



Partnership for a Healthy Community

October 27, 2016 @ 2:00 pm

FamilyCore
330 SW Washington Street, Peoria, IL

Mission: To build a healthier Central Illinois through partnership and action

Motto: Partnering for a Healthier Slice of Life

AGENDA

I. Introductions / Welcome

Members Present: Sara Sparkman, TCHD; Toby Gardner, Family Core; Melissa Adamason, PCCHD; Frank Disney, FamilyCore; Kaitlyn Streitmatter, U of I Extension; Glenna Yant, FamilyCore; Hillary Aggertt, WCHD; Amy Fox, TCHD; Jessica Hodieine, PSLs

II. Tri-County Priorities

The REGIONAL priorities are: Behavioral Health, Healthy Eating/Active Living, Cancer and Reproductive Health.

Each county chose 3 priorities to focus on for the next 3 years.

Peoria - Behavioral Health, Healthy Eating/Active Living, and Reproductive Health.

Tazewell - Behavioral Health, Healthy Eating/Active Living, and Cancer.

Woodford - Behavioral Health, Healthy Eating/Active Living, and Cancer.

Each Board of Health will discuss & (hopefully) approve in the November/December meeting.

Several resources were shared to highlight the data to support the priorities selected by the Partnership for a Healthy Community for the next 3 years.

Chairs and co-chairs were discussed and sharing of programming of each priority will be important to the process.

Illinois has a SHIP (State Health Improvement Plan) with the priorities of Behavioral Health, Chronic Disease, and Maternal & Child health.

III. Future Direction

The Partnership will continue the collaboration on the Priorities with focus on the healthyhoi.com website as resource for community. P4HC meetings will allow for the Chair of each priority to report the group of the outcomes and successes, as well as request assistance or guidance.

The community of Peoria, Tazewell and Woodford Counties will now work together to share success and improved health for residents.

January 2017 will be the kick-off event for the P4HC Priorities. Please look for details regarding this event in the future.

The healthyhoi.com website will undergo a renovation to align with the four priorities.



Partnering for a Healthier Slice of Life



Mobilizing for Action through Planning and Partnerships

Tri-County Illinois (Peoria, Tazewell, and Woodford Counties)

Vision

The tri-county region will be a thriving community that is inclusive, diverse, and sustainable to ensure health equity and opportunity for well-being for all.

Community Values

Inclusive

Open to everyone.

Diverse

Understanding and respect of cultural differences enhances our community. Each resident has the opportunity to live their life to the fullest with equal opportunity for all.

Sustainable

Engaged and committed community work that lasts over a prolonged period of time regardless of economic and social challenges.

Health Equity

Everyone has a fair opportunity to attain their highest level of health regardless of race, ethnicity, gender, income, sexual orientation, neighborhood or other social condition. Achieving health equity requires eliminating gaps in health outcomes between different social groups.

Health & Wellbeing

A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. Encompasses the full spectrum of health and wellbeing including: healthy behavior, access to quality clinical care, social and economic factors (education, employment, income, family and social support, community safety), and physical environment (air and water quality, housing and transit).

Knowledgeable

Valid, reliable information is valued as part of the decision-making process.

Engaged/Involved

Working collaboratively with others to address issues affecting their health and wellbeing. Actively building a sense of community.

Committed

A community where quality health care is accessible to all residents, including the indigent and underserved, and is not taken for granted, but is valued with a focus on prevention and respect for our bodies.

Safe

A community has a commitment to allocate the needed resources to create a safe environment and feel no fear or threat to their personal well being.

Priority: _____

Reporting Month: _____

Chair/Representative Name: _____

Strategy Updates:
Successes:
Challenges/Barriers:
Involvement/Collaboration:

Behavioral (Mental) Health

Goal 1: Improve mental health through prevention and access to services for the residents of the tri-county region.

Objective 1.1: Increase the proportion of adults reporting good mental health from 72% to 80% by 2019.

Objective 1.2: Reduce the suicide rate by 10% for the 11.0 deaths per 100,000 within the tri-county to 9.9 deaths per 100,000 tri-county residents.

