

WASHINGTON COUNTY

Community Health Improvement Plan

Date Updated: July 13, 2018



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Community Priority

Access to Mental Health

Goal #1	By 2020, increase access to mental health care providers and services in Washington County.	National Alignment	State Alignment
		Healthy People 2020: MHMD-6, MHMD-9.	Goal 1: Obj. 1.1, Obj.1.2. Goal 2: Obj. 2.1, Obj. 2.2. Olmstead Plan for Mental Health & Disability Services: State Plan Framework
Objective 1-1	Increase the percentage of Washington County outpatient healthcare providers who can verbalize how to complete a mental health care referral to an outpatient provider from 25% in 2016 to 60% by 2020.	Baseline value & (year)	Target value & (year)
		25% (2016)	60% (2020)
	Current value & (year)	Current value & (year)	
	25% (2017)	25 % (2018)	
Strategy 1-1.1	By 2016, create a collaborative coalition or task force that addresses mental health access in Washington County. Membership will be multi-disciplinary and multi-sectoral.	Target Date Jul 1, 2016	
	Strategy Type	Who's responsible?	
	Clinical Intervention	Washington County Public Health	
	Progress on Strategy	Progress Status Date	
	Complete. Our first meeting of the Mental Health Access Coalition was held on November 5, 2015. This coalition is multi-disciplinary and multi-sectoral. The coalition membership has fluctuated significantly since it's inception, which has been a barrier for this coalition to make progress.	Mar 1, 2017	
	Progress on Strategy	Progress Status Date	
	Complete. The Washington County Mental Health Coalition is a 31-member active coalition that has been meeting on a consistent basis since 2015. The coalition is a diverse, community-driven coalition. The coalition's goals are to reduce barriers for those who seek mental health treatment, increase support for individuals experiencing mental health crisis, and promote resilience and community healing. Coalition members recently submitted a \$5000.00 grant application for funding to carry out coalition activities and are awaiting award notification.	July 13, 2018	
Strategy 1-1.2	By 2020, create and pilot a clinical care referral system.	Target Date Dec. 31, 2020	
	Strategy Type	Who's responsible?	
	Clinical Intervention	Mental Health Coalition	
	Progress on Strategy		
	Currently on track, but uncertainty about future direction. There were several meetings discussing the current state of Mental Health in Washington County. We discussed provider resources, gaps, and how to best share information between providers to enhance a future clinical care referral system. The barrier to achieving this strategy is that coalition members disagreed on the priorities the coalition should work on. For example, dealing with crisis situations vs. regular, non-emergent clinical referrals. An additional barrier that was presented was the lack of providers (capacity) in Washington County and		

surrounding areas with the current infrastructure to accommodate the current needs, let alone handle new referrals. An additional barrier to this strategy is fluctuating membership each meeting.

Progress Status Date

Mar 1, 2017

Progress on Strategy

This is no longer the primary goal of the Coalition. Two different Mental Health Resource guides were created by the Coalition. One specific to community members seeking services, and one specific to primary care providers needing to make mental health referrals for their patients. The referral guides for PCPs were laminated and taken to every provider office within the County. Coalition members disseminated the resource guides across the County in businesses, faith organizations, local libraries, attorney's offices, other service organizations, and waiting rooms across the community. Recent updates have been made to the Community Resource Guide, as providers and services change. These additional guides will be redistributed to restock the above mentioned location.

Progress Status Date

July 13, 2018

Strategy 1-1.3 By 2020, create and pilot a school-based referral system.

Target Date

Dec. 31, 2020

Strategy Type

Clinical Intervention

Who's responsible?

Mental Health Coalition

Progress on Strategy

Currently on track, but uncertainty about future direction. The coalition invested months researching and evaluating a screening tool to be used in the schools. However, we were unsuccessful. The tool that met the criteria was no longer available for use. There was also concern from the schools and law enforcement that so many resources were already being used to handle the crisis situations, and they felt liable if they screened students without having a resource to refer them to with the limited capacity of the Mental Health infrastructure in Washington County. An additional barrier to this strategy is fluctuating membership each meeting.

Progress Status Date

Mar 1, 2017

Progress on Strategy

Uncertain about future direction for referral system, as we still have limited resources and providers to refer to. We've switched our focus to helping teachers understand Adverse Childhood Experiences, resiliency and trauma informed care.

Progress Status Date

July 13, 2018

Goal #2 By 2020, increase access to mental health care providers and services in Washington County by combating stigma /promoting full community inclusion of persons with mental illness.

National Alignment

Healthy People 2020: MHMD-6, MHMD-9.

State Alignment

Goal 1: Obj. 1.1, Obj. 1.2. Olmstead Plan for Mental Health & Disability Services: State Plan Framework

Objective 2-1

Written post-training evaluations will demonstrate an increase in knowledge or change in attitude in educators attending the on-site Mental Health Training from NO BASELINE DATA in 2016 to 5% increase in 2020.

Baseline value
& (year)

00% (2016)

Target value
& (year)

5% (2020)

Current value
& (year)

00% (2017)

Current value
& (year)

00% (2018)

Strategy 2-1.1 By 2020, the Washington city mayor will issue a proclamation identifying Mental Health Awareness Week.

Target Date
Dec. 31, 2020

Strategy Type

Environmental / Policy Change

Who's responsible?

Mental Health Coalition

Progress on Strategy

No progress. The Coalition hasn't gotten this far in our planning.

