

Community Health Improvement Plan

Benton County Public Health

2015–2019

Benton County Human Services, Public Health Unit

Community Health Improvement Plan

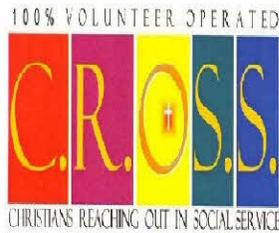
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Community Health Improvement Plan

2014 CORE TEAM MEMBERS

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Catholic Charities–Mare Simpler, Ruth Hunstiger , Katheryn Stolpman
University of MN Extension– JoDee Christianson
Crave the Change–Danessa Sandmann
Central MN Council on Aging–Mary Bauer, Lori Vrolson
St. Cloud State University–Tracy Ore
Foley School district–Ron Miller
Second Harvest–Jennifer Sheda
Cross Center–Carol Mersinger
Ministerial Association, 1st Presbyterian in Foley– Pastor Al Jergenson
Sauk Rapids Schools–Mark Hauck



FOLEY PUBLIC SCHOOLS

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Public Health
Prevent. Promote. Protect.

Benton County Human Services

First Presbyterian Church of Foley

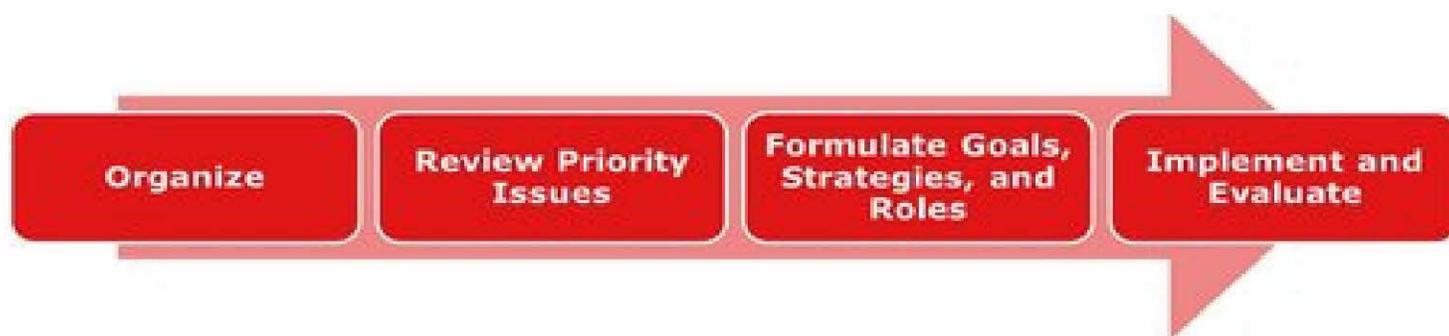
Crave The Change CentraCare Health

Community Health Improvement Plan

INTRODUCTION

The purpose of the Community Health Improvement Plan is to identify how to strategically and collaboratively address community priority areas to improve the health and well-being of the community. Community members used the assessment process to formulate a community health improvement plan aimed at striving to provide effective, quality health services and an environment that enables community members to reach their full health potential through assessment, leadership and partnerships.

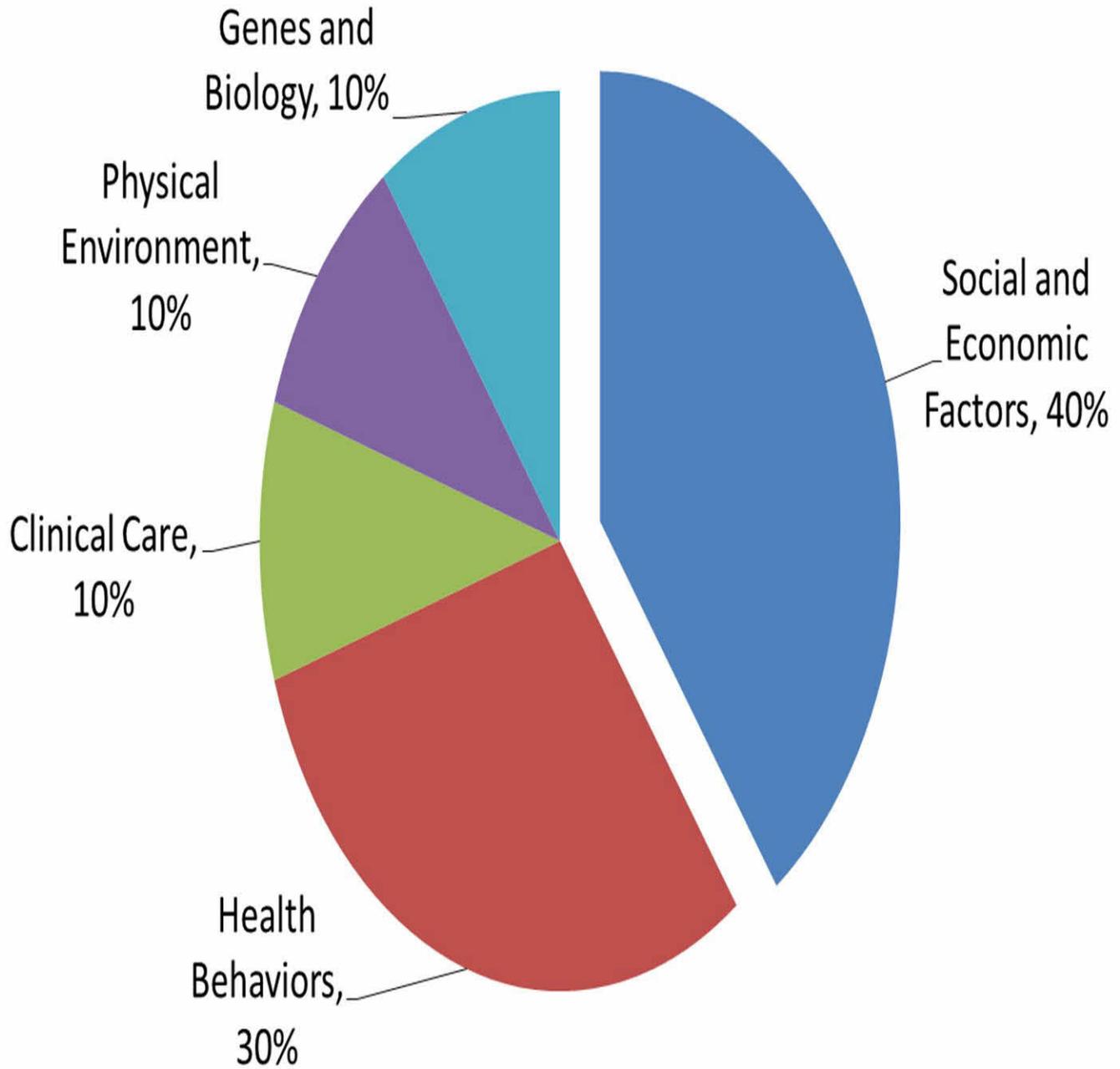
Figure 1:



