

**Fallon County
Community Health Improvement
Plan
2017-2022**



A plan to improve the health, well-being, and overall quality of life in our community.

May 2017

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CORE TEAM MEMBERS

2016-2017 Core Team Members (key players)

- Fallon County Health Department (Kim Cuppy, Mindi Murnion)
- Fallon County Board of Health
- Fallon County Commissioners (Steve Baldwin, Deb Ranum, Bill Randash, Roy Rost)
- Fallon County Sanitarian (Rich Menger)
- Fallon Medical Complex (Dr. Darryl Espeland, Sue Lunde, Tammy Reetz)
- Baker Public Schools (Don Schillinger, Jon Wrzesinski)
- Fallon County Sheriff's Office (Trenton Harbaugh)
- Baker Police Department (Justin LaCroix)
- Fallon County DES (Chuck Lee)
- Local Mental Health Professionals (Sandy Kinsey)
- Baker City Mayor (Clayton Hornung, Jodee Pratt)

The development of Fallon County's Community Health Improvement Plan was steered by core team members. This would not have been possible without the

expertise, guidance, and input from community members and partners identified in the Community Health Assessment.

COMMUNITY PRIORITIZATION PROCESS

Introduction

The purpose of this Community Health Improvement Plan (also known as CHIP) is to identify how to strategically and collaboratively address areas of priority in our community to increase health and overall well-being. Core team members used the assessment process to create the community health improvement plan intending to provide quality, attainable health services and an environment that enables all citizens to reach their top health potential. In September 2016, the Fallon County Health Department, Fallon County Board of Health, and community members engaged in prioritization processes (after completing a Community Health Assessment). The process included:

- Random survey mailings to help assess needs of community (200 sent out with a 48% return rate)
- One-on-One Interviews with community members
- Focused Health Board Meetings open to all community members

In November 2016, core team members along with community members met to further develop goals through focused meetings. The community health improvement plan presented in this document identifies the overall goals, objectives, plans, methods, and performance statistics for all priority areas selected by core team members. The priority areas are those issues found in the Community Health Assessment that need to be addressed for Fallon County to meet its vision for overall top health. The components lists are necessary pieces in developing an appropriate action plan with objectives focused on improving health and quality of life within our county. As this community health improvement plan is implemented, performance statistics will be used to evaluate the effectiveness of each step of the plan.

DESCRIPTION OF FALLON COUNTY

This Community Health Improvement Plan encompasses the geographic area of Fallon County which is located in the southeastern portion of Montana. Fallon County consists of 1,623 square miles and 3,120 residents. The county was created in 1913 and is comprised of three very rural communities.

*Population numbers have been updated since the Community Health Assessment to reflect more recent data.

The county seat is located in the largest town of Baker with a population of 2,011. Other towns include Plevna with a population of 183 and the unincorporated town of Willard. Population density is approximately 1.8/square mile, compared with 7.09 statewide.

