 0 to 5 (where zero means not at all and five means very serious)?

Health Concern	Rank (0-5)
Abuse/Neglect (of a child or elder, emotional or physical, sexual assault, domestic violence)	
Adolescent health (access to vaccines, childhood obesity, bullying, etc.)	
Alzheimer's Disease, dementia (Loss of cognitive functioning: thinking, remembering, reasoning, etc.)	
Autoimmune diseases (multiple sclerosis, celiac disease, lupus, rheumatoid arthritis, etc.)	
Cancers	
Chronic pain	
Dental problems	
Diabetes	
Exercise and physical activity	
Family planning support (birth control, pregnancy testing, preconception health services, prenatal care, etc.)	
Healthy eating (including preparing meals and cooking)	
Hearing and vision loss	
Heart disease (high blood pressure, heart attack, stroke)	
Infectious diseases (tuberculosis or TB, flu, COVID-19)	
Lung disease (asthma, chronic obstructive pulmonary disease, or COPD)	
Maternal/newborn health (preterm birth, gestational diabetes, maternal hypertension, preeclampsia, maternal death, infant mortality)	
Mental health (depression, anxiety, obsessive-compulsive disorder, schizophrenia, posttraumatic stress disorder, etc.)	
Motor vehicle crash injuries	
Obesity	
Preventable injuries (falls, concussions, etc.)	
Smoking or Vaping	
Sexually Transmitted Diseases or Infections	
Substance use (drug or alcohol use)	
Women's health (health issues unique to women, such as gynecological health, as well as conditions that may affect women differently, such as heart disease and diabetes)	



Community Health Needs Survey

Health-related Community Challenges

24. What resources does your community need to be healthy? **(Select all that apply.)**

- ☐ Affordable health care
- ☐ Activities for teens and youth
- ☐ Cancer screening (mammograms, colon cancer, HPV vaccine/Pap smear, prostate cancer)
- ☐ Community events
- ☐ Gyms and recreational spaces
- ☐ Job opportunities and workplace development
- ☐ LGBTQIA+ friendly health care services
- ☐ Life skill training (cooking, how to budget)
- ☐ Medication assistance
- ☐ Mental health care services within a reasonable amount of time
- ☐ Physical health care services within a reasonable amount of time
- ☐ Quality elderly care
- ☐ Quality pediatric care
- ☐ Quality prenatal care
- ☐ Quality schools
- ☐ Racial equity (elimination of policies, practices, attitudes, and cultural messages that reinforce differential outcomes by race)
- ☐ Resources for food (pantries, food banks, SNAP programs)
- ☐ Safe and affordable housing
- ☐ Safety and low crime
- ☐ Spaces for religion and spirituality
- ☐ Technology (internet, email, social media)
- ☐ Transportation (the ability to get to medical appointments, work, errands, etc.)
- ☐ Workforce training and employment opportunities
- ☐ Other (please specify): _____

25. Other than the concerns included in previous questions, are there additional concerns that affected your community's health during this time period?

26. How did you hear about this survey?

- | | | |
|---|--|--|
| <input type="checkbox"/> Church | <input type="checkbox"/> Community center (e.g., Titus County Cares, Ignite) | <input type="checkbox"/> Community event |
| <input type="checkbox"/> Emergency room | <input type="checkbox"/> Grocery Store | <input type="checkbox"/> Hospital waiting room |
| <input type="checkbox"/> Personal Contact | <input type="checkbox"/> Primary Care office | <input type="checkbox"/> School |
| <input type="checkbox"/> Shelter | <input type="checkbox"/> Social media | <input type="checkbox"/> Workplace |
| <input type="checkbox"/> Other (please specify) _____ | | |

Thank you for participating in our survey. Your feedback is important.