

Lucas County Community Health Improvement Plan

Date Updated: 7/2/2019



For additional information, CONTACT:

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Community Priority

Access to Mental Health Services in Lucas County and increase awareness of mental health issues and s/sx.

Goal #1 Provide education to the public to increase the awareness of signs and symptoms of and treatment of mental health illness, provide support and treatment to those individuals, including children, adolescents and adults who are experiencing mental health issues by January 2020.

National Alignment

Increase access to services and supports for individuals experiencing a mental health crisis.

State Alignment

Increase access to services and supports for individuals experiencing a mental health crisis.

Objective 1-1 Increase the awareness of signs and symptoms of and treatment for mental health issues for middle-school and high-school aged children in Lucas County, as well as the adult population.

Baseline Year	Baseline Value	Target Year	Target Value
2016	TBD	2020	TBD increase from baseline

Report Date

7/2/2019

Year

2019

Value

Progress on Objective

- | | |
|--|--|
| <input type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input type="checkbox"/> Met, no trend | <input checked="" type="checkbox"/> Not met, no trend |
| <input type="checkbox"/> Met, trend in wrong direction | <input type="checkbox"/> Not met, trend in wrong direction |

Progress notes: There has not been any progress on this objective.

Strategy 1-1.1 Submit newspaper articles regarding mental health awareness.

Strategy Type

Counseling & Education

Who's Responsible

Lucas County Health Center counseling services, Lucas County Public Health

Target Date

September 2019

Report Date

7/2/2019

Progress on Strategy

- | | | | |
|-----------------------------------|-----------------------------------|------------------------------------|---|
| <input type="checkbox"/> Complete | <input type="checkbox"/> On track | <input type="checkbox"/> Off track | <input checked="" type="checkbox"/> No progress |
|-----------------------------------|-----------------------------------|------------------------------------|---|

Progress notes: Have not made any progress on this strategy at this time.

Strategy 1-1.2 Encourage community involvement in health activities to decrease depression.

Strategy Type

Counseling & Education

Who's Responsible

Lucas County Health Center, Lucas County Public Health

Target Date

September 2019

Report Date

7/2/2019

Progress on Strategy

- | | | | |
|-----------------------------------|--|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Complete | <input checked="" type="checkbox"/> On track | <input type="checkbox"/> Off track | <input type="checkbox"/> No progress |
|-----------------------------------|--|------------------------------------|--------------------------------------|

Progress notes: Our community has had a few walks/runs in our community. One was to raise funds for a dog park and have plans for a run on July 4, which occurs every year.

Strategy 1-1.3 Incorporate mental health topics into Lucas County Health Center's Healthy University programming for the 2016-2017 year.

Strategy Type

Counseling & Education

Who's Responsible

Lucas County Health Center

Target Date

January 2019

Report Date

7/2/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Lucas County Health Center has held Healthy University classes that include mental health topics.

Strategy 1-1.4 Implement telepsychiatry services in the Lucas County Health Center Emergency Department.

Strategy Type

Counseling & Education

Who's Responsible

Lucas County Health Center

Target Date

December 2018

Report Date

7/2/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Telepsychiatry services were added to Lucas County Health Center Emergency Department in February 2016. They continue to provide this service.

Strategy 1-1.5 Work with Lucas County CPC and LCHC counseling services, Behavioral Health Center of Southern Iowa to develop a suicide prevention campaign.

Strategy Type

Counseling & Education

Who's Responsible

Lucas County Health Center, Lucas County Public Health

Target Date

December 2019

Report Date

7/2/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: Have not worked on this strategy yet. Will work with Behavioral Health Centers of Southern Iowa, who now provide services in Lucas County, to develop a program.

Community Priority

Obesity/overweight for school-aged children and adults

Goal #1 Promote healthy eating habits, adequate physical activity to reduce the negative effects from being overweight. By doing these activities, our goal is to reduce the rate of obesity/overweight individuals by 5% by 2020. Current rate is 31% for adults and 13.6% for children age 10-17.