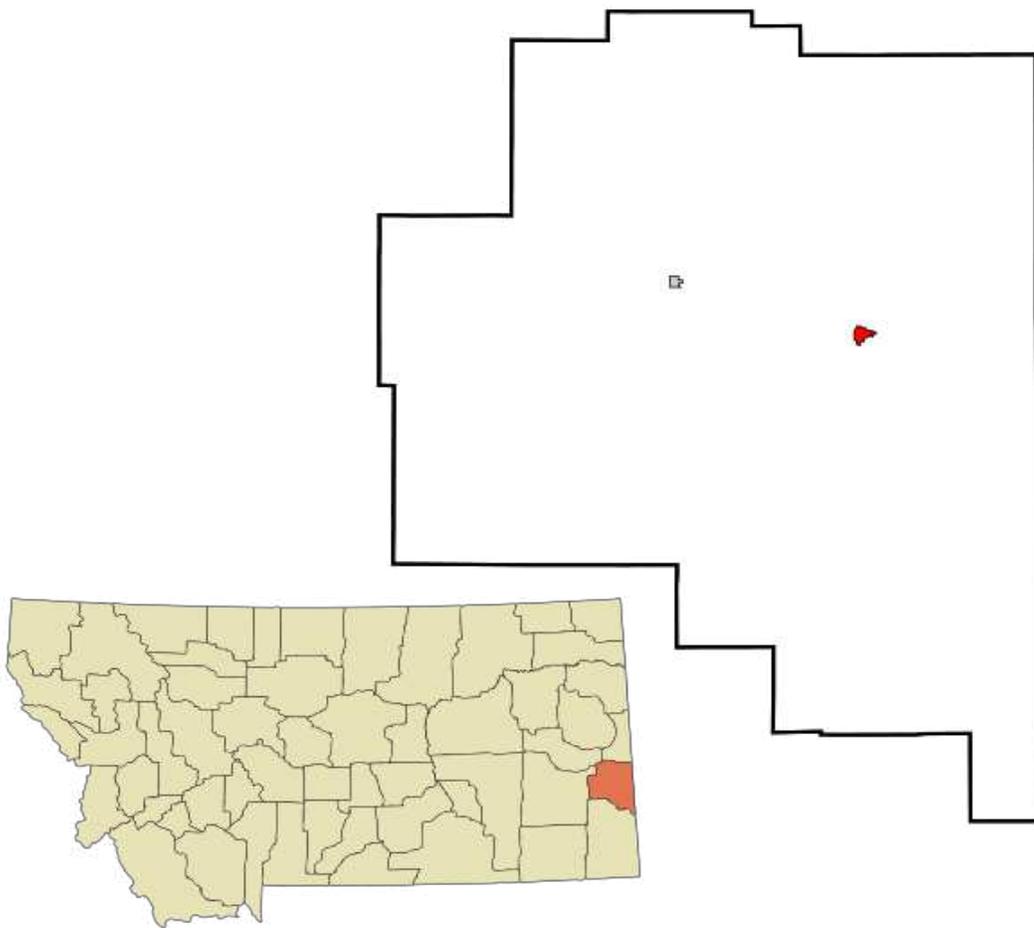
The median household income in Fallon County is higher than the state average of \$47,169 at \$53,266. Fallon County also has a lower poverty rate than the state average of 14.6% at 7.7%. The county is comprised racially of a mostly white population (96.8%). 94.3% of all adults hold a high school diploma or higher with only 16.1% of those individuals having a Bachelors' degree or higher. Approximately 74% of all citizens over the age of 16 are in the workforce.

The community health assessment conducted prior to the development of the improvement plan revealed many themes in strengths and assets in the community, as well for areas that could use improvement. Strengths and assets include:

- Community members feel that there are positive trends in the areas of increasing activities within the county, specifically those which emphasize physical fitness.
- There is an overall increase of families that are up to date on their children's immunizations.
- Fallon County is currently experiencing increasing economic growth.
- Residents are generally friendly and there is a strong sense of community.
- Community members, overall, feel that the quality of life in Fallon County is good and have perceptions of a safe, supportive, and connected community that is a good place to raise children.

Areas of improvement are described in the following section.

DESCRIPTION OF FALLON COUNTY





COMMUNITY PRIORITIZATION PROCESS

The first step to developing Fallon County’s Community Health Improvement Plan was to examine the results of the Community Health Assessment for common themes and discuss what the CHA revealed about the health and needs of our community. This occurred through many discussions with stakeholders. During these discussions, some strategic issues were identified. While we did not have a specific prioritization process, we did look at the list of issues and talked at length about each of them. Through our discussions we asked all stakeholders to assess each issue regarding:

- How serious each health issue really was
- How many people the health issue affected within the county
- How important the health issue was to the community as a whole
- How immediate are the consequence of the particular health issue
- How feasible it would be to address the issue

Our initial list of issues that were addressed included the following (in order of priority):

1. How can we increase availability of mental health services within our county?
2. How can we increase access to hospice care for our aging population?
3. How can we increase utilization of and access to abuse and neglect services?
4. How can we improve access and utilization of preventative care and support healthy behaviors?

