

# **Community Health Improvement Plan**

2020-2022



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## ACKNOWLEDGMENTS

### Community Health Improvement Plan Leadership Team

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Due to the COVID-19 pandemic, collaborative planning with local partners will resume once work to plan and respond to the pandemic has passed. Further action planning will occur at that time and be added to this working document.

#### **Community Partners**

American Red Cross-Scenic Bluffs Chapter **Black River Falls Area Foundation** Black River Falls Dental Center (FQHC) Black River Falls Emergency Medical Service Black River Falls School District Black River Memorial Hospital Board Members, Senior Leaders, **Department Directors and Staff** Boys & Girls Club of the Greater Chippewa Valley-Lunda Center City of Black River Falls Footprints in Time Midwifery & Family Clinic Friends Sharing Food Hixton Township Ho-Chunk Nation Department of Health Jackson County Board of Supervisors Jackson County Department of Health and Human Services Public Health. Department of Aging, Behavioral Health, Emergency Management Jackson County Sheriff's Department Jackson County Tavern League Krohn Clinic Lunda Community Center Meadowbrook-Black River Falls Pine View Care Center Red Creek Elementary Stein Counseling & Consulting Services **Together For Jackson County Kids** Town of Brockway Village of Melrose Workforce Connections

The Community Health Improvement Plan was approved by the Black River Memorial Hospital Board of Directors. Copies are available on our website <u>www.brmh.net</u> or a printed version can be provided upon request.

# ABOUT OUR COUNTY

PRIMARY SERVICE AREAS: Black River Falls (Includes Brockway Township) SECONDARY SERVICE AREAS: Alma Center, Merrillan, Hixton, Millston, Taylor, and Melrose.

Jackson County is a rural county located in West Central Wisconsin that consists of farmland and forestland dotted with six small towns and villages. The total population is 20,478, according to the U.S. Census Bureau estimate, with Black River Falls and a surrounding five-mile radius comprising the most densely populated area. Black River Falls is a city of 3,622. Jackson County's population has experienced little growth, (.4 percent), since 2010.



About one-fourth of all Americans live in rural areas and providing healthcare to them can be a challenge financially and logistically. Only 10 percent of the nation's physicians practice in rural areas and rural residents tend to have less income and are less likely to have employer-provided healthcare or prescription drug coverage than urban residents are. Another challenge for rural healthcare involves the primary healthcare services provided. Primary care physicians and general surgeons are trained to cover limited conditions. As a result, patients may migrate to seek specialty services and patients in an emergent situation may be transferred for additional care.

Community members, business leaders, other healthcare facilities or agencies, governmental agencies, and city or county representatives comprise the Board of Directors.

BRMH offers a preceptorship program through the University of Wisconsin Medical School as well as job-shadowing and co-op partnership opportunities to students in middle and high school.

Many of the hospital's patients are elderly with multiple chronic diseases. Also, many have incomes below the poverty level, and nearly half of the patients are on Medicaid and Medicare.

Access to care is a constant problem for some patients due to lack of income, lack of transportation, and lack of healthcare coverage. Filling prescriptions is another challenge as there are no 24-hour pharmacies in Black River Falls. The dialysis center, operated by Gundersen Health System, located within the BRMH campus closed its outreach clinic in September 2019. Dialysis patients from our area are forced to seek care further away from home.

During a recent Strength, Weakness, Opportunity, and Threats (SWOT) analysis, issues were identified that could negatively affect BRMH, some of which include healthcare reform, payment changes, increasing uncompensated care, cybersecurity risks, and workforce recruitment and retention.

# **DETERMINING HEALTH PRIORITIES**

Black River Memorial Hospital conducted a Community Health Needs Assessment (CHNA) for the communities in and around Jackson County. This assessment provided information on the health status and health behaviors served by BRMH. Working with a variety of community partners and leaders, BRMH designed strategies to address the top health priorities identified. The Community Health Improvement Planning Committee conducted surveys during yearly events sponsored by BRMH. A community-wide survey was held in August of 2019.

The CHNA was structured around the *County Health Rankings*, a publication of the Robert Wood Johnson Foundation and the UW Population Health Institute who ranks the 72 counties in Wisconsin. The rankings indicate overall health outcome measures and on health factors (behaviors, clinical care, social and economic and physical environment) that contribute to the overall health outcomes of a community. While Jackson County has many beneficial programs and community resources, the county faces significant challenges. Some of these challenges include a high rate of obesity and Jackson County is considered to have a significant psychiatrist shortage.

Jackson County ranked 58<sup>th</sup> out of the 72 counties in Wisconsin based on health outcomes and reports a high percentage of residents stating poor physical and mental health days. Under the ranking for Health Factors, Jackson County ranked 61<sup>st</sup> out of 72 and reports a higher rate of obesity compared to the average of Wisconsin counties. Additionally, data was pulled from multiple sources and local data was used whenever possible. Data sources utilized for the CHNA and the Community Health Improvement Plan are listed in the resource section at the end of this document.

