

# Daniels County Community Improvement Plan



Photo courtesy of Randi Rath

**To promote physical and mental health; prevent disease, injury and disability and to be prepared to respond to public health emergencies.**

**2016**



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- Lois Leibrand RN, Daniels County Health Department



Photo courtesy of Lois Leibrand

## Introduction

The Daniels County Community Health Improvement Plan (CHIP) is a culmination of most of a yearlong effort to improve the health and well-being of the community of Daniels County and its residents.

The stakeholders committee, comprised of staff for Daniels County Health Department, Daniels County Commissioner, staff from Daniels Memorial Healthcare Center, and other community members from Daniels County, convened to begin an implementation planning process and review and respond to all issues and opportunities identified through the Community Health Services Development (CHSC) process.

The Community Health Assessment was performed in the Fall of 2015, to determine the most important health needs and opportunities in Daniels County, Montana.

The implementation planning committee determined which needs or opportunities could be addressed by reviewing the community health assessment, secondary data, community demographics, and input from the representatives representing the broad interest of the community.

The stakeholder committee determined the most important health needs to be addressed by reviewing the Community Health Assessment, secondary data, community demographics, and input from members representing the community. The prioritized health needs are determined through the assessment process and which the community will be addressing over the next few years relates to the following issues:

- Behavioral Health
- Senior Needs in the Community
- Healthy Lifestyles
- Access to Healthcare

### Daniels County Health Department Mission

**To promote physical and mental health; prevent disease, injury and disability and to be prepared to respond to public health emergencies.**

## **Priority Issue #1: Behavioral Health**

Daniels County residents, as per the survey, named Behavioral Health as the one of the top issues in the Community Health Improvement Plan (CHIP). The inability to access quality behavioral health care can result in health disparities to vulnerable populations, diminish overall quality of life, and have significant cost to the community.

Identified issues in assessment:

- Alcohol abuse/substance abuse (43.3%) selected as second-highest concern in community.
- Mental health and substance abuse were highlighted as major issues in the community during the community focus group that was conducted in Scobey.
- Significantly more respondents indicated depression/anxiety (25%) as a serious health problem, compared to assessment done in 2013 for Daniels Memorial Healthcare Center.

### **Goal #1:**

- Prioritize the top behavioral/mental health needs in the county.

### **Plan:**

- Identify stakeholders in the community and form a coalition.
- Develop and administer community survey.
- Review community needs.

**Target Date:** Fall 2016

### **Goal #2:**

- Implement and integrate awareness and educational programs in the community that will increase awareness of behavioral/mental illness.

### **Plan:**

- Identify staff/provider training needs, develop a training program, schedule and implement trainings.
- Community Survey to evaluate project accomplishments.

**Target Date:** May 2017

### **Goal #3:**

- Increase access to behavioral/mental health services in Daniels County.

## **Plan:**

- Resource Guide to what is available in Daniels County and distribute throughout the community.
- Resource guide for what is available in neighboring counties.
- Resource guide on how the community/hospital can attain services for needed services.

**Target Date:** May 2017

**Owner:** Daniels County Health Department and Daniels Memorial Healthcare Center.

## **Outcomes:**

- The community as a whole (school, law enforcement, medical personnel, public health, etc.) will have a better understanding of mental health disease, signs and symptoms of a crisis situation and an awareness of resources for referral.
- The promotional campaign will increase awareness of available resources and break down the stigma of behavioral/mental health in Daniels County.
- The coalition will continue to promote communication and recognition of the importance of partners to accomplish an integrated behavioral system.
- Daniels Memorial Healthcare Center will develop a patient centered integrated behavioral plan that is patient orientated.

## **Contributing factors:**

- Health insurance coverage
- Income
- Low social or family support
- Transportation
- Stigma about mental health
- Rural area
- Employment status

## **Available Resources:**

- Addictive and Mental Disorders Division (AMMD)
- Eastern Montana Telemedicine Network (EMTN)
- Eastern Service Area Agency (ESAA)
- Mental Health of Montana
- Scobey School
- Daniels County Local Area Council Mental Health