Our stakeholders then looked at each of these issues again and created goals for each particular issue. Strategies were discussed and an action plan was created to implement these strategies along with performance measures. These measures, along with indicators and objectives, can be found in the following pages.

IMPLEMENTATION PROCESS

1. HOW CAN WE INCREASE AVAILABILITY OF MENTAL HEALTH SERVICES WITHIN OUR COUNTY?

GOAL – Fallon County residents will have access to and support for utilizing resources for mental health services.

How will we know we are making progress?

PERFORMANCE MEASURES/INDICATORS	SOURCE	TIMELINE
<i>Fallon County will have a written contract in place to contract with Eastern Montana Mental Health Services providing a minimum amount of services to be provided within our county</i>	<i>Eastern Montana Mental Health / Fallon County</i>	<i>By year end 2017</i>
<i>Fallon County will have mental health services provided in our county at least two days per week by outside entities</i>	<i>Eastern Montana Mental Health / Big Sky Mental Health / Fallon County</i>	<i>By year end 2017</i>
<i>We will reduce our percentage of adults who have experienced “not good” mental health for 14 days or more from 7.8% to 6.0%</i>	<i>Montana Regional Public Health Indicators</i>	<i>As updated</i>
<i>Fallon County will experience a decreased suicide rate from 19.9 per 100,000 population to 15.9 per 100,000 population</i>	<i>Montana Regional Public Health Indicators</i>	<i>As updated</i>
<i>Rate of those in our community feeling that mental health care needs are not being met will decrease from 24% to 18%</i>	<i>Community Health Assessment Tool</i>	<i>Summer 2019</i>
<i>We will have crisis mental health services provided within our county for times of emergency</i>	<i>Eastern Montana Mental Health / Fallon County</i>	<i>Summer 2019</i>

Strategy #2

Create and promote a guide of local community and outlying resources and organizations that promote and provide access to mental health services to increase public awareness of organizations.

Action Plan:

Activity	Target Date	Lead Person/Organization	Anticipated Result
Research how other communities have compiled, distributed, and promoted a local resource guide.	September 2017	Mindi Murnion/Fallon County Health Board and CHIP Steering Committee	Gain a better knowledge of how to complete this strategy
Gather and input data into a spreadsheet or database	December 2017	Chayni Varner/Fallon County Health Board and CHIP Steering Committee	Organize all data to effectively communication to community
Create a plan for communicating and distributing guide	January 2018	Mindi Murnion/Fallon County Health Board and CHIP Steering Committee	Generate a well-defined guide that can reach individuals from all areas of our county
Implement plan for communication, distribution, and promotion	March 2018	Mindi Murnion/Fallon County Health Board and CHIP Steering Committee	Get all information out to community in a clear and concise manner
Implement maintenance plan to update guide and communicate to community	July 2018	Mindi Murnion/Fallon County Health Board and CHIP Steering Committee	Continue to grow and change guide as needed to stay current

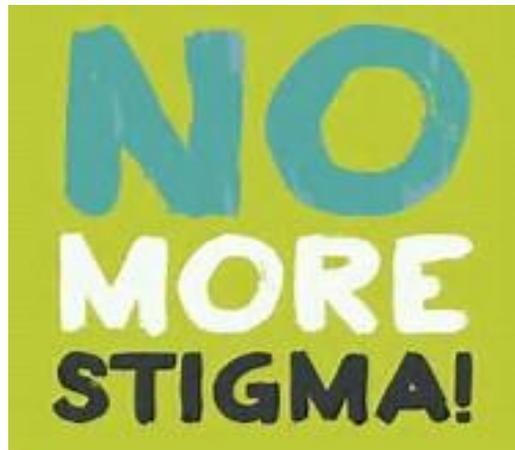


Strategy #3

Work with community to provide education about mental illness, what its symptoms are, when to seek help for themselves or others, and further knowledge.