Strategy 1: Behavioral Health Primary Care Integration

Children's Home Association connects to client's Primary Care Physicians through direct case management as well as through Resource Link. Primary Care Physicians are notified of a child's involvement in services at case opening and sent all clinical documentation with a signed release from the client's guardian. – Tegan Camden, Children's Home

Both hospitals in Peoria have piloted either placement of behavioral health specialists in primary health care group offices or are piloting accessing behavioral health via teleconferencing. Larger initiative in both hospitals to raise awareness of behavioral health issues within hospitals themselves and in the specialty practices. This is a long term culture changing initiative. – Mike Kennedy, Human Service Center

Counseling and psychiatric appointments offered at Advocate Eureka Hospital in partnership with the Tazwood Wellness Center. – Sally Gambacorta, Advocate Eureka Hospital

Strategy 2: Culturally adapted healthcare

Strategy 3: Mental Health Benefits Legislation

Primarily at the federal level with potential approval of major mental health and substance abuse treatment funding legislation. Parity is law but inconsistently applied across employers and insurance provider plans, Guidelines related to IMD (institutes for the mentally diseased) which prohibits Medicaid reimbursement in facilities larger than 16 is being explored to allow an increase in treatment capacity. Other legislation is related to disclosure of behavioral health medical records/information (substance abuse would be primarily federal legislation and mental health would be primarily state legislation) – Mike Kennedy, Human Service Center

Advocate Health Care wrote a letter in support of Behavioral Health Waiver 1115 – Sally Gambacorta, Advocate Eureka Hospital

Strategy 4: School-based Social and Emotional Instruction

Children’s Home has contracts with United Way, school boards, and Peoria Public Schools to embed Master’s level Behavioral Health therapists at ten schools locally, either part-time or full-time. In Peoria Public Schools, our therapists provide counseling both in the home and at school to Tier III students with acute mental health needs. We also provide training and professional consultation to staff as well as resource linkage to all referred students. – Tegan Camden, Children’s Home

Not sure about “instruction”, if the issue is “intervention”, many schools are increasing their in-house capacity. District 150 probably the largest focused effort in the area. – Mike Kennedy, Human Service Center

Mental Health First Aid courses are offered at Advocate Eureka Hospital in partnership with the Woodford County Health Department. – Sally Gambacorta, Advocate Eureka Hospital

COMMUNITY-BASED PROJECT: *Healthy Minds, Healthy Neighborhoods* – Community Project to Promote Social-Emotional Health.

Project Contact: nancy.hinnen@unitedway.org

Project Need: *Heart of Illinois United Way* Tri-County Social-Emotional Needs Survey Results (2015): Parent Survey results from 1,045 participants in the 2015 HOIUW Peoria, Tazewell, Woodford County Social-Emotional Survey show a need to help families with “teach me what to do” social-emotional health skills. 1) Self-Regulation = 65.15%; 2) Decision-Making = 59.19%; 3) Self-Awareness = 55.83%; 4) Building Relationships = 53.79%; and 5) Social Awareness = 53.10%.

Project Pilot Study Outcomes:

- February 9, 2016: The *Heart of Illinois United Way Social-Emotional Synergizing Committee* conducted a Pilot Training-of-Trainers to collect feedback for the parent/guardian self-regulation training content. Mental Health Specialists and Support Staff from partner agencies attended a 2-hour training-of-trainers. Pre/Post survey results within the 2-hour training time showed positive gains.

Pre/Post Survey Questions: Pilot Study Training-of-Trainers Family Tools for Self-Regulation 2-9-2016	Pre/Post Growth %
I feel comfortable teaching families social-emotional self-regulation skills.	40.0%
I can equip families with tools to help them express their different feelings.	38.2%
I can equip families with tools for how to deal with stress and stressful situations.	38.9%
I can equip families with tools for how to stay in control when they have strong feelings.	48.9%
I can equip families with tools for how to maintain and follow a consistent routine.	36.8%
I can equip families with tools for how to stay in the moment.	39.2%
I can use community-driven common language to facilitate families with social-emotional skills.	57.4%

- May 10, 2016: Conducted a 2-hour Pilot Parent/Guardian Training for Self-Regulation Tools. Pre/Post survey results showed positive gains.

