

WASHINGTON COUNTY

Community Health Improvement Plan

Date Updated: June 24, 2019



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Community Priority

Access to Mental Health

Goal #1	By 2020, increase access to mental health care providers and services in Washington County.	National Alignment	State Alignment
		Healthy People 2020: MHMD-6, MHMD-9.	Goal 1: Obj. 1.1, Obj.1.2. Goal 2: Obj. 2.1, Obj. 2.2. Olmstead Plan for Mental Health & Disability Services: State Plan Framework

Objective 1-1	Increase the percentage of Washington County outpatient healthcare providers who can verbalize how to complete a mental health care referral to an outpatient provider from 25% in 2016 to 60% by 2020.	Baseline value & (year)	Target value & (year)
		25% (2016)	60% (2020)
	Current value & (year)	Current value & (year)	
	25% (2017)		

Strategy 1-1.1	By 2016, create a collaborative coalition or task force that addresses mental health access in Washington County. Membership will be multi-disciplinary and multi-sectoral.	<u>Target Date</u> Jul 1, 2016
<u>Strategy Type</u>	<u>Who's responsible?</u>	
Clinical Intervention	Washington County Public Health	
<u>Progress on Strategy</u>	<u>Progress Status Date</u>	
Complete. Our first meeting of the Mental Health Access Coalition was held on November 5, 2015. This coalition is multi-disciplinary and multi-sectoral. The coalition membership has fluctuated significantly since its inception, which has been a barrier for this coalition to make progress.	Mar 1, 2017	

Strategy 1-1.2	By 2020, create and pilot a clinical care referral system.	<u>Target Date</u> Dec. 31, 2020
<u>Strategy Type</u>	<u>Who's responsible?</u>	
Clinical Intervention	Mental Health Coalition	
<u>Progress on Strategy</u>	<u>Progress Status Date</u>	
Currently on track, but uncertainty about future direction. There were several meetings discussing the current state of Mental Health in Washington County. We discussed provider resources, gaps, and how to best share information between providers to enhance a future clinical care referral system. The barrier to achieving this strategy is that coalition members disagreed on the priorities the coalition should work on. For example, dealing with crisis situations vs. regular, non-emergent clinical referrals. An additional barrier that was presented was the lack of providers (capacity) in Washington County and surrounding areas with the current infrastructure to accommodate the current needs, let alone handle new referrals. An additional barrier to this strategy is fluctuating membership each meeting.	Mar 1, 2017	
<u>Progress on Strategy</u>	<u>Progress Status Date</u>	
No longer a priority for our coalition. We've created and disseminated a reference guide for providers to help them make mental health referrals for their patients. However, we've not invested energy into creating a robust clinical care referral system. Our priority has shifted.	June 24, 2019	

Strategy 1-1.3 By 2020, create and pilot a school-based referral system.

Target Date
Dec. 31, 2020

Strategy Type

Clinical Intervention

Who's responsible?

Mental Health Coalition

Progress on Strategy

Currently on track, but uncertainty about future direction. The coalition invested months researching and evaluating a screening tool to be used in the schools. However, we were unsuccessful. The tool that met the criteria was no longer available for use. There was also concern from the schools and law enforcement that so many resources were already being used to handle the crisis situations, and they felt liable if they screened students without having a resource to refer them to with the limited capacity of the Mental Health infrastructure in Washington County. An additional barrier to this strategy is fluctuating membership each meeting.

Progress Status Date

Mar 1, 2017

Progress on Strategy

A new opportunity to partner with the Washington Community School District occurred in April 2017. Two champions within the WCSD are creating a district-based mental health coalition and the mental Health Coalition subgroup members that are focusing on school-based initiatives have been invited to participate in the new task force. The initial meeting was scheduled for April 28, 2017.

Progress Status Date

May 3, 2017

Progress on Strategy

This strategy has stalled for our Mental Health Coalition. There wasn't consensus on which screening tool to utilize. Washington Community School District has created their own Mental Health subcommittee, and has membership that overlaps with our Mental Health Coalition, so we are receiving updates. They received a grant from United Way to provide onsite, school-based individual and group mental health support for K-12 students. Some barriers we still see is a lack of access in providers, and a lack of robust participation from the other two school districts in our County, despite several attempts to invite and collaborate.

Progress Status Date

June 24, 2019

Goal #2 By 2020, increase access to mental health care providers and services in Washington County by combating stigma /promoting full community inclusion of persons with mental illness.

National Alignment

Healthy People 2020: MHMD-6, MHMD-9.

State Alignment

Goal 1: Obj. 1.1, Obj. 1.2. Olmstead Plan for Mental Health & Disability Services: State Plan Framework

Objective 2-1

Written post-training evaluations will demonstrate an increase in knowledge or change in attitude in educators attending the on-site Mental Health Training from NO BASELINE DATA in 2016 to 5% increase in 2020.

Baseline value & (year)

00% (2016)

Target value & (year)

5% (2020)

Current value & (year)

00% (2017)

Strategy 2-1.1 By 2020, the Washington city mayor will issue a proclamation identifying Mental Health Awareness Week.

Target Date
Dec. 31, 2020

Strategy Type

Environmental / Policy Change

Who's responsible?

Mental Health Coalition

Progress on Strategy

No progress. The Coalition hasn't gotten this far in our planning.

Progress Status Date

Mar 1, 2017

Progress on Strategy

This didn't happen in 2019, but the Mayor of Washington, IA has agreed to do a proclamation in May 2020.

Progress Status Date

June 25, 2019

Strategy 2-1.2 By 2020, provide on-site Mental Health Training to elementary school educators.

Target Date

Dec. 31, 2020

Strategy Type

Counseling & Education

Who's responsible?