In July of 2014, the prioritization process started with an overview of “What is Health”, adapted from “Advancing Health Equity in Minnesota”, MDH Jeannette Raymond and Dorothy Bliss. Health Equity means achieving the conditions in which all people have the opportunity to realize their health potential—the highest level of health possible for that person—without limits imposed by structural inequities. Minnesota’s vision for health was discussed; Capitalize on the opportunity to influence health in early childhood, Strengthen communities to create their own healthy futures, and Assure that the opportunity to be healthy is available everywhere and for everyone. “What is health?” was also highlighted, see figures 2 & 3 in the following pages.

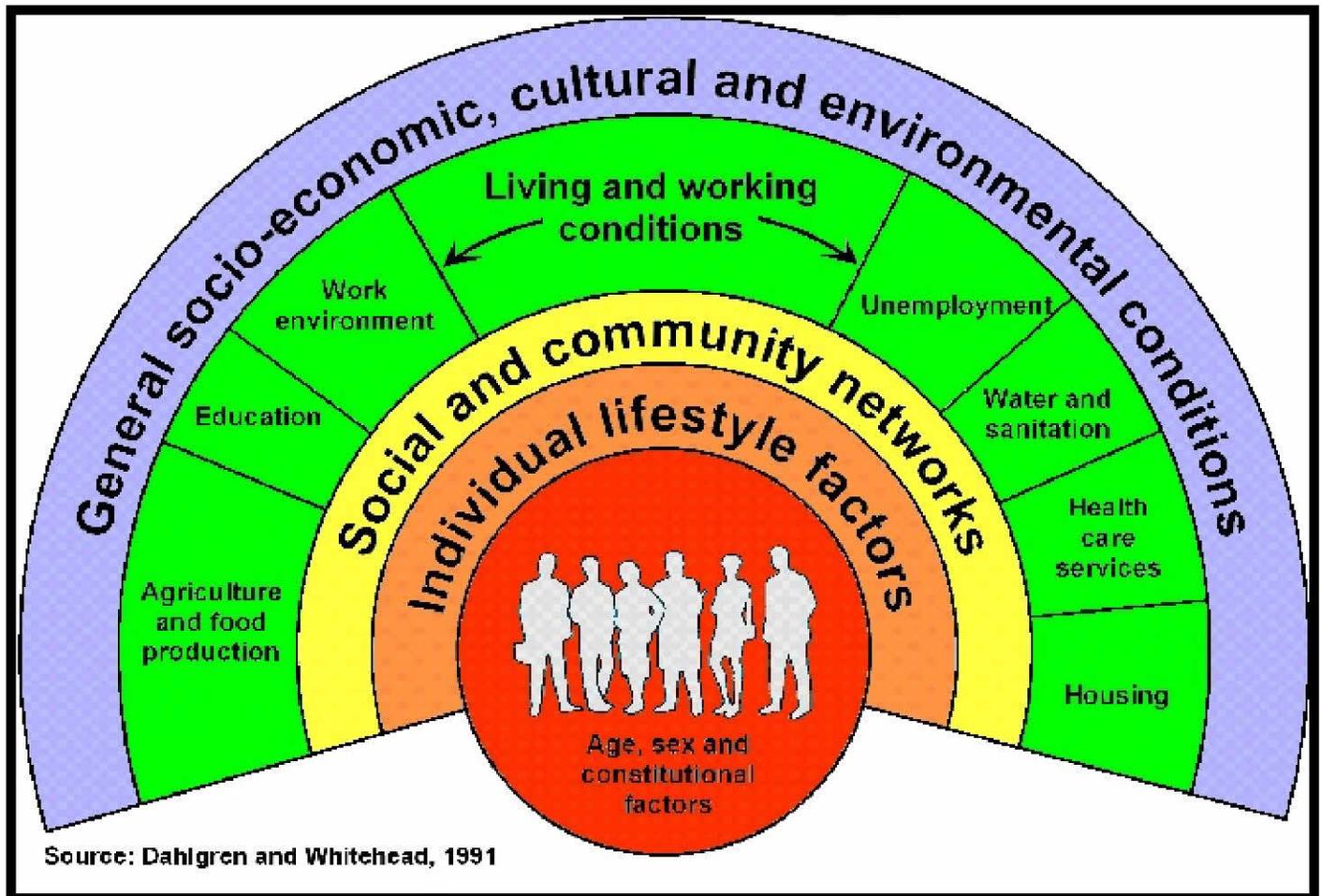
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Figure 2: Factors that determine health



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Figure 3: Layers of influence on health



Benton County Public health, community partners and members engaged in a discussion and after reviewing the completed community health survey and Top 10 Priorities. This community survey was developed in partnership with 5 counties and local hospitals to learn more about health status and health behaviors, as well as their perceptions of health concerns in their communities.