Pre/Post Survey Questions: Pilot Study Parent/Guardian Training for Self-Regulation 5-10-2016	Pre/Post Growth %
I can help my children express their different feelings. <i>(Tell someone when feeling sad, angry, afraid, joyful, etc.)</i>	27.2%
I can help my children learn how to stay in control when they have strong feelings. <i>(Use positive self-talk, take a deep breath, etc.)</i>	24.4%
<ul style="list-style-type: none"> • August-November, 2016: Based on positive gains from the 2015 pilot study <i>Healthy Minds, Healthy Neighborhoods</i> was funded and launched in the Tri-County area. <p>Project Mission: Strengthen children, families, and communities by teaching coping skills.</p> <p>Project Vision: Work together to build resilient communities.</p> <p>Project Goal: Educate, engage, and equip local community members within 5 Tri-County zip code area neighborhoods with “teach me what to do” strategies that promote positive behaviors for social-emotional health.</p> <p>Project Sponsors: Heart of Illinois United Way, Leaders Change Illinois, SAL Child Care Connection.</p> <p>Project Partners: AEON Social-Emotional Health, The Center for Prevention of Abuse, Children’s Home Association of Illinois, Children’s Hospital of Illinois, City of Peoria-Dept. of Police/Peoria Neighborhood Services, Family Core, Hult Center for Healthy Living, Human Service Center, NAMI Tri-County Illinois, PCCEO Head Start, Peoria County Bright Futures, Peoria Housing Authority, Peoria Public Schools, Rogy’s Learning Place, Sharon Doubet/Illinois State University, Tazewell-Woodford Head Start, and Tazwood Center for Wellness. – Nancy Hinnen, Heart of Illinois United Way</p>	

Goal 2: Reduce Substance Abuse among tri-county residents, especially youth.

Objective 2.1: Reduce the rate of drug-induced deaths within the tri-county region by 10% from 16.3 per 100,000 tri-county residents to 14.7 per 100,000. (In 2014, 59 deaths were attributed to drug overdose).

Objective 2.2: Increase the percentage of 12th graders within the tri-county that disapprove the use of marijuana by 20% from 63% to 83%. (ILYS 2016 results)

<p>Strategy 1: Reduction of Opioid Abuse</p> <p>Provide treatment and education to clients and families struggling with addiction; explore and provide options for non-opioid interventions for those with chronic pain. – Ed Betzelberger, Tazwood</p> <p>Illinois Youth Survey booklets have been updated with 2016 Tazewell County Statistics. – Kerri Viets, TCHD</p> <p>2016 IYS stats have been preliminarily presented to Tazewell Teen Initiative. – Kerri Viets, TCHD</p>

2016 IYS stats were shared and discussed at the September 2016 TTI meeting. Community trends were discussed including synthetic drug use. Social Host Ordinances, Party Dispersals, Roadside Sobriety Checkpoints and the Heroin Initiative are discussed at each meeting. – Kerri Viets, TCHD

Tazewell Teen Initiative sponsored a Marijuana DUI training held on 9/31/16. Sixty-four law enforcement attended from all over the state. – Kerri Viets, TCHD

Children's Home Association houses the Adolescent Drug and Alcohol Prevention and Treatment Program (ADAPT) at Unity Point-Proctor. This program provides Level I and Level II DASA services to children and adolescents up to 21 residing in Peoria, Tazewell, and Woodford Counties. We work closely with inpatient treatment providers including Gateway and Chestnut to ensure clients receive inpatient, detoxification, or medication-assisted treatment when needed. – Tegan Camden, Children's Home

Children's Home Association connects to client's Primary Care Physicians through direct case management as well as through Resource Link. Primary Care Physicians are notified of a child's involvement in services at case opening and sent all clinical documentation with a signed release from the client's guardian. – Tegan Camden, Children's Home