Mental Health Coalition

Progress on Strategy

On track. Our coalition formed subgroups to work on the diverse priorities, and one was Mental Health in Schools. This subcommittee issued a SurveyMonkey county-wide in November 2016 for school counselors and behavioral interventionists. The subgroup then met face to face with Washington Community School District staff to review the results of the survey and get further clarification. The subcommittee decided to reach out to both local healthcare providers and the County Attorney's office to strengthen relationships with the schools and discuss new opportunities.

Progress Status Date

Mar 1, 2017

Progress on Strategy

Prior to the first day of school, the Washington Community School District brought in speak John Richardson-Lauve, LCSW, Director of Mental Health and Lead Trauma and Resilience Educator at Child Savers. Additionally, there was coordination between Washington Community School District and the Mental Health Coalition to provide Connections Matter training from Prevent Child Abuse Iowa. This training took place in February 2019.

Progress Status Date

June 24, 2019

Community Priority

Physical Activity Across the Lifespan

Goal #1 By 2020, provide Washington County residents of all ages with opportunities to be active within their surrounding social and physical environment.

National Alignment
1. CDC: Healthy Places: Healthy Community Design Initiative. 2. The Guide to Community Preventive Services, Physical Activity Chapter, U.S.Preventive Services Task Force.

State Alignment
Healthy Iowans: Iowa's Health Improvement Plan, Healthy Living Section, 6-5.

Objective 1-1 Increase the number of communities with a walking trail or designated walking/biking path from two in 2016 to three by 2020.

Baseline value & (year)

Target value & (year)

2 (2016)

3 (2020)

Current value & (year)

Current value & (year)

2 (2017)

2 (2019)

Strategy 1-1.1 By 2016, convene a commission that will identify and define physical activity projects that interface and leverage the cities' Comprehensive Plans. Membership will be multi-sectoral.

Target Date
July 1, 2016

Strategy Type

Environmental / Policy Change

Who's responsible?

Washington County Public Health

Progress on Strategy

On track. A multi-sectoral commission was convened in March of 2016. We've been looking at different physical activity projects, but we haven't made progress interfacing them with Cities' comprehensive plans. The group has been meeting monthly, but there's been a barrier in constantly shifting attendance. The priority has really shifted towards physical activity and nutrition in school-age children. We've discussed SWITCH, School Greenhouses, Culinary Kitchens, Field to Family, 5210 Let's Go, among other topics.

Progress Status Date

Progress on Strategy

Work continues. In June 2018, the Wellness Coalition partnered with Healthy Hometown powered by Wellmark. This collaboration has provided us with structure and continued movement on priorities. We've maintained a fairly consistent membership participation and subcommittees have developed to complete more specific projects. Some of the successes have been a grant application allowing for expanded trail pavement to the new Wellness Park currently under construction in Washington. We've also met with the local YMCA to determine MOUs for utilization of their space on a limited basis for non-members to increase access to safe walking facilities in all weather. Additionally, we're looking at the development of a bike lane in Washington and expansion of signage and sharrows to promote safe biking.

Progress Status Date

June 24, 2019

Community Priority

Nutrition and Food Systems

Goal #1 By 2020, provide Washington County residents with a food outlet that provides a variety of healthy foods.

National Alignment

USDA Strategic Plan: Strategic Goal #4, Obj. 4.2. Healthy People 2020: Nutrition & Weight Status Section, Healthier Food Access, NWS-4.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan, Healthy Living Section, 6-1.15, 6-1.16, 6-1.17.

Objective 1-1

Increase the number of community-farmer's markets from two in 2016 to three in 2020.

Baseline value & (year)

2 (2016)

Target value & (year)

3 (2020)

Current value & (year)

2 (2017)

Current value & (year)

2 (2019)

Strategy 1-1.1 By 2016, convene a commission that will focus on access to healthy foods and identify and define projects that may interface and leverage the cities' Comprehensive Plans. Membership will be multi-sectoral.

Target Date
July 1, 2016

Strategy Type

Environmental / Policy Change

Who's responsible?

Washington County Public Health

Progress on Strategy

On track. A multi-sectoral commission was convened in March of 2016. We've been looking at different physical activity projects, but we haven't made progress interfacing them with Cities' comprehensive plans. The group has been meeting monthly, but there's been a barrier in constantly shifting attendance. The priority has really shifted towards physical activity and nutrition in school-age children. We've discussed SWITCH, School Greenhouses, Culinary Kitchens, Field to Family, 5210 Let's Go, among other topics.

Progress Status Date

Progress on Strategy

We've also partnered with Healthy Hometown Powered by Wellmark to improve our focus on access to healthy foods. We've worked with a restaurant owner to pilot a healthy menu, the three high schools in the County are building and operating greenhouses, there have been healthy food demonstrations that were free to the public, we're working on expanding healthy vending options for the employees of Washington County, we've provided healthy recipes via ISU Extension at our local Farmer's Market. Additionally, a subcommittee has been formed to work on implementing a Community Garden in Washington. Anticipated implementation for Spring 2020. All in all, we've been working on 12 separate initiatives related to Food and Nutrition.

Progress Status Date

June 24, 2019

While we've not made any progress increasing the number of Farmer's Markets in the County, we have been working on expanding the existing market in Washington. A Farmer's Market Advisory Board was developed in 2017 to enhance vendors attending the market and encourage more community members to attend and gain access to fresh produce. We've coordinated so that we can provide healthy recipes at the market, and have scheduled a healthy food demonstration as well. We're also in the process of getting the market certified to accept SNAP and Double Up Food Bucks so that low-income community members can take full advantage of the healthy produce.