National Alignment

Promote healthy eating and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weight.

State Alignment

A reduction in the proportion of adults who are obese. Reduce overweight/obesity in children age 2-5 in the WIC program.

Objective 1-1 Promote healthy eating and physical activity education and activities to Lucas County children and adults.

Baseline Year	Baseline Value	Target Year	Target Value
2016	TBD	2018	TBD increase from baseline

Report Date
7/2/2019

Year
2018

Value

Progress on Objective

- | | |
|---|--|
| <input checked="" type="checkbox"/> Met, trend in right direction | <input type="checkbox"/> Not met, trend in right direction |
| <input type="checkbox"/> Met, no trend | <input type="checkbox"/> Not met, no trend |
| <input type="checkbox"/> Met, trend in wrong direction | <input type="checkbox"/> Not met, trend in wrong direction |

Progress notes: Lucas County Food and Wellness Alliance continues to work to provide education and activities in Lucas County. It is now more through their facebook page. Sarah Peterson, HyVee dietician works with the schools to provide healthy eating topics to children.

Strategy 1-1.1 Get the wellness coalition that had previously been in place, active again.

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
Lucas County Health Center Americorp volunteer, Lucas County Public Health

Target Date
May 2016

Report Date
7/2/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: Our coalition hasn't met for several months, but information is shared with the public through facebook page. With everyone's busy schedules the coalition hasn't had the success like it did the first 2 years that it was restarted.

Report Date
7/2/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: No other new information to report.

Strategy 1-1.2 Establish a sustainable community garden by working with Hy-Vee and the local farmer's market.

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
Lucas County Food and Wellness Alliance

Target Date
May 2017

Report Date
7/2/2019

Progress on Strategy

- Complete On track Off track No progress

Progress notes: Sarah Peterson, HyVee dietician, has been very instrumental in continuing community gardens. Will continue to work on sustaining the community garden, we do have a few gardens starting this year behind the Vredenburg building, which SCICAP and other agencies are planning on maintaining.

Strategy 1-1.3 Establish child and adult exercise programs in collaboration with the schools, recreation department. Strategy Type
Long-Lasting Protective Intervention

Who's Responsible Lucas County Public Health, Lucas County Health Center Target Date
December 2019

Report Date 7/2/2019 Progress on Strategy
 Complete On track Off track No progress

Progress notes: No progress to report on this strategy. Lucas County Public Health has plans to begin a diabetes prevention program, and in that offering it includes teaching on diet and exercise. Plans are to start the program this fall 2019.

Strategy 1-1.4 Incorporate obesity education, along with diet and exercise, into the Healthy University programming for the 2016-2017 year. Strategy Type
Counseling & Education

Who's Responsible Lucas County Health Center Target Date
December 2018

Report Date 7/2/2019 Progress on Strategy
 Complete On track Off track No progress

Progress notes: Healthy University continues to provide educational offerings on diet and exercise.

Strategy 1-1.5 Establish a Let's Move Program for children. Strategy Type
Long-Lasting Protective Intervention

Who's Responsible Lucas County Health Center, Lucas County Public Health Target Date
September 2019

Report Date 7/2/2019 Progress on Strategy
 Complete On track Off track No progress

Progress notes: No progress on this strategy at this time.

Strategy 1-1.6 Develop a marketing campaign to distribute information to the public. Strategy Type
Counseling & Education

Who's Responsible Lucas County Health Center, Lucas County Public Health Target Date
December 2019

Report Date 7/2/2019 Progress on Strategy
 Complete On track Off track No progress

Progress notes: No progress on this strategy at this time.

Community Priority

Chronic Back Pain in adult population

Goal #1 Reduce the number of persons in Lucas County that experience chronic back pain, improve their activity/ability .	National Alignment	State Alignment
	Prevent illness and disability related to arthritis and other rheumatic conditions, osteoporosis, and chronic back conditions.	A decrease in the number of persons with doctor-diagnosed arthritis who experience limitations in activity due to arthritis and other joint symptoms.

