

Harney County Health District Implementation Plan

Progress Report - January 2020

NEED / CONCERN IDENTIFIED	STRATEGIES	GOALS (2019-2022)
<p>Substance Abuse/Addiction (Drugs, Alcohol and Tobacco)</p>	<ul style="list-style-type: none"> • Support tobacco tax increase in Oregon. IP • Support needle exchange program being enacted by Harney County Health Department by making staff aware of the program and assisting with sharing information in any other way as requested by the Health Department. D • Create an awareness campaign (in collaboration with other local organizations as they are willing or able to) that focuses on 1) shedding light on the facts of substance abuse/addiction in Harney County, 2) directs people to local resources, and 3) encourages youth to avoid drugs, alcohol and tobacco. IP • Connect HDH Family Care patients to counseling/cessation resources (behavioral health integration). IP • In collaboration with the Harney County Local Community Advisory Council (LCAC) and local organizations, develop and promote a youth mentoring program focused on prevention of drug/alcohol/tobacco use. NS 	<ul style="list-style-type: none"> • Help to discourage tobacco use. • Support harm reduction efforts to prevent the spread of disease and bring drug users into contact with health care resources. • Build awareness around the issue of substance use and addiction among adults and youth. Increase numbers of those seeking treatment. • Continue to increase referrals to Tobacco Quit Coach and in-person counseling services and treatment programs. • Work to prevent substance abuse/addiction before it starts.

D= DONE

IP= IN PROGRESS

NS= NOT STARTED

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Substance Abuse/Addiction (Drugs, Alcohol and Tobacco)

STRATEGY NOTES

•Support tobacco tax increase in Oregon.

Harney County Health District is supportive of this proposed tax increase as a means of discouraging tobacco use. The legislation is still in progress.

• Support needle exchange program being enacted by Harney County Health Department by making staff aware of the program and assisting with sharing information in any other way as requested by the Health Department.

Harney County Health District staff have been notified of the needle exchange program. Flyers have been posted in the Harney District Hospital Family Care exam rooms and bathrooms.

• Create an awareness campaign (in collaboration with other local organizations as they are willing or able to) that focuses on 1) shedding light on the facts of substance abuse/addiction in Harney County, 2) directs people to local resources, and 3) encourages youth to avoid drugs, alcohol and tobacco.

A Communications Committee comprised of representatives of local health care entities is ongoing, and is working to coordinate timing and develop content for this campaign.

• Connect HDH Family Care patients to counseling/cessation resources (behavioral health integration).

HDH Family Care patients are asked about tobacco usage and connected to quit resources if willing. Once behavioral health specialists have been recruited and hired, they will be available as another option for tobacco cessation resources.

• In collaboration with the Harney County Local Community Advisory Council (LCAC) and local organizations, develop and promote a youth mentoring program focused on prevention of drug/alcohol/tobacco use.

This effort has not yet been started.

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<p>Mental Health (Mental Illness/ Depression and Suicide Prevention)</p>	<ul style="list-style-type: none"> • Re-initiate behavioral health integration at HDH Family Care: <ul style="list-style-type: none"> --Recruit behavioral health staff --Redevelop/reinforce system for quick referrals from providers to behavioral health staff for interventions in areas of depression, anxiety and other mental illness, as well as substance abuse and addiction. IP • Offer annual Mental Health First Aid training to all staff. IP • Support mental health of HDH employees with regular communications regarding awareness of mental health resources (Employee Assistance Program, etc.) and use of paid time off for “mental health days”, continue to organize employee events to combat workplace stress and encourage social connection (TEAM Committee). IP • Create an awareness campaign (in collaboration with other local organizations as they are willing or able to) with the goals of 1) reducing stigma of mental illness, 2) building awareness around the issue of suicide, 3) directing the community to available resources. IP • Sponsor a public forum on the topic of suicide awareness and prevention. IP 	<ul style="list-style-type: none"> • Increase access/options for mental health services in Harney County. Increase referrals to counseling and treatment. • Train participants how to identify, understand, and respond to individuals who may be experiencing signs of a mental illness or other substance use disorder. • Promote good mental health among our caregivers and prevent health care worker burnout. • Reduce stigma around mental illness and seeking mental health care. Increase numbers of people seeking mental health services. • Increase community awareness around the issue of suicide and how we can work to prevent it.

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Mental Health (Mental Illness/
Depression and Suicide Prevention)

STRATEGY NOTES

- **Re-initiate behavioral health integration at HDH Family Care:**
 - **Recruit behavioral health staff**
 - **Redevelop/reinforce system for quick referrals from providers to behavioral health staff for interventions in areas of depression, anxiety and other mental illness, as well as substance abuse and addiction.**

Recruitment continues for HDH Family Care behavioral health specialists (Licensed Clinical Social Workers).

- **Offer annual Mental Health First Aid training to all staff.**

The HDH Outreach and Nursing departments will start researching Mental Health First Aid trainings for Fall 2020 once other staff trainings are complete.

- **Support mental health of HDH employees with regular communications regarding awareness of mental health resources (Employee Assistance Program, etc.) and use of paid time off for “mental health days”; continue to organize employee events to combat workplace stress and encourage social connection (TEAM Committee).**

This is an ongoing effort. The Human Resources Department continues working to promote and encourage the use of employee benefits in support of good mental health. TEAM continues to organize and execute employee events.

