

Washington County's Community Health Improvement Plan

**WashCo Wellness Partners
January 2018**



Vision: "A respectful and encouraging community that advocates for health equity, collaboration, and inclusiveness between leaders, organizations, and individuals who strive together to make Washington County the healthiest county in Ohio."

Washington County Community Health Improvement Plan

Action Plan 2017-2020

Introduction:

In 2016, a broad array of public health stakeholders and community members from Washington County convened as the WashCo Wellness Partners (“the Partners”) to conduct a Community Health Assessment by use of the Mobilizing for Action through Planning and Partnerships (MAPP) process. Through this process, the Partners completed four assessments: Forces of Change Assessment (“FOCA”); Community Themes and Strengths Assessment (“CTSA”); Local Public Health System Assessment (“LPHSA”); and Community Health Status Assessment (“CHSA”).

By the end of 2016, the Partners were able to meet and review the data that was collected from all four assessments. Issues that appeared in all four of the assessments were listed. The seven most urgent issues were: Mental Health, Chronic Disease, Poverty, Environmental Issues, Aging Issues, Education, and Safety. Available data was provided for each of the seven issues and the Partners were asked to discuss. After discussion, the Partners felt that they were ready to vote on the issues.

Using Dot-Voting, the Partners voted for their top issues. Each Partner was given three stickers. All seven issues were displayed on the wall, each having its own poster. The Partners were asked to place their stickers on the issues that they felt were most important to carry on into the Community Health Improvement Plan. Further, the allotted three stickers could all be used on one issue or distributed among one, two, or three issues.

The following were the top four issues identified from the Dot-Vote: Behavioral Health (previously Mental Health), Chronic Disease, Education, and Poverty. Committees were formed for each of these issues. Each committee has a committee chair who is responsible for bringing the group together for review of the plan and for plan updates.

The Washington County Community Health Improvement Plan (CHIP) work plan was finalized in December 2017 and published in the spring of 2018. WashCo Wellness Members, member agencies, and the community will work together to implement the goals identified in the CHIP. The CHIP is defined with timelines and measurements to encourage accountability, direction, and quality improvement. Further, the Partners are committed to using the best practices and evidence-based interventions to achieve optimal outcomes by 2020.

The CHIP is a living document; therefore, new opportunities and hurdles will be reflected in the “Outcomes” portion of each activity. Updates and changes to the CHIP will be released to the public after the bi-annual WashCo Wellness Partners meetings.

To access the latest version of the Washington County Health Improvement Plan, please visit www.washingtongov.org/health.

Invitation to the Community:

The Community Health Improvement Plan requires input from all who live, learn, play, and work in Washington County. We need your participation and feedback to help Washington County be “the healthiest county in Ohio.”

To get involved, please contact the Washington County Health Department at 740-374-2782 ext. 3305 or e-mail Amy Nahley at anahley@wcgov.org.

CHIP Advisory Committee

Amy Nahley
Washington County Health Department

Richard Wittberg
Washington County Health Department

Miriam Keith
Washington County Behavioral Health Board

Pamela Lankford
Epicenter

Barb Bradley
Marietta City Health Department

Tasha Weary
Building Bridges to Careers

Court Witschey
Washington County Health Department

Committee Members

Behavioral Health Committee

Miriam Keith- CHAIR
Washington County Behavioral Health Board

Sheriff Minks
Washington County Sheriff's Department

Shawn Bail
Memorial Health System

Cathy Harper
The Right Path

David Browne
Washington County Behavioral Health Board

Cindy Davis
Washington County Family & Children First

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Washington County Free Clinic

Cathy Harper

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Connie Huntsman

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Poverty Committee

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Washington County Health Department

Stacey Steed

RSVP/Washington County Homeless Project

Heather Warner

GoPacks

David Brightbill

Washington-Morgan CAP

Eric Young

Memorial Health System

Connie Huntsman

O'Neill Center

Education Committee

Tasha Weary- CHAIR

Marietta City Schools

Chris Keylor

Ohio Valley Educational Service Center

Jennifer Loman

COAD

Heather Kincaid

Washington State Community College

Amanda Bohlen

OSU-Ext

Barb Bradley

Marietta City Health Department

PRIORITY ONE: BEHAVIORAL HEALTH

Justification: *Behavioral Health infrastructure for Washington County has been poor. At the time of the CHA completion, Washington County had no treatment facility (neither residential nor inpatient), no sober living facility, and limited counseling capacity. Further, Washington County was one of only a few Ohio counties that had no Behavioral Health levy, and thus had no means to fund infrastructure.*