## **Alignment with the State of Montana Health Improvement Plan:**

- A Plan to Improve the Health of Montanans June 2013 Strategy E.1.1: Support worksites to implement health promotions policies that support substance abuse prevention and mental health.
- A Plan to Improve the Health of Montanans June 2013 Strategy E.1.3 Promote the implementation of policies and laws that restrict youth access to alcohol.
- A Plan to Improve the Health of Montanans June 2013 Strategy E.2.1: Increase awareness of substance abuse prevention and mental health through public education.
- A Plan to Improve the Health of Montanans June 2013 Strategy E.3.1: Implement quality improvement activities that improve the delivery of clinical preventive services and the use of clinical practice guidelines.
- A Plan to Improve the Health of Montanans June 2013 Strategy E.4.1: Implement evidence-based practices, programs and activities for substance abuse prevention.
- A Plan to Improve the Health of Montanans June 2013 Strategy E.4.2: Maintain public health surveillance systems to monitor and reduce the burden of substance abuse and mental illness and produce regular surveillance reports based on data collected.
- A Plan to Improve the Health of Montanans June 2013 Strategy E.4.3: Encourage the integration of DPHHS programs and services to improve mental health and reduce substance abuse.
- A Plan to Improve the Health of Montanans June 2013 Strategy E.4.4: Facilitate the achievement of mental health improvement and substance abuse reduction goals listed through implementation of health care system reform activities. Goals by 2018 include:
  - Decrease number of youth who report using alcohol in the past 30 days.
  - Decrease number of adults who report binge drinking.
  - Decrease the number of youth who report having smoked marijuana in the past 30 days.
  - Decrease the number of youth who report being depressed for 2 or more consecutive weeks in the past 12 months.
  - Increase the number of adults who report no days of poor mental health in the past 30 days.
- A Plan to Improve the Health of Montanans June 2013 Strategy E.4.5: Provide trainings for school staff to support students with mental illness and reduce substance abuse among youth.
- A Plan to Improve the Health of Montanans June 2013 Strategy E.4.7: Provide training and resources to implement programs that facilitate responsible alcohol sales.

## **Priority Issue #2: Senior Needs in the Community**

### **Goal #1:**

- Prioritize senior needs in the community.

### **Plan:**

- Meet with council on aging.
- Meet with families of aging population/establish committee.
- Research what other counties similar in size have for seniors in community.

**Target Date:** June 2017

### **Goal #2:**

- Increase awareness of available senior programs currently available in Daniels County.

### **Plan:**

- Identify current programs for seniors.
- Resource list of what is available for seniors.

**Target Date:** September 2017

### **Goal #3:**

- Collaborate on bringing in senior programs that are possible for Daniels County.

### **Plan:**

- Transportation
- Personal Care Programs
- Explore available senior resources and funding opportunities.
- Research what other counties similar in size have for seniors in the their communities.

**Target Date:** December 2017

**Owner:** Senior Needs Committee, DMHC, DCHD

### **Outcomes:**

- The senior needs committee will meet regularly to prioritize senior needs, identify current programs and address what is available.
- The committee will collaborate on what programs are feasible for Daniels County by February 2018.

### **Contributing factors:**

- Rural Area

- Elderly population (24%) are 65 years and older
- Size of County and Remoteness – 1.2 people per square mile.
- Nearest major hospital in Minot, ND is 222 miles from Scobey.
- No Assisted Living Facility, only nursing home in county.
- No community health aide for in home services.
- No educational programs for seniors.

### **Available Resources:**

- Daniels County Area Council on Aging
- Daniels Memorial Health Care Center
- Daniels County Health Department
- Daniels County Transportation
- Daniels County Senior Citizen Center
- Eastern Montana Area Aging Council

### **Alignment with the State of Montana Health improvement Plan:**

- A Plan to Improve the Health of Montanans June 2013 Strategy A.2.1: Increase awareness of chronic disease prevention and control through public education.
- A Plan to Improve the Health of Montanans June 2013 Strategy A.2.2: Implement programs to facilitate chronic disease prevention and self-management.
- A Plan to Improve the Health of Montanans June 2013 Strategy A.3.1: Implement quality improvement activities that improve the delivers of clinical preventive services and the use of clinical practice guidelines.
- A Plan to Improve the Health of Montanans June 2013 Strategy D.2.1: Increase awareness of injury prevention and potential exposures to environmental health hazards through public health.
- A Plan to Improve the Health of Montanans June 2013 Strategy D.2.2: Support communities to implement evidence based fall prevention programs.
- A Plan to Improve the Health of Montanans June 2013 Strategy D.2.2: Promote use of the Montana Prescription Drug Registry.
- A Plan to Improve the Health of Montanans June 2013 Strategy D.4.3: Facilitate the achievement of injury promotion goals.

Goals by 2018 include:

- Increase the number of motor vehicle occupants in Montana that report they wear seat belts.
- Decrease the number of fatalities due to motor vehicle crashes that involve alcohol-impaired drivers.

## **Priority Issue #3: Healthy Lifestyles in Daniels County**

### **Goal:**

- Promote healthy lifestyles and increase overall wellness.

