

Implementation Plan for Needs Identified in the Community Health Needs Assessment for First Care Health Center

FY 2016-2018

Covered Facilities: First Care Health Center, Walsh County Health District

Community Health Needs Assessment: A Community Health Needs Assessment (“CHNA”) was performed in Winter 2015/2016 in collaboration with public health to determine the most pressing health needs of the Park River area.

Implementation Plan Goals: The Board of First Care Health Center has determined that the following health needs identified in the CHNA should be addressed through the implementation strategy noted for each such need:

1. Behavioral Health (to include adult alcohol abuse)

Specific Needs Identified in CHNA:

- Promote and support evidence based alcohol prevention activities in Walsh County.
 - Provide community members with information on evidence based programs that can prevent drug overdose deaths, to include the use of Naloxone and the Drug Take Back Program
 - Provide medical prescribers with information on best practices for prescribing opioids
 - Provide the community with a resource for behavioral health services available in the service area.
- Key Objectives:
 - Provide Responsible Beverage Server Training to bars and retail establishments in Walsh County
 - Provide increased DUI saturation patrols (Walsh County Sheriff’s Office) within Walsh County
 - Increase the number of community members who are aware of the Drug Take Back Program location at the Walsh County Law Enforcement Center
 - Increase the number of community members who can identify someone who is experiencing a drug overdose, who are aware of the what the antidote Naloxone is used for and where they can get a prescription for Naloxone.
 - Increase medical providers knowledge on best practices for prescribing Opioids
 - Increase the number of community members and agencies who can provide referral to behavioral health services.
 - Implementation Strategies:
 - Walsh County Health District (WCHD) to provide best practices information for opioid prescribing to medical and dental providers in the service area.

- WCHD will coordinate Responsible Beverage Server Training in the service area
- WCHD will support and coordinate with Walsh County Sheriff's office for an increase in saturation patrols for DUI in the service area.
- Community Education/Media campaign on Drug take back program, Recognizing an opioid overdose and the use of Naloxone.
- FCHC and WCHD will coordinate development of a flyer that identified behavioral health services in the community.

Specific Needs Identified in CHNA:

- Ensure that adultspeople in Walsh County increase physical activity and reduce obesity through provision of user friendly worksite wellness activities that can be replicated in surrounding businesses.
- Key Objectives:
 - Coordinate Community Wellness Activities in the service area
 - Participate in Strategic Planning with Walsh County Health District, First Care Health Center, and other community agencies to address adult obesity and physical inactivity.
 - Participate in a community wellness coalition coordinated by Walsh County Health District to develop worksite wellness activities that are able to be replicated in local businesses to promote and increase in physical activity and to reduce adult obesity.
- Implementation Strategies:
 - Color Run, expand to a walk prior to color run, walking program in coordination with the local Farmers Market
 - Strategic Planning session conducted as part of Chronic Disease Grant coordinated by Walsh County Health District (WCHD)

The goals:

1. WCHD will coordinate a strategic planning session with UMC, First Care Health System, and other community providers.
- Community Coalition developed to address chronic disease (to include physical inactivity and adult obesity)

The goals:

2. WCHD, UMC, FCHC and other community providers will form a work group (coalition) to address wellness activities within Walsh County to include physical inactivity and obesity.

3. Coalition Members will receive training on Policy, System, Environment Change to assure work of the coalition focuses on evidence based activities.
4. Coalition will develop one worksite wellness activity that can be replicated in community worksites.
5. FCHC will develop and market the Color Run
6. FCHC will Coordinate a Walking Event prior to the Color Run
7. FCHC will develop a Walking Program in conjunction with the Farmers Market.

Other Needs Identified in the CHNA but Not Addressed in this Plan – Each of the health needs listed below is important and is being addressed by numerous programs and initiatives operated by the Hospital, other organizations within the Hospital system, and other community partners of the Hospital. However, the Hospital will not address the following health needs identified in the CHNA as part of this Implementation Plan due to limited resources and the need to allocate significant resources to the two priority health needs identified above.

Traffic Safety:

FCHC has chosen to not address this priority area through the implementation plan. The FCHC Wellness Program within the agency will do a Lunch and Learn for their employees on Traffic Safety related to the use of cell phones while driving.

Assisted Living Options:

FCHC will participate with any agency/organization that is addressing the shortage of assisted living options in the service area, but will not develop an implementation plan specific to this topic at this time. Other providers and agencies have greater expertise in this area; FCHC would be willing to partner with any agency that invites them to a planning process.

Jobs with livable Wages:

FCHC addresses jobs with livable wages within their facility on an ongoing basis. If invited by any community agency, they would be willing to participate in community planning related to this topic, but do not feel they have the expertise to address this very complex community issue.

FCHC is committed to continually look at wages of staff at their agency to assure that they are aware of and responding rapidly to the changing market related to health care providers salaries. FCHC is also committed to look at lower paid employee wages at their agency to assure that these people have jobs with livable wages.



The following document contains the actions and strategies developed by First Care Health Center in response to the Community Health Needs Assessment.

