

# 2023-2025 Portage County Community Health Improvement Plan (CHIP)

## Year 2



## CHNA Priority 1: Chronic Disease

| CHNA Priority 1: Chronic Disease   |          |      |      |   |  |
|--|----------|------|------|---|--|
| Strategy 1: Establish baselines and provide outreach and education on prevention, treatment, and follow-up with providers and community members.   |          |      |      |   |  |
| Goal: Decrease Communicable Diseases, including Sexually Transmitted Infections in Portage County.   |          |      |      |   |  |
| Objective: By December 31, 2025, reduce the rate of communicable diseases (including STIs) in Portage County.  |          |      |      |   |  |
| Action Step:   | Timeline |      |      | Lead Person or Organization(s)  | Progress   |
|  | 2023     | 2024 | 2025 |   |  |
| <u>Activity 1:</u> Gather annual baseline rate of communicable diseases and sexually transmitted infections for Portage County.<br><br>Additionally, gather baseline rate of communicable diseases (specifically Hepatitis). | X        | X    | X    | Olivia Card, Epidemiologist, Portage County Health District   | <b>Olivia:</b><br><b>CD so far this year (confirmed cases only) -</b><br>Chlamydia - 243<br>Gonorrhea - 51<br>HIV – 7 (very concerning)<br>Syphilis - 0<br>Chronic Hepatitis B - 3<br>Chronic Hepatitis C - 31                               |
| <u>Activity 2:</u> Provide education on prevention and treatment with individuals in the community.  | X        | X    | X    | Kat Holtz, Health Educator, Portage County Health District<br><br>Cowen Stevens, Community Health Worker, AxessPointe | Amy: Sexuality education to Root House, twice a month. Education, condoms, and safer sex kits: Brightview, Center for Hope, LGBTQ+, PARTA health fair,<br><br>Joan: Provided education LGBTQ+ welcome kickoff and wellness Wednesday at KSU. |

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| Activity 3: Provide outreach and education on prevention, treatment, and follow-up with providers through educational newsletters. | X | X | X | Becky Barreca,<br>Portage County<br>Health District | <p>Becky B.: Need good email addresses for providers in PC. Looking at paper newsletters. Looking for ideas from the group. Information that we are trying to get to physicians: Ohio law for reportable diseases, respiratory concerns, etc.</p> <p>Share newsletter with Hannah to get it to physicians at NEOMED.</p> <p>Joan: Developed healthy eating videos with AxessPointe: picky eaters, time management, cooking on a budget, setting goals.</p> |
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| CHNA Priority 1: Chronic Disease  |          |      |      |   |   |
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| <b>Strategy 2:</b> Educate Portage County community on risk factors and obesity prevention as well as increase screenings.  |          |      |      |   |   |
| <b>Goal:</b> Decrease Obesity in Portage County   |          |      |      |   |   |
| <b>Objective:</b> By December 31, 2025, increase the number of prediabetes screenings in Portage County.  |          |      |      |   |   |
| Programs/Activities   | Timeline |      |      | Lead Person or Organization(s)  | Progress  |
|   | 2023     | 2024 | 2025 |   |   |
| <p>Activity 1: Educate and screen the community on obesity risk factors and prevention which include hypertension, BMI, and pre-diabetes screenings.</p> <p>Work with the Portage County Health District program to implement screening opportunities for obesity risk factors.</p> | X        | X    | X    | <p>Mindy Gusz,<br/>Community Outreach Nurse, University Hospitals Portage Medical Center</p> <p>Cowen Stevens,<br/>AxessPointe</p> <p>Becky Barreca,<br/>Portage County Health District</p> | <p>Mindy: 374 screenings in the quarter.</p> <p>Becky B. Complimented UH on their screenings.</p> <p>Hannah: NEOMED students are participating in health screenings at least once a month. 5 health events this quarter, shared info and resources with 250 people.</p> |

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| <u>Activity 2:</u> Increase awareness of physical activity programming with the Portage Parks. | X | X | X | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center in partnership with Portage Parks | Mindy: 36 attendees at the monthly programs this quarter.   |
| <u>Activity 3:</u> Provide community education on nutrition, and physical activity.            | X | X | X | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center                                   | Mindy: 2141 attendees at programs related to this topic. SAIL classes are in this number.<br><b>Amy:</b> 24 SAIL classes held in Aurora, Mantua, Ravenna, Streetsboro – 293 seniors attended.<br><b>Joan:</b> |

Note: For Year 3: include an activity specifically for SAIL.

