

Harney County Health District Implementation Plan

Progress Report – February 2024

NEED / CONCERN IDENTIFIED	STRATEGIES	GOALS (2022-2025)
<p>Substance Abuse/Addiction (Drugs, Alcohol, and Tobacco)</p>	<ul style="list-style-type: none"> • 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. IP • Connect Harney District Hospital (HDH) Family Care patients to counseling/cessation resources (behavioral health integration). IP • In collaboration with local organizations, develop and promote a youth-mentoring program focused on prevention of drug/alcohol/tobacco use. NS • Support the substance abuse/addiction prevention efforts of our community partners (such as Symmetry Care Inc. and the Burns Paiute Tribe) by committing funding, staffing, and/or resources. IP 	<ul style="list-style-type: none"> • Build awareness around the issue of substance use and addiction among adults and youth. Increase the number of people 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

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

STRATEGY NOTES

- **Create an awareness campaign in collaboration with other local organizations.**

The hospital joined numerous community organizations in sponsoring a substance-abuse prevention campaign that is published in the *Burns Times-Herald* (local newspaper) each month.

- **Connect Harney District Hospital (HDH) Family Care patients to counseling/cessation resources (behavioral health integration).**

— Patients who use tobacco are offered information about tobacco-cessation resources as well as Nicotine Replacement Therapy (if medically appropriate). “Distraction kits” are available for patients and visitors to help curb their tobacco cravings while visiting our health care facilities. These kits include information about SmokeFree Oregon as well as contact information for the hospital’s Respiratory Therapy Department.

— The hospital helped the Harney County Health Department promote/advertise the American Lung Association Freedom From Smoking program, which was held March 7-April 18, 2023, at the Harney County Community Center. This eight-week program is regarded as the gold standard in tobacco cessation, and many other programs have been based on the same principals.

— The hospital created an updated list of local alcohol counseling services and support groups. HDH Family Care providers are distributing this handout to patients who indicate that they may need help managing their drinking.

— Efforts to promote and update the hospital’s online Community Resources Directory are ongoing.

— Providers are referring patients to Symmetry Care’s Recovery Resource Phone line (541-589-5153), which provides access to an addiction professional outside of normal business hours. The professional can help with finding resources, managing appointments, relapse-prevention skills, distress tolerance, and emotional regulation.

- **In collaboration with local organizations, develop and promote a youth-mentoring program focused on prevention of drug/alcohol/tobacco use.**

This effort has not been started yet.

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STRATEGY NOTES

- **Support the substance abuse/addiction prevention efforts of our community partners (such as Symmetry Care Inc. and the Burns Paiute Tribe) by committing funding, staffing, and/or resources.**
 - Staff from Harney District Hospital's Marketing and Outreach Departments attended the Red Ribbon events on Oct. 26, 2022, and Oct. 25, 2023, to teach local children about the dangers of drug, alcohol, and tobacco use. Several community partners participated in this event, including the Burns Paiute Tribe Prevention Department, Symmetry Care Inc., and the Harney County Health Department. There was a great turnout, and numerous children/families were reached.
 - Harney District Hospital joined Symmetry Care Inc., Court Appointed Special Advocates (CASA), and numerous other community partners for a "Summer Cool Down" event on Aug. 5, 2023. The purpose of this event was to provide a safe, substance-free activity for children and families to socialize and build relationships.
 - Harney District Hospital has been promoting and sharing Symmetry Care's Recovery Resource Phone line (541-589-5153), which provides access to an addiction professional outside of normal business hours.

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<p>Mental Health (Mental Illness/ Depression and Suicide Prevention)</p>	<ul style="list-style-type: none"> • Offer annual Mental Health First Aid training to staff. IP • Support the mental health of health district employees with regular communications regarding 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) 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. IP • Partner with local law enforcement, school districts, and other applicable community partners to provide presentations to local students about cyberbullying. Provide resources for parents regarding cyberbullying and Internet safety. IP 	<ul style="list-style-type: none"> • Train staff how to identify, understand, and respond to individuals who may be experiencing signs of mental illness or 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 the number of people seeking mental health services. • Increase awareness about the impact of cyberbullying on mental health, especially for young people.

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Mental Health (Mental Illness/
Depression and Suicide Prevention)

STRATEGY NOTES

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

HDH Outreach Manager Steve Howe and Harney Hospital Foundation Manager Elisha Miller are working with the Roundhouse Foundation to fund and establish a “train-the-trainer” course in Harney County that would be open to HDH staff as well as community partners.

- **Support mental health of health district 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).**

— The Human Resources Department continues to promote and encourage the use of employee benefits in support of mental health.