Action Plan:

Activity	Target Date	Lead Person/Organization	Anticipated Result
Create a survey to send out to community about mental health	October 2017	Kim Cuppy/Fallon County Health Board and CHIP Steering Community	Concise survey to explore how our community members feel about mental health within our county
Gather and input results of survey into database	January 2018	Chayni Varner/Fallon County Health Board and CHIP Steering Committee	Organize all data to effectively communicate to community
Analyze results to see where misconceptions or exact needs of mental health might lie within community	February 2018	Kim Cuppy/Fallon County Health Board and CHIP Steering Community	Gain a better knowledge of community perceptions and issues of mental health in Fallon County
Explore education options within the community and what can be provided.	May 2018	Kim Cuppy/Fallon County Health Board and CHIP Steering Community	Make a plan to provide mental health education from a qualified professional, reaching as many individuals within the county as possible
Implement education plan to reach as many individuals within the county as possible.	August 2018	Kim Cuppy/Fallon County Health Board and CHIP Steering Community	Get all information out to community in a clear and concise manner



IMPLEMENTATION PROCESS

2. HOW CAN WE INCREASE ACCESS TO HOSPICE CARE FOR OUR AGING POPULATION?

GOAL – Fallon County residents will have access to high quality, respectful, and affordable hospice care.

How will we know we are making progress?

PERFORMANCE MEASURES/INDICATORS	SOURCE	TIMELINE
<i>Our county will have community support for a local or contracted hospice program</i>	<i>Community Assessment Tool</i>	<i>By year end 2018</i>
<i>Determine a business model and/or plan for local or contracted hospice plan</i>	<i>Fallon County Board of Health/Hospice Working Group</i>	<i>By year end 2019</i>
<i>Fallon County will have a Hospice Program in place serving those in need</i>	<i>Fallon County Board of Health/Hospice Working Group/Fallon Medical Complex</i>	<i>By year end 2020</i>



What will we do to achieve our goal?

Strategy #1			
Gain community awareness of the need for a Hospice program and encourage community members to help reach a solution for this problem.			
Action Plan:			
Activity	Target Date	Lead Person/Organization	Anticipated Result
Discuss and explore ideas with Fallon County Board of Health	July 2017	Kim Cuppy/Fallon County Health Board and CHIP Steering Committee	Gain knowledge and ideas to form hospice program within our county
Create a hospice working group consisting of board members and community members interested in this area	October 2017	Kim Cuppy/Fallon County Health Board and CHIP Steering Committee/Hospice Working Group	Have a hands-on group to tackle this area and engage community
Hold working group meetings and keep community involved with process	November 2017	Hospice Working Group	Community members and experts will be involved in making decisions to bring to the Board
Engage with Fallon Medical Complex for possibility of joining forces to help objective	November 2017	Hospice Working Group	Develop a good working relationship to form a cohesive community hospice program



comfort
love
respect



Strategy #2

Create objectives and goals for hospice program to further portray how our community would benefit from the program.

Action Plan:

Activity	Target Date	Lead Person/Organization	Anticipated Result
Research similar programs in our surrounding area	November 2017	Hospice Working Group	Gain a better understanding of how a hospice program works
Develop a description of the list of duties and responsibilities involved in program	February 2018	Hospice Working Group	Increased comprehension of what exactly our county would need to begin a hospice program
Explore potential partner organizations that would be interested in helping host hospice program	June 2018	Hospice Working Group	Gain partners to help with forming and maintaining a hospice program
Create a report to present to the Board regarding findings and possible solutions	December 2018	Hospice Working Group	Get all members on the same page in understanding the problem and solution

Strategy #3

Establish a Hospice Program within Fallon County (may be contracted or a separate paid position).

Action Plan:

Activity	Target Date	Lead Person/Organization	Anticipated Result
Take findings from Strategy #2 report to make proposal to seek funding or get contract.	April 2019	Hospice Working Group	Gather information from different funding sources and decide the best option in funding position or contract
Explore funding opportunities	June 2019	Hospice Working Group	Same as above
Secure funding for	December	Hospice Working Group	Fully fund project for

the position or contract	2019		first 3 years
Start search process for potential candidate or contract	June 2020	Fallon County Health Board/Hospice Working Group	Find the best option for starting up hospice program within the county
Hire position or sign contract.	December 2020	Fallon County Health Board/Hospice Working Group	Ensure program will start up with best possible option

IMPLEMENTATION PROCESS

3. HOW CAN WE INCREASE UTILIZATION OF AND ACCESS TO ABUSE AND NEGLECT SERVICES?

GOAL – Fallon County residents will have the information and support necessary to access abuse and neglect services as they are needed at any time.