## CHNA Priority 1: Chronic Disease

**Strategy 3:** Increase access and participation in community-based nutrition programs such as farmers markets.

**Goal:** Increase Fruit and Vegetable Access and Consumption in Portage County

**Objective:** By December 31, 2025, increase access to fruit and vegetables in Portage County

| Programs/Activities  | Timeline |      |      | Lead Person or Organization(s)  | Progress   |
|--|----------|------|------|---|--|
|  | 2023     | 2024 | 2025 |   |  |
| <p><u>Activity 1:</u> Partner and provide resources to participants in the WIC Farmers' Market Nutrition Program (FMNP). This program distributes vouchers to WIC eligible families for use at locations licensed by the state, including the Haymaker Farmers' Markets, where they can be used to purchase fresh fruits and vegetables.</p> <p>WIC Perks vouchers are free at the Haymaker market table each week for WIC customers receiving WIC benefits to be used to buy \$10 in fresh fruits &amp; vegetables at the Market. Customers just need to show their current WIC card at the Market table.</p> | X        | X    | X    | <p>Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center</p> <p>Andrew Rome, Manager of Haymaker Farm Market in Kent</p> <p>Amy Cooper, Director of WIC, Portage County WIC</p> | <p>Mindy: Working with Haymaker Market, monthly program. \$5090 offered to those who qualified for the program.</p> <p>Additional local program for WIC Perks program, additional \$10: \$8670 went to this program. WIC Perks: participants can show WIC card for \$10 a week-Socially Responsible Sweatshop sponsors this program.</p> <p>Joan: 100 participants that received \$120 vouchers for fruits and vegetables at Haymakers Market. Extended program until the end of the year.</p> <p><b>Amy:</b></p> <p>Question: Would it be beneficial to provide support to Andrew with a public health student to help with data?</p> |
| <p><u>Activity 2:</u> Participate and increase awareness in the</p>  | X        | X    | X    | Mindy Gusz, Community Outreach  | Mindy: 1120 participants (kids) in quarter 3.  |

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| Power of the Produce kids program – a kids club at Haymaker Farm market (the largest farm market in Portage county) that teaches children under 12 about healthy eating and provides a direct benefit to them to try fresh fruit and vegetables at market. \$2.00 tokens are provided to each kid for fruit and vegetable purchases.   |   |   |   | Nurse, University Hospitals Portage Medical Center<br><br>Andrew Rome, Manager of Haymaker Farm market in Kent |  |
| <u>Activity 3:</u> Participate in the Produce Perks - Produce Perks is a grant funded program through “Produce Perks Midwest” that seeks to increase SNAP use at Farmers’ Markets and increase fruit & vegetable consumption. Customers are given a matching benefit of \$25/week in Produce Perk tokens, when they use their SNAP benefits at Market. These green tokens can then be used to buy fresh fruits and vegetables at Market. | X | X | X | Andrew Rome, Manager of Haymaker Farm market in Kent   | Mindy:   |
| <u>Activity 4:</u> Participate and increase awareness in the Senior Nutrition Program vouchers – The Senior Nutrition Program is administered by the Portage County Senior Center, who   | X | X | X | Jodie Neu, Community Outreach Nurse, University Hospitals Portage Medical Center                               | Mindy: Q3: \$5748 vouchers spent for Senior Nutrition program.<br><br>Joan: Senior numbers from Kentway: |

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| distributes packets of \$5 vouchers to area senior citizens, which can be used to purchase fresh fruits and vegetables at the Haymaker Farmers' Market. |  |  |  | Andrew Rome,<br>Manager of<br>Haymaker Farm<br>market in Kent<br><br>Annett Ludwick,<br>Director, Portage<br>Senior Center |  |
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| CHNA Priority 1: Chronic Disease  |          |      |      |   |   |
|---|----------|------|------|---|---|
| <b>Strategy 4:</b> Social Determinants of Health (SDOH) screenings and resource referrals   |          |      |      |   |   |
| <b>Goal:</b> Increase Food Security in Portage County   |          |      |      |   |   |
| <b>Objective:</b> Continue and expand SDOH screenings and referrals in Portage County by December 31, 2025.   |          |      |      |   |   |
| Action Step:  | Timeline |      |      | Lead Person or Organization(s)  | Progress  |
|   | 2023     | 2024 | 2025 |   |   |
| <u>Activity 1:</u> Continue and expand referrals and participation addressing food insecurity, its impact on health at the University Hospitals Portage Food For Life Market. | X        | X    | X    | Mindy Gusz,<br>Community Outreach Nurse,<br>University Hospitals Portage Medical Center | Mindy: Q3 had 554 households, 1010 people served with Food For Life Market. |
| <u>Activity 2:</u> Continue to screen patients for insecurities at AxessPointe.   | X        | X    | X    | Cowen Stevens,<br>AxessPointe   | Cowen:  |

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| Activity 3: Implement a Social Determinant of Health Screening Tool that includes food insecurity.   | X | X | X | Hannah Haynie,<br>Northeast Ohio<br>Medical University<br>Soar Clinic  | <p>Hannah: Used to screen people in new patient paperwork. With change in staff, this hasn't been done. NEOMED has a new medical director, looking to reinstitute something on social determinants. Looking to get a behavioral health counselor onboard. Looking at getting nursing support to provide education once a month.</p> <p>Question for Student Free Clinic at NEOMED: Looking for a potential partnership for nursing. Would like to have a nurse once a month to help provide education to students. Both, provide education to the NEOMED students as well as work in the clinic if needed.</p>  |
| <p>Activity 4: Provide education and food security resources at Portage County Food Banks/Pantries prioritizing the zip codes of 44288, 44411, 44266.</p> <p>Resources: HEAL Guide and JFS Resource List</p> | X | X | X | <p>Mindy Gusz,<br/>Community<br/>Outreach Nurse,<br/>University<br/>Hospitals Portage<br/>Medical Center</p> <p>Maureen<br/>Gebhardt,<br/>Community Impact<br/>and Volunteers,<br/>United Way<br/>(partner for<br/>identification of<br/>resources/data<br/>reporting)</p> | <p>Mindy: 253 calls to 211 related to food insecurity</p> <p>44201: 97 calls<br/>44240: 47 calls<br/>44266: 71 calls<br/>44288: 5 calls<br/>44411: 5 calls</p> <p>1815 resources provided at food bank</p> <p>Sarah: PCHD partners with Akron Canton Foodbank. Served 1091 families since starting. Market style. Also had community partners provide services at the pop up events. Served 536 for Q3. In October we served 245 families.</p> <p>Transitioning to drive-thru in November.</p> <p>Joan: Did first pop-up at KCHD, served 36 families. Two more events scheduled.</p> <p>Discussion: What can we do to prevent the need for food?</p> <p>Do we have numbers from NEOMED and KSU pop up events?</p> |