With collaborative efforts between BRMH, Jackson County Department of Health and Human Services-Public Health and other area agencies, the future health of the population in our service area will be enhanced by the creation of the Servant Led Community group. BRMH is working with community members, agencies and committees who are already spearheading efforts to positively affect health in Jackson County. Collaborating with area agencies will eliminate the duplication of efforts utilizing local resources in partnership with the hospital's strategic plan.

# **PRIORITY #1 – BEHAVIORAL HEALTH**

Goal: Increase access for patients by connecting them with outpatient mental/behavioral health services.

### **Priorities:**

Mental Health

- Anxiety / Stress / Depression
- Suicide

Substance Use Disorder

- Drug
- Alcohol
- Tobacco

Mental health issues are prevalent in Jackson County as well as throughout the state and nation. Mental health providers are limited in Jackson County however; steps have been made to increase the provider/patient ratio. Jackson County Department of Health and Human Services recently added a full-time public health specialist and a behavioral health social worker to their staff who with the help of a local coalition, Together for Jackson County Kids, will continue creating research-informed communication efforts designed to reduce the stigma surrounding mental illness. Utilizing social media, print, radio and other mediums, promoting positive messages supporting the effectiveness of mental health care will encourage those who may be most vulnerable to seek the help they need. The following table provides programs and services currently available to Jackson County citizens.

| BRMH<br>Programs/Activities                               | Agencies  | Target<br>Audience   | Results  |
|---|---|--|--|
| ED Mental Health Screening<br>Program.                    | Led by BRMH, includes Jackson<br>County Dept. of Health &<br>Human Services, and Northwest<br>Connections.  | All Ages.  | All patients receive a<br>mental health screening by<br>BRMH staff 24/7<br>assessment is available<br>when needed through<br>Jackson County Dept. of<br>Health & Human Services,<br>and Northwest<br>Connections.<br>Based on screening<br>outcomes, PFS provides<br>follow-up contact in person |
|   |   |  | or by phone for patients<br>that have a mental health or<br>AODA concern to offer<br>resources for outpatient<br>treatment.  |
| Grief Support Group                                       | BRMH Hospice and Homecare.  |  | Support family and friends who have lost a loved one.  |
| Collaborative<br>Partnerships                             | Agencies  | Target<br>Audience   | Results  |
| Veterans Memorial Service,<br>Evergreen Memorial Service. | BRMH Hospice and Homecare,<br>Jackson County Interfaith<br>Volunteer Caregivers.  | All Ages.  | Support family and friends who have lost a loved one.  |
| Chapter 51 Group.   | Jackson County DHHS, City,<br>and County Law Enforcement,<br>BRMH.  | Patients who<br>have a high<br>probability of<br>harming<br>themselves or<br>others. | Standardize the Chapter 51<br>process with all area<br>agencies.   |
| Respite/Caregiver Support<br>Group.                       | Jackson County Interfaith<br>Volunteer Caregivers.  | Primarily Adults & Seniors.  | Non-medical service offering relief to caregivers.   |
| Mental Health Coalition.                                  | BRMH, JCDHHS, JC Sheriff's<br>Dept., Probation & Parole<br>office, Krohn Clinic, Ho-Chunk<br>Nation including law<br>enforcement, Children's<br>Hospital, Stein, Garson, NW | Patients of all ages.  | Bring stakeholders together<br>to create an action plan to<br>eliminate duplication of<br>efforts. Meets every other<br>month.   |

