

# PORTAGE COUNTY



## Community Health Improvement Plan 2020-2022

# Priority #1: Mental Health, Substance Use and Addiction

**Strategy 1:** Assess, develop, and provide mental health resources to youth and adults in Portage County.

**Goal:** Improve mental health outcomes.

**Objective:** By December 31, 2022, decrease the percent of adults and youth feeling sad and hopeless by 2%.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Work with primary care providers and office staff to assess what information and/or materials they are lacking to provide better care for patients with mental health issues.</p> <p>Provide baseline for number of youths being assessed in the schools for mental health concerns.</p> <p>Develop awareness campaigns on counseling for depression and anxiety.</p> <p>Explore how to reach adults to help relieve anxiety due to financial/job stress.</p> <p>Access the County's supports for LGBTQ resources for youth, colleges, and adults.</p>	April 2020	Karyn Kravetz, Mental Health and Recovery Board	Karyn Kravetz (via email): Planned a conference to raise awareness of mental health issues among adults, primarily focusing on the workplace dealing with anxiety due to financial and job stress. Conference to be hosted by Leadership Portage County in April 2020.
<b>Year 2:</b> Continue efforts from year 1.			
<b>Year 3:</b> Continue efforts from years 1 and 2.			

**Strategy 2: Screening for Adverse Childhood Experiences (ACEs) using a standardized tool.**

**Goal:** Improve behavioral health outcomes.

**Objective:** Implement ACEs screenings in five different Portage County locations by December 31, 2022.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Portage County Trauma Informed Care Collaboration will assess agencies, organizations, disciplines etc. who could benefit from implementation of the ACEs, provide training on ACEs implementation, and collect data on Portage County ACE outcomes.</p> <p>Adopt a community-wide <b>screening tool</b> for ACEs and target the screening towards those who serve economically disadvantaged and/or minority populations.</p> <p>Implement ACEs as part of intake at The Family Center for both children and parents/caregivers. Provide data on posttraumatic growth due to programming addressing impact of ACEs by reporting successful families and their ability to remain intact and complete programming.</p> <p>Provide community-based training on ACEs, the impact of trauma, and how the community can respond to trauma.</p> <p>Pilot the tool in at least one new entity.</p> <p>Collect baseline data on the number of adults and counselors that have been trained in TIC.</p> <p>Create a referral for all trauma specific service providers in the county.</p> <p>Portage County Trauma Informed Care Collaboration will identify prevention strategies to educate the community on awareness of negative impact of trauma to reduce occurrence of abuse/neglect, sexual abuse, and violence through community awareness event.</p> <p>Hold one community awareness event on the prevention of traumatic experiences.</p>	<p>April 2020</p>	<p>NiCole Thomas, Children's Advantage</p>	<p>NiCole Thomas (via email): The Portage Trauma Informed Care Collaborative met monthly and changed their name to the Portage Resiliency Movement and created a vision statement: The Portage Resiliency Movement will raise awareness of the impact of trauma, embrace a culture of resiliency, and support current &amp; future generations to thrive. The group is exploring methods for implementing ACEs across multiple organizations and planning an awareness event. A presentation on trauma's impact was given to Crestwood Middle School students during their "See Something, Say Something" week by a Children's Advantage counselor.</p>
<p><b>Year 2:</b> Continue efforts from year 1.</p>	<p>December 31, 2021</p>		
<p><b>Year 3:</b> Continue efforts from years 1 &amp; 2.</p>	<p>December 31, 2022</p>		

**Strategy 3:** Screening for suicide for patients 12 or older using a standardized tool 

**Goal:** Decrease suicide deaths.

**Objective:** Implement suicide screenings for patients 12 or older in five Portage County healthcare settings by December 31, 2022.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Introduce <b>C-SSRS</b> to healthcare providers such as primary care offices, FQHCs, emergency departments, and first responders. Evaluate current screening resources and referral networks. Prioritize providers serving at-risk populations.</p> <p>Train Portage County law enforcement in C-SSRS through four (4) regional trainings.</p> <p>Train 5-6 professionals in QPR (question, persuade, refer) to become trainers to conduct sessions in the community.</p> <p>Raise awareness of gun safety. Distribute Suicide Gun Safety cards to gun sellers, sportsman, etc.</p>	December 31, 2020	<p>Bill Russell, Coleman</p> <p>Karyn Kravetz, Mental Health and Recovery Board</p>	<p>Karyn Kravetz (via email): C-SSRS is being used at UH Portage ED and Coleman. Aurora City Schools is planning to train staff. Coleman is building the C-SSRS Brief screener into every appointment (goal to launch by end of 2020). The Board introduced the C-SSRS pocket cards to the Police Chiefs and discussed future trainings. Two trainings for police officers are planned for May 2020.</p> <p>QPR Train the Trainer was held in Feb 2020. 4 staff members from the Board and agencies received training.</p> <p>Suicide Prevention Coalition members attended and distributed gun safety and suicide prevention materials at the Portage Sportsman Banquet with over 200 people in attendance.</p>
<p><b>Year 2:</b> Evaluate and expand outcomes from year one.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p> <p>Initiate conversations regarding the feasibility of integrating the screening tool into a system(s)-wide electronic medical record system.</p>	December 31, 2022		