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|   |   |   |   |   | <p>Does the food bank use dieticians in determining what foods are distributed? Looking at ultra addictive foods being distributed.</p> <p>Need to be thoughtful in the foods that are being distributed as next steps in addressing food insecurity.</p>   |
| <p><u>Activity 5:</u> Continue to partner and participate with the Ravenna School Raven Pack program. Over 75% of the students in the Ravenna School District meet the federal free/reduced lunch income requirements. Raven Packs were established as a community wide initiative to address food insecurity in the Ravenna School district. A Raven Pack has assorted food items to provide the recipient food when away from school.</p> | X | X | X | <p>Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center<br/>Laura Wunderle, Ravenna teacher and program coordinator of the Raven pack program</p>  | <p>Mindy: 2137 packs distributed</p>  |
| <p><u>Activity 6:</u> Sustaining community Gardens focusing on food desserts and vulnerable populations with the goal of expanding access of Portage County community gardens to additional schools, senior living facilities, and shelters.</p>  | X | X | X | <p>Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center<br/>Cindy Widuck, Community Public Health Outreach and Development College of Public Health, Kent state University and Let's Grow Together Coalition, director</p> | <p>Mindy: Didn't start a new garden, but did start a new program.</p> <p>Farmers market at 3 PMHA housing units. Provided access to fresh fruits and vegetables. Based on donations from garden club and Master Gardeners.</p> <p>Al: Master Gardeners did the Grow a Row for donations. Would like to expand the program next year to the community home gardens. UH was a drop site.</p> <p>Many ideas to expand the program for next year.</p> <p>Joan: Southend Garden continues to donate to Kent Social Services.</p> |

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| Activity 7: Explore the connection of those in need of fresh produce to those with an abundance of fresh produce. |  | x |  | Mindy Gusz,<br>Community<br>Outreach Nurse,<br>University<br>Hospitals Portage<br>Medical Center | <p>Al: Master Gardeners did the Grow a Row for donations. Would like to expand the program next year to the community home gardens. UH was a drop site.</p> <p>Many ideas to expand the program for next year.</p> <p>Joan: Southend Garden continues to donate to Kent Social Services.</p> |
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#### Olivia provided a presentation: Availability of Specialized Care

- Emergency departments
- Stroke incidence compared to EDs-transportation barrier
- Infectious disease doctors – many infectious diseases can be treated by other physicians (PCPs, etc.)
  - There are areas in PC that do not have physicians such as Windham.
- OBGYNs
- Deliveries
- Dental care
- Kidney disease

## CHNA Priority 2: Family, Pregnancy, Infant, and Child Health (FPICH)

| CHNA Priority 2: Family, Pregnancy, Infant, and Child Health  |          |      |      |  |  |
|---|----------|------|------|--|--|
| <b>Strategy 1:</b> Pilot home visiting programs that begin prenatally to identify needs and improve pregnancy outcomes.   |          |      |      |  |  |
| <b>Goal:</b> Improve Pregnancy and Birth Outcomes   |          |      |      |  |  |
| <b>Objective:</b> By December 31, 2025, implement a prenatal/postpartum home visiting program (focusing on Windham, Garrettsville, and Ravenna) to reduce preterm birth, low birth weight, and infant mortality.                      |          |      |      |  |  |
| Action Step:  | Timeline |      |      | Lead Person or Organization(s)                                     | Progress   |
|   | 2023     | 2024 | 2025 |  |  |
| <u>Activity 1:</u> Implement CHW program at Portage County Health District in partnership with Kent State University.<br><br>(Year 3 goal: Hire a CWH at PCHD to provide community outreach for Windham, Garrettsville, and Ravenna.) | X        | X    | X    | Becky Barreca, Director of Nursing, Portage County Health District | Becky B.: Still working with KSU School of PH providing services and support, volunteering at various community events. AxxessPointe has hired some of the CHWs to serve PC.                         |
| <u>Activity 2:</u> Explore opportunities for home visiting program within PCHD using public health nurses, health educators, and CHWs to achieve healthy birth outcomes and reduce infant mortality.                                  | X        | X    | X    | Becky Barreca, Director of Nursing, Portage County Health District | Becky B.: Looking at some of the available programs. Plans to meet with Help Me Grow out of Trumbull County. Also looking at Nurse Family Partnership program (28 weeks prenatal until 2 years old). |
| <u>Activity 3:</u> Year 3 goal: Once established, implement opportunities for new parents/guardians who receive home visits to receive education and resources on breastfeeding,  | X        | X    | X    | Becky Barreca, Director of Nursing, Portage County Health District | No updates.  |

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| WIC, tobacco cessation, immunizations, safe sleep practices, car seat safety, transportation, etc. |  |  |  |  |  |
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## CHNA Priority 2: Family, Pregnancy, Infant, and Child Health

**Strategy 2:** Implement early urgent maternal warning signs education program within Portage County

**Goal:** Improve Pregnancy, Birth, and Post-Partum Outcomes

**Objective:** By December 31, 2025, increase the knowledge of the signs of hypertension in pregnancy and postpartum outcomes through education and outreach.