Committee Chair: Miriam Keith, WCBHB

| Objective | Activities | Responsible Parties | Timeframe | Evaluation Measures |
|---|---|--|--------------------------------|---|
| OBJECTIVE 1: Increase behavioral health resources in Washington County | Activity 1: Continue efforts to establish a Detox Unit accessible to Washington County residents | Activity 1: Washington County Behavioral Health Board (WCBHB) | Activity 1: 2017-2020 | Activity 1: Complete research on viability of bringing a Detox Unit back to Washington County; Decide on viability |
| | Activity 2: Assure accessibility to Substance Used Disorder (SUD) treatment facility | Activity 2: WCBHB; L&P; Oriana House | Activity 2: 2017-2020 | Activity 2: Monitor the number of people who seek treatment and are able to access it; determine if the # of reserved beds is sufficient |
| | Activity 3: Establish a residential sober living home | Activity 3: WCBHB | Activity 3: 06/19 | Activity 3: Have five residents in the sober living home |
| | Activity 4: Use evidence-based programs as a resource for behavioral health, to include but not limited to, Chronic Disease Self-Management Program (CDSMP) and Chronic Pain Self-Management Program (CPSMP) | Activity 4: Buckeye Hills Regional Council | Activity 4: 2020 | Activity 4: Operational referral system to use for behavioral health clients |
| OBJECTIVE 2: Pass a Mental Health Levy in Washington County | Activity 1: Establish a Levy Campaign Committee | Activity 1: WCBHB | Activity 1: 03/17 | Activity 1: Have a Levy Campaign Committee |
| | Activity 2: Solicit community support through outreach events | Activity 2: WCBHB | Activity 2: 03/17-11/17 | Activity 2: Establish Levy Facebook page and have campaign attendance at all fairs in Washington County |
| | Activity 3: Speak to at least ten | Activity 3: WCBHB | Activity 3: 03/17-11/17 | Activity 3: Ten new supporters of the Mental |

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| | major civic groups, political groups, and/or unions | | | Health Levy |
| | Activity 4: Participate in three community forums | Activity 4: WCBHB | Activity 4: 03/17-11/17 | Activity 4: Three community forums held |
| OBJECTIVE 3: Explore the possibility of a needle exchange program | Activity 1: Investigate other successful rural needle exchange programs | Activity 1: Washington County Health Department (WCHD) | Activity 1: 2017-2018 | Activity 1: Identify one similar county that has a successful needle exchange program; Meet with potential funders |
| | Activity 2: Meet with law enforcement, behavioral health stakeholders, and other partners to discuss possible implementation | Activity 2: WCHD; Marietta City Health Department (MCHD); WCBHB | Activity 2: 2017-2020 | Activity 2: Begin meetings with necessary partners to discuss possible implementation of a needle exchange program |
| OBJECTIVE 4: Increase number of evidence-based programs or promising practices delivered in Washington County to improve behavioral health resources among children and families | Activity 1: Establish a committee OR explore the Family Children First Prevention Committee as the committee for behavioral health resources among children | Activity 1: WCBHB; Family Children First (FCF) | Activity 1: 2017-2019 | Activity 1: Establish a committee and have at least two committee meetings |
| | Activity 2: Develop a list of potential programs for use in the community | Activity 2: FCF Prevention Committee | Activity 2: 2020 | Activity 2: Identify at least one evidence-based program or promising practices program to deliver |
| | Activity 3: Collaborate with | Activity 3: WCBHB; WCHD; | Activity 3: 2020 | Activity 3: Program delivered in at least one |

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| | local partners to obtain funding for program and implementation | The Right Path | | school |
| | Activity 4: Community health partners will increase education and awareness activities for colon cancer prevention | Activity 4: Memorial Health System & Partners | Activity 4: 1/17 - 12/19 | Activity 4: Demonstrate a 10% increase in colon cancer screenings |
| *Freeze it for now* Increase number of evidence-based programs or promising practices delivered in Washington County to improve behavioral health resources among children and families | Activity 1: Facilitate meetings between behavioral health stakeholders, law enforcement, and the judicial system to discuss financing, operation, and sustainability of a drug court in Washington County | Activity 1: Behavioral Health Committee (BHC) | Activity 1: | Activity 1: |
| | Activity 2: Locate and acquire resources needed to establish and sustain drug court. Include community foundations. | Activity 2: BHC | Activity 2: | Activity 2: |

PRIORITY TWO: CHRONIC DISEASE

Justification: Ohio's Appalachian region has chronic disease rates similar to African Americans, Hispanics, and Pacific Islanders. Health risk factors are higher in Washington County than state and national rates. Tobacco use rates are 2 points higher than the national average, obesity is 7 points higher, and physical inactivity 11 points higher. This results in higher than average age-adjusted rates of cancer cases (40/year higher), diabetes rates 5 points higher, and higher rates of cardiovascular disease. In order to reduce chronic diseases in Washington County, this committee looks to implement evidence-based programs or those programs with promising practices. Efforts are focused on finding policies that help reduce risk factors, system changes that direct people to preventive programs, and improving environments to make healthy choices.