(Find the complete survey information at:

http://www.co.benton.mn.us/Public_Health/Community_Health_Assessment.php).

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COMMUNITY PRIORITIZATION PROCESS

During the discussions with the advisory team, it was clear that there were many areas of priority for Benton County. The group requested more information related to the health of the community, so additional links, surveys and compiled data was sent to the group members in preparation for a later meeting the next month. No prioritization exercises were completed at this time but the group did discuss the following document as a guide for determining priorities.

Figure 4:

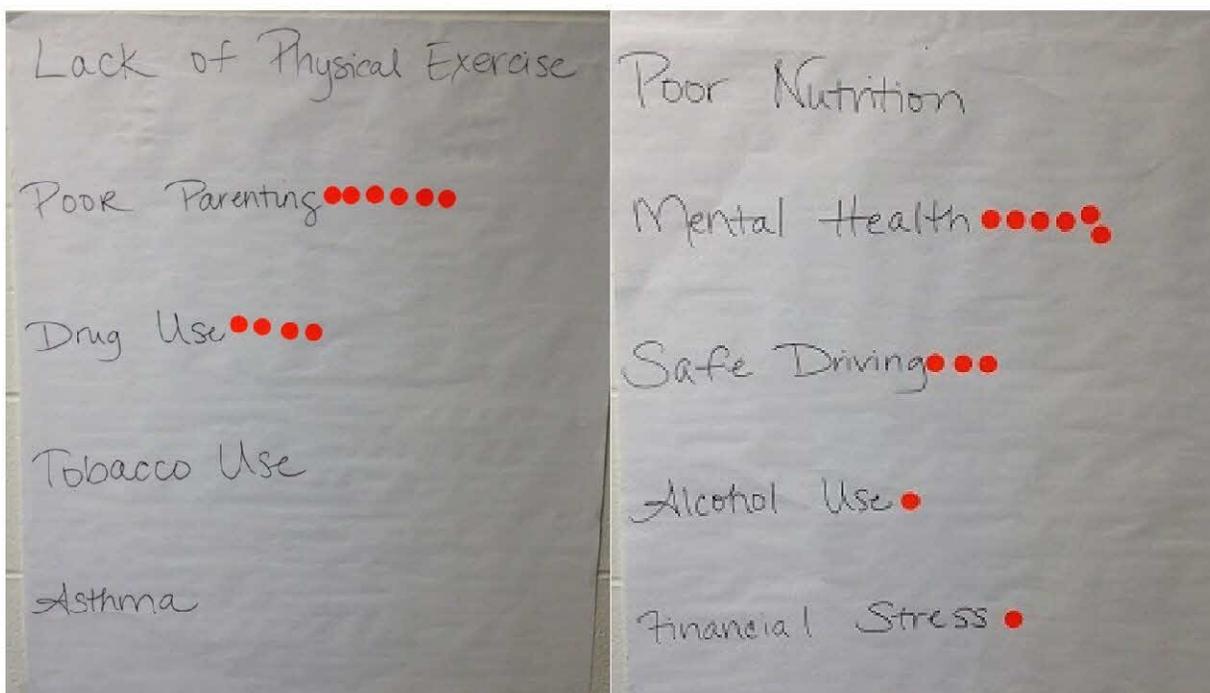
The following are frequently used criteria that should be considered in determining priorities for community health improvement:

- **Size:** Number of persons affected, taking into account variance from benchmark data and targets.
- **Seriousness:** Degree to which the problem leads to death, disability, and impairs one's quality of life.
- **Trends:** Whether or not the health problem is getting better or worse in the community over time.
- **Equity:** Degree to which specific groups are affected by a problem.
- **Intervention:** Any existing multi-level public health strategies proven to be effective in addressing the problem.
- **Feasibility:** Ability of organization or individuals to reasonably combat the problem given available resources. Related to the amount of control and knowledge (influence) organization(s) have on the issue.
- **Value:** The importance of the problem to the community.
- **Consequences of Inaction:** Risks associated with exacerbation of problem if not addressed at the earliest opportunity.
- **Social Determinant/ Root Cause:** Whether or not a problem is a root cause or social determinant of health that impacts one or more health issues.

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The PH team then met at a later date in July to further look at the county priorities. Two prioritization exercises were used to help facilitate the top priorities from the Top 10 previously established.

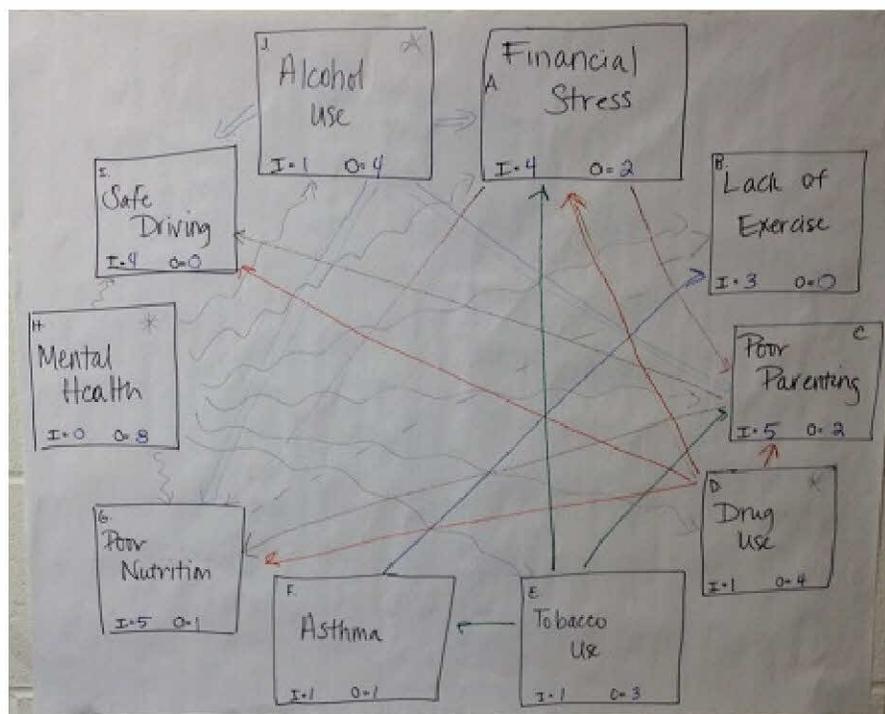
Figure 5: "Dotmocracy Prioritization"