| Action Step:   | Timeline |      |      | Lead Person or Organization(s)  | Progress   |
|--|----------|------|------|---|--|
|  | 2023     | 2024 | 2025 |   |  |
| <u>Activity 1:</u> Urgent Maternal Warning Signs (UMWS) for identifying preeclampsia education provided prenatally and postpartum to all WIC participants. | X        | X    | X    | Amy Cooper, Director of WIC, Portage County WIC                                   | Amy: 158 educations provided.  |
| <u>Activity 2:</u> Explore community outreach and education on healthy pregnancy and post-partum outcomes by UH Portage Medical Center.                    | X        | X    | X    | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center | Mindy: 65 people attended programs where education was provided.   |
| <u>Activity 2:</u> Explore opportunities for home visiting program within PCHD using public health nurses,   | X        | X    | X    | Becky Barreca, Director of Nursing, Portage County Health District                | Becky B.: Looking at some of the available programs. Plans to meet with Help Me Grow out of Trumbull County. Also looking at Nurse Family Partnership program (28 weeks prenatal until 2 years old). |

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| health educators, and CHWs to improve post-partum outcomes.   |   |   |   |   |  |
| <u>Activity 3:</u> Year 3 goal: Once established, implement opportunities for new parents/guardians who receive home visits to receive education and resources on maternal warning signs. | X | X | X | Becky Barreca,<br>Director of Nursing,<br>Portage County<br>Health District | Becky B.: Looking at some of the available programs. Plans to meet with Help Me Grow out of Trumbull County. Also looking at Nurse Family Partnership program (28 weeks prenatal until 2 years old). |

| CHNA Priority 2: Family, Pregnancy, Infant, and Child Health   |          |      |      |   |   |
|--|----------|------|------|---|---|
| <b>Strategy 3:</b> Develop and implement tools and processes for tracking prenatal care visits and deliveries in Portage County.                   |          |      |      |   |   |
| <b>Goal:</b> Improve Pregnancy and Birth Outcomes  |          |      |      |   |   |
| <b>Objective:</b> By December 31, 2025, track and understand impact of University Hospitals Portage Labor and Delivery closing for Portage County. |          |      |      |   |   |
| Action Step:   | Timeline |      |      | Lead Person or Organization(s)  | Progress  |
|  | 2023     | 2024 | 2025 |   |   |
| <u>Activity 1:</u> Track number of EMS transports for pregnancy and labor related conditions.  | X        | X    | X    | Olivia Card,<br>Epidemiologist,<br>Portage County<br>Health District &<br>University<br>Hospitals Portage<br>for EMS Database | Olivia: Have the ability to cross check where PC residents are delivering. Does not think this includes home births.<br><br>Discussion: Has there been a rise in intentional home births since the closing of UH birthing center in PC?<br>Home births must go to KCHD to get birth certificates. |
| <u>Activity 2:</u> Establish a process to obtain and review birth certificate data, comparing residency of   | X        | X    | X    | Olivia Card,<br>Epidemiologist,<br>Portage County   | Olivia: Received approval to have access a specific data set.   |

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| birthing individual compared to their delivery location.  |   |   |   | Health District (back up)                                   |  |
| <u>Activity 3:</u> Maintain and share prenatal care visit options in Portage County and surrounding counties. | X | X | X | Olivia Card, Epidemiologist, Portage County Health District | Olivia: Created an updated map for OBGYNs. Will be posted on PCHD website. |
| <u>Activity 4:</u> Track prenatal care and delivery United Way 211 calls for Portage County residents.        | X | X | X | Maureen Gebhardt, United Way                                | Maureen:   |
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## CHNA Priority 2: Family, Pregnancy, Infant, and Child Health

**Strategy 4:** Improve birthing person, fetal, and child health outcomes through increasing WIC participation.

**Goal:** Improve overall health outcomes and prevent nutrition-related illness among at-risk women, infants, and children.

**Objective:** By December 31, 2025, increase WIC enrollment by 10%.

| Action Step:   | Timeline |      |      | Lead Person or Organization(s)                  | Progress  |
|--|----------|------|------|---|---|
|  | 2023     | 2024 | 2025 |   |   |
| <u>Activity 1:</u> Increase enrollment in WIC program.                                     | X        | X    | X    | Amy Cooper, Director of WIC, Portage County WIC | Amy: WIC enrollment continues to increase.                |
| <u>Activity 2:</u> Track initial birth weight and growth/ development of WIC participants. | X        | X    | X    | Amy Cooper, Director of WIC, Portage County WIC | Amy: 63 or 14% of infants certified for low birth weight. |

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| <u>Activity 3:</u> Implement one pop-up clinic within a targeted community each quarter. | X | X | X | Amy Cooper,<br>Director of WIC,<br>Portage County<br>WIC | Amy: 2 events this quarter at Haymakers. Also have been participating to load cards and provide education at PCHD Pop up events. |
| <u>Activity 4:</u> Track breastfeeding rates of mom WIC participants.                    | X | X | X | Amy Cooper,<br>Director of WIC,<br>Portage County<br>WIC | Amy: 78.26% rate, slightly lower than last quarter.  |