Progress Status Date

Mar 1, 2017

Progress on Strategy

No progress. The Coalition hasn't been focusing on stigma up to this point.

Progress Status Date

July 13, 2018

Strategy 2-1.2 By 2020, provide on-site Mental Health Training to elementary school educators.

Target Date
Dec. 31, 2020

Strategy Type

Counseling & Education

Who's responsible?

Mental Health Coalition

Progress on Strategy

On track. Our coalition formed subgroups to work on the diverse priorities, and one was Mental Health in Schools. This subcommittee issued a SurveyMonkey county-wide in November 2016 for school counselors and behavioral interventionists. The subgroup then met face to face with Washington Community School District staff to review the results of the survey and get further clarification. The subcommittee decided to reach out to both local healthcare providers and the County Attorney's office to strengthen relationships with the schools and discuss new opportunities.

Progress Status Date

Mar 1, 2017

Progress on Strategy

On track. We've researched a curriculum we'd like to provide to the educators and the community, Connections Matter. We've leveraged school trainings along with community training. The school has selected dates to receive portions of the Connections Matter training. We submitted a grant to Better Health for Iowans Foundation to purchase a train the trainer curriculum in Connections Matter, but we were not funded. We're looking at other opportunities for funding as this is crucial to the goals of our Coalition.

Progress Status Date

July 13, 2018

Community Priority

Physical Activity Across the Lifespan

Goal #1	By 2020, provide Washington County residents of all ages with opportunities to be active within their surrounding social and physical environment.	National Alignment		State Alignment	
		1. CDC: Healthy Places: Healthy Community Design Initiative. 2. The Guide to Community Preventive Services, Physical Activity Chapter, U.S.Preventive Services Task Force.		Healthy Iowans: Iowa's Health Improvement Plan, Healthy Living Section, 6-5.	
Objective 1-1	Increase the number of communities with a walking trail or designated walking/biking path from two in 2016 to three by 2020.	Baseline value & (year)		Target value & (year)	
		2 (2016)		3 (2020)	
		Current value & (year)	Current value & (year)		
		2 (2017)	2 (2018)		
Strategy 1-1.1 By 2016, convene a commission that will identify and define physical activity projects that interface and leverage the cities' Comprehensive Plans. Membership will be multi-sectoral.					
Target Date July 1, 2016					
Strategy Type					
Environmental / Policy Change					
Who's responsible? Washington County Public Health					
Progress on Strategy					
On track. A multi-sectoral commission was convened in March of 2016. We've been looking at different physical activity projects, but we haven't made progress interfacing them with Cities' comprehensive plans. The group has been meeting monthly, but there's been a barrier in constantly shifting attendance. The priority has really shifted towards physical activity and nutrition in school-age children. We've discussed SWITCH, School Greenhouses, Culinary Kitchens, Field to Family, 5210 Let's Go, among other topics.					
Progress Status Date Mar 1, 2017					
Progress on Strategy					
The Wellness Coalition took a six month hiatus from meeting due to fluctuating member participation. We reconvened in March with a smaller core group guiding the Coalitions priorities. We discussed a few options and quickly took advantage of an opportunity presented by Wellmark's Healthy Hometown Initiative. The consultant from Healthy Hometown met with our core group in May, and we brought together a larger, more engaged committee to discuss ideas in June 2018. This meeting was very successful in determining what the community is doing well, and how we can improve by pooling our resources. Healthy Hometown is providing structure and guidance by creating a strategic action plan and timeline to effectively reach our goals.					
Progress Status Date July 13, 2018					

Community Priority

Nutrition and Food Systems

Goal #1 By 2020, provide Washington County residents with a food outlet that provides a variety of healthy foods.

National Alignment

USDA Strategic Plan: Strategic Goal #4, Obj. 4.2. Healthy People 2020: Nutrition & Weight Status Section, Healthier Food Access, NWS-4.

State Alignment

Healthy Iowans: Iowa's Health Improvement Plan, Healthy Living Section, 6-1.15, 6-1.16, 6-1.17.

Objective 1-1 Increase the number of community-farmer's markets from two in 2016 to three in 2020.

Baseline value
& (year)

2 (2016)

Target value
& (year)

3 (2020)

Current value
& (year)

2 (2017)

Current value
& (year)

2 (2018)

Strategy 1-1.1 By 2016, convene a commission that will focus on access to healthy foods and identify and define projects that may interface and leverage the cities' Comprehensive Plans. Membership will be multi-sectoral.

Target Date
July 1, 2016

Strategy Type

Environmental / Policy Change

Who's responsible?

Washington County Public Health

Progress on Strategy

On track. A multi-sectoral commission was convened in March of 2016. We've been looking at different physical activity projects, but we haven't made progress interfacing them with Cities' comprehensive plans. The group has been meeting monthly, but there's been a barrier in constantly shifting attendance. The priority has really shifted towards physical activity and nutrition in school-age children. We've discussed SWITCH, School Greenhouses, Culinary Kitchens, Field to Family, 5210 Let's Go, among other topics.

Progress Status Date

Mar 1, 2017

Progress on Strategy

This coalition has been formed, but this has not been selected by a top priority. However, in 2017, a Farmer's Market Advisory Board under the auspice of Main Street Washington was formed to enhance the existing Farmer's Market that takes place every Thursday in Washington. We're discussing how to enhance each vendor's ability to accept double up food bucks for SNAP participants, vendors accepting WIC, and have promoted the Farmer's Market coupons that are provided to our elderly population through the Heritage Foundation.

Progress Status Date

July 13, 2018