Each member of the PH staff had 3 dots to place on their choice for the top 3 priorities. After all the dots were counted, 4 areas emerged. The top 4 areas were **Poor Parenting, Drug Use, Mental Health and Safe Driving**. There was ongoing discussion on how some of the areas were "tied" to others, somewhat of a cause and effect relationship. This led into the second exercise, which helped to identify the relationships that existed among these critical issues.

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Figure 6: Interrelationship Digraph (ID)



The group decided if a relationship existed between each of the issues and made an arrow in the direction of the stronger effect. The outcome of this exercise assisted staff in identifying the *key drivers* (greatest number of outgoing arrows) and the *key outcomes* (greatest number of incoming arrows). The key drivers indicates a root cause or driver, this is generally the issue that the team tackles first. The key outcomes can be a focus for planning either as a meaningful measure of overall success or as a redefinition of the original issues under discussion.

As a result of this exercise:

Key Drivers (Root cause)

- *Mental Health (8)
- *Drug Use (4)
- *Alcohol Use (4)
- *Tobacco Use (3)

Key Outcomes (result)

- *Poor Parenting (5, also 2 for root cause)
- *Poor Nutrition (5)
- *Financial Stress (4)
- *Safe Driving (4)

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COMMUNITY HEALTH PRIORITIES: DEVELOPING COMMON PATHS TO ACTION

A meeting on August 12 was held to review the top issues from the prioritization exercises, develop goals, recommended strategies and measures for those areas selected. Discussions were had regarding how to approach the issues from a larger perspective versus a narrow, targeted perspective. The CHA data showed that Benton County did have high numbers of *mental health* concerns, high amount of *substance use* and an increasing number of issues with *parenting*. What was concerning was that the county's perception of mental health concerns and substance use, neither was rated in the top 10 concerns. So we, as a county, did not feel these issues were much of a concern. There seems to be a disconnect between our data and our level of knowledge regarding the impact of the issues. A small subgroup was formed to help define the next steps, crafting of an email notice to community partners about the issues this group has identified, requesting contact for collaboration, shared data or other organizations to contact; short & long term goals. This group will meet September 11 in Sauk Rapids. The rest of the group members will start to develop contact persons at the resources we identified at the meeting today.

A small subgroup met September 11. Benton County has been in a rebuilding mode for the past year, with the hiring of a new PH supervisor as well as a new HS director. Relationships with community partners need to be built. Due to the timing of the LPHAAP, it was decided to implement the plan in phases. The current phase we are working on is the "Developing Common Paths to Action" Phase. This phase includes work to develop a set of goals, objectives, possible strategies and measures to describe what can happen to improve the health around the priorities identified. This work includes assessing the current situation, identifying assets and resources and searching for evidence based strategies that address the issues we identified. We drafted goals, objectives and potential strategies to be shared with the larger group.

The draft was shared with the larger group for feedback and discussion related to the assets, resources, potential partners as well as the objectives and strategies.

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COMMUNITY HEALTH PRIORITIES: IMPLEMENTING COMMON PATHS TO ACTION

Next Phase: Implementing Common Paths for Action, December 2014 to June 2015

December 2014: Implement a Partnership Tool

This tool will be a checklist for organizations, agencies and coalitions to communicate what they have an interest in taking the lead on, what they want to partner on, what they want to support in other ways and what they don't see as part of their role.

February 2015: Use the Partnership Tool to assess the community's capacity to implement the strategies.

March 2015 to TBA: Selection and commitment of partners in the CHIP

TBA 2018: Replicate the CHA and data collection for the 2020 cycle.

July 2015–2020: Implementation, Monitoring and Evaluating

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Priority 1: Mental Health and Suicide Awareness

Current Situation: Mental Health is as important as physical health. Mental illness can impair one's ability to work, parent and be a productive member of society. Suicide has strong interconnectedness with untreated or undertreated mental illness. Mental health costs impose a significant financial burden on government, health care, employers and the general public. Unfortunately, a person with mental illness having coexisting problems with drugs or alcohol is common and it worsens the prognosis (National Alliance on Mental Illness, 2013).

Short Term Goals: Connect with local agencies to discuss area of focus, concerns, and data.
Review focus group data to study behavior patterns/trends/commonalities.
Targeted populations identified.

Long Term Goal: Improve the mental health and wellbeing of Benton County residents.

Assets and Resources:

| | | |
|----------------------------------|-----------------------|-----------------|
| The Exchange, City Life Center | Crisis Nursery | Suicide hotline |
| Four County Crisis response team | Veteran Homeless line | Benton County |
| ACT | Catholic Charities | United Way |
| Central MN Mental Health Center | CentraCare | Health Partners |
| The Village | Lutheran SS | Medical Group |
| SAVE | School Counselors | School liason |
| Police SR/Foley | Sheriff | Head Start |
| Vet services | DHS | Parish nurses |
| FMC | NAMI | HeadStart |

www.mnmentalhealth.org

<http://www.recoverymonth.gov/Recovery-Month-Kit/Targeted-Outreach.aspx>

<http://makeitok.org/>

<http://www.activeminds.org/our-programming/awareness-campaigns/veterans-and-mental-health>

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Health Equity Assessment:

Disparities in access to mental health services affect both the individual and community. Many barriers contribute to service access: lack of mental health provider availability, high cost due to long term treatment plans and lack of insurance coverage. These barriers can lead to other problems: inability to have basic needs met, delay in treatment and preventable hospitalizations. There continues to be a persistent stigma associated with mental illness. “Mental illnesses are treatable health conditions very common in the world today. They can affect anyone, regardless of age, race, religion or income. But people are still afraid to talk about it due to shame, misunderstanding, negative attitudes, and fear of discrimination.” (Make it OK campaign).