Committee Chair: Court Witschey, WCHD

| Objective | Activities | Responsible Parties | Timeframe | Evaluation Measures |
|---|--|--|----------------------------------|---|
| OBJECTIVE 1: Reduce tobacco use rates in Washington County | Activity 1: Assess the local tobacco environment in Washington County by monitoring access, marketing, sales, and use | Activity 1: Washington County Health Department (WCHD); The Right Path (TRP); Law Enforcement | Activity 1: 1/17 12/19 | Activity 1: A summary report of the tobacco environment in Washington County |
| | Activity 2: Develop student anti-tobacco advocacy groups in two local school districts | Activity 2: WCHD; TRP | Activity 2: 1/17 12/19 | Activity 2: Two new stand groups will exist |
| | Activity 3: Engage | Activity 3: WCHD; | Activity 3: 1/17 | Activity 3: Summary report of counter- marketing activities |

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| | youth in annual counter-marketing campaigns | TRP | 12/19 | |
| | Activity 4: Strengthen tobacco-free policies in two local school districts | Activity 4: WCHD;TRP; Belpre City School District (BCSD); Marietta City School District (MCSD) | Activity 4: 1/17 12/19 | Activity 4: Two Washington County Schools will improve their scores on the ODH Tobacco-Free Schools Rubric |
| | Activity 5: Increase the number of tobacco-free public spaces | Activity 5 WCHD; Local Municipalities | Activity 5: 1/17 12/19 | Activity 5: Six new tobacco-free public spaces will exist |
| OBJECTIVE 2: Reduce the rate of preventable hospital stays | Activity 1: MHS primary care providers transition to PCMH model of care | Activity 1: Memorial Health System (MHS) | Activity 1: 1/17 12/19 | Activity 1: 100% of MHS primary care providers are PCMH certified |
| | Activity 2: Establish a community-clinical referral system to increase utilization of community lifestyle change programs | Activity 2: Lifestyle Change Network (LCN) | Activity 2: 1/17 12/19 | Activity 2: 10% increase in program referrals |

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| | Activity 3: Pilot a Community Health Worker (CHW) model of care to support patients' diabetes management | Activity 3: WCHD | Activity 3: 1/17 12/19 | Activity 3: 10% decrease in ER visits and hospital readmissions for participating patients |
| | Activity 4: Implement the Community Based Health Intervention (CBHI) model of care for high-risk patients | Activity 4: BHRC | Activity 4: 1/17 12/19 | Activity 4: 10% decrease in hospital readmissions for participating patients |
| | Activity 5: Develop and promote a referral protocol for eligible, non- insured people to the WC Free Clinic | Activity 5: WC Free Clinic; Community Partners | Activity 5: 1/17 12/19 | Activity 5: 10% increase in Free Clinic referrals |
| OBJECTIVE 3: Improve the status of Washington County residents' health behaviors | Activity 1: Increase access to affordable healthy foods | Activity 1: Creating Healthy Communities (CHC) & Communities Preventing Chronic Disease (CPCD) Coalition Partners | Activity 1: 1/17 12/19 | Activity 1: Six new and/or improved opportunities for healthy food will exist |

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| Activity 2: Increase access to affordable physical activity | Activity 2: Creating Healthy Communities (CHC) & Communities Preventing Chronic Disease (CPCD) Coalition Partners | Activity 2: 1/17 12/19 | Activity 2: Six new opportunities for physical activity will exist |
| Activity 3: Increase promotion of community lifestyle change programs | Activity 3: LCN | Activity 3: 1/17 12/19 | Activity 3: Demonstrate a 10% increase in program participation |
| Activity 4: Community health partners will increase education and awareness activities for colon cancer prevention | Activity 4: Memorial Health System & Partners | Activity 4: 1/17 12/19 | Activity 4: Demonstrate a 10% increase in colon cancer screenings |

PRIORITY THREE: EDUCATION

Justification: This priority is two-fold. First, with chronic diseases and behavioral health needs growing in Washington County, we are cognizant of the need to raise children with more awareness, self-management skills, and prevention-centered lifestyles. This committee chose evidence-based programs or those with promising practices to facilitate a positive growth in children of Washington County in the areas of physical activity and career awareness. Second, while Washington County has a high school graduation rate comparable to the national high school graduation rate, the CHA revealed that we have fewer students pursuing higher education and an increase in jobs that must be filled with outside candidates. Therefore, this committee has made career awareness an objective for this priority, with an emphasis on careers pertinent to Washington County.