| CHNA Priority 2: Family, Pregnancy, Infant, and Child Health  |          |      |      |   |  |
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| <b>Strategy 5:</b> Implement reproductive health and wellness interventions.  |          |      |      |   |  |
| <b>Goal:</b> Increase sustainability of reproductive health and wellness services   |          |      |      |   |  |
| <b>Objective:</b> By December 31, 2025, implement a health and reproductive health and wellness program to increase the use of reproductive health interventions for Medicaid-eligible and un/underinsured residents. |          |      |      |   |  |
| Action Step:  | Timeline |      |      | Lead Person or Organization(s)  | Progress   |
|   | 2023     | 2024 | 2025 |   |  |
| <u>Activity 1:</u> Explore opportunities for home visiting program within PCHD using public health nurses, health educators, and CHWs to increase use of reproductive health interventions.                           | X        | X    | X    | Becky Barreca,<br>Director of Nursing,<br>Portage County<br>Health District | Becky B.: Looking at some of the available programs. Plans to meet with Help Me Grow out of Trumbull County. Also looking at Nurse Family Partnership program (28 weeks prenatal until 2 years old). |
| <u>Activity 2:</u> Year 3 goal: Once established, implement opportunities for new parents/guardians who receive home visits to receive education  | X        | X    | X    | Becky Barreca,<br>Director of Nursing,<br>Portage County<br>Health District | Becky B.: Looking at some of the available programs. Plans to meet with Help Me Grow out of Trumbull County. Also looking at Nurse Family Partnership program (28 weeks prenatal until 2 years old). |

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| and resources on reproductive health interventions.   |   |   |   |   |        |
| <u>Activity 3</u> : Provide referrals and resources to individuals to ensure reproductive health care access. | X | X | X | Cowen Stevens,<br>Community Health Worker,<br>AxessPointe Job and Family Services | Cowen: |



## CHNA Priority 2: Family, Pregnancy, Infant, and Child Health

**Strategy 6:** Reduce the use of tobacco products used during pregnancy.

**Goal:** Reduce number of pregnant individuals in Portage County who smoke during pregnancy.

**Objective:** By December 31, 2025, increase screening of pregnant individuals for smoking by 5%.

| Action Step:   | Timeline |      |      | Lead Person or Organization(s)  | Progress  |
|--|----------|------|------|---|---|
|  | 2023     | 2024 | 2025 |   |   |
| <u>Activity 1:</u> Provide outreach for cessation services through the development and distribution of resource guide.                 | X        | X    | X    | Jalessa Caples, Accreditation Coordinator, Kent City Health Department  | Joan: Resource guide was updated.   |
| <u>Activity 2:</u> Track number of pregnant WIC participants who use nicotine and/or tobacco or nicotine replacement during pregnancy. | X        | X    | X    | Amy Cooper, Director of WIC, Portage County WIC   | Amy: 47 women/11% were certified for tobacco use.   |
| <u>Activity 3:</u> Track number of pregnant individuals smoking tobacco in the third trimester or at all during pregnancy.             | X        | X    | X    | Jalessa Caples, Accreditation Coordinator, Kent City Health Department<br><br>Olivia Card, Epidemiologist, Portage County Health District | Joan: Still waiting on info from the state.<br><br>Olivia: Smoking is no longer a question on the birth platform. |
| <u>Activity 4:</u> Educate University Hospitals OB/GYN providers about tobacco treatment counseling resources (early 2023)             | X        | X    | X    | Mindy Gusz, Community Outreach Nurse, University  | Mindy: 3 OBGYN referrals.   |

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| Track the number of pregnant individuals referred for tobacco treatment counseling.   |   |   |   | Hospitals Portage Medical Center                                       |  |
| <u>Activity 5</u> : Smoke-free policy passed and implemented in at least one establishment in Portage County (i.e., Schools, private housing, behavioral health facility. | X | X | X | Jalessa Caples, Accreditation Coordinator, Kent City Health Department | Joan: OUR Place implemented a smoke free policy. |

## CHNA Priority 2: Family, Pregnancy, Infant, and Child Health

**Strategy 7:** Address the need for affordable and reliable childcare in Portage County.

**Goal:** Increase the availability and accessibility of affordable and reliable childcare in Portage County.

**Objective:** By December 31, 2025, better understand the gaps and opportunities to address affordable and reliable childcare in Portage County.

| Action Step:  | Timeline |      |      | Lead Person or Organization(s)              | Progress             |
|---|----------|------|------|---|----------------------|
|   | 2023     | 2024 | 2025 |   |                      |
| <u>Activity 1</u> : Assure affordable and reliable childcare in Portage County.                       |          |      |      | Kimberly Macphail, Job and Family Services  | Kimberly:<br>Olivia: |
| <u>Activity 2</u> : Establish and implement processes to investigate this as a community issue.       |          | X    | X    | Lanika Mutsach, Kent City Health Department | Lanika: See below.   |
| <u>Activity 3</u> : Track childcare referrals from United Way 211 calls for Portage County residents. | X        | X    | X    | Maureen Gebhardt, United Way                | Maureen:             |

Olivia presented on transportation barriers: included broadband access.

