

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

Year 2

January 14, 2025



CHNA Priority 1: Chronic Disease

| CHNA Priority 1: Chronic Disease | | | | | |
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| 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 | | |
| Activity 1: Gather annual baseline rate of communicable diseases and sexually transmitted infections for Portage County. Additionally, gather baseline rate of communicable diseases (specifically Hepatitis). | X | X | X | Olivia Card, Epidemiologist, Portage County Health District | Olivia: Everything is holding steady except HIV-had 10 cases of HIV in 2024. Question: Is there any tracking of zip code data? Do we need to prioritize services in specific areas? |
| Activity 2: Provide education on prevention and treatment with individuals in the community. | X | X | X | Becky Barreca, Portage County Health District Cowen Stevens, Community Health Worker, AxessPointe | Amy: Becky B. has been providing education at Root House (2x a month). She will be providing education at Southeast Schools. Also looking at providing education in Ravenna Schools. 6 education classes this last quarter. Planning an education session with seniors. |
| Activity 3: Provide outreach and education on prevention, treatment, and follow-up with | X | X | X | Becky Barreca, Portage County Health District | No update. |

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| providers through educational newsletters. | | | | | |
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| CHNA Priority 1: Chronic Disease | | | | | |
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| Strategy 2: Educate Portage County community on risk factors and obesity prevention as well as increase screenings. | | | | | |
| Goal: Decrease Obesity in Portage County | | | | | |
| Objective: 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 | | |
| <u>Activity 1:</u> Educate and screen the community on obesity risk factors and prevention which include hypertension, BMI, and pre-diabetes screenings. Work with the Portage County Health District program to implement screening opportunities for obesity risk factors. | X | X | X | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center Cowen Stevens, AxessPointe Becky Barreca, Portage County Health District | Mindy: 478 screenings. |
| <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: 11 activities in quarter 4. |

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| Activity 3: Provide community education on nutrition, and physical activity. | X | X | X | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center | Mindy: 596 (variety of programs being provided to the community). Amy: SAIL- 278 people reached. |
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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. 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 & 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: Partnering with Haymaker. Quarter 4: \$435 used.</p> <p>\$3735 WIC Perks</p> <p>Amy: Distributed 330 booklets = \$9900 with redemption rate of 82%</p> <p>Joan: waiting on data from Haymakers for the leftover funds from the HEAL grant.</p> <p>PCHD: We are moving forward with hosting a farmers market at PCHD.</p> |
| <p><u>Activity 2:</u> Participate and increase awareness in the</p> | X | X | X | Mindy Gusz, Community Outreach | Mindy: Quarter 4: 634 kids participated. |

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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 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: quarter 4: \$14,231 SNAP dollars Produce Perks |
| <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: quarter 4: \$1138 |

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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. | | | | <p>Andrew Rome, Manager of Haymaker Farm market in Kent</p> <p>Annett Ludwick, Director, Portage Senior Center</p> | |
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| CHNA Priority 1: Chronic Disease | | | | | |
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| Strategy 4: Social Determinants of Health (SDOH) screenings and resource referrals | | | | | |
| Goal: Increase Food Security in Portage County | | | | | |
| Objective: 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, Community Outreach Nurse, University Hospitals Portage Medical Center | <p>Mindy: Food for Life market: Quarter 4 – 562 participants, impacted 1138 people.</p> <p>Sarah: PCHD pop up pantry: Quarter 4: served 734 families, served 1589 families served in 2024. Right now it is drive-thru. Will go back to market style in the spring. Center of Hope receives the left over food. PCHD is 28% of all pop ups in 8 counties. Bringing food for 350 families.</p> <p>Noticing the number of seniors using the services at PCHD is declining during winter months. Looking at being a partner for home delivery services with Akron Canton Food Bank.</p> |

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| | | | | | Joan: 68 bags distributed at health center. The rest of the bags go the Kent Social Services. |
| <u>Activity 2:</u> Continue to screen patients for insecurities at AxessPointe. | X | X | X | Cowen Stevens, AxessPointe | |
| <u>Activity 3:</u> Implement a Social Determinant of Health Screening Tool that includes food insecurity. | X | X | X | Hannah Haynie, Northeast Ohio Medical University Soar Clinic | |
| <u>Activity 4:</u> Provide education and food security resources at Portage County Food Banks/Pantries prioritizing the zip codes of 44288, 44411, 44266. Resources: HEAL Guide and JFS Resource List | X | X | X | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center Maureen Gebhardt, Community Impact and Volunteers, United Way (partner for identification of resources/data reporting) | Mindy: Quarter 4- 211 calls, 260. 44201 - 46 44240 - 76 44266 – 89 44288 – 5 44411 – 5 1982 visits food pantry numbers Olivia: working on having a food resources dashboard to have all the SNAP and WIC vendors, JFS resources guide, farmers market, etc. Will be available on the PCHD website. Will be able to track the numbers for use of the dashboard. |
| <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 | X | X | X | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center Laura Wunderle, Ravenna teacher and program coordinator of the | Mindy: quarter 4 – 3249 bags distributed through Raven Packs (all elementary schools) |