- **Create an awareness campaign (in collaboration with other local organizations as they are willing or able to) with the goals of 1) reducing stigma of mental illness, 2) building awareness around the issue of suicide, 3) directing the community to available resources.**

A Communications Committee comprised of representatives of local health care entities is ongoing, and is working to coordinate timing and develop content for this campaign.

- **Sponsor a public forum on the topic of suicide awareness and prevention.**

The HDH Outreach department will research suicide prevention public forum programs. Harney Hospital Foundation to consider hosting forum.

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<p>Child Abuse/Neglect/Trauma (Adverse Childhood Experiences)</p>	<ul style="list-style-type: none"> • Recognize that substance abuse/addiction and mental health issues contribute to child abuse/neglect/trauma, and implement the strategies outlined in those categories in support of this need as well. IP • Explore trauma-informed care practices within the organization, and build upon any previous Adverse Childhood Experiences training caregivers have received. IP <p><i>Trauma-Informed Care (TIC) integrates knowledge of the widespread impact of trauma into healthcare policies, culture, environment and care processes.</i></p> <p><i>Adverse Childhood Experiences (ACEs) studies have demonstrated that major adversity in childhood can result in up to a 600% increased risk of chronic illnesses and 400% increased risk of addiction.</i></p>	<ul style="list-style-type: none"> • Help to decrease the incidence of adverse childhood experiences in Harney County. • Ensure that signs of child abuse/neglect/trauma are being recognized during patient care and appropriate actions are being taken. <p>Raise awareness among our caregivers about the connection between the experience of adversities and overall health, and empower them to identify a history of trauma in patients and provide individualized treatment that seeks to recognize the root cause of health issues and encourage healing.</p>

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Child Abuse/Neglect/Trauma
(Adverse Childhood Experiences)

STRATEGY NOTES

- **Recognize that substance abuse/addiction and mental health issues contribute to child abuse/neglect/trauma, and implement the strategies outlined in those categories in support of this need as well.**

In progress -- see "Substance Abuse/Addiction" category.

- **Explore trauma-informed care practices within the organization, and build upon any previous Adverse Childhood Experiences training caregivers have received.**

Trauma-Informed Care (TIC) integrates knowledge of the widespread impact of trauma into healthcare policies, culture, environment and care processes.

Adverse Childhood Experiences (ACEs) studies have demonstrated that major adversity in childhood can result in up to a 600% increased risk of chronic illnesses and 400% increased risk of addiction.

The HDH Outreach team has researched Trauma-Informed Care in a clinical setting and will present to the Eastern Oregon Coordinator Care Organization (EOCCO) Local Community Advisory Council (LCAC).

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<ul style="list-style-type: none"> • Obesity/Diabetes/Chronic Illness 	<ul style="list-style-type: none"> • “Know Your Numbers” campaign – encourage and empower individuals to know their blood sugar levels, blood pressure, blood cholesterol, and BMI, what they indicate and how they can be improved <ul style="list-style-type: none"> --Awareness campaign (publicity) --Offer a health fair-type event IP • Continue 5-1-1-0 youth obesity prevention program: <ul style="list-style-type: none"> --Continue to expand program to middle and high school levels --Encourage and work with schools to replace “treat”-based incentives in classrooms with healthier alternatives IP • Continue to provide and promote Weigh-In, Diabetes Self-Management Education and Support Group, Bariatric Surgery Support Group, Living Well With Chronic Conditions, and any other classes and support groups related to obesity/diabetes/chronic illness. Continue to improve methods of connecting patients to HDH classes and support groups (Outreach Prescription process in clinic, targeted marketing communications, etc.) IP • Continue to offer exercise opportunities through Walk With Ease/Walk With A Doc, expand as possible IP 	<ul style="list-style-type: none"> • Create awareness about these vital health numbers and connect those with obesity/diabetes/chronic illness to appropriate resources. • Continue to increase awareness of healthy habits among parents and their children • Maintain/increase numbers of participants in classes and support groups. Increase use of nutritional therapy services. • Increase participation and provide exercise opportunities

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- Obesity/Diabetes/Chronic Illness

STRATEGY NOTES

- **“Know Your Numbers” campaign – encourage and empower individuals to know their blood sugar levels, blood pressure, blood cholesterol, and BMI, what they indicate and how they can be improved**

--Awareness campaign (publicity)

--Offer a health fair-type event

This campaign is slated for December 2019-February 2020. A Communications Committee comprised of representatives of local health care entities is working together to develop the content for the campaign.

- **Continue 5-1-1-0 youth obesity prevention program:**

--Continue to expand program to middle and high school levels

--Encourage and work with schools to replace “treat”-based incentives in classrooms with healthier alternatives

The 5-1-1-0 program continues in a variety of forms. The HDH Outreach Department (in collaboration with other local entities) will continue to expand the program to older children and explore initiatives to eliminate “treat”-based incentives in the next two years.

- **Continue to provide and promote Weigh-In, Diabetes Self-Management Education and Support Group, Bariatric Surgery Support Group, Living Well With Chronic Conditions, and any other classes and support groups related to obesity/diabetes/chronic illness. Continue to improve methods of connecting patients to HDH classes and support groups (Outreach Prescription process in clinic, targeted marketing communications, etc.)**

Health management classes and support groups will continue as staffing allows. We will also work to promote other organizations’ class and support group offerings that are free and open to the public.

- **Continue to offer exercise opportunities through Walk With Ease/ Walk With A Doc, expand as possible.**

Walk With Ease continues in fall 2019, and will generally be offered at least twice a year (six-week course). Efforts will be made to include medical providers when possible to enrich the experience for participants.