|   | Connections, Peace<br>counseling services, BRF &<br>Mel-Min School Districts, EMS,<br>Together for Jackson County<br>Kids, area clergy, and<br>community members at large.   |  |  |
|---|--|--|--|
| Other Area Resources  | Agencies   | Target<br>Audience                                     | Results  |
| Behavioral Health Division –<br>Outpatient Clinic.  | Jackson County Department of Health and Human Services.  | All Ages.  | Provide counseling, case<br>coordination & substance<br>use counseling.  |
| Counseling Services.  | Stein Counseling, Garson<br>Growth & Counseling, Peace of<br>Mind Counseling, Gateways<br>Counseling Services, and Krohn<br>Clinic.  | All Ages.  | Provide behavioral health<br>and substance abuse<br>counseling.  |
|   | Northwest Journey Treatment<br>Services.   | Teens.   | Day treatment services.  |
|   | Ho-Chunk Health Care Center<br>Behavioral Health.  | All ages.  | Outpatient mental health & substance use disorder counseling.  |
| Resilient Trauma-Informed<br>Community (RTIC)<br>Collaboration.                                 | Black River Falls School District,<br>UW Extension, JC Sheriff's<br>Dept., Krohn Clinic, Mel-Min and<br>Alma Center Schools, Lunda<br>Center, Ho-Chunk Nation<br>Behavioral Health, Jackson<br>County Behavioral Health. | School District,<br>other area<br>agencies.            | Goal: Educate the<br>community and recruitment<br>to the group. Meets 1 <sup>st</sup> Tues<br>of each month.                               |
|   | Recently invited: BRMH,<br>Children's Wisconsin, Northwest<br>Journey.   |  |  |
| School-Based Mental Health<br>Grant 2-Year Grant through<br>the State of WI biennium<br>budget. | Black River Falls School District.   | 4K-12 <sup>th</sup> Grade<br>students and<br>families. | Provide a single point of<br>contact to help families<br>access supportive care<br>services.   |
| TCY, Taking Care of You.  | UW Extension, Jackson County<br>Department of Health & Human<br>Services Behavioral Health Unit,<br>Together For Jackson County<br>Kids.   | Community<br>members.                                  | A research-based 4-week<br>program offering strategies<br>to deal with stress,<br>managing life's challenges<br>for better overall health. |
| Children's Wisconsin – Black<br>River Falls Center.   | Jackson County Department of Social Services.  | Families and<br>Children.                              | Community Services<br>Program offers education   |

|  |  |  | and counseling for families<br>who need support<br>providing a safe<br>environment for children.   |
|--|--|--|--|
| Domestic and Sexual Assault<br>Support Groups.             | Bolton Refuge House Jackson<br>County Outreach.  | All ages.  | Groups meet Wednesday's<br>by appointment only, 11:00<br>a.m. and 5:00 p.m. Call for<br>more information 715-333-<br>2350.                           |
| TOGETHER FOR JACKSON<br>COUNTY KIDS                        |  |  |  |
| <ul> <li>Youth Risk Behavior<br/>Survey (YRBS).</li> </ul> | Together for Jackson County<br>Kids, Black River Falls, Melrose-<br>Mindoro, Alma Center-Humbird-<br>Merrillan School Districts,<br>Department of Public<br>Instruction. | 6 <sup>th</sup> through 12 <sup>th</sup> -<br>grade students<br>are surveyed<br>every other<br>year. | Capture data on the<br>behavioral/mental health of<br>youth. Aggregate data is<br>used to initiate programs to<br>improve the health of youth.       |
| • QPR, Question,<br>Persuade, Refer.                       | Together For Jackson County<br>Kids, Black River Falls School<br>District, Melrose-Mindoro, Alma<br>Center-Humbird-Merrillan.  | Freshman<br>Students.  | QPR teaches how to<br>recognize the warning signs<br>of suicide and how to<br>intervene to save lives thus<br>reducing suicide in Jackson<br>County. |
| <ul> <li>Strengthening<br/>Families Program.</li> </ul>    | Together for Jackson County<br>Kids, UWEX.   | Youth ages 4-10<br>and youth 10-14.  | Programming that provides<br>evidence-based training to<br>reduce problem behaviors,<br>delinquency, and alcohol<br>and drug abuse.                  |

Black River Memorial Hospital provides programs, shown in the following table, and collaborates with area agencies to educate youth and adults to reduce the use of tobacco products and misuse of over-the-counter and prescription drugs. Opioid use and alcohol overuse are areas that need further action and BRMH will work with area law enforcement, Jackson County Department of Health and Human Services and Public Health, Together For Jackson County Kids and other agencies to create awareness of the hazards to improve the health outcomes of Jackson County citizens.