Need: Addiction/Substance Abuse Issues

Resources

- Contact Hwy patrol for random checks.
- Join forces with EMS, Fire who are already doing wrecked car displays.
- SADD groups in Minto, Edinburgh, Valley—use social media to connect
- Contact City Council when bars have to renew license to mandate (?)/ include server training..
- Server training curriculum may be online.
- LEAD-program for parents to not serve

Activities

- ND Dept of Human Services grant for substance abuse in Walsh County
- Collaborate with law enforcement
- Increase # of checks and do random checks at bars for breathalyzers—provide information on definitions of excessive vs. binge drinking.
- Have providers follow up with patients who indicate they drink frequently—hand them literature regarding definitions and why it is problematic.
- Have youth try to buy from bars.
- Enlist HS students to create video/media campaign regarding “buzz driving is drunk driving”
- LEAD information is already given out with 7th grade shot packets by public health dept.
- Poster at fair regarding RX drug abuse & proper disposal; include visual display of diseased liver
- Media campaign on local cable station & radio station—check with Attorney General’s Office, CDC for sample material
- Identify & offer perks/incentives for DD
- Require all servers to take server training class—offer it as paid employee training.
- Train the trainer design where one employee from each bar receives training & then teaches others.

Outcome

1. Reduce % of excessive drinking
2. Increase awareness of Rx drug abuse
3. Education on drug disposal
4. Change in attitude as to what constitutes excessive drinking/binge drinking
5. Education on caloric intake of drinks
6. 25% decrease in DUI arrests
7. All bartenders receive server training
8. Breathalyzers

Need: Mental Health Concerns

Resources

- Caseworkers distribute information about where to get help.
- Resource document summarizing local services, resources
- NE Human Services
- Telemedicine capabilities

Activities

- Altru grant from Medica – NE Human Services has quarterly meeting of collaborators (law enforcement, hosp, states' attorneys, Altru, possibly schools, public health, county social services) to discuss ways to collaborate and understand one another's limitations for dealing with mental health patients.
- Increased promotion of counseling services that are already available, including telemedicine (posters, cable TV, social media).
- Work with schools on increased education/seminars.
- Continue working with ministerial groups and increased interaction with school counselors.
- Training of ER personnel on paperwork to facilitate transportation, committal, etc.
- Increased use of telemedicine for mental health services.
- Establish support groups (families with mental health crises, grief group) led by social worker or counseling psychology student interns

Outcome

1. Existence of coalition focused on mental health services for Walsh Co.
2. More long term placement options for chronic problems
3. More options for youth placements/more facilities
4. ER providers have resources to refer
5. Increase awareness of services/people available in our community that can provide services. (Cost, where, when, etc.)
6. Support for families facing mental health crises.
7. More transportation available in emergency situations



The following document contains the actions and strategies developed by First Care Health Center in response to the Community Health Needs Assessment.

Need	Resources	Activities	Outcome
<p>Addiction/ Substance Abuse Issues</p>	<p>Contact Hwy patrol for random checks.</p> <p>Join forces with EMS, Fire who are already doing wrecked car displays.</p> <p>SADD groups in Minto, Edinburgh, Valley—use social media to connect</p> <p>Contact City Council when bars have to renew license to mandate (?)/ include server training..</p> <p>Server training curriculum may be online.</p> <p>LEAD-program for parents to not serve</p>	<ul style="list-style-type: none"> • ND Dept of Human Services grant for substance abuse in Walsh County • Collaborate with law enforcement • Increase # of checks and do random checks at bars for breathalyzers—provide information on definitions of excessive vs. binge drinking. • Have providers follow up with patients who indicate they drink frequently—hand them literature regarding definitions and why it is problematic. • Have youth try to buy from bars. • Enlist HS students to create video/media campaign regarding “buzz driving is drunk driving” • LEAD information is already given out with 7th grade shot packets by public health dept. • Poster at fair regarding RX drug abuse & proper disposal; include visual display of diseased liver • Media campaign on local cable station & radio station—check with Attorney General’s Office, CDC for sample material • Identify & offer perks/incentives for DD • Require all servers to take server training class—offer it as paid employee training. • Train the trainer design where one employee from each bar receives training & then teachers others. 	<ol style="list-style-type: none"> 1. Reduce % of excessive drinking 2. Increase awareness of Rx drug abuse 3. Education on drug disposal 4. Change in attitude as to what constitutes excessive drinking/binge drinking 5. Education on caloric intake of drinks 6. 25% decrease in DUI arrests 7. All bartenders receive server training 8. Breathalyzers in bars

Need	Resources	Activities	Outcome
<p>Mental Health Concerns</p>	<p>Caseworkers distribute information about where to get help.</p> <p>Resource document summarizing local services, resources</p> <p>NE Human Services</p> <p>Telemedicine capabilities</p>	<ul style="list-style-type: none"> • Altru grant from Medica – NE Human Services has quarterly meeting of collaborators (law enforcement, hosp, states’ attorneys, Altru, possibly schools, public health, county social services) to discuss ways to collaborate and understand one another’s limitations for dealing with mental health patients. • Increased promotion of counseling services that are already available, including telemedicine (posters, cable TV, social media). • Work with schools on increased education/seminars. • Continue working with ministerial groups and increased interaction with school counselors. • Training of ER personnel on paperwork to facilitate transportation, committal, etc. • Increased use of telemedicine for mental health services. • Establish support groups (families with mental health crises, grief group) led by social worker or counseling psychology student interns 	<ol style="list-style-type: none"> 1. Existence of coalition focused on mental health services for Walsh Co. 2. More long term placement options for chronic problems 3. More options for youth placements/more facilities 4. ER providers have resources to refer 5. Increase awareness of services/people available in our community that can provide services. (Cost, where, when, etc.) 6. Support for families facing mental health crises. 7. More transportation available in emergency situations