Similarities to nation, state and other local planning processes:

Healthy People 2020

“Mental Health Status Improvement and Treatment Expansion.” This area of priority focuses on promoting mental health, the availability of treatment and a better understanding of mental illness as a society.

Healthy Minnesota 2020

Goals include chronic disease management: (1) People in MN at risk for or who live with chronic diseases receive the right care in the right place at the right time. (2) People in MN have access to information about the burden of chronic disease and injury, their associate risk factors and best practices to address them.

CentraCare Health Community Health Needs Assessment Summary for Hospitals in Melrose, Sauk Centre and St. Cloud.

Access to Mental Health Services

St. Cloud Community Priorities

Support aging in place.

CommUNITY Needs Assessment Report

Community Health Improvement Plan

Unmet Needs of Adults with Serious and Persistent Mental Illness: Access, housing, insurance, social opportunities, jobs and vocational education.

| Goal 1. Support Anti-stigma campaigns in Benton County. | | | | |
|---|---|-------------|------------------------------|---|
| Objective 1: By December 31, 2018, present an anti-stigma presentation (Make it OK) to 500 people of the Benton County community. | | | | |
| Suggested Strategy | Resources required | Target Date | Anticipated result | Potential Partners/Lead organization |
| Recruit campaign presenters | Time for mtg, emails, calls, social media | 12/31/15 | Committed community partners | HealthPartners National Alliance on Mental Illness Benton County Public Health |
| Training for new presenters annually | Make it OK toolkits, Time, Space | 1/31/16 | Trained presenters | HealthPartners National Alliance on Mental Illness Benton County Public Health Catholic Charities Central MN Council on Aging |
| Presentations within School districts | Make it OK toolkits, Time, Space | 12/31/18 | Reach diverse populations | School nurses Youth Group leaders |
| Presentations within Worksites | Make it OK toolkits, Time, Space | 12/31/18 | Reach diverse populations | Human Resources Chamber of Commerce Benton County Public Health |

Community Health Improvement Plan

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| Presentations within Faith Community, | Make it OK toolkits, Time, Space | 12/31/18 | Reach diverse populations | Parish nurses |
| Presentations within the Aging Population | Make it OK toolkits, Time, Space | 12/31/18 | Reach diverse populations | Catholic Charities Central MN Council on Aging Local Nursing Centers/Assisted Livings/Senior Housing |
| Make it OK materials available at local Health fairs | Make it OK outreach materials/pledge cards | 12/31/15 | Reach diverse populations | Benton County Public Health Council On Aging Foley Area C.A.R.E. |
| Objective 2: By December 31, 2018, support National Recovery Month during September as sponsored by Substance Abuse and Mental Health Services Administration (SAMSA) and the U.S. Department of Health and Human Service (HHS) &/or support Mental Health Awareness Month by hosting an event/campaign effort in the month of May. | | | | |
| Suggested Strategy | Resources required | Target Date | Anticipated result | Potential Partners/Lead organization |
| Support Targeted Outreach: Faith Leaders | Toolkit | 12/31/18 | Reach diverse populations | Parish nurses National Alliance on Mental Illness Recovery community network Benton County Public Health And Human Services |

Community Health Improvement Plan

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|---|---------|----------|---------------------------------|--|
| Support Targeted Outreach: Youth (12–17) and Young Adults (18–25) | Toolkit | 12/31/18 | Reach diverse populations | School Nurses National Alliance on Mental Illness Recovery community network Benton County Public Health And Human Services |
| Support Targeted Outreach: First Responders | Toolkit | 12/31/18 | Reach diverse populations | Benton County Public Health And Human Services Recovery community network |
| Support Targeted Outreach: Policy Makers | Toolkit | 12/31/18 | Reach diverse populations | Benton County Public Health And Human Services Recovery community network |

Goal 2: Support suicide awareness for the Benton County community.

Objective 1: By December 31, 2018, raise awareness about suicide and increase the number of Benton County residents being screened for Mental illness.

| Suggested Strategy | Resources required | Target Date | Anticipated result | Potential Partners/Lead organization |
|---|---------------------------------------|----------------|---------------------------------|--|
| Promote National Depression Screening Day October 9 th of each year. | Toolkits/ promotional materials | 12/31/18 | Reach diverse populations | Council On Aging Parish nurses Youth Groups |

Community Health Improvement Plan

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| | | | | School nurses Benton County Public Health And Human Services |
| Promote culturally competent programs in Benton County Such as National Allience on Mental Illness trainings: * Mental Health First Aid *safeTALK *QPR | Time for calls, emails, 1:1 meetings, social media | 12/31/18 | Reach diverse populations | COA Parish nurses Youth Groups School nurses Benton County Public Health And Human Services National Alliance on Mental Illness |
| Promote TXT4LIFE | Time for calls, emails, 1:1 meetings, social media | 12/31/18 | Reach diverse populations | Council On Aging Parish nurses Youth Groups School nurses SCSU Benton County Public Health And Human Services |

Other strategies to consider:

Support school websites include mental health information and links to reputable websites.