| BRMH<br>Programs/Activity  | Agencies   | Target Audience   | Results   |
|--|--|---|---|
| Pulmonary Rehabilitation<br>Program, Tobacco Cessation<br>Specialist and vaping<br>education.  | BRMH Respiratory<br>Department.  | Adults with respiratory<br>conditions to those<br>physician referred<br>patients who desire to<br>quit smoking.   | One-on-one sessions, two<br>times/week, up to 8 weeks.<br>Provided on an outpatient<br>basis to improve the overall<br>quality of life and prevent<br>recurrent hospitalization.<br>Tobacco cessation education is<br>provided. Both are based on<br>insurance approval and are<br>100% insurance billable. |
| Collaborative<br>Partnerships  | Agencies   | Target Audience   | Results   |
| Truly Me.  | BRMH Volunteer<br>Services, Partners of<br>BRMH & Area<br>Elementary Schools.                              | 3 <sup>rd</sup> Grade Students, BRF,<br>Mel-Min, ACHM, BT<br>School Districts.  | Partners present education on<br>drug and tobacco use<br>prevention.  |
| Poison Prevention.   | BRMH Volunteer<br>Services, Partners<br>of BRMH & Area<br>Schools.   | Kindergarten Students,<br>BRF, Mel-Min, ACHM,<br>BT School Districts.   | Partners present info on<br>hazards and poisonous<br>chemicals routinely found in<br>homes.   |
| Tobacco Awareness Program.<br>(Began with a grant from the<br>Dept. of Public Instruction –<br>funding applied for yearly by<br>UWEX & TFJCK). | BRMH Respiratory,<br>Black River Falls<br>School District,<br>Jackson County<br>Tobacco-Free<br>Coalition. | Freshman Health Class<br>at Black River Falls, 3<br>one-hour presentations<br>twice a year, (150<br>students). Alma Center<br>Freshmen health class<br>(40 students), Melrose-<br>Mindoro Sophomore<br>Health Class (60<br>students). | Work with students to educate<br>on the hazards of smoking and<br>ways to quit. Also, education<br>on the hazards of vaping and<br>the damage it can cause.   |
| Anti-Drug Education.   | BRMH Marketing<br>Department, BRF<br>Police Department.  | Youth.  | Cash donation used toward fire<br>safety materials and teaches<br>youth the hazards of illegal<br>substances.   |

| TOBACCO FREE<br>COALITION   | Jackson County<br>Public Health,<br>BRMH Respiratory,<br>BRMH Partners,<br>UWEX, Ho-Chunk<br>Nation, Together<br>for Jackson County<br>Kids    |  |  |
|---|--|--|--|
| <ul> <li>Teens Against<br/>Tobacco Use<br/>(TATU).</li> </ul>                       | Together for<br>Jackson County<br>Kids.  | 4 <sup>th</sup> -grade youth, Black<br>River Falls, Alma<br>Center-Humbird-<br>Merrillan, Melrose-<br>Mindoro School<br>Districts. | Train high school students to<br>train 4 <sup>th</sup> -grade students (350<br>yearly) on the hazards of<br>smoking, vaping, E-cigs and<br>chewing tobacco. Poster<br>contest used for community<br>awareness. |
| CO Monitors.  | Jackson County<br>Public Health,<br>Women, Infants &<br>Children (WIC), Ho-<br>Chunk Nation,<br>BRMH, and Krohn<br>Clinic.                     | Mothers with infants and use tobacco.  | Calibration of units and assure<br>the use of monitors to ensure<br>the baby's health.   |
| <ul> <li>First Breath –<br/>Tobacco<br/>Cessation/Reduction<br/>Program.</li> </ul> | BRMH, Krohn<br>Clinic, Ho-Chunk<br>Nation & Women,<br>Infants and<br>Children (WIC). WI<br>Women's Health<br>Foundation.                       | Expectant mothers.   | WI Women's Health Foundation<br>trains area providers to help<br>encourage pregnant women to<br>quit tobacco.  |
| <ul> <li>Tobacco Treatment<br/>Specialist Training.</li> </ul>                      | Jackson County<br>Public Health, Ho-<br>Chunk Nation and<br>BRMH.  | Adults and children who smoke.   | Support and connect the two specialists with ongoing training for certification.   |
| • WI WINS.  | LaCrosse County,<br>Jackson County<br>Public Health.   |  | Compliance checks at local<br>Jackson County<br>establishments for tobacco<br>sales to underage minors.  |
| TOGETHER FOR JACKSON<br>COUNTY KIDS   | BRMH, Jackson<br>County DHHS &<br>Public Health, Area<br>Law Enforcement,<br>Area School<br>Districts, Ho-Chunk<br>Nation, Area<br>Businesses. |  |  |

|  |  |   | )  |
|--|--|---|--|
| <ul> <li>Organizes drug take-<br/>back days 2-3 times<br/>a year.</li> </ul> | Jackson County<br>Sheriff's Dept., Black<br>River Falls Police<br>Dept., Merrillan<br>Police Department.   | All ages.   |  |
| • Youth Risk Behavior<br>Survey.   | Black River Falls,<br>Melrose-Mindoro,<br>Alma Center-<br>Humbird-Merrillan<br>School Districts,<br>Department of<br>Public Instruction.   | 6 <sup>th</sup> Grade through 12<br>Grade students are<br>surveyed every other<br>year.             | Capture data on the<br>behavioral/mental health of<br>youth. Aggregate data is used<br>to initiate programs to improve<br>the health of youth.   |
| Tobacco-Free     Coalition.  | BRMH Respiratory,<br>Ho-Chunk Nation,<br>Jackson County<br>Public Health, UW<br>Extension.   | All ages.   | Community-supported team to<br>educate people on the hazards<br>of using tobacco. Large focus<br>on e-cigarettes and JUULing.  |
| <ul> <li>Strengthening<br/>Families Program.</li> </ul>                      | TFJCK,<br>UWEX\Public<br>Health.   | Youth ages 4-10 and<br>youth 10-14.   | Programming that provides<br>evidence-based training to<br>reduce problem behaviors,<br>delinquency, and alcohol and<br>drug abuse.  |
| <ul> <li>Good Drugs Gone<br/>Bad.</li> </ul>                                 | For Jackson County<br>Kids, Jackson<br>County Sheriff's<br>Department.   | Youth at Black River<br>Falls, Alma Center-<br>Humbird-Merrillan and<br>Melrose Mindoro<br>Schools. | School Resource Officer trains<br>Peer Educators at High School<br>to present to 7 <sup>th</sup> graders to<br>raise awareness of the dangers<br>of over-the-counter and<br>prescription drug abuse. |
| Other Area Resources   | Agencies   | Target Audience   | Results  |
| Northwoods Coalition.  | Northwoods<br>Coalition is a<br>partnership with<br>Marshfield Clinic<br>Health System and<br>several community<br>coalitions including<br>Together for<br>Jackson County<br>Kids. | All ages.   | Promote effective substance<br>abuse prevention through<br>networking, funding, advocacy,<br>mentoring, and leadership.  |