Objective 1-1 Decrease the effects of chronic back pain, improve activity level of those with chronic back pain.	Baseline Year	Baseline Value	Target Year	Target Value
	2016	51.56%	2018	35%

Strategy 1-1.1 Incorporate back exercises and education into Lucas County Health Center's Healthy University program for the 2017-18 year.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u> Lucas County Health Center	<u>Target Date</u> December 2018
<u>Report Date</u> 7/2/2019	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input checked="" type="checkbox"/> On track <input type="checkbox"/> Off track <input type="checkbox"/> No progress
Progress notes: Lucas County Healthy University will continue to offer programs for chronic back pain.	

Strategy 1-1.2 Provide information to the public, by pamphlets, newspaper articles on chronic back pain.	<u>Strategy Type</u> Counseling & Education
<u>Who's Responsible</u> Lucas County Health Center, Lucas County Public Health	<u>Target Date</u> December 2019
<u>Report Date</u> 7/2/2019	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress
Progress notes: No progress on this strategy at this time.	

Community Priority

Transportation service in Lucas County

Goal #1	Increase access to sufficient and timely transportation for residents in Lucas County to attend medical appointments and wellness initiatives.	National Alignment	State Alignment
		Improve access to comprehensive, quality health care services.	A continuation of the same level of non-medical transportation services to medical appointments for the anticipated increase in Medicaid members.

Objective 1-1	Increase knowledge of residents of transportation services available in Lucas County, as well as increase the services provided.	Baseline Year	Baseline Value	Target Year	Target Value
		2016	TBD	2018	TBD increase from baseline

Strategy 1-1.1 Provide education regarding current transportation options.

Strategy Type
Counseling & Education

Who's Responsible
Lucas County Health Center, Lucas County Public Health

Target Date
December 2017

Report Date
7/2/2019

Progress on Strategy

Complete On track Off track No progress

Progress notes: There have been newspaper articles and information through public health, Lucas County Health Center and the Chariton Senior Citizens Center on expanded hours of the 10-15 transit and volunteer transportation services available. Information has also been put in the local newspaper. The 10-15 provides extended hours and service area to help those that need transportation to out of town providers.

Strategy 1-1.2 Research options to increase the options, by working with RSVP services and Seneca 10-15 transit.

Strategy Type
Long-Lasting Protective Intervention

Who's Responsible
Lucas County Health Center, Lucas County Public Health

Target Date
December 2017

Community Priority

Mental Health Providers in Lucas County

Goal #1 Increase the mental health services in Lucas County to meet the needs of our mental health population.	National Alignment	State Alignment
	Improve mental health through prevention and by ensuring access to appropriate, quality mental health services.	Increase access to services and supports for individuals experiencing a mental health crisis.

Objective 1-1 Recruit and retain quality mental health professionals in Lucas County.	Baseline Year	Baseline Value	Target Year	Target Value
	2016	TBD	2020	TBD increase from baseline

Strategy 1-1.1	Work with recruiting firm to identify candidates for Lucas County Health Center.	Strategy Type Counseling & Education
<u>Who's Responsible</u> Lucas County Health Center		<u>Target Date</u> December 2018
<u>Report Date</u> 7/2/2019	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input type="checkbox"/> Off track <input checked="" type="checkbox"/> No progress	
Progress notes: Will work with Community Health Centers Behavioral Health on identifying new objectives and strategies. Have not had any progress on this goal yet.		

Strategy 1-1.2	Create a comprehensive recruitment package designed to employ mental health providers committed to the mission of Lucas County Health Center and dedicated to meeting the mental health needs of Lucas County residents.	Strategy Type Counseling & Education
<u>Who's Responsible</u> Lucas County Health Center		<u>Target Date</u> December 2018
<u>Report Date</u> Jun 4, 2018	<u>Progress on Strategy</u> <input type="checkbox"/> Complete <input type="checkbox"/> On track <input checked="" type="checkbox"/> Off track <input type="checkbox"/> No progress	
Progress notes: Will need to check with Behavioral Health Center to see if this is still an issue/ appropriate strategy.		