In Peoria the Mayor's Task Force on Heroin. In surrounding communities, recovering community/family survivors of individuals who overdose and law enforcement community are developing strong community base. – Mike Kennedy, Human Service Center

Strategy 2: Behavioral Health Primary Care Integration

Consult with clients' primary care physicians; encourage and refer clients to obtain a primary care physician. – Ed Betzelberger, Tazwood

Both hospitals in Peoria have piloted either placement of behavioral health specialists in primary health care group offices or are piloting accessing behavioral health via teleconferencing. Larger initiative in both hospitals to raise awareness of behavioral health issues within hospitals themselves and in the specialty practices. This is a long term culture changing initiative. – Mike Kennedy, Human Service Center

Strategy 3: Justice System Level Interventions

Provide advocacy for clients in the justice system and collaborate with probation officers/parole agents regarding client progress in treatment. – Ed Betzelberger, Tazwood

Adult Drug Courts in both Peoria and Tazewell counties. Exploration of the intercept models (how police respond to behavioral health calls with options other than jail) in the city of Peoria. Increased emphasis by federal bureau of prisons, federal probation and Illinois Department of Corrections to provide treatment while incarcerated and upon release. – Mike Kennedy, Human Service Center

Strategy 4: Targeted truancy interventions

Cancer

Goal: Reduce the illness, disability and death caused by breast and lung cancer in the Tri-County area.

Breast Cancer:

Objective: By 2019, decrease the female breast cancer mortality rates by 3% as described in HP2020.

Strategy 1: Increase the early stage of cancer detection, diagnosis and treatment of new cases. Do mammograms and help assist any patients that call who do not have insurance. We would refer them to IBCCP to get signed up where there pay for the exam and we will perform the exam once they have gone through their process. We would be willing to give numbers on breast or lung screenings if needed. – Kari Gattung, Advocate Eureka Hospital
Strategy 2: Increase the proportion of adults who were counseled and screened about breast cancer.

Cancer

Goal: Reduce the illness, disability and death caused by breast and lung cancer in the Tri-County area.

Lung Cancer:

Objective: By 2019, reduce lung cancer mortality rates by 3% as described in HP2020.

Tobacco:

Strategy 1: Increase tobacco screenings and tobacco cessation counseling in the community. HP2020.
CT low dose lung screenings – Kari Gattung, Advocate Eureka Hospital
Strategy 2: Reduce secondhand smoke exposure.
Strategy 3: Reduce use of tobacco products by adolescents (past month) IYS

Radon:

Strategy 4: Increase the proportion of homes with an operating radon mitigation system for persons living in homes at risk for radon exposure. HP2020

Adult Nutrition

Goal: To increase the number of individuals who meet the recommended daily servings of fruit and vegetable consumption.

Objective: By 2019, increase the % of individuals 18 years and older consuming 3 or more servings of fruits and vegetables per day from 35% to 50%.

Strategy 1.1: Interventions in Community Settings (HP 2020 Obesity) Worksite Wellness
Offers a worksite wellness program for employers and staff. – Jenna Smith, U of I Extension
Strategy 1.2: Interventions in Community Settings (HP2020 Obesity) Technology Supported Programs
Leads a diabetes support group called “Diabetes Clinic” at the Woodford County Extension office, mainly focusing on nutrition. – Jenna Smith, U of I Extension Conducts a 4 session diabetes self-management program called “I on Diabetes” – Jenna Smith, U of I Extension Teaches various nutrition topics including healthy eating strategies in many locations in Woodford County, such as local libraries. – Jenna Smith, U of I Extension
Strategy 2: Access to Fresh Fruits and Vegetables (County Health Rankings)
Teaches food preservation classes so that fresh fruits and vegetables can be accessed all year long. – Jenna Smith, U of I Extension Provide access to local fruits and vegetables via gitm van weekly (May-October) – Sally Gambacorta, Advocate Eureka Hospital Health fair - Sally Gambacorta, Advocate Eureka Hospital Food Pantry Environmental Nutrition Assessments – Kaitlyn Streitmatter, U of I Extension Emergency food and retail food healthy messaging technical assistance and support – Kaitlyn Streitmatter, U of I Extension
Strategy 3: Policies (HP 2020 and County Health Rankings)
Emergency food and retail food policy assistance – Kaitlyn Streitmatter, U of I Extension

Physical Activity: Adults

Goal: To increase the number of individuals over the age of 18 who are meeting the recommended levels of weekly activity as described in HP2020.