**Strategy 4:** Youth alcohol/other drug prevention and mental health programs

**Goal:** Decrease substance use.

**Objective:** By December 31, 2022, decrease youth usage of e-cigarettes, alcohol, and marijuana by 2%.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Continue evidence-based prevention programming for youth and expand as funding allows.</p> <p>Advocate for youth mental health and alcohol/other drug prevention funding.</p> <p>Increase mental health prevention programs (Life Skills, Second Step, SAVE, PAX) in Portage County.</p> <p>Increase training for adults who work with children (school staff, coaches, clergy, etc.).</p> <p>Identify the needs of community centers (Skeels, King Kennedy, Windham Renaissance).</p> <p>Implement youth-led prevention projects.</p> <p>Assess current vaping education services in Portage County.</p>	<p>December 31, 2020</p>	<p>Sarah McCully, Townhall II</p> <p>Karyn Kravetz, Mental Health and Recovery Board</p>	<p>Sarah McCully/Karyn Kravetz (via email): Drug prevention curriculum is being taught in all 11 Portage school districts by the Townhall II prevention specialists. The Board received funding from the state to enhance the programming with the schools after each district completes a needs assessment and action plan. The funds are to be spent by 6/2021.</p> <p>A Youth Leadership Summit was held in Jan 2020 to kick-off a youth-led prevention initiative attended by over 100 high school students from 7 Portage school districts. A prevention specialist from Townhall II is working with the student groups after the summit to keep them engaged.</p> <p><i>Personal Body Safety</i>, a child violence awareness and prevention program for students Pre-K – 5<sup>th</sup> grade, was implemented at West Main Elementary, Suffield, Waterloo, James A. Garfield and Walls Elementary. <i>Stand Up</i>, a sexual assault awareness and prevention program for middle and high school students, was implemented at James A Garfield, Windham, Aurora, Streetsboro, BioMed, and Stanton Middle School. <i>Families First</i>, a 6-week family education program, was set to start at Southeast Intermediate on March 12 and had to be cancelled due to the Stay at Home order. Participants are receiving weekly parent newsletter with educational materials they would have received during the program as well as tips and activities for children, online learning resources and self-care tips.</p> <p>All in classroom prevention programming went virtual starting the week of March 22<sup>nd</sup>. All</p>

			classrooms continue to receive the programs through interactive PowerPoints created by each Prevention Specialist. Specialists also use Kahoot to create interactive workbook pages, pre and post tests and surveys. Kahoot also allows the prevention specialists to communicate with the students when necessary.
<b>Year 2:</b> Continue efforts from year 1.	December 31, 2021		
<b>Year 3:</b> Continue efforts from year 2.	December 31, 2022		

**Strategy 5: Community-based comprehensive plan to reduce alcohol and drug abuse**

**Goal:** Decrease substance use.

**Objective:** Decrease adult excessive drinking and risky behaviors and raise awareness of the harmfulness of marijuana and e-cigarettes to adults by 2%.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Continue to implement a community awareness campaign and host an annual conference about alcohol and drug use.</p> <p>Conduct community outreach targeting adults on low-risk drinking guidelines and marijuana/e-cigarette use.</p> <p>Assess current programs on AOD education for adults identified by healthcare providers as high-risk.</p> <p>Gather data on OVI in Portage County. Raise awareness of alternative transportation options to avoid OVI.</p>	December 31, 2020	Karyn Kravetz, Mental Health and Recovery Board	Karyn Kravetz (via email): The annual Substance Abuse & Mental Health Conference is being planned for fall 2020.
<p><b>Year 2:</b> Continue efforts from year 1.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from year 2.</p>	December 31, 2022		

**Strategy 6:** Increase awareness and accessibility of treatment options for those with substance use disorder.

**Goal:** Decrease substance use.

**Objective:** By December 31, 2022, establish MAT resources and referrals systems in Portage County.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Collect baseline data on the number of Ohio jails that offer Medication Assisted Treatment (MAT) and at what capacity; including MAT upon release from jail.</p> <p>Continue to offer and expand MAT and recovery housing in various locations throughout Portage County.</p> <p>Explore feasibility of Substance Use Disorder screening and referrals to community health in the Emergency Departments and Urgent Cares.</p> <p>Explore feasibility for continuing care programs in the schools and community.</p>	December 31, 2020	<p>Rob Young, Townhall II</p> <p>Karyn Kravetz, Mental Health and Recovery Board</p>	<p>Rob Young/Karyn Kravetz (via email): Efforts began to collect baseline data on MAT procedures for Ohio jails.</p> <p>UH Portage discontinued their withdrawal management program. Board and agencies monitoring the detox needs of the community and held meetings with Pinnacle Treatment Centers as they will be opening a detox center at UH Portage in June 2020.</p>
<p><b>Year 2:</b> Continue efforts from year 1.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from year 2.</p>	December 31, 2022		



**Strategy 7: Safe Communities campaign****Goal:** Reduce drinking and driving.**Objective:** By December 31, 2022, host nine events per year focused on sober driving in Portage County.