Support CentraCare St. Cloud Hospital in implementing the American Rural Ministry Model (ARMM)

Explore ways to increase the number of Mental Health professionals

Advocate/Support “Healthy In All Policies” in all sectors

Support Evidenced-based programming for providers that serve families (Nurse Family Partnership, Health Families America, Head Start, ECFE)

Support the development of Social Opportunities for those with Mental Illness

Community Health Improvement Plan

| Measure | Source | Baseline | 2019 Target |
|--|--|--|--|
| During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about emotional problems such as stress, depression, excess worrying, troubling thoughts, or emotional problems, but did not or delayed talking with someone? | Central MN Community Health Survey Question 10 | Yes response 22.3% | Yes response 16% or less |
| In your opinion, how much of a problem is each of these issues in your county? Mental Illness | Central MN Community Health Survey Question 123 | No opinion 23.4% | No opinion 16% or less |
| Have you ever seriously considered attempting suicide? | Minnesota student survey Section 7: Mental Health | 9 th graders 24% (Male and Female) | 9 th graders 18% or less (Male and Female) |

Community Health Improvement Plan

Priority 2: Substance Use (Alcohol, Tobacco and Other Drugs)

Current Situation:

Tobacco use is the single most preventable cause of disease, disability and death in the United States (CDC, 2011). According to the CDC, each year 443,000 people die prematurely from smoking or exposure to secondhand smoke, and another 8.6 million live with a serious illness caused by smoking. The average percentage of adult smokers in Benton County was 20.6% in 2013, which is above the national average of 18.1%. It is also noted that the number of pregnant women smokers was 17.7% between 2008 and 2012. This is higher than the state average of 10.6% and has been consistently above average since 1993.

Drinking too much can harm your health. Excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life lost (YPLL) each year in the United States from 2006 – 2010, shortening the lives of those who died by an average of 30 years.^{1,2} Further, excessive drinking was responsible for 1 in 10 deaths among working-age adults aged 20–64 years. The economic costs of excessive alcohol consumption in 2006 were estimated at \$223.5 billion, or \$1.90 a drink.³ (CDC, 2014). It was noted on the Central MN Community Health Survey, February 2013, that 70% of the adult population has drunk alcohol in the past 30 days. Binge drinking was noted to be 30.4% for women and 35.5% for men.

Alcohol, tobacco, illicit substances (i.e. cannabis and methamphetamine) and prescribed pharmaceuticals (i.e. oxycodone and benzodiazepines) are all drugs that can be used and misused, and continue to cause significant harm to individuals, families and communities. The leading consequences of drinking too much, smoking and illicit drug use, include injury, chronic disease and premature death, as well as social and economic costs.

In 2013, an estimated 24.6 million Americans aged 12 or older were current (past month) illicit drug users, meaning they had used an illicit drug during the month prior to the survey interview. The estimate represents 9.4 percent of the population aged 12 or older. (Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings). It was noted on the Central MN Community Health Survey, February 2013, that Benton County had the highest “some days” response to various drugs. The response rate was 5.4% used marijuana, 1.5% used cocaine, heroin or meth, and 1.9% used prescription drugs to get high. It is note that men reported higher use, as well as the lowest and highest incomes.

Community Health Improvement Plan

Assets and Resources:

| | | |
|----------------------------|-----------------------|---------------------|
| Al-Anon | Alano Club | Benton County HS |
| Detox | Drug Abuse hotline | Narcotics Anonymous |
| Central MN Mental Health | Element Mental Health | Recovery Plus |
| School Counselors | School liason | Vet services |
| Police SR/Foley | Sheriff's Office | Headstart |
| Journey Home | Crave the Change | MN help line |
| Circle of Health | CMCOA | VOFT |
| Recovery Community Network | | |

Short Term Goals: Connect with local agencies to discuss area of focus, concerns, data.
Develop focus groups to study behavior patterns/trends/commonalities.
Targeted populations identified.

Long Term Goal: Decrease substance use among Benton County residents.

Health Equity: Lower educational levels, poverty and lack of social support may be regarded as factors that increase a person's desire/need to use or abuse substances. Data around specific races, ethnicity or sexual orientation is limited. Further research regarding health equity related to substance abuse needs to be further explored.

Community Health Improvement Plan

Similarities to nation, state and other local planning processes:

Healthy People 2020

Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol

Increase the proportion of adolescents never using substances

Increase the proportion of adolescents who disapprove of substance abuse

Increase the proportion of adolescents who perceive great risk associated with substance use

Reduce the proportion of persons engaging in binge drinking of alcoholic beverages

Reduce the proportion of adults who drank excessively in the previous 30 days

Decrease the rate of alcohol-impaired driving (.08+ blood alcohol content) fatalities

Reduce the number of deaths attributable to alcohol.

Reduce tobacco use by adults and adolescents

Reduce the initiation of tobacco among children, adolescents, and young adults

Reduce the proportion of nonsmokers exposed to secondhand smoke

Increase smoking cessation attempts by adult smokers

Increase recent smoking cessation success by adult smokers

Increase tobacco screening in health care settings

Increase tobacco cessation counseling in health care settings

Healthy MN 2020

Reduce Binge Drinking

Decrease rate of young adults who smoke from 27.8% to 18.6%

St. Cloud Community Priorities

Assist those facing poverty

Community Health Improvement Plan

Goal 1. Decrease the use of Alcohol Tobacco Other Drugs (ATOD) by the Benton County community.