— The TEAM committee continues to host monthly employee activities and events to help 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 Wellness Committee continuously 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.**

— HDH regularly promotes the 988 Suicide & Crisis Lifeline on its social media pages and on the TV screens in the Family Care and hospital lobbies. The lobby TV screens in both locations also include a “mindfulness minute” with tips for self-care and stress reduction.

— In honor of Mental Health Awareness Month, the hospital ran a month-long campaign in May 2023 on its social media pages, which aimed to reduce mental health stigma and connect the public to resources. During Men’s Health Month (June 2023), the hospital’s social media pages contained posts specific to men’s mental health needs and concerns.

— The hospital recently hired Psychiatric Mental Health Nurse Rebecca Ross to provide telepsychiatry services in the Family Care Clinic to people ages 14 and older. The clinic has been contracting Ross’ services through an agency since 2019. However, now that she is an employee, Ross will be able to work a few additional hours.

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Mental Health (Mental Illness/
Depression and Suicide Prevention)

STRATEGY NOTES

- **Partner with local law enforcement, school districts, and other applicable community partners to provide presentations to local students about cyberbullying. Provide resources for parents regarding cyberbullying and Internet safety.**

HDH Marketing Manager Samantha Yarbrough met with Hospital Foundation Manager Elisha Miller to begin preliminary discussions. Miller has been exploring options for guest speakers as part of the Foundation's learning series.

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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 to support this need as well. IP • Explore trauma-informed care practices within the organization, and build upon any previous Adverse Childhood Experiences training that caregivers may 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"> • Host social events/activities for local youth so that they have a fun/safe way to socialize and build relationships. IP • Bring in motivational speakers to present during school assemblies. D • Rebuild the “lunch buddy” program in which older students mentor/eat lunch with younger students who could use a friend. NS • Work with local Court Appointed Special Advocates (CASAs) to identify youth who may need extra support. NS 	<ul style="list-style-type: none"> • Help 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. • Raise awareness among caregivers about the connection between experiences of adversity and overall health. Empower caregivers 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. • Create opportunities for youth to build positive relationships with peers, mentors, and role models within the community.

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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” and “Mental Health” categories).

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

— Through the Reach Out and Read program, HDH Family Care providers distribute age-appropriate books and discuss the benefits of reading out loud to children, beginning at birth. Decades of research have established that the presence or absence and character of safe, stable, nurturing relationships during early childhood define the trajectory of a child’s life. Positive, responsive, language-rich interactions during a child’s first years support healthy brain development that critically influences executive function and attention and leads to social and learning skills. They also buffer the effects of Adverse Childhood Experiences and associated toxic stress.

— HDH Registered Nurse Tami Noble coordinated a Karly’s Law & Cutaneous Physical Abuse (child abuse) education training on July 17, 2023 in the HDH Board Room. (A virtual option was also available.) Provided by KIDS Center (a child-abuse evaluation and treatment center based in Bend, Oregon), this training was for local medical providers, law-enforcement agencies, and Department of Human Services employees who are involved in the care of children. In addition to reviewing Karly’s Law, the training discussed the signs and symptoms of child physical abuse and the current approach to children with skin injuries (bruises, bites, and burns).

— HDH started rolling out Social Determinants of Health & Health Equity screening in late January 2024. This screening project will start with hospital inpatients and expand to hospital outpatients and HDH Family Care Clinic patients. The first phase of this project will be to collect data from patients regarding their access to housing, utilities, food, transportation, and safety. The second phase of the project will be to help connect patients to resources that are available within our community. Efforts are already underway to work with community partners to develop an up-to-date list of local resources.

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Child Abuse/Neglect/Trauma
(Adverse Childhood Experiences)

STRATEGY NOTES

• **Host social events/activities for local youth so that they have a fun/safe way to socialize and build relationships.**

— HDH joined Symmetry Care Inc., Court Appointed Special Advocates (CASA), and numerous other community partners for the “Summer Cool Down” event on Aug. 5, 2023. The purpose of this event was to provide a safe, substance-free activity for children and families to socialize and build relationships.

— The HDH TEAM committee partnered with the Harney County Library to bring “Oregon’s Dino-Story,” a dinosaur exhibit presented by the University of Oregon’s Museum of Natural and Cultural History, to the library June 15 - July 10, 2023.

— HDH Outreach Manager Steve Howe is working to schedule Reach Out and Read events at Harney County Library and Burns Paiute Tribe later this year.

— The HDH TEAM committee has sponsored numerous local youth activities through it’s “Caring for the Community” fund.