- Public transportation
  - Limited
  - Expanded in Windham Garrettsville area
- Other transportation services

## Strategy 7: Activity 2

## CHNA Priority 3: Mental Health, Substance Use, and Addiction

| CHNA Priority 3: Mental Health, Substance Use, and Addiction                           |          |      |      |   |  |
|--|----------|------|------|---|--|
| Strategy 1: Provide community-based activities and trainings to raise awareness.       |          |      |      |   |  |
| Goal: Decrease suicide related deaths in Portage County.                               |          |      |      |   |  |
| Objective: By December 31, 2025, reduce stigma surrounding suicide and mental illness. |          |      |      |   |  |
| Action Step:   | Timeline |      |      | Lead Person or Organization(s)                                    | Progress   |
|  | 2023     | 2024 | 2025 |   |  |
| Activity 1: Conduct suicide prevention trainings for community and school staff.       | X        | X    | X    | Karyn Kravetz, Associate Director, Mental Health & Recovery Board | <p>Karyn: From July-September, 2024, 36 people received suicide prevention training. 28 Family and Community Services employees were trained and 8 community members attended trainings.</p> <p>Hiram Nursing students trained in suicide prevention-QPR- before they go into clinical settings. In Spring semester they will train Sophomore nursing students.</p> <p>Olivia: Youth Suicide Prevention grant-starting second cycle. Townhall II prevention educators will be doing Signs of Suicide</p> |

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|  |   |   |   |   | <p>training targeting 6<sup>th</sup>-12<sup>th</sup> grade. ~1000 students trained last school year. Sandy Hook and Start with Hello trainings coming too.</p> <p>Resiliency training to help teach coping skills at higher learning institutions to be done by Townhall II-coming soon.</p> |
| <p><u>Activity 2:</u> Engage with employers to learn their struggles with employees on mental health &amp; addiction issues.</p> | X | X | X | <p>Karyn Kravetz,<br/>Associate Director,<br/>Mental Health &amp;<br/>Recovery Board</p> <p>Mindy Gusz,<br/>Community<br/>Outreach Nurse,<br/>University<br/>Hospitals Portage<br/>Medical Center</p> | No updates   |
| <p><u>Activity 3:</u> Engage community centers on mental health issues to reach key community groups.</p>                        | X | X | X | <p>Karyn Kravetz,<br/>Associate Director,<br/>Mental Health &amp;<br/>Recovery Board</p> <p>Mindy Gusz,<br/>Community<br/>Outreach Nurse,<br/>University<br/>Hospitals Portage<br/>Medical Center</p> | Karyn: Reached out to Skeels. Still waiting to hear.   |

### CHNA Priority 3: Mental Health, Substance Use, and Addiction

**Strategy 2:** Raise awareness of loss support groups and connect to resources for “traditional” loss and for all loss

| <b>Goal:</b> Address and reduce community-level risk factors for suicidal ideation in Portage County.                         |          |      |      |  |  |
|---|----------|------|------|--|--|
| <b>Objective:</b> By December 31, 2025, address the role of loss in suicide risk.   |          |      |      |  |  |
| Action Step:  | Timeline |      |      | Lead Person or Organization(s)   | Progress   |
|   | 2023     | 2024 | 2025 |  |  |
| <u>Activity 1:</u> Support Grief Recovery Method through outreach; information sharing.                                       | X        | X    | X    | Jalessa Caples, Accreditation Coordinator, Kent City Health<br><br>Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board | Joan: Grief Recovery Method won Celebrate Portage Award. Starting to advertise for January sessions. One class held this quarter.<br><br>Terra: No updates   |
| <u>Activity 2:</u> Provide mental health resources for individuals going through divorce.                                     | X        | X    | X    | Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board  | Terra: Will continue to distribute folders to the individuals going through the Children Are Forever class.  |
| <u>Activity 3:</u> Develop plan to reach individuals experiencing financial loss.   | X        | X    | X    | Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board  | No update  |
| <u>Activity 4:</u> Provide resources to families of those who have lost loved ones to suicide and overdose in Portage County. | X        | X    | X    | Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board  | Terra: 1/24/2024 – 9/27/2024 there have been 10 reported suicides (data from Coroner’s office); sent out letters and resources to 6 survivors (3 did not have addresses listed, so unable to provide resources; 1 just occurred and have not received information yet).<br><br>Not been able to receive information on overdoses at this time. |

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|  |  |  |  |  | Will collect data from Townhall II to get information from counselor who is working with families who have experienced family suicide. |
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## CHNA Priority 3: Mental Health, Substance Use, and Addiction

**Strategy 3:** Identify and evaluate data available for suicide deaths and suicide attempts in Portage County.

**Goal:** Address and reduce community-level risk factors for suicidal ideation in Portage County.

**Objective:** Identify groups at highest risk for suicide for intervention and risk reduction.

| Action Step:   | Timeline |      |      | Lead Person or Organization(s)   | Progress   |
|--|----------|------|------|--|--|
|  | 2023     | 2024 | 2025 |  |  |
| <u>Activity 1:</u> Track and report 988 data for Portage County.   | X        | X    | X    | Amanda Parrin, Townhall II   | Amanda: Townhall II answered 321 calls through 988 crisis line between July 1-Sept 30. Safety forces were needed 6 times, 2 were sent to Coleman.<br><br>337 Help Line calls, 1 needed safety forces. Call from Streetsboro, Kent, Ravenna.<br><br>Gio routing is starting to allow Portage County calls to come to Townhall II. |
| <u>Activity 2:</u> Track and report Portage County resident data for ED and urgent care for attempted suicides to identify possible trends.                    | X        | X    | X    | Olivia Card, Epidemiologist, Portage County Health District  | Olivia: UH data will be starting to go back into EpiCenter. This may take some time to happen. Data should be able to be backfilled.   |
| <u>Activity 3:</u> Evaluate Coroner's Data Report (monthly) to determine number of deaths by suicide to identify possible trends and/or prevention strategies. | X        | X    | X    | Olivia Card, Epidemiologist, Portage County Health District<br><br>Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board | Terra: Have not received Coroner's data on suicides since August (for April-July).<br><br>Discussion: Q: How do they determine deaths with drugs, are they overdose or suicide? A: The investigators talk with families and friends to help determine the cause.   |