| New Initiatives  | Agency/Team<br>Members  | Timeline/Deadline                       | Results/Measurement  |
|--|---|---|--|
| Servant Led Community<br>Group   | BRMH, JCDHHS<br>(includes Public Health),<br>Black River Falls, Alma<br>Center-Humbird-<br>Merrillan, & Melrose-<br>Mindoro School<br>Districts, Co-op Credit<br>Union, Lunda<br>Community Center, 7<br>Rivers Alliance, Black<br>River Area Chamber of<br>Commerce, Ho-Chunk<br>Nation Depart of Health,<br>Jackson County<br>Interfaith Volunteer<br>Caregivers, Western<br>Technical College,<br>Footprints in Time, and<br>several other area<br>businesses and<br>community members. | Began in the Fall of 2019<br>to present | Collaborative discussions<br>and focused interventions<br>using Social Determinants<br>of Health for Jackson<br>County residents to<br>improve their health and<br>provide health-equity for<br>all. |
| Black River Healthcare<br>Clinic.  | BRMH Care Team<br>including family medicine<br>providers, behavioral<br>health therapists, certified<br>medical assistants, and<br>ancillary staff.   | All Ages.                               | Opening in 2020, the clinic<br>will integrate family<br>medicine practice and<br>behavioral health services.<br>The clinic will also offer<br>visiting specialists.                                  |
| 2020   |   |   |  |
| Develop or strengthen<br>local and regional<br>relationships/alliances to<br>optimize access to care<br>and mutual benefit | Black River Memorial<br>Hospital and Black River<br>Healthcare Clinic   | July – December 2020                    | To increase the percent of<br>follow-up attempts<br>completed to 70% for<br>ED/UC discharges with a<br>primary presenting<br>diagnosis of mental health<br>or substance misuse                       |
| Formalize Behavioral<br>Health coalition to serve<br>as a hub for regional<br>access and community<br>access point         | BRMH, JCDHHS, JC<br>Sheriff's Dept., Probation<br>& Parole office, Krohn<br>Clinic, Ho-Chunk Nation<br>including law  | Patients of all ages.                   | Bring stakeholders<br>together to create an<br>action plan to eliminate<br>duplication of efforts.<br>Meets every other month.   |

|  | enforcement, Children's<br>Hospital, Stein, Garson,<br>NW Connections, Peace<br>counseling services, BRF<br>& Mel-Min School<br>Districts, EMS, Together<br>for Jackson County Kids,<br>area clergy, and<br>community members at<br>large. |  |   |
|--|--|--|---|
| Explore funding for<br>Behavioral Health<br>coalition.   | BRMH, Jackson County,<br>City of Black River Falls,<br>Ho-Chunk Nation, Black<br>River Falls School District.  | Identify and apply for state<br>or federal funding to<br>support a community<br>Employee Assistance-like<br>Program. | Goal -To receive funding<br>to support community<br>collaborative projects<br>related to mental health. |
| Increase access to care<br>by a Psychiatrist locally<br>Recruitment and<br>telehealth as options | Black River Healthcare<br>Clinic.  | July-Dec. 2020   | Decrease the wait for psychiatric care locally.   |
| Evaluate mental health<br>e-visits as an option to<br>increase access to care<br>2021            | Black River Healthcare<br>Clinic.  | July-Dec. 2020   | Increase access to mental<br>health outpatient care<br>locally.   |
| Community access point<br>for Behavioral Health<br>established.                                  | Mental Health Coalition.   | TBD  |   |
| Secured funding for<br>Behavioral<br>Health/Mental Health<br>services.                           | BRMH lead agency to<br>apply for HRSA Grant<br>funding with at least 3<br>community consortium<br>members.   | Early 2021 with an estimated due date in April.  | Goal -To receive funding<br>to support community<br>collaborative projects<br>related to mental health. |