Objective: By 2019, increase the percentage of adults in the Tri-County area who are exercising in the last week from 66% to 71%.

Strategy 1: Creating enhanced access to places for physical activity combined with informational campaigns (HP2020 worksite)
Strategy 2: Behavioral and social approaches (HP2020 physical activity)
Strategy 3: Campaign and informational approaches (HP2020 physical activity)
Strategy 4: Environmental and Policy approaches (HP2020 physical activity)

Youth Nutrition

Goal: To increase the number of youth who meet the recommended daily servings of fruit and vegetable consumption.

Objective: By 2019, increase by 10% the number of youth who report 3 or more DAILY servings of Fruits from 25% to 35% and Vegetables from 12% to 22%.

Strategy 1: School based programs promoting nutrition and physical activity (HP 2020)

Funded by the Illinois State Board of Education, we provide professional development to foodservice staff on proper child nutrition as well as conduct Smarter Lunchroom Movement assessments with recommendations on how to nudge students to make the healthy choice. – Jenna Smith, U of I Extension

Elementary school education day annually – Sally Gambacorta, Advocate Eureka Hospital

ABC School of Nutrition (smarter lunchroom assessments, wellness policy assistance, grant assistance, school garden assistance, snack pack assistance etc.) – Kaitlyn Streitmatter, U of I Extension

Technical assistance with healthy in classroom celebrations, smart snacks – Kaitlyn Streitmatter, U of I Extension

USDA professional standards training – Kaitlyn Streitmatter, U of I Extension

CATCH/ SPARK after school programs, Organwise Guys and Great Garden Detective (In classroom nutrition curriculum) – Kaitlyn Streitmatter, U of I Extension

Food of the Month- Healthy nutrition promotion strategies – Kaitlyn Streitmatter, U of I Extension

Early childhood nutrition education in the classroom – Kaitlyn Streitmatter, U of I Extension

Early Childhood nutrition and physical activity assessments – Kaitlyn Streitmatter, U of I Extension

Strategy 2: WIC-Women, Infants and Children (County Health Rankings)

Strategy 3: Fruit and Vegetable Tasting (County Health Rankings)

Provide access to local fruits and vegetables via gitm van weekly (May-October) – Sally Gambacorta, Advocate Eureka Hospital

Health fair – Sally Gambacorta, Advocate Eureka Hospital

Tastings in lunchrooms – Kaitlyn Streitmatter, U of I Extension

Activity stations – Kaitlyn Streitmatter, U of I Extension

Strategy 4: Many evidence supported programs
Work with 4-H and other youth on various nutrition programs, such as “Clover Chef: Cooking Challenge” and “I Can Cook” where they learn how to plan a healthy meal and then physically cook a healthy meal. – Jenna Smith, U of I Extension
Teach Sports Nutrition to incoming freshman students at the Teen Jamboree. – Jenna Smith, U of I Extension

Physical Activity: Youth

Goal: To increase the number of individuals 18 years and younger who are meeting the recommended levels of weekly activity as described in HP 2020.

Objective: By 2019, decrease by 10% the number of youth who report 3 or less days of physical activity of 60 minutes in duration from an average of 28.75% across 6 to 12 grades to 20% in the Tri-County area.

Strategy 1: Creating enhanced access to places for physical activity (HP2020 Obesity)
Strategy 2: Behavioral and social approaches.
Strategy 3: Campaigns and informational approaches (HP2020 Physical Activity)
Strategy 4: Environmental and policy approaches (HP2020 Physical Activity)