How will we know we are making progress?

PERFORMANCE MEASURES/INDICATORS	SOURCE	TIMELINE
<i>Fallon County will have regular abuse and neglect services meetings at least once a month with appropriate team members.</i>	<i>Local CPT team</i>	<i>By year end 2017</i>
<i>Fallon County will experience a decreased 3 yr. rate of family abuse offenses from 124.2 per 100,000 population to the state average of 76.5.</i>	<i>Montana Regional Public Health Indicators</i>	<i>As updated</i>
<i>Rate of those in our community feeling that abuse and neglect needs are not being met will decrease from 17% to 12%</i>	<i>Community Health Assessment Tool</i>	<i>Summer 2019</i>

What will we do to achieve our goal?

Strategy #1

Have an active CPT team in Fallon County.

Action Plan:

Activity	Target Date	Lead Person/Organization	Anticipated Result
Meet at least monthly with all necessary CPT team members	July 2017	All CPT team members	Be aware of current and/or potential abuse and neglect situations that have been reported in Fallon County
Have regular weekly phone calls with regional CPT representative	September 2017	All CPT members	Stay informed of any improving or worsening situations so that they can be taken care of as soon as possible
Create a written cohesive plan with all CPT members of	January 2017	All CPT members	Have a plan in place for all existing and new team members

steps to take if a case is reported			so that situations are handled effectively and efficiently
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Strategy #2

Make our community more aware of current abuse and neglect services and increase use of these services to decrease abuse and neglect activities.

Action Plan:

Activity	Target Date	Lead Person/Organization	Anticipated Result
Send out a survey to community members seeking information of knowledge of awareness of services.	June 2018	Kim Cuppy/Fallon County Health Board and CHIP Steering Committee	Gain a better understanding of what our community knows about current services
Research how other communities have compiled and distributed a local resource guide in this area.	July 2018	Mindi Murnion/Fallon County Health Board and CHIP Steering Committee	Increase comprehension of how a local resource guide may be helpful and the best way to get information out to public
Compile information from survey to see where lack of knowledge may occur.	October 2018	Chayni Varner/Fallon County Health Board and CHIP Steering Committee	Know what services our public knows about and what services may be unknown within community
Create a plan for communication and distributing guide.	January 2019	Kim Cuppy and Mindi Murnion/Fallon County Health Board and CHIP Steering Committee	Generate a well-defined guide that can reach individuals from all areas of our county
Implement plan for communicating this plan and distributing information.	May 2019	Kim Cuppy and Mindi Murnion/Fallon County Health Board and CHIP Steering Committee	Get all information out to community in a clear and concise manner
Implement a maintenance plan for updating and promoting guide.	August 2019	Kim Cuppy and Mindi Murnion/Fallon County Health Board and CHIP Steering Committee	Continue to grow and change guide as needed to stay current



IMPLEMENTATION PROCESS

4. HOW CAN WE IMPROVE ACCESS AND UTILIZATION OF PREVENTATIVE CARE AND SUPPORT HEALTHY BEHAVIORS?

GOAL – Fallon County residents will have the knowledge, capacity, support, and services needed to promote healthy behaviors and the ability to utilize preventative care on a continuous basis.

How will we know we are making progress?

