

## Mineral County 2016 CHIP Goals and Objectives

The Mineral County Community Health Assessment conducted in the spring of 2016 identified four major areas of concern for the residents of the communities within Mineral County. These four areas will inform the Community Health Improvement Plan (CHIP);

### GOALS:

- 1) Substance and alcohol use
- 2) Unemployment
- 3) Child Abuse and Neglect
- 4) Obesity.

### **1) Substance and Alcohol Use**

Alcohol-related goals:

- Change the social norms surrounding alcohol and social events in Mineral County (providing alternatives to alcoholic events, public health campaign changing norms, etc)
  - **PEAK - has been providing alcohol free adult, child, and family activities throughout the year.**
- Support existing programs for public health and alcohol use (DUI task force, public campaign regarding costs of DUI, MIP, etc)
  - **At least 4 coalition members are participating on the DUI taskforce.**
    - **The DUI Task Force promotes law enforcement, schools, and youth working together to address social norms around alcohol use in the community.**
- Support/Implement curriculum for youth in and out of schools (in-school education, after school programs, summer programs, providing alternatives for children)
  - **Stephanie Quick is:**
    - **Teaching a life skills curriculum addressing substance prevention to 7<sup>th</sup> – 9<sup>th</sup> grade students in the county.**
- Compliance with sales of alcohol to minors and over-serving at bars and restaurants (Support DUI task force with public campaigns)
  - **Stephanie Quick is:**
    - **Providing responsible Alcohol Sales and Service Training to promote responsible Alcohol Sales and Service Training to promote responsible alcohol sales and service in the county.**

#### Substance Abuse goals:

- Public health campaign about dangers of prescription drugs (work with MCH to talk with patients, school campaign about pain medications and athletes)
- **Stephanie Quick is:**
  - **Provided Prescription Take Back Events coordinated through law enforcement and the DEA. Includes distributing locked medication boxes throughout the county and to the pharmacy.**
  - **Plans to distribute Deterra Prescription disposal bags this year to help prevent misuse of prescription drugs. <http://deterrasystem.com/>**
- Decrease amount of children and youth reporting illicit/prescription drug misuse and abuse (in-school education, after school programs, summer programs, providing alternatives for children)

#### Measurable Objectives:

- Plan and implement a public health campaign regarding dangers of prescription drugs to appear no later than May 2017.
  - Include three types of media- billboards, brochures/flyers, pamphlets.
- Plan and implement in-school program and demonstrations geared towards education of what abuse/misuse is and how to prevent addiction from prescribed drugs.
- Reduce the number of children reporting having taken prescription drugs without a doctor's prescription from 15.5% to 13% by 2017 YRBS reporting. (2015 YRBS)

## 2) Unemployment

#### Built environment focus:

- Work with town/planning council to advertise Min. Co. as tourist destination (focus on natural resources)
- Work on beautification (possible grants for this?)
- Improve infrastructure to make the towns more usable/enjoyable (sidewalks, parks, destinations, "best-of" directories)

#### Workforce focus:

- Improve skill-building opportunities

### 3) Child Abuse:

#### Practitioner focus:

- Train staff how to report cases (focus on stigma and worry that come along with reporting)
- Secondary/vicarious trauma training opportunities
- Trauma training for school officials and staff (principle, health counselor, teachers, coaches, etc)

#### Family focus:

- Offer coping mechanisms workshops for parents (maybe focus on generational trauma and historical trauma, and how to cope) (think breaking the cycle)
- Public health campaign on abuse (social stigma) and reporting suspicions
- Offer family friendly events with a supportive feel for parents (dances, drive-ins, community game nights, etc) (see in alcohol related objectives)

#### Child focus:

- Offer education in the schools about abuse (physical, mental, sexual, and neglect) at age appropriate levels (empower children to speak up about their own abuses or others')
- **MCH has:**
  - **Provided presentations in each school concerning seatbelt usage (Buckle Up Blue 4 Lauryn).**

### 4) Obesity

#### Exercise approach:

- Tie into “unemployment” goal of improving built environment (sidewalks, access to gyms, etc)
- Support existing groups (walking, running, hiking, biking, etc)
  - **MCH:**
    - **Walking for Wellness Class (8 week self-administered walking class).**
    - **Hiking for Health – Late spring and summer hiking group that meets regularly to go on hikes in the mountains of Mineral County and the Bitterroot near Hamilton.**
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- Public health campaign about exercising and health benefits (could tie into above goals)

#### Nutrition approach:

- Support county-wide farmer's markets (public health campaign on cost savings for buying fresh/local and supporting local agriculture)
- Work with schools on menus and healthy choices
- Work with local food pantries to assist in any way they need