Action Step	Timeline	Lead Contact/Agency	Progress
<b>Year 1:</b> Collaborate with local partners and conduct a minimum of quarterly meetings to address county-wide traffic safety issues. (Safe Communities coalitions are required to deliver traffic safety messages and events throughout the year, providing educational and earned media portions of enforcement campaigns.) Conduct 2 kickoff events and a minimum of 10 additional events focused on seat belt usage, impaired driving, and motorcycle safety (a minimum of 4 events will be focused on impaired driving).	December 31, 2020	Lynette Blasiman, Safe Communities Coalition	Lynette Blasiman (via email): Monthly meetings were held in January, February, and March. Events/Activities include: Super Bowl collaborative social media messaging, awareness tags in partnership with pizza shops, Love Your Life event at Maplewood Career Center, and St. Patrick's Day collaborative social media messaging.
<b>Year 2:</b> Continue efforts from year 1.	December 31, 2021		
<b>Year 3:</b> Continue efforts from year 2.	December 31, 2022		

**Strategy 8: Tobacco-free policies****Goal:** Decrease tobacco use.**Objective:** By December 31, 2022, implement tobacco-free policies in at least three Portage County multi-unit housing units and at least one school.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Collect baseline data on which organizations, multi-unit housing facilities, schools parks, and other businesses currently have <b>tobacco-free policies</b>.</p> <p>Provide education to residents to assist with the transition of the multi-unit housing complexes to a tobacco-free policy.</p>	December 31, 2020	Mike Anguilano, Kent City Health Department	<p>Karyn Kravetz (via email): A Vaping Task Force was formed in Jan 2020 and we develop and attempt to implement point of sale policies for e-cigarettes.</p> <p>Mike Anguilano (via email): First round of policy evaluations; three Kent area multi-unit housing complexes have received education regarding the perks of going smoke free.</p>
<p><b>Year 2:</b> Begin efforts to adopt tobacco-free policy in parks, fairgrounds, schools and other public locations.</p> <p>Implement a 100% tobacco-free policy in at least 1 Portage County School District.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts of years 1 and 2. Target 2 additional multi-unit housing complexes and additional school districts to adopt a tobacco-free housing policy.</p>	December 31, 2022		

**Strategy 9: Links to cessation support**

**Goal:** Decrease tobacco use.

**Objective:** By December 31, 2022, increase participation in tobacco cessation program(s) by 15%.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Collect baseline data on the availability of evidence-based tobacco cessation programs in Portage County and the need for more.</p> <p>Promote and raise awareness of the tobacco cessation programs, as well as other resources, such as the Ohio Tobacco Quit Line, My Life My Quit, etc..</p> <p>Increase participation in the tobacco cessation programs by 7% from baseline.</p> <p>Increase percentage of participants who enroll and attend the first class.</p> <p>Increase percentage of participants who attend the first class and complete the full 5-week cycle.</p> <p>Investigate barriers to nicotine replacement therapy access.</p>	<p>December 31, 2020</p>	<p>Mike Anguilano, Kent City Health Department</p> <p>Ali Mitchell, Portage County Health District</p> <p>UH Portage Medical Center</p>	<p>Mike Anguilano (via email): Evaluated tobacco cessation options in Kent/Portage County and will reach out about patient load; taking to Kent City School District about working alongside a science teacher to talk about smoking/vaping, quitting, and COVID-19 factor. Created ad for PARTA busses to promote My Life, My Quit (vaping cessation program).</p> <p>Mindy Gusz (via email): Two people completed tobacco cessation series during 1<sup>st</sup> quarter.</p>
<p><b>Year 2:</b> Continue efforts of year 1. Look for opportunities to reduce out of pocket costs for cessation therapies. Ensure any new tobacco cessation programs are promoted.</p>	<p>December 31, 2021</p>		
<p><b>Year 3:</b> Continue efforts of years 1 and 2.</p>	<p>December 31, 2022</p>		

**Strategy 10: Data sharing****Goal:** Increase data sharing among Portage County organizations.**Objective:** By December 31, 2022., create and implement a written plan that addresses data sharing for coordination and continuity of care among Portage County agencies.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Work with local agencies to create a multidisciplinary committee and assess the barriers of data sharing for coordination and continuity of care and identify those barriers.</p> <p>Aggregate data sharing is useful at the micro and macro level. At the micro level, providers need this information to effectively plan and implement care, especially in transitions from agency to agency, or level of care to the next. At the macro level, officials and administrators can use this data to make population health-level decisions about program effectiveness, risk areas, gaps in care. This information can also be helpful in requesting funding or making new collaboration decisions.</p>	December 31, 2020	John Garrity, Mental Health and Recovery Board  Bill Russell, Coleman	Karyn Kravetz (via email): no updates
<b>Year 2:</b> Continue efforts from year 1.	December 31, 2021		
<b>Year 3:</b> Continue efforts of years 1 and 2.	December 31, 2022		

## Priority #2: Chronic Disease

### Strategy 1: Food insecurity screening and referral

**Goal:** Reduce food insecurity.

**Objective:** Implement a food insecurity screening and referral in at least three additional Portage County locations by December 31, 2022.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Research the <b>2-item Food Insecurity (FI) Screening Tool</b>, or another screening tool, and determine the feasibility of implementing the food insecurity screening and referral program in another location.</p> <p>Educate healthcare organizations on food insecurity, its impact on health, and the importance of screening and referral. Address food insecurity as part of routine medical visits on an individual and systems-based level.</p> <p>Inform participating locations on existing community resources and referral options such as 2-1-1, WIC, SNAP, school nutrition programs, food pantries, and other resources.</p> <p>Implement the screening tool in at least one additional location with accompanying referral options and evaluation measures. Target screenings towards those who live in or serve economically disadvantaged populations.</p> <p>SOAR will screen patients to identify needs; follow-up resources are provided and tracked.</p>	December 31, 2020	<p>UH Portage Medical Center</p> <p>Janet Raber and Lacy Madison, NEOMED SOAR</p>	Mindy Gusz (via email): Investigated and determined which screening tool will be utilized during quarter 1. During the 2 <sup>nd</sup> quarter the 2-question food insecurity screening tool will be implemented during outpatient nutrition counseling and at diabetes classes and support group at UH Portage Medical Center.
<b>Year 2:</b> Continue efforts from year 1.	December 31, 2021		
<b>Year 3:</b> Continue efforts from years 1 and 2	December 31, 2022		