• **Bring in motivational speakers to present during school assemblies.**

The hospital donated \$900 to Symmetry Care Inc. to help bring award-winning youth motivational speaker Jeff Veley to Slater Elementary, Hines Middle School, and Burns High School on Oct. 27, 2022. Veley specializes in conflict resolution. The hospital plans to work with the Harney Hospital Foundation to bring additional speakers to the community in the future.

• **Rebuild the “lunch buddy” program in which older students mentor/eat lunch with younger students who could use a friend.**

This effort has not been started yet.

• **Work with local Court Appointed Special Advocates (CASAs) to identify youth who may need extra support.**

This effort has not been started yet.

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<ul style="list-style-type: none"> • Obesity/Diabetes/Chronic Illness 	<ul style="list-style-type: none"> • Continue the “Know Your Numbers” campaign, which encourages and empowers individuals to know their blood sugar levels, blood pressure, blood cholesterol, and body mass index (BMI). Explain what these numbers indicate and how they can be improved. IP • Work with school districts and community partners to offer annual health fairs in local schools. IP • Promote and expand involvement with the Frontier Veggie RX program, which provides fresh produce as well as nutritional and educational resources to support healthy lifestyle changes for Eastern Oregon Coordinated Care Organization (EOCCO) patients experiencing food insecurity and diet-related diseases. Support efforts of healthcare providers and community health workers to enroll EOCCO patients in the program. IP 	<ul style="list-style-type: none"> • Create awareness about vital health numbers and connect those with obesity/diabetes/chronic illness to appropriate resources. • Continue to increase awareness about healthy habits among parents and their children. • Increase access to fresh fruits and vegetables, especially for those experiencing food insecurity and diet-related diseases.

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- Obesity/Diabetes/Chronic Illness

STRATEGY NOTES

- **Continue the “Know Your Numbers” campaign.**

— A “Know Your Numbers” awareness campaign was published to the health district’s social media pages throughout the month of July 2023. A childhood obesity awareness campaign was also posted to the hospital’s social media pages throughout the month of September 2023. Repeat campaigns will follow.

— The hospital is planning to host a “Know Your Numbers” themed “Health Care Half Hour”. The goal is to provide lipid, blood glucose, body mass index, and blood pressure measurements during the event.

— As part of the hospital’s Wellness Program, HDH employees are encouraged to get their updated lab values. Employee discounts are offered on some annual lab tests.

- **Work with school districts and community partners to offer annual health fairs in local schools**

— The HDH Outreach and Marketing managers promoted the 5-1-1-0 wellness campaign during the Red Ribbon event in October 2022 and during the Harney County Chamber of Commerce Awards Banquet in February 2023.

— HDH hired Registered Dietitian Tori Garner in April 2023. Garner is working with Outreach Manager Steve Howe to plan ongoing community outreach efforts.

— Garner has a monthly column in the *Burns Times-Herald* (local newspaper) in which she shares nutrition information and healthy recipes. She also shares healthy recipes on the Nutritional Therapy page on the hospital’s website, on the hospital’s social media pages, and in her *Everyday Eats* newsletter, which is available in the Specialty Care Clinic lobby.

— Garner teamed up with Symmetry Care Inc. to provide a community cooking class in January 2024. This free class teaches community members how to cook healthy meals (based on the MyPlate method). Dinner and take-home items are included each week. The January 2024 class filled up quickly, and plans are in place to offer additional classes in the future.

— HDH hired Athletic Trainer Kaitlin Patterson in January 2023. Patterson is working out of the hospital’s Physical and Sports Therapy Clinic to grow the athletic training program at Burns and Crane high schools. She is implementing injury-prevention programs within high school athletics and providing education for coaches, school administrators, and student athletes.

— Patterson and Garner have been offering monthly sports and nutrition clinics at Harney County’s rural schools. Patterson talks to students about the importance of exercise while teaching them a new sport. Garner provides nutrition information and activities to educate students about the importance of healthy eating.

— HDH hired Dr. Linda Selby in March 2023. In addition to serving as the Chief Medical Officer and a family physician, Dr. Selby (who completed a fellowship in sports medicine) is working with Athletic Trainer Kaitlin Patterson to care for student athletes.

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- Obesity/Diabetes/Chronic Illness

STRATEGY NOTES

- **Promote and expand involvement with the Frontier Veggie RX program.**

HDH Family Care Clinic hired Quality Coordinator Kayla DeLange who has been instrumental in referring patients to the program. Outreach Manager Steve Howe also received training on the program and can act as a backup. Howe significantly increased the hospital's engagement with the Eastern Oregon Coordinated Care Organization (EOCCO), as he now serves as the Local Community Health Partnership (LCHP) chair and coordinator. Howe also recently obtain his Community Health Worker (CHW) certification.