PERFORMANCE MEASURES/INDICATORS	SOURCE	TIMELINE
<i>Fallon County will meet all targets for cancer screenings (mammograms, pap tests, colorectal screenings)</i>	<i>Montana Regional Public Health Indicators</i>	<i>By year end 2019</i>
<i>90% of children of Fallon County entering kindergarten will have documentation of all recommended vaccinations.</i>	<i>imMTrax/Fallon County Health Department</i>	<i>September 2017</i>
<i>Fallon County will have reduced smoking rates to match those of the state (from 20.5% to 19.3%).</i>	<i>Montana Regional Public Health Indicators</i>	<i>By year end 2019</i>
<i>Fallon County citizens who are considered overweight or obese will decrease by 5% (numbers still being obtained).</i>	<i>Montana Regional Public Health Indicators</i>	<i>By year end 2020</i>
<i>The number of individuals in Fallon County with adequate health insurance will increase (numbers still being obtained).</i>	<i>Community Health Assessment Tool</i>	<i>By year end 2020</i>



What will we do to achieve our goal?

Strategy #1			
Work with local employers to implement programs or activities to encourage employee health and wellness.			
Action Plan:			
Activity	Target Date	Lead Person/Organization	Anticipated Result
Research evidence based practices for workplace health and/or wellness policies or programs.	October 2017	Fallon County Health Department Staff	Gain knowledge of what works and what does not with work sponsored wellness activities
Compile ideas and data on health, wellness, and stress reduction activities	November 2017	Fallon County Health Department Staff	Come up with a top ten list of ideas that can work with this strategy
Explore funding opportunities for workplace wellness support	December 2017	Fallon County Health Department Staff and Employers	Gain support from local government and employers financially in a unique way that gets all involved
Create a plan with interested employers to implement programs and activities within the workplace	March 2018	Fallon County Health Department Staff and Employers	Get employers involved with planning so everyone is on the same page and agrees on activities
Implement plan for programs and activities	May 2018	Fallon County Health Department Staff and Employers	Plan is started and employees start activities
Sustain and monitor activities and programs	Ongoing	Fallon County Health Department Staff and Employers	Have a sustainable program and employees continue to utilize



Rewarding Healthy Behaviors

Strategy #2			
Increase community awareness of all wellness programs and assistance available within the county.			
Action Plan:			
Activity	Target Date	Lead Person/Organization	Anticipated Result
Hold meetings on various topics regarding wellness programs (nutrition, insurance, vaccines, etc.)	January 2018	Kim Cuppy/Fallon County Board of Health and CHIP Steering Committee	Successful weekly meetings in which community can come and learn about various topics regarding their health
Make a written guide with all services regarding wellness within our county	January 2018	Chayni Varner/Fallon County Board of Health and CHIP Steering Committee	Have an attractive looking brochure showing all wellness activities for individuals to utilize.
Create a plan for communication and distributing guide.	February 2018	Kim Cuppy/Fallon County Health Board and CHIP Steering Committee	Hand out brochure to at least 35% of adults in county
Implement a maintenance plan for updating and promoting guide and classes.	May 2018 and ongoing	Kim Cuppy and Mindi Murnion/Fallon County Health Board and CHIP Steering Committee	Continue to grow and change guide as needed to stay current

SUSTAINABILITY

The Fallon County CHIP Steering Committee feels that while we have a lot of work ahead of us for implementation, sustainability may be the biggest challenge. Sustainability has been talked about in great detail and built into several strategies in this plan. Our first and foremost priority is strengthening our current public health system, its partnerships, and its structure. The following steps will be utilized to help with this:

1. The lead organization for most of the strategies listed in this Community Health Improvement Plan is the Community Improvement Steering Committee. For those tasks falling on another entity, they can turn to the Steering Committee for guidance or questions. The Steering Committee may also look for guidance and leadership from the Fallon County Health Board and the Fallon County Health Department.
2. All strategies have an activity within it to maintain sustainability. These may be changed as necessary to ensure maintenance of strategy.
3. The Fallon County Health Department will work with the Steering Committee to make sure public health standards are always met. The health department will also complete a Community Health Assessment every 3 years to ensure we are meeting our goals.
4. Many of our strategies will overlap and work will be done by the same individuals. This may appear monotonous in this Community Health Improvement Plan, however, they are the true issues of this county and strengthening each one will strengthen the others twofold.



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