# **PRIORITY #2 – OBESITY**

Goal: To Reduce the Obesity Rate in Jackson County

#### **Priorities:**

- Diabetes
- Heart Disease

Despite the many programs provided by BRMH and area agencies, the health of the Jackson County area is not improving as quickly as hoped. The adult obesity rate in Jackson County reported by County Health Rankings in 2019 is at 33 percent and remains unchanged since 2016. Fortunately, efforts to increase physical activity have made some strides as there has been a 2 percent reduction in the number of residents that reported no leisure-time physical activities; 21 percent in 2019, compared to 23 percent in 2016. There has been a slight improvement in the number of residents reporting fewer poor physical health days in 2019; 3.6 days per month compared to 3.8 days in 2016.

More vigorous efforts will be implemented through the Diabetes Education and Support Group, educating self-care and prevention techniques. Also, BRMH will conduct a county-wide campaign promoting B-WELLthy 2020. The campaign promotes all aspects of good health; diet, sleep, exercise, reducing stress and offers resources to help those with chronic illness get the care they need to stay in their own home as long as they can.

| BRMH Programs/Activity                          | Agencies  | Target<br>Audience    | Anticipated Result   |
|---|---|-----------------------|--|
| Diabetes Education and Support<br>Group (DESG). | BRMH Nutrition Services, BRMH<br>Partners.  | Adults with diabetes. | Enhance the quality of<br>life for people with<br>diabetes through<br>education, social<br>interaction and<br>emotional support. |
| Collaborative Partnerships                      | Agencies  | Target<br>Audience    | Anticipated Result   |
| Jackson County Diabetes Alliance.               | BRMH Nutrition Services, Krohn<br>Clinic, Ho-Chunk Nation Health<br>Department and Jackson<br>County Public Health. | Adults with diabetes. | Organize the Annual<br>Diabetes Fair.  |

| <ul> <li>Jackson in Action (JIA).</li> <li>Physical Activity Team-<br/>Includes programming<br/>such as Laces to Leaders<br/>targeting 3-5th grade<br/>students and Summer<br/>Athletic Enhancement<br/>Program targeting 7-12th<br/>grade students. Also<br/>coordinates the Pace &amp;<br/>Pedal Duathlon, 5k and<br/>Youth run.</li> <li>Nutrition Team-Includes<br/>programming such as<br/>5210 in the area schools<br/>and Harvest of the Month.</li> </ul> | BRMH Physical Medicine and<br>Rehabilitation Department,<br>Jackson County Department of<br>Health and Human Services &<br>Public Health, Ho-Chunk Health<br>Department, Lunda Community<br>Center, Boys and Girls Club-<br>Lunda Center, Black River Falls<br>Parks and Recreation, Jackson<br>County Parks BRF & ACHM<br>Schools Districts, UWEX,<br>Together for Jackson County<br>Kids. | All ages. | Promotes healthy<br>lifestyles for children,<br>their families, and the<br>greater community.<br>Develops approaches to<br>foster physical activity<br>and healthy eating<br>habits. (Education, Policy<br>& System Design,<br>Events & Access.) |
|---|---|-----------|--|
| Jackson County Farmers Market,<br>(JCFM).   | BRMH, Jackson County<br>Department of Health & Human<br>Services, Together For Jackson<br>County Kids, WIC, UW Extension,<br>Community Members.   | All ages. | Encourages healthy<br>eating by providing<br>fresh produce to those<br>most vulnerable to food<br>insecurity.  |

| New Initiatives                | Agency/Team<br>Members  | Timeline/Deadline                        | Results/Measurement  |
|--------------------------------|---|--|--|
| Servant Led Community<br>Group | BRMH, JCDHHS<br>(includes Public Health),<br>Black River Falls, Alma<br>Center-Humbird-<br>Merrillan, & Melrose-<br>Mindoro School<br>Districts, Co-op Credit<br>Union, Lunda<br>Community Center, 7<br>Rivers Alliance, Black<br>River Area Chamber of<br>Commerce, Ho-Chunk<br>Nation Depart of Health,<br>Jackson County<br>Interfaith Volunteer<br>Caregivers, Western<br>Technical College,<br>Footprints in Time, and<br>several other area<br>businesses and<br>community members. | Began in the Fall of 2019<br>to present. | Collaborative discussions<br>and focused interventions<br>using Social Determinants<br>of Health for Jackson<br>County residents to<br>improve their health and<br>provide health-equity for<br>all. |