**Strategy 2: Nutrition prescriptions****Goal:** Increase fruit and vegetable consumption.**Objective:** Implement nutrition prescription program in Portage County by December 31, 2022.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Research <b>nutrition prescription programs</b> and determine the feasibility of implementing them in local health care organizations.</p> <p>Explore the feasibility of creating a food pharmacy program that accepts nutrition prescriptions.</p>	December 31, 2020	<p>Stephanie Schulda, AxessPointe</p> <p>Janet Raber, NEOMED SOAR</p>	<p>Janet Raber (via email): SOAR clinic-Patient education for DASH diet for Hypertension and Medical Nutrition Therapy for Diabetes. Meal Planning with portion control and exercise smart goals for obesity. Assessment for Food Insecurity</p> <p>Target BP (American Heart Association) education program. Providing nutrition education and home blood pressure monitors.</p>
<p><b>Year 2:</b> Explore funding opportunities for integrating nutrition prescription programs into primary care venues, such as hospital clinics and FQHCs.</p> <p>Partner with local farmers markets and discuss the possibility of redeeming nutrition prescriptions at participating markets.</p> <p>Continue efforts from year 1.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p> <p>Implement nutrition prescription program in Portage County.</p>	December 31, 2022		

**Strategy 3: Healthy eating practices through fostering self-efficacy**

**Goal:** Increase fruit and vegetable consumption.

**Objective:** By December 31, 2022, at least one Cooking Matters class (per quarter) will be implemented in Portage County.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Continue to implement the Share Our Strength's <b>Cooking Matters</b> program through the Kent State University Nutrition Outreach Program.</p> <p>Work with at least one new organization, such as a school, senior center, or community center, to pilot an additional 6-week course of the Cooking Matters program. Offer the program to adults, youth, and families.</p> <p>Begin to implement Healthy MunchBunch in Portage County Schools with at least one new school to participate in the program. Healthy MunchBunch is a lunch time fruit and vegetable education program to increase fruits and vegetable consumption. Program will be measured by the change in fruit and vegetable consumption before and after program initiation.</p> <p>Measure knowledge gained through evaluations.</p> <p>Search for grants and funding opportunities to support efforts.</p>	December 31, 2020	Natalie Caine-Bish, Kent State University Nutrition Outreach Program	Natalie Caine-Bish (via email): Not a lot of progress due to lack of funding and then the swift change to virtual education. The cooking education program to youth who are living in group/foster homes ran in January, February, and March.
<p><b>Year 2:</b> Continue efforts to implement at least one Cooking Matters class per quarter.</p> <p>Utilizing the <b>Cooking Matters at the Store framework</b>, conduct quarterly grocery store tours by a Registered Dietitian or Health Educator in grocery stores throughout the county.</p> <p>Measure knowledge gained through evaluations.</p> <p>Measure knowledge gained through evaluations.</p> <p>Continue to increase the number of schools each quarter participating in Healthy MunchBunch Programming.</p> <p>Continued work on finding grants and funding opportunities to support efforts.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p> <p>Measure knowledge gained through evaluations</p>	December 31, 2022		

**Strategy 4: Prediabetes screening and referral**

**Goal:** Prevent diabetes in adults.

**Objective:** By December 31, 2022, increase the number of prediabetes screenings by 15%.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Establish baseline for prediabetes screenings conducted in Portage County.</p> <p>Raise awareness of prediabetes screening, identification and referral through dissemination of the <b>Prediabetes Risk Assessment</b>.</p> <p>Promote free/reduced cost screening events within the county.</p>	<p>December 31, 2020</p>	<p>Stephanie Schulda, AxessPointe</p> <p>Janet Raber, NEOMED SOAR</p> <p>UH Portage Medical Center</p>	<p>Mindy Gusz (via email): Identified a prediabetes screening tool during quarter 1 which will be implemented during 2<sup>nd</sup> quarter 2020. Had a total of 9 people attended the diabetes education series and support group.</p> <p>Janet Raber (via email): SOAR Clinic: ODH T2DM Collaborative Project; Screening for Prediabetes/Diabetes in women 18-44 years with gestational diabetes. Feb. 2020-Feb, 2021</p> <p>Screening for prediabetes with Family Medical History, Obesity.</p> <p>Target Diabetes (American Heart Association) education program. Will provide glucose meters and test strips to those who need them.</p>
<p><b>Year 2:</b> Continue efforts from year 1.</p>	<p>December 31, 2021</p>		
<p><b>Year 3:</b> Continue efforts of years 1 and 2.</p>	<p>December 31, 2022</p>		