Objective 1: By December 31, 2018, Strengthen community action through partnerships and capacity building.

| Suggested Strategy | Resources required | Target Date | Anticipated result | Potential Partners/Lead organization |
|---|--------------------|---------------|--|---|
| Convene community partners to discuss the Alcohol Tobacco Other Drugs status in Benton County | Time Space | March 2015 | Improved Community partnerships related to ATOD. | Community Partnership (Nathan Sindt) Benton County Public Health And Human Services Civic groups Schools Parents Local Business Law enforcement |
| Obtain support from local partners to form a coalition | Time Space | March 2015 | Improved Community partnerships related to ATOD. | Community Partnership (Nathan Sindt) Benton County Public Health And Human Services Civic groups Schools Parents Local Business Law enforcement |

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|---|------------|----------------------------|---|---|
| Community Partners commit to membership | Time Space | March 2015 to October 2015 | Improved Community partnerships related to ATOD. | Community Partnership (Nathan Sindt) Benton County Public Health And Human Services Civic groups Schools Parents Local Business Law enforcement |
| Apply for grant (DHS &/or SAMSHA) | Time Space | March 2015 or October 2015 | Formation of a community supported ATOD coalition | Community Partnership (Nathan Sindt) Benton County Public Health And Human Services Civic groups Schools Parents Local Business Law enforcement |
| Implement Drug Free community Grant | Time Space | January 2016 | Thriving ATOD coalition | Community Partnership (Nathan Sindt) Benton County Public Health And Human Services Civic groups Schools Parents |

Community Health Improvement Plan

| | | | | Local Business Law enforcement |
|---|--------------------|---------------|--|---|
| Objective 2: By December 31, 2018, Promote healthy policy and legislation in regards to ATOD | | | | |
| Suggested Strategy | Resources required | Target Date | Anticipated result | Potential Partners/Lead organization |
| Promote smoke free multi-housing projects. | Outreach material | October 2015 | Increased smoke free housing options | Benton County SHIP Housing owners |
| Promote smoke free worksites | Outreach material | May 2015 | Increased smoke free work environment | Benton County SHIP Local business |
| Support stronger enforcement of Prenatal Exposure substances in statute | Outreach Data | December 2019 | Stronger enforcement= Less prenatal exposure | Probation County Attorney Chemical Dependency team at Benton County |
| Goal 2. Promote and support Recovery within the Benton County Community. | | | | |
| Objective 1: By December 31, 2018, Support local community events and initiatives to create and support smoking, alcohol and drug-free environments. | | | | |
| Suggested Strategy | Resources required | Target Date | Anticipated result | Potential Partners/Lead organization |
| Encourage local faith communities to adopt substance free events. | Time | December 2015 | Substance free events | Parish nurses Benton County Public Health Local ministers |
| Encourage schools/colleges to promote recovery as well as | Time | May 2015 | Increased awareness of | Recovery Community |

Community Health Improvement Plan

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|------------|--|--|------------------------------------|--|
| prevention | | | Substance free events & lifestyles | Network Benton County Public Health And Human Services |
|------------|--|--|------------------------------------|--|

Other strategies to consider:

Target prenatal clinics for pregnancy smoking cessation.

| Measure | Source | Baseline | 2019 Target |
|--|--|---|---------------------------------------|
| Number of Smoke free multi-housing options in Benton County | SHIP data/Crave the Change | Currently 3 smoke-free, including, e-cigarettes | 10 smoke-free, including e-cigarettes |
| Formation of an Alcohol Tobacco Other Drugs prevention coalition in Benton County or in collaboration with another county. | Regional Prevention Coordinator ATOD | No coalition | Active, grant funded coalition |
| In general, how often do you smoke? | Central MN Community Health Survey Question 52 | 20.6% | 18.1% |

Community Health Improvement Plan

Priority 3: Family Health

Current situation: The Benton County community is concerned about children and their parents or grandparents ability to parent in a healthy manner. 72.6% of Benton county adults expressed concerns about inadequate or poor parenting skills as a moderate to serious problem. Benton county percent of children under 18 living in a single parent household was 27.3% in 2012. The rate of children in out of home care per 1,000 was 6.9% in 2011 and children abused and neglected was 5.9% in 2011. The typical family has changed significantly in recent years. Fewer children now live with their biological mother and father. Many children are being raised in single-parent families, families headed by grandparents, step-families, foster families, or with same gender parents. There are many cultures even within families, including racial, ethnic, and language differences. And the roles for parents have shifted from the traditional, as fathers increasingly share the care of their children. But, one thing that has not changed: ALL FAMILIES WANT THE BEST FOR THEIR CHILDREN, INCLUDING GOOD HEALTH.

Assets and resources:

| | | |
|--------------------|---------------------|-----------------------------|
| Head Start | ECFE | Benton County Public Health |
| Community Ed | United Way 2-1-1 | 4-H |
| Catholic Charities | Lutheran SS | Resource Solutions |
| C.A.R.E. | CMCOA | CCC |
| Health Partners | St. Cloud Med Group | FMC |

Short Term Goals: Connect with local agencies to discuss area of focus, concerns, data.
Develop focus groups to study behavior patterns/trends/commonalities.
Targeted populations identified.

Long Term Goal: Support mothers, fathers, grandparents, relatives, step-parents and foster parents through a variety of programs and services so that their families can achieve optimal health and reach their fullest potential.

Health Equity Assessment: Lower educational levels, poverty and lack of social support may be regarded as factors that decrease a family's ability to parent well.

Community Health Improvement Plan

Similarities to nation, state and other local planning processes:

Healthy People 2020

Early and Middle Childhood Objectives: Increase the proportion of parents who use positive parenting and communicate with their doctors or other health care professionals about positive parenting.

Other related objectives: Access to Health Services, Disability and Health, Educational and Community-Based Programs, Environmental Health, Immunizations and Infectious Disease, Injury and Violence Prevention, Maternal, Infant and Child Health, Mental Health and Mental Disorders, Nutrition and Weight Status, STDs

Healthy MN 2020

People in MN have the knowledge and skills they need to live the healthiest lives possible:

Increase Fruit and Vegetable Consumption

Increase Physical Activity

Reduce Tobacco Use

Reduce Binge Drinking

Improve Asthma Management

Improve Diabetes Management

Reduce Obesity

Increase Utilization of the Oral Health System

CentraCare Health Community Health Needs Assessment Summary for Hospitals in Melrose, Sauk Centre and St. Cloud.

Access to Primary Care

Culturally Competent Care

Mental Health Services

St Cloud Community Priorities

Enhance recreational amenities and natural resources

Assist those facing poverty

Community Health Improvement Plan

Goal 1. Support efforts to improve community literacy of healthy family lifestyle choices and behaviors.