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| Pack has assorted food items to provide the recipient food when away from school. | | | | Raven pack program | |
| <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. | X | X | X | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center Cindy Widuck, Community Public Health Outreach and Development College of Public Health, Kent state University and Let's Grow Together Coalition, director | No updates |
| <u>Activity 7:</u> Explore the connection of those in need of fresh produce to those with an abundance of fresh produce. | | x | | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center | No updates |

JFS: Seeing a lot of skimming or fraudulent use of SNAP cards. This is a nation-wide problem. Cannot replace benefits (since December 20, 2024) if they are stolen. Refer clients to JFS if this is happening.

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

| CHNA Priority 2: Family, Pregnancy, Infant, and Child Health | | | | | |
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| Strategy 1: Pilot home visiting programs that begin prenatally to identify needs and improve pregnancy outcomes. | | | | | |
| Goal: Improve Pregnancy and Birth Outcomes | | | | | |
| Objective: 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. (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 | No updates |
| <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 | No updates |
| <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 | | | | | |
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| 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: 86 participants educated. Olivia: now has data that can be pulled. 2024: 113 people that screened for risk factors for gestational diabetes. |
| <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 | 3 events held, 75 attendees |
| <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 | No updates |

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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, Director of Nursing, Portage County Health District | No updates |

| CHNA Priority 2: Family, Pregnancy, Infant, and Child Health | | | | | |
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| Strategy 3: Develop and implement tools and processes for tracking prenatal care visits and deliveries in Portage County. | | | | | |
| Goal: Improve Pregnancy and Birth Outcomes | | | | | |
| Objective: 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, Epidemiologist, Portage County Health District & University Hospitals Portage for EMS Database | Olivia: 2024: 2 births in route (EMS or car) out of 9 |
| <u>Activity 2</u> : Establish a process to obtain and review birth certificate data, comparing residency of | X | X | X | Olivia Card, Epidemiologist, Portage County | |

| birthing individual compared to their delivery location. | | | | Health District (back up) | |
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| <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: A map has been created. How are people getting their information? Is the map useful/helpful? |
| <u>Activity 4:</u> Track prenatal care and delivery United Way 211 calls for Portage County residents. | X | X | X | Maureen Gebhardt, United Way | No updates |
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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 participation was climbing until December. 1877 participants: Quarter 4 Expect an increase in February/March. |
| <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: 16% 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, Director of WIC, Portage County WIC | Amy: 2 pop-up events in quarter 4. |
| <u>Activity 4:</u> Track breastfeeding rates of mom WIC participants. | X | X | X | Amy Cooper, Director of WIC, Portage County WIC | Amy: 78.5% initiation rate in quarter 4. |

| CHNA Priority 2: Family, Pregnancy, Infant, and Child Health | | | | | |
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| Strategy 5: Implement reproductive health and wellness interventions. | | | | | |
| Goal: Increase sustainability of reproductive health and wellness services | | | | | |
| Objective: 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, Director of Nursing, Portage County Health District | No updates |
| <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, Director of Nursing, Portage County Health District | No updates |

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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, Community Health Worker, AxessPointe Job and Family Services | |

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 |
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| | 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 | Jalessa: guide has been updated and distributed. |
| <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: 46 women, 12% 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 Olivia Card, Epidemiologist, Portage County Health District | Olivia: 1345 births with 73 smoking |
| <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 | Jalessa: worked with OUR Place to get policy up and running. Working to get them compliance. |

| CHNA Priority 2: Family, Pregnancy, Infant, and Child Health | | | | | |
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| 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 | <p>Kimberly: Moved to Dept. of Children and Youth. Different types of childcare has been changed for eligibility. Added a new type – Childcare Voucher-145 to 200% to qualify. There is a share of cost up to the private rate. Does allow for more people to be qualified. Also given early childcare education program to determine eligibility. Qualifications are different, income and some automatic eligibility.</p> <p>Providers: 1 type A, 1 in home aid, 12 type B 19 inspections done.</p> |

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| | | | | | There was an updated bill signed for exemption of zoning laws for home daycares. A: 7 \$10,863, B: 45 \$26,709, C 510 \$338,508, in home aid 1 \$47: November numbers for public care funded childcare. |
| <u>Activity 2:</u> Establish and implement processes to investigate this as a community issue. | | X | X | Lanika Mutsach, Kent City Health Department | Jalessa: Lanika is working on mapping and cost. |
| <u>Activity 3:</u> Track childcare referrals from United Way 211 calls for Portage County residents. | X | X | X | Maureen Gebhardt, United Way | |