**Strategy 5:** Hypertension screening and follow up

**Goal:** Promote hypertension management in adults.

**Objective:** By December 31, 2022, increase hypertension medication adherence by to 85%.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Gather data on hypertension management interventions currently used in Portage County.</p> <p>Research barriers to medication adherence and best practices for hypertension management.</p> <p>Increase patient/community education on hypertension screening, treatment, and the importance of routine follow up with patients diagnosed with hypertension.</p>	December 31, 2020	UH Portage Medical Center	Mindy Gusz (via email): Provided 69 hypertension screenings and hypertension education to 194. Will research barriers and initiate best practices to increase medication adherence in quarter 2.
<p><b>Year 2:</b> Continue efforts from year 1. Increase awareness of hypertension screening, treatment, and follow up.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts of years 1 and 2.</p>	December 31, 2022		

**Strategy 6: Increase awareness of nutrition/physical activity resources****Goal:** Decrease obesity.**Objective:** By December 31, 2022, increase the number of Portage County providers utilizing the resource guide by 15% from baseline.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Continue to offer nutrition/physical activity resources to physicians and develop a local community resource for physician use when referring their patients. Include items such as cost and transportation options in the guide.</p> <ul style="list-style-type: none"><li>• Establish a list/network of Portage County healthcare providers and organizations that would benefit from having a healthy eating, activity living (HEAL) resource guide.</li><li>• Develop a marketing plan for the HEAL guide.</li></ul> <p>Develop and implement a sustainability plan to keep resources updated.</p>	December 31, 2020	Amy Lee, NEOMED	Amy Lee (via email): An MPH class of students is identifying physician offices in Portage County that can benefit from the Healthy Eating/Active Living guide that a previous class updated. A medical student has been selected to find out how these offices want to use the guide (e.g. hard copy vs. online vs. electronic copy); she will ask offices over the summer during her summer fellowship.
<p><b>Year 2:</b> Continue efforts of year 1, including marketing and sustaining the guide. Implement the marketing plan so that at least 50% of the providers/organizations on the list are notified and have received information on the guide.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts of years 1 and 2, including marketing and sustaining the guide. Increase the number of stakeholders receiving information on the guide to 80%.</p>	December 31, 2022		

**Strategy 7: Prescriptions for health**

**Goal:** Increase participation and active engagement with parks and programs.

**Objective:** By December 31, 2022, increase participation in the Parks Rx program by 13% from the baseline.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Continue to implement the Parks Rx program in Portage County.</p> <p>Increase participation among mental health and addiction communities. Increase participation by 3% from baseline.</p>	December 31, 2020	Andrea Metzler, Portage Park District	<p>Andrea Metzler (via email): Held 4 Park Rx Classes were created in a series which included two yoga sessions, and two nutrition classes. Classes moving forward will likely be in a similar format.</p> <p>New campaign- Partnering with Portage County Safety Council on #GetOutside campaign to promote evidence that getting at least 120 minutes outside a week increases your health benefits. ** We are not official launched on this campaign but intend to fully promote as things begin to open back up.</p> <p>Due to COVID, programming has gone to a remote setting for all things related to Park Ex and education. As we navigate through social distancing requirements – it is even more essential to share the message that being outside and getting exercise outdoors is a benefit to your physical and mental health.</p>
<p><b>Year 2:</b> Continue to monitor participation, offer new options for programming and strengthen programming models that are working with participants. Look at barriers to participation and form partnerships to help remove those barriers. Increase overall participation by 8% from baseline.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts, offer new options for programming and strengthen programming models that are working with participants. Look at barriers to participation and form partnerships to help remove those barriers. Increase overall participation by 13% from baseline.</p>	December 31, 2022		

**Strategy 8: Community gardens**

**Goal:** Increase fruit and vegetable accessibility.

**Objective:** By December 31, 2022, maintain four community gardens in Portage County prioritizing food deserts.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Obtain baseline data regarding how many school districts, churches, and other community organizations currently have <b>community gardens</b> and where they are located, such as the Windham garden.</p> <p>Identify need for additional community gardens, focusing on food desert areas, and secure volunteers and/or Master Gardeners (ex: potential partnership with OSU Extension).</p>	December 31, 2020	UH Portage Medical Center	Mindy Gusz (via email): Multiple meetings have taken place during quarter 1 which identified two community gardens in Kent and Windham. Both gardens have collaboration between the KSU School of Public Health, Portage County Master Gardeners, and UH Portage Medical Center. Coordination was taking place to initiate a youth garden club at both locations to provide nutrition education and assess to the garden's production of fruits and vegetables to the youth and their families. Interns were identified to assist during the spring and summer seasons. Things sadly came to a quick stop with COVID-19.
<p><b>Year 2:</b> Research grants and funding opportunities to increase the number of community gardens. Develop a sustainability plan to maintain existing and future community gardens year-round.</p> <p>Market current and future community gardens within the county (i.e. location, offerings, etc.). Update the marketing information on an annual basis.</p> <p>Implement 1 new community garden.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from year 2. Implement 1 new community gardens.</p> <p>Explore partnership opportunities to educate community members and families on gardening and healthy eating practices.</p>	December 31, 2022		