Objective 1: By December 31, 2018, EB parenting programs will be available in Benton County.

| Suggested Strategy | Resources required | Target Date | Anticipated result | Potential Partners/Lead organization |
|---|---|---------------|--|--|
| Explore supporting evidence based parenting programs in Educational setting & Human Service setting | Meetings: assessment, curriculum exploration, supplies, staff, funding (grants) | December 2019 | EB program utilized in each setting for improved parenting skills. | Human Services: mental health, child protection Public Health: FHV & C&TC Head start ECFE School Community Ed |
| Support culturally appropriate education | EB program curriculum/supplies | December 2019 | Services utilized by a representation of the population of BC. | Human Services: mental health, child protection Public Health: FHV & C&TC Head start ECFE School Community Ed |

Objective 2: By December 31, 2018, reduce child maltreatment and neglect.

| Suggested Strategy | Resources required | Target Date | Anticipated result | Potential Partners/Lead organization |
|--------------------|--------------------|-------------|--------------------|--------------------------------------|
|--------------------|--------------------|-------------|--------------------|--------------------------------------|

Community Health Improvement Plan

| | | | | |
|--|--------------------------|---------------|--|---|
| Conduct goal setting meetings and create Parent Support Outreach Program (PSOP) priorities and tracking system. | Staff time Leadership | December 2015 | Tangible goals, Results-Based program effectiveness | Benton County Public Health And Human Services |
| Conduct goal setting meetings to focus on earlier intervention; screened out referral process for CP, Children's mental health, Chemical Dependency/Prenatal Exposure, Truancy, FHV and other family programs. | Staff time Leadership | December 2015 | Decrease in maltreatment & neglect determinations. | Benton County Public Health And Human Services |
| Increase inter-county and Community referral rates | Staff time Education | December 2019 | Increased services for families in need | Benton County Public Health And Human Services |
| Provide education on ACE studies to the community | Data Time | December 2019 | Increased understanding of how trauma can affect parenting | Benton County Public Health And Human Services Children's Mental Health Collaborative |
| Support and Promote parenting educational opportunities in the community. | Staff time Education | December 2019 | Decrease in maltreatment & neglect determinations. | Benton County Public Health And Human Services Community Education ECFE/Preschool Clinics |

Objective 3: By December 31, 2018, Communities within Benton County will demonstrate social connectedness and community engagement across the lifespan.

Community Health Improvement Plan

| Suggested Strategy | Resources required | Target Date | Anticipated result | Potential Partners/Lead organization |
|--|---|---------------|---|--|
| Utilize social media networks to have information available to or linked to reputable sites regarding healthy lifestyle choices. | Media access and knowledge | December 2019 | Educated community making healthier life choices. | Schools Local clinic Community Education Benton County Public Health And Human Services |
| Shared places for people to interact. | Assessment, planning, funding, implementation | December 2019 | People connected invest in their community. | Initiative Foundation City planners County engineer SHIP Active living Regional Group |
| Promote formation of neighborhood networks. | Time, Community Champions | December 2019 | People connected invest in their community. | Initiative Foundation City planners County engineer SHIP |

Other strategies to consider:

Increase the % of primary care physicians that offer non-traditional hours for routine care.

Community Health Improvement Plan

| Measure | Source | Baseline | 2019 Target |
|---|---|----------|-------------|
| Reduce total number of days children are in Out of Home Placement per year. | Benton County Human Service Internal Report | 2013-46 | 40 |
| Reduce total number of child maltreatment determinations per year. | Benton County Human Service Internal Report | 2013-32 | 24 |

Community Health Improvement Plan

PARTNERSHIP TOOL

The intent of this tool is collect information about community organizations’ level of anticipated participation in specific strategies/objectives. Responses will be collected and inventoried to help improve the flow of the implementation of the CHIP. It is anticipated that the community will not be able to implement all of the recommended strategies but start to focus on those with significant interest and capacity. The CHIP document is meant to be fluid and will have ongoing changes throughout the implementation process.

| Objective: | Lead Organization | Partner Organization | Support | Not Applicable |
|-------------------------|-------------------|----------------------|---------|----------------|
| Recommended Strategies: | | | | |
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |

- Specific Partnership tools available for each priority

DEFINITIONS

Lead Organization:

A lead organization takes a primary responsibility for implementing a particular strategy, which may include any of these: Staff time, organizational resources, internal funding realignments, program development, starting and/or maintaining a multi-sector coalition, developing collaborative partnerships, marketing/public relations efforts to increase the community’s capacity to address the issue, or rigorous advocacy for policy changes.

Partner Organization:

Organizations are visible partners along with other entities in the community, and take on a significant role in accomplishing the strategy.

Support:

This category includes a variety of actions that indicate that the organization will support a strategy. Support may include willingness to serve on an existing coalition or workgroup, prioritizing local funding to encourage adoption of a strategy, or willingness to serve as an advocate on the issue in your own circle of influence.

Not Applicable:

Not related to my organization’s mission/vision, or too far outside our scope.

Community Health Improvement Plan

SUSTAINABILITY

The Community Health Improvement Plan created by community members broadens and builds upon successful local initiatives. It has engaged partners in the community to align efforts and resources to address identified priorities. The plan identifies evidence based and science based components based on the community health needs. Partners have identified potential grants and funding sources to aid in the implementation process of specific strategies. A U-Care grant was recently awarded to Benton County Public Health in partnership with local law enforcement for the planning and establishment of a Substance Abuse Prevention and Recovery Promotion Coalition in Benton County. Additionally, some of the activities are being in-bedded in organizational duties making them a more self-sustaining effort.

This document is a resource for all residents and agencies, whether public, private, or non-profit, in Benton County. It is a planning tool to be used to move priorities around health forward. This document is a living document, components will be added to monitor progress toward the goals and new goals as priorities emerge.

Community Health Improvement Plan

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