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| Activity 4: Collect and Evaluate ACEs scores from behavioral health agencies in Portage County. | X | X | X | Karyn Kravetz,<br>Associate Director,<br>Mental Health &<br>Recovery Board | Karyn: All agencies on board with collecting data in 2024. Once we have 6-12 months' worth, we will begin to evaluate within our mental health collaboration committee that meets quarterly.<br><br>Anyone that becomes a new client of the agencies gets the assessment, adults and children. |
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### CHNA Priority 3: Mental Health, Substance Use, and Addiction

**Strategy 4:** Promotion of gun safety.

**Goal:** Address and reduce community-level risk factors for suicidal ideation in Portage County.

**Objective:** By December 31, 2025, decrease risk of suicide among gun owners in Portage County.

| Action Step:  | Timeline |      |      | Lead Person or Organization(s)   | Progress   |
|---|----------|------|------|--|--|
|   | 2023     | 2024 | 2025 |  |  |
| Activity 1: Create and implement a plan to reach home bound older adults.   | X        | X    | X    | Terra Howell-Muth,<br>Clinical Manager,<br>Mental Health &<br>Recovery Board<br><br>Suicide Prevention Coalition | Karyn: No update<br><br>Amy: PCHD does have some gun locks from Safe Kids. Distributed some at the PC Fair and will be distributing them at two health fairs at southern schools this week.<br><br>Joan: Distributed 10 this last quarter.<br><br>Mindy: Distributed educational materials on gun safety.<br><br>Question: Are we tracking what the police departments are distributing? Answer: Not at this time. |
| Activity 2: Provide social service and faith-based agencies with gun safety and suicide prevention information to distribute. | X        | X    | X    | Terra Howell-Muth,<br>Clinical Manager,<br>Mental Health &<br>Recovery Board                                     | No update  |



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|  |   |   |   | Suicide Prevention Coalition  |           |
| Activity 3: Reach sportsmen with gun locks and suicide prevention materials. | X | X | X | Terra Howell-Muth,<br>Clinical Manager,<br>Mental Health &<br>Recovery Board<br><br>Suicide Prevention<br>Coalition<br><br>Mindy Gusz,<br>Community<br>Outreach Nurse,<br>University<br>Hospitals Portage<br>Medical Center | No update |

### CHNA Priority 3: Mental Health, Substance Use, and Addiction

**Strategy 5:** Comprehensive community-based plan to reduce alcohol abuse among adults in Portage County.

**Goal:** Decrease substance use in Portage County.

**Objective:** By December 31, 2025, decrease adult excessive drinking and risky behaviors in Portage County.

| Action Step:   | Timeline |      |      | Lead Person or Organization(s)   | Progress   |
|--|----------|------|------|--|--|
|  | 2023     | 2024 | 2025 |  |  |
| <u>Activity 1:</u> Engage with employers to learn their struggles with employees on mental health & addiction issues.                            | X        | X    | X    | Karyn Kravetz,<br>Associate Director,<br>Mental Health &<br>Recovery Board<br><br>Substance Abuse<br>Coalition<br><br>Mindy Gusz,<br>Community<br>Outreach Nurse,<br>University<br>Hospitals Portage<br>Medical Center | Karyn: Provided training to CIT group (police).  |
| <u>Activity 2:</u> Develop and implement a 45-min presentation to offer to community.  | X        | X    | X    | Karyn Kravetz,<br>Associate Director,<br>Mental Health &<br>Recovery Board   | Terra: Will be doing a training for the Portage County library's for risk of crisis, etc.<br><br>Al: De-escalation training held in June at the Kent UU Church provided by Coleman |
| <u>Activity 3:</u> Develop and implement marketing campaigns and programs to raise awareness about adult excessive drinking and risky behaviors. | X        | X    | X    | Karyn Kravetz,<br>Associate Director,<br>Mental Health &<br>Recovery Board   | Karyn: Using the same awareness materials, not anything new at this time.  |

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|  |  |  |  | Substance Abuse Coalition |  |
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### CHNA Priority 3: Mental Health, Substance Use, and Addiction

**Strategy 6:** Comprehensive community-based plan to reduce substance misuse (including overdose) among adults in Portage County

**Goal:** Decrease substance use in Portage County.

**Objective:** By December 31, 2025, decrease adult opioid related deaths in Portage County.

| Action Step:  | Timeline |      |      | Lead Person or Organization(s)                              | Progress   |
|---|----------|------|------|---|--|
|   | 2023     | 2024 | 2025 |   |  |
| <u>Activity 1:</u> Monitor and track NARCAN use by EMS and Law Enforcement. | X        | X    | X    | Olivia Card, Epidemiologist, Portage County Health District | Olivia: Ohio State EMS dashboard has not been updated since February.  |
| <u>Activity 2:</u> Project DAWN Narcan (Narcan) distribution.               | X        | X    | X    | Kat Holtz, Health Educator, Portage County Health District  | Kylee: Distributed 510 Project DAWN kits in the last quarter.<br><br>Joan:<br><br>Rob:<br><br>Karyn: Overdose Awareness Day activities throughout the county in August, continuing through September with Recovery Month and Save a Life Day.<br><br>Mindy: 26 Narcan kits distributed by UH pharmacy on Overdose Awareness Day. |
| Activity 3: Continued overdose death review.                                | X        | X    | X    | Olivia Card, Epidemiologist,                                | Olivia: Recently requested mortality data set from ODH. Access was granted. Will review and share data.  |