**Strategy 9: Shared use (joint use agreements)**

**Goal:** Increase physical activity.

**Objective:** Implement at least three shared-use agreements by December 31, 2022.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Collect baseline data on how many Portage County schools, churches, businesses and other organizations currently offer shared use of their facilities (gym, track, etc.).</p> <p>Create an inventory of known organizations that possess physical activity equipment, space, and other resources.</p>	December 31, 2020	Amy Lee, NEOMED	Amy Lee (via email): An MPH class is compiling a list of organizations in Portage County that might have physical activity facilities. A summer fellowship medical student will use this list to find out more detail (e.g. hours of use, cost, etc.) of these facilities and see if they are willing to enter into an agreement for the public to use.
<p><b>Year 2:</b> Collaborate with local organizations to create a proposal for a shared-use agreement.</p> <p>Initiate contact with potential organizations from the inventory. Implement at least one shared-use agreement for community use. Publicize the agreement and its parameters.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p> <p>Implement at least 2 additional shared-use agreements for community use in Portage County.</p>	December 31, 2022		

**Strategy 10: Community fitness programs**

**Goal:** Increase physical activity.

**Objective:** By December 31, 2022, increase participation in organized physical activities by 15% from baseline.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Continue to offer organized physical activities to adults, youth, and children. Obtain baseline data on the type, amount, and locations of organized physical activities in the county, and how many people participate.</p> <p>Identify the need for additional organized physical activities in specific locations. Target underserved areas of the county.</p> <p>Increase participation in community fitness programs by 3% from baseline.</p>	December 31, 2020	Jackie Smallridge, Sequoia Wellness	
<p><b>Year 2:</b> Continue efforts from year 1. Implement additional organized physical activities. Target underserved areas of the county.</p> <p>Increase participation in community fitness programs by 3% from year 1 baseline.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2. Increase participation in community fitness programs by 3% from year 2 baseline.</p>	December 31, 2022		

## Priority #3: Maternal, Infant, and Child Health

### Strategy 1: Reproductive health interventions

**Goal:** Increase sustainability of women's reproductive health and wellness services.

**Objective:** By December 31, 2022, implement a women's reproductive health and wellness program to increase the use of reproductive health interventions for Medicaid-eligible residents.

Action Step	Timeline	Lead Contact/Agency	Progress
<b>Year 1:</b> Implement activities to support infrastructure and sustainability of a women's reproductive health and wellness program. Activities to include insurance of billing infrastructure, Medicaid enrollment, direct health care services (family planning and prevention services, STI testing, pregnancy testing, and referrals).	December 31, 2020	Rosemary Ferraro, Portage County Health District  Stephanie Schulda, AxessPointe	Rosemary Ferraro: PCHD received Women's Reproductive Health grant from Ohio Department of Health. PCHD contracts with AxessPointe to provide services.
<b>Year 2:</b> Continue efforts from year 1.	December 31, 2021		
<b>Year 3:</b> Continue efforts from years 1 and 2.	December 31, 2022		

**Strategy 2:** Home visiting programs that begin prenatally

**Goal:** Improve pregnancy and birth outcomes.

**Objective:** By December 31, 2022, implement a prenatal/postpartum home visiting program to reduce preterm birth, low birth weight, and infant mortality.

Action Step	Timeline	Lead Contact/Agency	Progress
<b>Year 1:</b> Work with local agencies and health care organizations to develop a home visiting program in Portage County that provides support to pregnant mothers to achieve healthier pregnancies and births and stronger child development to ensure babies reach their first birthdays.	December 31, 2020	Rosemary Ferraro, Portage County Health District	Rosemary Ferraro: No progress due to COVID-19 response.
<b>Year 2:</b> Continue efforts from year 1. Work with local agencies to identify and enroll pregnant women into the program.	December 31, 2021		
<b>Year 3:</b> Continue efforts from years 1 and 2.	December 31, 2022		



**Strategy 3: Increase enrollment in WIC program**

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

**Objective:** By December 31, 2022, increase WIC enrollment by 20%.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Conduct an assessment on WIC enrollment in the past 10 years and identify barriers to enrollment.</p> <p>Determine strategies to increase awareness and accessibility of WIC.</p>	December 31, 2020	Amy Cooper, WIC	<p>Amy Cooper (via email): We are continuing to explore barriers to enrollment in WIC, and strategies to increase awareness and accessibility, especially in light of COVID-19. This past quarter, staff visited Head Start classrooms to present a nutrition-themed puppet show and to promote our program. Children received WIC coloring books and outreach materials for their parents.</p> <p>In addition, we have drastically increased our social media outreach efforts and are continually adapting our service delivery methods to maintain social distancing and the safety of participants and staff.</p>
<p><b>Year 2:</b> Continue efforts from year 1. implement strategies to increase awareness and accessibility of WIC.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p>	December 31, 2022		

**Strategy 4:** Provide referrals/resources to all patients on health insurance access to ensure reproductive health care.

**Goal:** Improve birth outcomes.

**Objective:** By December 31, 2022, increase number of client referrals by 25%.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Work with community health workers (CHWs), home visitors, or patient navigators to connect women of childbearing age to health insurance, resources, and a medical home.</p> <p>Identify and mitigate barriers to care.</p> <p>Establish baseline for client referrals</p>	December 31, 2020	Stephanie Schulda, Cinnamon Young, and Sara Russo, AxessPointe	No report
<p><b>Year 2:</b> Increase efforts from year 1.</p> <p>Increase client referrals by 25%.</p>	December 31, 2021		
<p><b>Year 3:</b> Increase efforts from years 1 and 2.</p>	December 31, 2022		

