

# Harney County Health District Implementation Plan

## Progress Report - August 2022

NEED / CONCERN IDENTIFIED	STRATEGIES	GOALS (2019-2022)
<p>Substance Abuse/Addiction (Drugs, Alcohol, and Tobacco)</p>	<ul style="list-style-type: none"> <li>• Support tobacco tax increase in Oregon. <b>D</b></li>   <li>• 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. <b>D</b></li>   <li>• 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) directing people to local resources, and 3) encouraging youth to avoid drugs, alcohol, and tobacco. <b>IP</b></li>   <li>• Connect Harney District Hospital (HDH) Family Care patients to counseling/cessation resources (behavioral health integration). <b>IP</b></li>   <li>• 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. <b>NS</b></li> </ul>	<ul style="list-style-type: none"> <li>• Help to discourage tobacco use.</li>   <li>• Support harm reduction efforts to prevent the spread of disease and bring drug users into contact with healthcare resources.</li>   <li>• Build awareness around the issue of substance use and addiction among adults and youth. Increase numbers of those seeking treatment.</li>   <li>• Continue to increase referrals to Tobacco Quit Coach and in-person counseling services and treatment programs.</li>   <li>• Work to prevent substance abuse/addiction before it starts.</li> </ul>

**D= DONE**

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## Progress Report - August 2022

### NEED / CONCERN IDENTIFIED

Substance Abuse/Addiction (Drugs, Alcohol, and Tobacco)

### STRATEGY NOTES

**•Support tobacco tax increase in Oregon.**

Harney County Health District supported this proposed tax increase as a means of discouraging tobacco use. Harney County Health Department hired a new tobacco-prevention coordinator to focus on legislation. Oregon voters passed Measure 108 in the 2020 general election, which changed the tax rate for cigarettes and some tobacco products and imposed the tobacco tax on vaping products. The tax increases went into effect January 1, 2021.

**• 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 HDH Family Care clinic exam rooms and bathrooms.

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

Harney County Health District created and promoted a Community Resource Directory that includes drug and alcohol treatment resources. Harney County Health District also launched a month-long Substance Abuse Awareness campaign on social media in October 2020 that shed light on the facts of substance abuse/addiction and encouraged youth to avoid drugs, alcohol, and tobacco.

**• 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. HDH's Tobacco-Free Property Committee convened to help enforce the tobacco-free property policy and connect patients, visitors, and staff to tobacco-cessation resources. The committee launched a multimedia awareness campaign and assembled "distraction kits," which are distributed to hospital and clinic patients and visitors. The kits include cessation resources. The policy and all committee resources were shared with the Harney County Health Department.

**• 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 goal was not achieved, as Harney County Health District faced staffing shortages in its Outreach Department, and gatherings were hindered by the COVID-19 pandemic.

# Harney County Health District Implementation Plan

## Progress Report - August 2022

NEED / CONCERN IDENTIFIED	STRATEGIES	GOALS (2019-2022)
<p>Mental Health (Mental Illness/ Depression and Suicide Prevention)</p>	<ul style="list-style-type: none"> <li>• Re-initiate behavioral health integration at HDH Family Care:               <ul style="list-style-type: none"> <li>— Recruit behavioral health staff</li> <li>— 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. <b>D</b></li> </ul> </li>   <li>• Offer annual Mental Health First Aid training to all staff. <b>IP</b></li>   <li>• 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). <b>IP</b></li>   <li>• 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, and 3) directing the community to available resources. <b>IP</b></li>   <li>• Sponsor a public forum on the topic of suicide awareness and prevention. <b>NS</b></li> </ul>	<ul style="list-style-type: none"> <li>• Increase access/options for mental health services in Harney County. Increase referrals to counseling and treatment.</li>   <li>• Train participants how to identify, understand, and respond to individuals who may be experiencing signs of mental illness or substance use disorder.</li>   <li>• Promote good mental health among our caregivers and prevent healthcare worker burnout.</li>   <li>• Reduce stigma around mental illness and seeking mental health care. Increase number of people seeking mental health services.</li>   <li>• Increase community awareness around the issue of suicide and how we can work to prevent it.</li> </ul>

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## Progress Report - August 2022

### NEED / CONCERN IDENTIFIED

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.**

HDH Family Care hired Rebecca Ross, RN, PHD, PMHNP-BC in 2019. She is a psychiatric mental health nurse practitioner who provides telepsychiatry services.