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|  |   |   |   | Portage County Health District<br><br>Karyn Kravetz,<br>Associate Director,<br>Mental Health &<br>Recovery Board<br><br>Substance Abuse<br>Coalition | Karyn: Haven't received recent Coroner's data for overdoses since June  |
| Activity 4: Establish at least one primary care based comprehensive harm reduction clinic. | X | X | X | AxessPointe  | Becky B.: Working with Hep C, seeing ~75% cure rate.<br><br>Karyn: No one has used the exchange program yet.<br><br>Al: Discussion on the addictiveness and extreme withdrawal of xylidine. There is not a good treatment for withdrawal at this time.<br><br>Joe: Discussion on overdoses that happen in the jails in PC. Karyn reported that they are starting people on MAT in jail. |

| CHNA Priority 3: Mental Health, Substance Use, and Addiction  |  |          |      |      |   |  |
|---|--|----------|------|------|---|--|
| Strategy 7: Provide access to support resources and raise awareness of the risks of tobacco, smoking, and vaping. |  |          |      |      |   |  |
| Goal: Decrease use of tobacco, smoking, and vaping in Portage County.   |  |          |      |      |   |  |
| Objective: By December 31, 2025, increase awareness of and participation in the Ohio Quit Line by 5%              |  |          |      |      |   |  |
| Action Step:  |  | Timeline |      |      | Lead Person or Organization(s)                  | Progress   |
|   |  | 2023     | 2024 | 2025 |   |  |
| Activity 1: Increase the awareness of the Ohio Tobacco Quitline.  |  | X        | X    | X    | Jalessa Caples, Accreditation Coordinator, Kent | Joan: Still doing multiple events promoting QuitLine. Social media posts going out. Waiting on numbers from ODH. |

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|   |   |   |   | City Health Department  |  |
| <u>Activity 2:</u> Increase awareness of other cessation programs/ resources in Portage County.   | X | X | X | Jalessa Caples, Accreditation Coordinator, Kent City Health Department            | Joan: Resource guide has been updated and continues to be updated as needed. |
| <u>Activity 3:</u> Increase referrals by primary care to smoking cessation services within University Hospitals Portage Medical Center. | X | X | X | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center | Mindy: 57 referrals from PCPs.   |

### CHNA Priority 3: Mental Health, Substance Use, and Addiction

**Strategy 8:** Remove barriers and increase access to mental health, addiction, and crisis services.

**Goal:** Improve access to mental health and addiction services in Portage County.

**Objective:** By December 31, 2025, identify and address barriers to mental health and addiction services in Portage County.

| Action Step:  | Timeline |      |      | Lead Person or Organization(s)                      | Progress   |
|---|----------|------|------|---|--|
|   | 2023     | 2024 | 2025 |   |  |
| <u>Activity 1:</u> Explore feasibility of mobile van for basic health care services including harm reduction. | X        |      |      | Cowen Stevens, Community Health Worker, AxessPointe | Cowen:   |
| <u>Activity 2:</u> Increase Mobile Crisis for mental health.  | X        | X    | X    | Bill Russell, Coleman Health Services               | Bill: Between July 1 – Sept 30, 2024 Youth mobile and adult community referrals for mental health outreach with Coleman served; 22 for youth, 64 for adults. |

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| <u>Activity 3:</u> Transportation training for agencies to increase transportation; ensure participating agencies implement internal policies for training of new staff. | X | X | X | Becky Lehman,<br>Director of Health Education, Portage County Health District                               | Amy: In the planning stages, held at PARTA. Working to get front line staff to attend. November 15 <sup>th</sup> , 9am-3pm, invites coming soon.   |
| <u>Activity 4:</u> Explore the feasibility of adding 23-hr Observation units for Crisis services.  | X |   |   | Bill Russell,<br>Coleman Health Services<br><br>John Garrity,<br>Director, Mental Health and Recovery Board | Karyn: MHRB & Coleman finalizing plans with architects. The construction company was selected. Permits are being prepared and actual construction will begin in February 2025. Building will open in 2026. |
| <u>Activity 5:</u> Recruit a workforce for crisis services at area universities.   | X | X | X | Bill Russell,<br>Coleman Health Services<br><br>John Garrity,<br>Director, Mental Health and Recovery Board | No updates   |
| <u>Activity 6:</u> Engage law enforcement and medical stakeholders about the county's crisis continuum needs.  | X | X | X | John Garrity,<br>Director, Mental Health and Recovery Board   | Karyn: UH Portage ED staff, Coleman, police, and MHRB staff met in August to troubleshoot issues. The Stepping Up committee also met in October.   |

Becky B.: Formally named The Haven, now called Shepards House, will be opening another shelter called Serenity House on Lovers Lane. The Shepards House can house up to 64 guests.

Karyn: Conference is October 31<sup>st</sup>. Free lunch. CEUs are available.

Olivia: provided an overview of Access to Care barriers in relation to mental health and addiction.

- Uninsured rates based on race.
  - Didn't see a strong connection between race, income, etc.
  - Can we look at employment status?
- Demographic barriers: Age
- Demographic barriers: gender
  - Men are a good target group for mental health care.

QR Code question.

Hannah: Does anyone use healthcare navigators that are remote?