**Strategy 5: Create and implement a Safe Kids Coalition plan****Goal:** Reduce child injury.**Objective:** By December 31, 2022, create and implement a plan with targeted activities for the Safe Kids coalition.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Continue to implement the Safe Kids coalition.</p> <p>Work with coalition members to create a plan to guide coalition planning, outreach and activities. Include strategies such as Safe Route to School, Child Passenger Safety, Safe Sleep, etc.</p>	December 31, 2020	Ali Mitchell, Portage County Health District	<p>Ali Mitchell (via email): A Safe Kids Coalition meeting was held on January 23, 2020. It was agreed that the coalition would focus on fall prevention in February.</p> <p>PCHD applied for the Put a Lid On It bike helmet grant and was awarded helmets for the summer of 2020.</p> <p>The March meeting was canceled due to COVID-19.</p>
<p><b>Year 2:</b> Continue efforts from year 1. Implement strategies from the Safe Kids Coalition plan</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2. Implement strategies from the Safe Kids Coalition plan.</p>	December 31, 2022		

# Cross-Cutting Strategies (Strategies that Address Multiple Priorities)

## Cross-Cutting Factor: Social Determinants of Health

Cross-Cutting Factor: Social Determinants of Health			
Strategy 1: Home improvement loans and grants			
Goal: Decrease severe housing problems.			
Objective: By December 31, 2022, increase the number residents obtaining home improvement loans or grants by 5%.			
Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Work with the Portage County Home Improvement Program to collect baseline data on the number of home improvement loans and grant opportunities available to Portage County residents, including local, state, and federal loans or grants.</p>	December 31, 2020	Brad Cromes, Portage County Treasurer	Brad Cromes (via email): Finishing up the current Home Improvement Program and entering into a new phase of the project. Planning on reinvesting those funds in a new version of the program tied to the State of Ohio's programming, making it a more flexible for use by small businesses, farms, etc. The cratering of the bond market is making that a difficult proposition, so the effort is on hold.
<p><b>Year 2:</b> Create a marketing plan to promote the housing program to Portage County residents, targeting economically disadvantaged communities. Provide technical assistance to residents throughout the process of procuring a home improvement loan or grant.</p> <p>Work with the Portage County Home Improvement Program to collect baseline data on the number residents obtaining home improvement loans or grants.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2. Increase the number residents obtaining home improvement loans or grants by 5%.</p>	December 31, 2022		

**Cross-Cutting Factor: Social Determinants of Health**

**Strategy 2: Service-enriched housing**

**Goal:** Increase economic self-sufficiency.

**Objective:** By December 31, 2022, increase PMHA client’s ability to support their economic independence and stability.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Work with local service providers, partner agencies and other community resources to provide support to public housing residents to achieve economic independence and stability through education, employment, and financial literacy programs.</p> <p>Assist public housing residents to address barriers with access to internet, transportation, and child care services.</p> <p>Serve 50 public housing residents with connection to self-sufficiency goals.</p>	December 31, 2020	Carolyn Budd and Sabrina Moss, Portage Metropolitan Housing Authority	<p>Carolyn Budd (via email): Between 1/1/2020 and 3/31/2020, the PMHA Resident Services Department has provided service coordination, referrals, and support in connection with community partners to <u>66 Public Housing residents</u>. The breakdown of service categories is below. Please note, some residents have received referrals, support and assistance in multiple service categories.</p> <p>Food assistance not related to COVID-19 needs: 15                      Food assistance - COVID-19 food relief: 39                      Youth homework assistance and literacy: 9                      Passages program referrals (services for single fathers): 7                      Transportation assistance: 3                      Health informational meetings: 17                      GED services: 4                      Utilities assistance: 1                      Clothing assistance: 1                      Household goods assistance: 1                      Housing retention services: 1</p>
<p><b>Year 2:</b> Continue efforts from year 1.</p> <p>Serve and additional 25 public housing residents with connection to self-sufficiency goals.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2.</p> <p>Serve and additional 25 public housing residents with connection to self-sufficiency goals.</p>	December 31, 2022		

**Cross-Cutting Factor: Social Determinants of Health**

**Strategy 3:** Outreach to increase financial stability through free tax preparation services.

**Goal:** Decrease poverty.

**Objective:** By December 31, 2022, increase use of free tax preparation services available to Portage County residents.

Action Step	Timeline	Lead Contact/Agency	Progress
<b>Year 1:</b> Collaborate with county agencies, such as United Way, to increase awareness about the myfreetaxes.com program and how it can reduce the tax burden for low-to-moderate income working people, and who is eligible.	December 31, 2020	Maureen Gebhardt and Bill Childers, United Way	Maureen Gebhardt (via email): Using monthly reports for Tax Preparation Assistance calls to United Way: <ul style="list-style-type: none"><li>• January: 409 calls</li><li>• February: 486 calls</li><li>• March: 198 calls</li></ul> Also reported that AARP tax services have closed due to COVID-19.
<b>Year 2:</b> Continue efforts from year 1. Implement awareness strategies identified in Year 1.	December 31, 2021		
<b>Year 3:</b> Continue efforts from year 1 and year 2.	December 31, 2022		