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

| CHNA Priority 3: Mental Health, Substance Use, and Addiction | | | | | |
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| 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 | | |
| <u>Activity 1:</u> Conduct suicide prevention trainings for community and school staff. | X | X | X | Karyn Kravetz, Associate Director, Mental Health & Recovery Board | From Oct-Dec, 2024, 232 people received suicide prevention training. Staff members at Aurora School District and BioMed were trained. There was also a Mental Health First Aid (MHFA) class open to the community with 17 participants. A staff member of MHRB was trained to be a MHFA instructor. |
| <u>Activity 2:</u> Engage with employers to learn their struggles with | X | X | X | Karyn Kravetz, Associate Director, | Delivered a presentation on “Mental Health in the Workplace” for the Portage County Library staff – approximately 100 attendees. |

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| employees on mental health & addiction issues. | | | | Mental Health & Recovery Board Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center | Gave a presentation on mental health & addiction and led a discussion with the maintenance and housekeeping staff at Neighborhood Development Services. |
| <u>Activity 3:</u> Engage community centers on mental health issues to reach key community groups. | X | X | X | Karyn Kravetz, Associate Director, Mental Health & Recovery Board Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center | Distributed flyers on 988 to Ravenna community centers and minority churches. Presentation on Older Adult Substance Misuse at the Portage Senior Center to approximately 40 attendees PCHD, MHRB, PC Sheriff's Dept., NEOMED Pharmacy, Home Instead). |

| CHNA Priority 3: Mental Health, Substance Use, and Addiction | | | | | |
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| Strategy 2: Raise awareness of loss support groups and connect to resources for “traditional” loss and for all loss | | | | | |
| Goal: Address and reduce community-level risk factors for suicidal ideation in Portage County. | | | | | |
| Objective: By December 31, 2025, address the role of loss in suicide risk. | | | | | |
| Action Step: | Timeline | | | Lead Person or Organization(s) | Progress |
| | 2023 | 2024 | 2025 | | |

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| Activity 1: Support Grief Recovery Method through outreach; information sharing. | X | X | X | Jalessa Caples, Accreditation Coordinator, Kent City Health Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board | Promoting Grief Recovery class that is beginning in January and running for 8 weeks. Joan: Class finished in October (one person completed). Will be scheduling additional classes this winter. |
| Activity 2: Provide mental health resources for individuals going through divorce. | X | X | X | Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board | Terra: Working on getting resources distributed to those who need it. Will be working on face to face meetings to get the information out. |
| Activity 3: Develop plan to reach individuals experiencing financial loss. | X | X | X | Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board | Terra: Developed a flyer to reach rural community members and farmers about stress. It is being distributed at the Portage County Treasurer's Office. Will be distributing flyers at February Trustee meeting. |
| Activity 4: 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: November Suicide Loss Day with 7 participants. Information does get sent out to families who have lost someone to suicide when they receive the info on programs. |

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 |
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| | 2023 | 2024 | 2025 | | |
| <u>Activity 1:</u> Track and report 988 data for Portage County. | X | X | X | Rebekah Swango, Townhall II | Rebekah: 564 calls with 12 that had safety intervention. Awareness of 988 is getting out there. |
| <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: EpiCenter is back up and running. Visits to ED for self-harm: 2023: 967 2024: 929 |
| <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 Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board | Olivia: As of October 31 st : 18 deaths, 2 pending (16 PC residents) On track to be down a little. |
| <u>Activity 4:</u> Collect and Evaluate ACEs scores from behavioral health agencies in Portage County. | X | X | X | Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board | Terra: Still working on analyzing data. Will work on monthly numbers for 2025. Data: CA, Coleman, Townhall II and Family & Community Services. |

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

| Strategy 4: Promotion of gun safety. | | | | | |
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| 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, Clinical Manager, Mental Health & Recovery Board Suicide Prevention Coalition | Terra: Gun safety rack cards were distributed to Mobile Meals – distributed in December. 200 gun locks and education to Direction Home. Kylee: Distributed ~1000-gun locks (senior forum, PC fair, school health fairs) Joan: Distributed 20 gun locks at Kent Health Fair. Kent City PD distributed gun locks as well. Sherry Blair: Council to legal means training to Coleman staff in Summit and Portage County. Training was on how to talk to families about gun safety. Akron Children’s gave out about 1300 “gun lock” boxes last year. |
| Activity 2: Provide social service and faith-based agencies with gun safety and suicide prevention information to distribute. | X | X | X | Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board Suicide Prevention Coalition | Karyn: Provided 988 info to the churches in December. Question: Does UH still host faith based meetings? |
| Activity 3: Reach sportsmen with gun locks and suicide prevention materials. | X | X | X | Terra Howell-Muth, Clinical Manager, Mental Health & Recovery Board Suicide Prevention Coalition | Karyn: Trying to track down where the sportsmen meeting is this year. Please let Karyn know if you find out where this years meeting is. |