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

This effort was not completed due to staffing shortages in the HDH Outreach Department as well as staffing shortages experienced throughout Harney County Health District due to the COVID-19 pandemic.

- **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. Harney County Health District’s Human Resources Department continues to promote and encourage the use of employee benefits in support of good mental health. The district’s TEAM committee continues to organize and execute employee events each month to combat stress and foster social connection. TEAM also created and distributed flyers with information about the mental health resources that are available to employees. The HDH Wellness Committee also promotes and incentives activities aimed at improving employees’ mental health.

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

Harney County Health District launched multiple month-long social media campaigns highlighting the importance of mental health and connecting followers to additional information and resources. The May 2022 campaign specifically focused on reducing the stigma of mental illness.

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

This goal was not completed due to staffing shortages and other challenges brought on by the COVID-19 pandemic.

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## Progress Report - August 2022

NEED / CONCERN IDENTIFIED	STRATEGIES	GOALS (2019-2022)
<p>Child Abuse/Neglect/Trauma (Adverse Childhood Experiences)</p>	<ul style="list-style-type: none"> <li>• Recognize that substance abuse/addiction and mental health issues contribute to child abuse/neglect/trauma, and implement the strategies outlined in those categories to support this need as well. <b>IP</b></li> <li>• Explore trauma-informed care practices within the organization, and build upon any previous Adverse Childhood Experiences training caregivers have received. <b>IP</b></li> </ul> <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"> <li>• Help to decrease the incidence of adverse childhood experiences in Harney County.</li> <li>• Ensure that signs of child abuse/neglect/trauma are being recognized during patient care, and appropriate actions are being taken.</li> </ul> <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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## Progress Report - August 2022

### NEED / CONCERN IDENTIFIED

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" and "Mental Health" categories).

- **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 researched Trauma-Informed Care in a clinical setting and planned to present findings to the Eastern Oregon Coordinator Care Organization (EOCCO) Local Community Advisory Council (LCAC). Unfortunately, this knowledge was lost due to staff turnover. Staffing shortages in the Outreach Department prevented further progress.

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## Progress Report - August 2022

NEED / CONCERN IDENTIFIED	STRATEGIES	GOALS (2019-2022)
<ul style="list-style-type: none"> <li>• Obesity/Diabetes/Chronic Illness</li> </ul>	<ul style="list-style-type: none"> <li>• “Know Your Numbers” campaign — Encourage and empower individuals to know their blood sugar levels, blood pressure, blood cholesterol, and body mass index (BMI), what these numbers indicate, and how they can be improved.               <ul style="list-style-type: none"> <li>— Awareness campaign (publicity)</li> <li>— Offer a health-fair-type event <b>IP</b></li> </ul> </li> <li>• Continue 5-1-1-0 youth obesity-prevention program:               <ul style="list-style-type: none"> <li>— Continue to expand program to middle and high school levels.</li> <li>— Encourage and work with schools to replace “treat”-based incentives in classrooms with healthier alternatives. <b>IP</b></li> </ul> </li> <li>• 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.) <b>IP</b></li> <li>• Continue to offer exercise opportunities through Walk With Ease/Walk With A Doc and expand, if possible. <b>IP</b></li> </ul>	<ul style="list-style-type: none"> <li>• Create awareness about these vital health numbers and connect those with obesity/diabetes/chronic illness to appropriate resources.</li> <li>• Continue to increase awareness of healthy habits among parents and their children.</li> <li>• Maintain/increase number of participants in classes and support groups. Increase use of nutritional therapy services.</li> <li>• Increase participation and provide exercise opportunities.</li> </ul>

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## Progress Report - August 2022

### NEED / CONCERN IDENTIFIED

- 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 these numbers indicate, and how they can be improved.**

- Awareness campaign (publicity)

- Offer a health-fair-type event

Harney County Health District promoted “Know Your Numbers” campaign throughout the month of January 2020 with social-media posts and informational displays in the HDH cafe. Unfortunately, due to the COVID-19 pandemic, it was not possible to safely host a health fair.

- **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 continued in a variety of forms until vital staff was lost in the HDH Outreach Department in October 2020.

- **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.)**

Classes were put on hold due to lack of staffing as well as visitor restrictions implemented during the COVID-19 pandemic.

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

An in-person Walk With Ease program was offered January 13 through February 20, 2020. A summer 2020 class was offered virtually due to the COVID-19 pandemic. Additional classes were put on hold due to lack of staffing in the HDH Outreach Department.