| Black River Healthcare<br>Clinic.  | BRMH Care Team<br>including family medicine<br>providers, behavioral<br>health therapists, certified<br>medical assistants, and<br>ancillary staff. | All Ages.          | Opening in 2020, the clinic<br>will integrate family<br>medicine practice and<br>behavioral health services.<br>The clinic will also offer<br>visiting specialists. |
|--|---|--------------------|---|
| Population Health data<br>collected as a componant<br>of the Patient Centered<br>Medical Home                              | Black River Healthcare<br>Clinic<br>Potential to share<br>templates with other local<br>primary care providers to<br>gather community wide<br>data. | December 2020      | Improved results in key<br>indicators included in the<br>County Health Rankings<br>and other population<br>health metrics.<br>i.e. Obesity rates                    |
| 2020   |   |                    |   |
| Develop or strengthen<br>local and regional<br>relationships/alliances to<br>optimize access to care<br>and mutual benefit | BRMH, Jackson In Action<br>Coalition  | January - December |   |
| 2021   |   |                    |   |

# PRIORITY #3 – DEMENTIA / ALZHEIMER'S CARE

Goal: To Provide Education and Programming to Enhance the Health and Well Being of the Citizens of Jackson County.

#### **Priorities:**

- Crisis Care
- Access to Post-Acute Care

With Jackson County's aging population, dementia and Alzheimer's incidence is increasing. Nearly one in every three seniors who die each year has Alzheimer's or another dementia. Current population estimates from census.gov report 18.6 percent of Jackson County residents are aged 65 and older and likely many will be afflicted by Alzheimer's or other dementia. BRMH will collaborate with area resources to continue efforts to support families and caregivers for those afflicted with these diseases.

| Collaborative<br>Partnerships                                     | Agencies  | Target<br>Audience   | Results  |
|---|---|--|--|
| JACKSON COUNTY<br>INTERFAITH<br>VOLUNTEER<br>CAREGIVERS           |   |  |  |
| <ul> <li>Time for You<br/>Respite Program.</li> </ul>             | Jackson County<br>Interfaith<br>Volunteer<br>Caregivers,<br>BRMH.   | For adults<br>experiencing<br>memory loss and<br>their caregivers. | Support adults, families and caregivers<br>who are afflicted with Alzheimer's and<br>dementia. Group meets for four hours<br>twice a week.             |
| Dementia<br>Caregiver Support<br>Group.                           | Jackson County<br>Interfaith<br>Volunteer<br>Caregivers,<br>JCDHSS. | Primarily Adults &<br>Seniors.                                     | Non-medical service offering relief to<br>caregivers. Group meets once a month<br>at Jackson County Dept. of Health &<br>Human Services.               |
| Other Area<br>Resources   | Agencies  | Target<br>Audience   | Results  |
| Aging and Disabilities<br>Services Division of<br>Jackson County. | Aging and<br>Disability<br>Resource Center.                         | Adults and those they care for.                                    | Provide information on a broad range of<br>programs and services to help people<br>live with dignity and security and<br>achieve maximum independence. |

| New Initiatives                | Agency/Team<br>Members  | Timeline/Deadline                        | Results/Measurement  |
|--------------------------------|---|--|--|
| Servant Led Community<br>Group | BRMH, JCDHHS<br>(includes Public Health),<br>Black River Falls, Alma<br>Center-Humbird-<br>Merrillan, & Melrose-<br>Mindoro School<br>Districts, Co-op Credit<br>Union, Lunda<br>Community Center, 7<br>Rivers Alliance, Black<br>River Area Chamber of<br>Commerce, Ho-Chunk<br>Nation Depart of Health, | Began in the Fall of 2019<br>to present. | Collaborative discussions<br>and focused interventions<br>using Social Determinants<br>of Health for Jackson<br>County residents to<br>improve their health and<br>provide health-equity for<br>all. |

| Black River Healthcare   | Jackson County<br>Interfaith Volunteer<br>Caregivers, Western<br>Technical College,<br>Footprints in Time, and<br>several other area<br>businesses and<br>community members.            | All Ages.  | Opening in 2020, the clinic  |
|--|---|--|--|
| Clinic.  | including family medicine<br>providers, behavioral<br>health therapists, certified<br>medical assistants, and<br>ancillary staff.   | All Ages.  | will integrate family<br>medicine practice and<br>behavioral health services.<br>Increase access to<br>patients with memory loss<br>disease                |
| 2020   |   |  |  |
| Staff education on the care of the patient with memory loss.   | BRMH – Selected<br>Departments  | 12/31/2020   | Staff and selected<br>departments with a high<br>incidence of patients<br>presenting with<br>dementia/Alzheimer's will<br>have received skill<br>training. |
| Develop or strengthen<br>local and regional<br>relationships/alliances to<br>optimize access to care<br>and mutual benefit. Take<br>part in a collaborative<br>effort to develop elderly<br>housing. | BRMH, City of Black River<br>Falls.   | Individual with Dementia/<br>Alzheimers and their<br>families  | Expand capacity for<br>memory care in BRF area   |
| Re-establish<br>relationships with<br>regional Long-Term<br>Care (LTC) providers<br>and identify<br>gaps/opportunities.  | BRMH, City of Black River<br>Falls, Local Long-Term-<br>Care facilities such as<br>Pine View Care Center,<br>Meadowbrook, Country<br>Terrace, including LTCs in<br>Blair and Osseo, WI. | Individual with Dementia/<br>Alzheimers and their<br>families. | Maintain and improve<br>transfers/placement for<br>patients in local facilities.   |
| Explore<br>leverage/opportunity for<br>joint venture   | Pending   |  |  |