Committee Chair: Tasha Weary, Building Bridges to Careers

| Objective | Activities | Responsible Parties | Timeframe | Evaluation Measures |
|---|--|---|------------------------------|---|
| OBJECTIVE 1: Increase physical activity for those 18 years and younger | Activity 1: Partner with a local elementary school to see if heart rate monitors can be used to teach higher quality physical activity outside the classroom and lead to improved fitness | Activity 1: Washington County Health Department (WCHD) | Activity 1: 2017-2018 | Activity 1: Compare fitness of children in the Fall to fitness in Spring using appropriate Aerobic Capacity Test |
| | Activity 2: Expand to a second school in the second year | Activity 2: WCHD | Activity 2: 2018-2019 | Activity 2: Examine activity logs for trends |
| | Activity 3: Present results to all school superintendents in Washington County | Activity 3: WCHD | Activity 3: 2019-2020 | Activity 3: Presentation on results completed |
| OBJECTIVE 2: Broaden career awareness for K-12 | Activity 1: Increase number of students exposed to Epicenter activities | Activity 1: Building Bridges to Careers | Activity 1: 2017-2020 | Activity 1: Current number of students served is 61 (Sept. 2017) Grow by 10%? |
| | Activity 2: Hold two events | Activity 2: Building Bridges to | Activity 2: 2017-2020 | Activity 2: Two events: |

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| | that explore local career assets. For example: <ul style="list-style-type: none">• “Made in the MOV” event• Facilitated town hall talk on Makerspace. | Careers | | |
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PRIORITY FOUR: POVERTY

Justification: County Health Rankings assert that the local economy is the key driver of health. Appalachia is known for its poverty and for poverty being the root cause of poor health. Identifying ways to improve the local economy will help lift people out of poverty and will have direct impacts on the overall health of Washington County. More specifically to this CHIP, insufficient or nonexistent transportation was identified as a core barrier to freedom from poverty. Transportation is an exhausting hurdle those in poverty must jump to reach employment opportunities and prevention or management of chronic diseases.

Committee Chair: Tasha Weary, Building Bridges to Careers

| Objective | Activities | Responsible Parties | Timeframe | Evaluation Measures |
|---|--|---|------------------------------|---|
| OBJECTIVE 1: Increase the number of entrepreneurs in Washington County | Activity 1: Memorial Health System will explore offering insurance for entrepreneurs referred from the Epicenter/Makerspace | Activity 1: Memorial Health System (MHS) | Activity 1: 2017-2020 | Activity 1: Insurance program available for entrepreneurs referred from the Epicenter/Makerspace |
| | Activity 2: The Epicenter will compile a list of necessary resources for entrepreneurs | Activity 2: Epicenter | Activity 2: 2017-2020 | Activity 2: Resource book available |
| | Activity 3: Develop a Makerspace | Activity 3: Epicenter | Activity 3: 12/18 | Activity 3: Makerspace open in Washington County |
| OBJECTIVE 2: Identify solution to transportation barriers in Washington County | Activity 1: Research Liberty Mobility in Athens County, OH | Activity 1: MHS; Washington County Health Department | Activity 1: 12/18 | Activity 1: Meet two times with Athens County, OH site to discuss Liberty Mobility |
| | Activity 2: Identify | Activity 2: MHS; WCHD | Activity 2: 12/18 | Activity 2: Host site identified and |

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| | host site and develop a business plan for Liberty Mobility in Washington County | | | business plan complete |
| OBJECTIVE 3: Reduce the number of residents living in homelessness | Activity 1: Provide a place for people to receive daytime help. (i.e., a place to wash clothing, shower, eat, job search, etc. | Activity 1: Washington County Homeless Project | Activity 1: 2020 | Activity 1: Day Center opened |
| | Activity 2: Provide respite for residents who are housing homeless individuals | Activity 2: Washington County Homeless Project | Activity 2: 2020 | Activity 2: Day Center opened |
| OBJECTIVE 4: Offer the “Getting Ahead in a Just Getting By World” program consistently. | Activity 1: Collect information about all individuals in Washington County who are trained facilitators “Getting by...” | Activity 1: GoPacks | Activity 1: 12/18 | Activity 1: Meeting held for trainers. GoPacks has an updated list and contact information for all trainers. |
| | Activity 2: Secure enough funding to be able to offer two classes a year. | Activity 2: GoPacks | Activity 2: 2019 | Activity 2: Two GoPacks classes held in 2018. |