

**Morrison-Todd-Wadena Community Health Board
Community Health Improvement Plan- Adult Substance Abuse & Mental Health
(January 2020-December 2024)**

<u>Adult Substance Abuse & Mental Health Action Plan</u>			
Goal: Adults limit substance use, identify appropriate coping mechanisms, and seek help when needed.			
Objective 1: By December 2020, collaborate with regional partners to implement trauma informed principles.			
Activities	Target Date	Partners	Process Measures
1.1 Continue to meet with counties and regional partners in Region Five to increase awareness, knowledge and understanding of trauma and how it impacts residents in our region.	Jan 2020-ongoing	Sourcewell, Region Five+ Mental Health Initiative, schools, corrections	- Number of meetings completed - Number of agencies who remain active in the collaborative
1.2 Update agency policies and procedures to reflect trauma informed principles and provide training to staff.	2020-ongoing	Sourcewell, Region Five+ Mental Health Initiative, schools, corrections	- Number of updated policies and protocols - Number of staff trainings provided
1.3 Train school staff and law enforcement on 'Handle With Care' initiatives and trauma principles	Jan-May, 2020	Sourcewell, counties, schools, law enforcement	- Number of trainings and staff trained
1.4 Involve County Attorney offices and child protection services to develop MOU's to address confidentiality issues	Feb-Aug, 2020	Sourcewell, county attorneys, child protection	- Number of MOUs developed
1.5 Pilot the Handle With Care initiative (modeled after Little Falls/Morrison County) in Todd & Wadena Counties	Sept, 2020-ongoing	Sourcewell, schools, law enforcement, child protection	- Number of schools involved

Objective 2: By December 2020, collaborate with regional partners to provide at least five mental health prevention programs or trainings in each county.

Activities	Target Date	Partners	Process Measures
2.1 Continues to collaborate with community partners to identify available mental health programs and training; assess interest and readiness in each community	Ongoing	Community partners, Northern Pines, Mental health providers	- List of available programs and training - List of trainers
2.2 Provide mental health and resiliency trainings at targeted worksites to help residents know how to access mental health services, build resiliency and assist those in crisis	Jan-Dec, 2020	Worksites, HR staff, Northern Pines	- Number of trainings conducted at worksites
2.3 Work with Northern Pines to conducted focused trainings with farm/ag businesses to address suicide prevention in the farming community	Jan-Dec, 2020	Northern Pines, CentraCare, farm/ag businesses	- Number of trainings conducted with farm/ag businesses

Objective 3: By December 2022, reduce the number of low income adults (those making less than \$35,000 annually) who report tobacco use by 3 percentage points.

Activities	Target Date	Partners	Process Measures
3.1 Partner with food shelves to provide cessation materials, education and quit kits	Feb-Dec, 2020	Food shelves, TFC staff	- Number of food shelves providing cessation materials
3.2 Collaborate with local pharmacists to provide cessation supports (i.e., patches & gum) directly to Medical Assistance clients	Feb- Dec, 2020	Pharmacies, TFC staff, Healthcare systems, Health plans	- Number of pharmacies providing cessation supports
3.3 Work with healthcare systems to increase cessation options with their PMAP clients by improving and expanding cessation services that fit the needs of clients.	Feb- Dec, 2020	Healthcare Mental health Dental providers	- Number of new or revised cessation protocols - Number of Freedom from Smoking classes conducted
3.4 Work with health plans (UCare, BluePlus) who serve PMAP population, to identify additional opportunities to promote cessation in their members	Jan-Dec, 2020	Health plans, TFC staff, Social services	- Number of health plans that provide new or expanded cessation supports for PMAP members

Adult Substance Abuse & Mental Health Performance Measures

Short Term Indicators	Source	Frequency	BASELINE		FUTURE	
			2018	2019	2020	2021
			Number of mental health prevention programs or trainings conducted (e.g., QPR, Mental Health First Aid, resiliency)	Training records	Annual	3
Number of community organizations that have updated or passed a tobacco-free indoor and/or outdoor policies.	Tobacco Free Communities reports	Annual	2	--		
Number of health care agencies (e.g., pharmacies, dental, mental health) that have developed a cessation protocol to increase cessation referrals and quit attempts for their PMAP clients.	Tobacco Free Communities reports	Annual	--	--		
Percent of PMAP clients, ages 18-64, who use tobacco by healthcare system	EPIC reports	Annual	40.6%- CCH 37%- LHS 43.4%- TCHC 48%- CHI-SG			
Long Term Indicators	Source	Frequency	BASELINE		FUTURE	
			2016	2019	2022	2025
			Percent of adults who report delaying or not getting needed mental health care in the last 12 months	Community Health Survey	Every 3 years	9.5%
Percent of adults who report high or medium stress levels	Community Health Survey	Every 3 years	65.3%	65.8%		
Percent of adults who report being sad, blue or depressed 10 or more days per month	Community Health Survey	Every 3 years	12.1%	15.3%		
Percent of adults who stopped smoking for 1 or more days in the past 12 months because they were trying to quit	Community Health Survey	Every 3 years	52.7%	55.7%		
Percent of adults, ages 18-64, who earn less than \$35,000 annually and use tobacco.	Community Health Survey	Every 3 years	35.2%	48.3%		