

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

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Washington County Health Department

Barb Bradley

Marietta City Health Department

Richard Wittberg

Washington County Health Department

Tasha Weary

Building Bridges to Careers

Miriam Keith

Washington County Behavioral Health Board

Court Witschey

Washington County Health Department

Pamela Lankford

Epicenter

Committee Members

Behavioral Health Committee

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Washington County Behavioral Health Board

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Marietta City Schools

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Janet Wells

EVE, Inc.

Cathy Harper

The Right Path

Suzy Zumwalde

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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

	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

	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

	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

	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

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:

that explore local career assets. For example:

- “Made in the MOV” event
- Facilitated town hall talk on Makerspace.

Careers

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

	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.