

Mineral County CHIP Updates- Current as of January 2018

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); 1) Substance and alcohol use, 2) Unemployment, 3) Child Abuse and Neglect, and 4) Obesity. Data from the Youth Risk Behavior Survey (YRBS 2015) and the Healthy People 2010 and 2020 will be used as baseline and outcome indicator data.

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)
DUI task force- Some of our goals are to encourage each community to post responsible drinking messages and how to capture our youth's attention (media or FB) to encourage healthy choices and communication with healthy role models in the community.
-Defy- Drugfree Youth in MT at St. Regis School, meets montly.
- Support existing programs for public health and alcohol use (DUI task force, public campaign regarding costs of DUI, MIP, etc)
DUI Task Force in full swing! See below...
- Support/Implement curriculum for youth in and out of schools (in-school education, after school programs, summer programs, providing alternatives for children)
-Stephanie Quick has been working directly with the schools to provide education to our youth around healthy and safe choices to avoid alcohol and drugs. As well as speaking with Superior School District about how to address students who have engaged in experimental use and may need further education but not treatment.
-Life Skills for 7-9th grades in schools which addresses substance prevention
-Stephanie and Barb are working on a spring speaker for HS/MS
-Stephanie Quick working on bringing Student Resource Officer to schools
-High School Life Skills workshops through Steph- sexual, substance, healthy relationships.
- Compliance with sales of alcohol to minors and over-serving at bars and restaurants (Support DUI task force with public campaigns)
Stephanie Quick working on this... needs to find out how it was implemented before!
-Lonnie Hutchinson coming to talk with the DUI task force about above.

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)
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)
-Prescription Take Back Events which are coordinated through local law enforcement and the DEA. We held one event last year, distributed locked medication boxes throughout the county and to the pharmacy- Stephanie Quick.

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?)
 - Emily Arnelias is artist making art from recycled items. Art project/superior
- Improve infrastructure to make the towns more usable/enjoyable (sidewalks, parks, destinations, "best-of" directories)
Planning on pursuing the Building Active Communities Initiative from MSU (2018). Amy Lommen

Workforce focus:

- Improve skill-building opportunities (TANIFF volunteer opportunities, technology workshops, opportunity resource guides, etc)
 - recycling job coordinator
 - forest service trail crew

3) Child Abuse and Neglect

Practitioner focus:

- Train staff how to report cases (focus on stigma and worry that come along with reporting)
 - Katie Petersen from MPD is doing a presentation on Jan 15th for ICAC, mandatory reporting
Linking Systems of Care Pilot Program will provide this training Spring 2018- Amy Lommen
- Secondary/vicarious trauma training opportunities
Linking Systems of Care will have "BBQ" in each community to discuss impacts of trauma for families and the ones who work with them Summer 2018- Amy Lommen
- Trauma training for school officials and staff (principle, health counselor, teachers, coaches, etc)
ACES training in Alberton- put together by Laura Acker- 2016
Linking Systems of Care Pilot Program will provide this training Spring 2018- Amy Lommen
 - Parent Liaison through Gear up with April Quinlan and Amy Lommen
 - Katie Peterson- ICHC, reporting training offered PIR Spring 2018

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
Linking Systems of Care will have "BBQ" in each community to discuss impacts of trauma for families and the ones who work with them Summer 2018- Amy Lommen
- Offer family friendly events with a supportive feel for parents (dances, drive-ins, community game nights, etc)
PEAK- Variety Show Feb 25th, 2017. Laura- I bet we can fill in a lot more here!

-Story times in Alberton are offered weekly on Fridays and have remained as a consistent event for families of children 0-5. This event gives parents an opportunity to socialize and build support networks with other families.

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')

Linking Systems of Care is working to partner with schools in Mineral County to screen children (with parent's approval) for trauma. We will work with the schools to figure out how to start these discussions surrounding trauma with the children.

-PEAK along with Healthy Sexuality Network offered "our whole Lives" training - Healthy Sexuality prevents child abuse and neglect- dont have kids until you are ready for them. If anything, this training made talking about condoms and where to get them in Mineral County more socially acceptable.

-PEAK- collaboration with MTUPP and DUI task Force to bring "Supaman" to mineral county to talk to all three community schools K-12 about harms of substance abuse and how it impacts future goals.

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)
- Public health campaign about exercising and health benefits (could tie into above goals)

Hiking for Health Walking Group

-Hospital is knocking it out with understandings about "sitting is the new smoking". They have implemented stations that the employees do at 10 and 2 everyday to keep them moving.

-Mineral Community Hospital Wellness Committee which organizes health classes and exercise activities for the employees of MCH

-MCH Health Fair held every spring with 30+ vendors showcasing health products and services available to resident of Mineral County.

-Ronald Gleason volunteered Stacey Conrow-Vervaris to assist with any workplaces who are interested in seeking workplace wellness.

-New garden in Superior

-Children's 5k Fun run event

Nutrition approach:

- Support county-wide farmer's markets (public health campaign on cost savings for buying fresh/local and supporting local ag)

Loreen Green is picking up here-

- Work with schools on menus and healthy choices

-backpack programs, school gardens