### **Plan:**

- Increase awareness of available wellness services and opportunities currently available in Daniels County.
- Create resource map.
- Distribute resource map to community.
- Partner with other community organizations to promote new and existing wellness programs.

**Target Date:** December 2018

**Owner:** Healthy Lifestyles Committee, DMHC and Daniels County Health Dept

### **Outcomes:**

- Community will become aware of programs that are available in the community.
- Increase access to health and wellness programs in the community
- Improve chronic health indicators.

### **Contributing factors:**

- No fitness/wellness programs in the community
- Not much access to places in which to exercise

### **Available Resources:**

- Daniels County Health Department
- State of Montana Wellness Programs
- Montana Healthy Living Programs

### **Alignment with the State of Montana Health improvement Plan:**

- A Plan to Improve the Health of Montanans June 2013 Strategy A.1.1: Support worksites and schools to implement health promotion policies that promote chronic disease prevention.  
A Plan to Improve the Health of Montanans June 2013 Strategy A.1.2: Promote implementation of smoke-free and tobacco-free campuses and public housing that include the outdoor grounds of the facilities.
- A Plan to Improve the Health of Montanans June 2013 Strategy A.2.1: Increase awareness of chronic disease prevention and control through public education.
- A Plan to Improve the Health of Montanans June 2013 Strategy A.2.2: Implement programs to facilitate chronic disease prevention and self-management.

- A Plan to Improve the Health of Montanans June 2013 Strategy A.3.1: Implement quality improvement activities that improve the delivery of clinical preventive services and the use of clinical practice guidelines.
- A Plan to Improve the Health of Montanans June 2013 Strategy A.4.1: Maintain public surveillance systems to monitor and reduce the burden of chronic disease, and produce surveillance reports based on data collected.
- A Plan to Improve the Health of Montanans June 2013 Strategy A.4.2: Provide training and resources to health professionals and other to implement programs to facilitate chronic disease prevention and management.
- A Plan to Improve the Health of Montanans June 2013 Strategy A.4.3: Encourage the integration of chronic disease prevention and management goals. Goals include:
  - Decrease the number of adults who report they engage in no leisure time activity.
  - Decrease the number of adults who report they are overweight.
  - Increase the number of adults who report they are up to date with colorectal, breast and cervical cancer screening.
  - Decrease the number of average consumption of cigarettes in Montana.
  - Decrease the number of youth who report they have smoked cigarettes.
  - Decrease the number of adults who report they are smokers.



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## **Priority Issue #4: Access to Health Care Services in Daniels County**

### **GOAL:**

- Partner with healthcare center to increase healthcare services

### **Plan:**

- Prioritize what services were identified as needed in the community.
- Promote telemedicine services.
- Promote access to specialists.
- Recruit an additional primary care provider.
- Promote transportation to specialist at other facilities for services that cannot be provided locally.

**Target Date:** Ongoing

**Owner:** Daniels Memorial Healthcare Center

### **Outcomes:**

- DMHC will determine what services are needed that are not provided or can not be provided at DMHC.
- DMHC will campaign to promote telemedicine services.
- DMHC will determine feasibility of having specialist come to this area.
- DMHC will recruit another primary provider. D
- MHC will campaign for the use of the transportation bus to community members as a way to have access to specialist in other in towns.

### **Contributing factors:**

- Elderly population (24%) are 65 years and older
- Size of County and Remoteness – 1.2 people per square mile.
- Nearest major hospital in Minot, ND is 222 miles from Scobey.

### **Available Resources:**

- Daniels County Transportation

### **Alignment with the State of Montana Health improvement Plan:**

- A Plan to Improve the Health of Montanans June 2013 Strategy A.3.1: Implement quality improvement activities that improve the delivers of clinical preventive services and the use of clinical practice guidelines.
- A Plan to Improve the Health of Montanans June 2013 Strategy A.3.2: Use available and emerging technologies to improve the delivery of clinical preventive services.
- A Plan to Improve the Health of Montanans June 2013 Strategy A.4.3: Encourage the integration of chronic disease prevention and management goals.



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## **Putting the Plan Into Action**

Now that the Community Health Improvement Plan is complete, community members will move into the Action Phase. This will include planning implementing, and evaluating initiatives and interventions to implement and measure for each issue. Objectives will be set and measured along with strategies selected by the community and committee members. Evaluation will be a huge piece of this process and measuring progress towards goals.

This Community Health Improvement Plan (CHIP) was designed to be a living document, meaning it can be modified as progress is made and new community partners are identified. The community of Daniels County will work on strategies in this CHIP to improve the health and well-being of Daniels County.

All residents of Daniels County are encouraged to join in this effort to improve the health of Daniels County. For more information on how you can help or become involved, contact the Daniels County Health Department.