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| | | | | Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center | |
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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, Associate Director, Mental Health & Recovery Board Substance Abuse Coalition Mindy Gusz, Community Outreach Nurse, University Hospitals Portage Medical Center | Delivered a presentation on “Mental Health in the Workplace” for the Portage County Library staff – approximately 100 attendees. Gave a presentation on mental health & addiction and led a discussion with the maintenance and housekeeping staff at Neighborhood Development Services |
| <u>Activity 2:</u> Develop and implement a 45-min presentation to offer to community. | X | X | X | Karyn Kravetz, Associate Director, Mental Health & Recovery Board | No update |
| <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, Associate Director, Mental Health & Recovery Board | Created a new information sheet on Older Adults and Substance Misuse. AI: Can this information be shared in ads in the Record Courier and The Portager. |

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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: State of Ohio EMS Dashboard: 81.1% EMS providers reporting: 221 doses of Naloxone provided. This number is lower than last year. |
| <u>Activity 2:</u> Project DAWN Narcan (Narcan) distribution. | X | X | X | Kylee McCracken, Health Educator, Portage County Health District | Kylee: 371 kits distributed – 290 to individuals, 80 to law enforcement. 2 community, 7 law enforcement reversals. Mindy: Trying to get out patient pharmacist to provide Narcan to all narcotic prescriptions. Al: Pharmacist system will show if a overdose was associated with the patient. Could be a possible route to distribute Narcan. Joan: Kent State and DeWeese Health Center will be putting Narcan in all dormitory services. |
| Activity 3: Continued overdose death review. | X | X | X | Olivia Card, Epidemiologist, | In 2024 there have been 30 reported accidental overdose deaths, with 3 pending. There were 46 deaths in 2023. With the current data, the average age increased from 44 to 49, most people had |

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| | | | | Portage County Health District Karyn Kravetz, Associate Director, Mental Health & Recovery Board Substance Abuse Coalition | stimulants and fentanyl or stimulants only in their system, and the majority of the people were not alone at the time of their overdose. More men died than women. There will be a formal Overdose and Suicide Fatality Review Board in 2025. Olivia: Epi Center data: 2023 unintentional overdoses to ED: 256 2024: 205 Seeing a decrease across the state. |
| Activity 4: Establish at least one primary care based comprehensive harm reduction clinic. | X | X | X | AxessPointe | Cowen: Harm Reduction clinic running for a year. Struggling to get people to take advantage of the services. Distributing harm reduction supplies-not getting people to come in for syringe services. Perception that they are associated with probation and law enforcement. Looking for help with getting people to use the services. |

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 | Jalessa: Events with Ohio Tobacco Quitline Info 3 Events with my life my quit info 3 Ohio Quitline will be with another provider. Different resources will be made available. Coming soon. |

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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 | Jalessa: Sends out a cessation scan. Townhall II was added. Includes resources that are free and online. Will be sending out an updated version at the end of this month. |
| <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: 37 referrals from primary care. |

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 | No updates |
| <u>Activity 2:</u> Increase Mobile Crisis for mental health. | X | X | X | Bill Russell, Coleman Health Services | Between Oct 1-Dec 31, 2024 Youth mobile and adult community referrals for mental health outreach with Coleman served; 31 for youth, 13 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 | Amy Cooper, Director of Community Health, Portage County Health District | <p>Amy Cooper:</p> <p>Amy PARTA: made adjustments to 4 routes (2 Kent, 2 Ravenna) to increase services. Increased a lot of trips (5 trips to 20 trips per day). Looking to adjust additional routes in May and Fall. Looking to do route analysis to make adjustments for services.</p> <p>Olivia: Working with PARTA and got coordinates of all the bus stops, looked at mental health and substance use providers, mapped ½ mile radius.</p> |
| <u>Activity 4:</u> Explore the feasibility of adding 23-hr Observation units for Crisis services. | X | | | <p>Bill Russell, Coleman Health Services</p> <p>John Garrity, Director, Mental Health and Recovery Board</p> | MHRB & Coleman finalizing plans with architects. The construction company was selected. Permits are being prepared and actual construction will begin in February 2025. |
| <u>Activity 5:</u> Recruit a workforce for crisis services at area universities. | X | X | X | <p>Bill Russell, Coleman Health Services</p> <p>John Garrity, Director, Mental Health and Recovery Board</p> | No updates |
| <u>Activity 6:</u> Engage law enforcement and medical stakeholders about the county's crisis continuum needs. | X | X | X | John Garrity, Director, Mental Health and Recovery Board | |