| 2021   |   |   |     |
|--|---|---|-----|
| Address/implement<br>approach to increased<br>relationships and close<br>gaps/opportunity in<br>areas of Long-Term<br>Care | BRMH, City of Black River<br>Falls, Local Long-Term-<br>Care facilities such as<br>Pine View Care Center,<br>Meadowbrook, Country<br>Terrace, including LTCs in<br>Blair and Osseo, WI. | Individual with Dementia/<br>Alzheimers and their<br>families | TBD |
| Implement or leverage<br>the opportunity for a<br>joint venture if favorable   | Pending   |   |     |

With strides made in access to care, identified in the 2016 Community Health Needs Assessment (CHNA), BRMH will move toward other concerns based on our recent assessment. The opening of the Black River Healthcare Clinic will allow us to provide needed services in the behavioral health arena and will offer an entire primary care team to provide a holistic approach to care.

There are many needs in our community and BRMH is unable to work on all of them however we will focus our efforts on the top three priorities.

## 2019-2021 Health Priorities

## 1) Behavioral Health Care

- a. Mental Health
  - Anxiety / Stress / Depression
  - Suicide
- b. Substance Use Disorder
  - Drug
  - Alcohol
  - Tobacco

## 2) Obesity

- a. Diabetes
- b. Heart Disease

## 3) Dementia / Alzheimer's Care

- a. Crisis Care
- b. Access to Post-Acute Care

## RESOURCES

- *Jackson County Outcomes Overall Snapshot,* 2019 County Health Rankings, a Robert Wood Johnson Foundation Program
- Community Health Needs Assessment Survey, Conducted in 2018 & 2019
- Community Health Needs Assessment Forums, Conducted in 2019
- Jackson County Department of Health and Human Services
- *Wisconsin Interactive Statistics on Health.* Public Health Profiles, Wisconsin Department of Health Services *QuickFacts,* United States Census Bureau
- Wisconsin Information System for Education Data Dashboard (WISEdash)
- Wisconsin Department of Public Instruction
- University of Wisconsin Population Health Institute, School of Medicine and Public Health
- Income and Poverty Estimates, Census.gov
- U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates
- Wisconsin State Journal, Special report *Fatal falls: Wisconsin leads nation in deadly problem*
- Wisconsin Department of Safety and Professional Services, Controlled Substances Board, Wisconsin ePDMP, Report 8, 2019 Quarter 1. https://dsps.wi.gov/Pages/BoardsCouncils/CSB/Reports.aspx
- Wisconsin Tuberculosis Cases by Public Health Region and by County 2009 2018, Wisconsin Department of Health Services
- National Center for Injury Prevention and Control, CDC. NCHS Vital Statistics System for numbers of deaths. Bureau of Census for population estimates. https://webappa.cdc.gov/cgi-bin/broker.exe
- Centers for Disease Control and Prevention. 2018 Youth Risk Behavior Survey Questionnaire. Available at: www.cdc.gov/yrbs. Accessed on 07/11/2019.
- National Center for Chronic Disease Prevention and Health Promotion, *National Diabetes Statistics Report, 2017*
- Wisconsin Diabetes Prevention and Control Program (DPCP), Division of Public Health, Department of Health Services, *The 2011 Burden of Diabetes in Jackson County*
- The 2018 edition of America's Health Rankings Annual Report
- Map the Meal Gap 2019: Overall and Child Food Insecurity by County in 2017
- https://wispolicyforum.org/focus/rural-counties-face-psychiatrist-shortage/
- Alzheimer's Association. 2019 Alzheimer's Disease Facts and Figures
- Quick Facts, Jackson County, Wisconsin, Census.gov
- https://www.modernhealthcare.com/home-health/rising-demand-long-term-home-care-signals-looming-crisis
- University of Wisconsin School of Medicine Public Health. 2015 Area Deprivation Index v2.0. Downloaded from https://www.neighborhoodatlas.medicine.wisc.edu/June 27, 2019.