**Cross-Cutting Factor:** Social Determinants of Health 

**Strategy 4:** Financial literacy

**Goal:** Decrease poverty.

**Objective:** By December 31, 2022, offer multiple financial literacy classes throughout the year in Portage County.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Continue to implement financial literacy classes in Portage County.</p> <p>Expand the frequency of the classes and offer them annually. Target economically disadvantaged populations and schools.</p> <p>Provide Bridges Out of Poverty to 2 community agencies who serve individuals/families who live in households at or below poverty level.</p> <p>Provide 1 session of the Getting Ahead program to adult clients through the Children’s Advantage Family Center.</p> <p>Provide 1 session1 of the R-Rules program through the Children’s Advantage Family Center and in Portage County schools.</p>	December 31, 2020	<p>Brad Cromes, Portage County Treasurer</p> <p>Nicole Thomas, Children’s Advantage</p>	<p>Brad Cromes (via email): The Financial Wellness Fair is still scheduled for November. The organizing team has not met due to COVID-19, but will be moving ahead on planning efforts soon. Working on promoting the other financial literacy initiatives in the County via social media (i.e. Portage Community Bank’s work in this area, ASPIRE/PMHA classes, and more), and will continue to do so.</p>
<b>Year 2:</b> Continue efforts from year 1.	December 31, 2021		
<b>Year 3:</b> Continue efforts from years 1 and 2	December 31, 2022		

**Cross-Cutting Factor: Social Determinants of Health** 

**Strategy 5:** Increase transportation through a county transportation plan.


**Goal:** Increase access to transportation.

**Objective:** By December 31, 2022, create a strategic plan to address transportation needs.

Action Step	Timeline	Lead Contact/Agency	Progress
<b>Year 1:</b> Work with members of the Access to Care Coalition to review the 2018 transportation assessment and identify themes, needs and barriers.	December 31, 2020	Mandy Berardinelli, Ohio Means Jobs	Mandy Berardinelli (via email): In addition to a PARTA contract, Ohio Means Jobs is also working with FCS to give participants access to transportation to and from work/appointments. Additionally, Ohio Means Jobs has started a program with the court, jail, Hope Village and Paris linen where they are transporting inmates to and from work while still incarcerated.
<b>Year 2:</b> Continue efforts from year 1. Work with members of the Access to Care Coalition to create a strategic plan to address transportation needs, as well as lack of awareness of current transportation opportunities.	December 31, 2021		
<b>Year 3:</b> Continue efforts from year 2. Implement strategies from the strategic plan and conduct another transportation assessment.	December 31, 2022		

**Cross-Cutting Factor: Healthcare System and Access**



**Cross-Cutting Factor:** Healthcare System and Access **Strategy 1:** School-based health centers (SBHC) **Goal:** Increase access to health care.**Objective:** By December 31, 2022, pilot a SBHC in at least one Portage County school district.

Action Step	Timeline	Lead Contact/Agency	Progress
<b>Year 1:</b> Research <b>school-based health centers</b> (SBHC) and explore the feasibility of implementing one in Portage County.	December 31, 2020	Randy Griffith, Maplewood Career Center	Randy Griffith (via email): Exploring the feasibility with both UH and AxessPointe.
<b>Year 2:</b> Pilot a school-based health center within at least one school in Portage County.	December 31, 2021		
<b>Year 3:</b> Continue efforts from years 1 and 2.	December 31, 2022		

**Cross-Cutting Factor:** Healthcare System and Access **Strategy 2:** Health transportation outreach**Goal:** Increase access to transportation.**Objective:** By December 31, 2022, expand transportation training to organizations serving Portage County residents.

Action Step	Timeline	Lead Contact/Agency	Progress
<b>Year 1:</b> Continue collaborating for annual all-day health transportation training to local organizations.  Collaborate to create condensed version of annual training to increase staff trained.	December 31, 2020	Clayton Popik, PARTA  Christine Herra, Job and Family Services	No progress reported.
<b>Year 2:</b> Pilot condensed training to 3 organizations.	December 31, 2021		
<b>Year 3:</b> Expand efforts from year 2.	December 31, 2022	Karen Towne, Portage County Health District	

**Cross-Cutting Factor:** Healthcare System and Access**Strategy 3:** Health insurance enrollment and outreach**Goal:** Increase health insurance enrollment.**Objective:** Enroll 15% of identified uninsured residents into a health insurance option by December 31, 2022.

Action Step	Timeline	Lead Contact/Agency	Progress
<b>Year 1:</b> Coordinate with community agencies to identify uninsured residents.  Refer the uninsured resident and enroll them in the Health Insurance Marketplace, Medicare, Medicaid, or another health insurance option.  Enroll 5% of identified uninsured residents into a health insurance option.	December 31, 2020	Stephanie Schulda/ Cinnamon Young, AxessPointe	No report
<b>Year 2:</b> Continue efforts from year 1. Enroll an additional 5% of identified uninsured residents into a health insurance option.	December 31, 2021		
<b>Year 3:</b> Continue efforts from years 1 and 2. Enroll an additional 5% of identified uninsured residents into a health insurance option.	December 31, 2022		

**Cross-Cutting Factor:** Healthcare System and Access 

**Strategy 4:** Expand SOAR Student-Run Free Clinic


**Goal:** Increase access to health care.

**Objective:** December 31, 2022, increase the number of days the SOAR Free Clinic is open to a total of six (6) days per month.

Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Continue to implement the SOAR Free Clinic. Expand hours of the SOAR clinic from three to four Saturdays each month.</p> <p>Promote health services of SOAR in underserved communities.</p>	December 31, 2020	Janet Raber and Lacy Madison, SOAR	<p>Janet Raber (via email): SOAR Clinic: Three clinics per month for Jan-March 2020. Converted to Telehealth visits March 21 due to COVID-19. Continued with Telehealth throughout April.</p> <p>Plan to increase to 4 clinics/month for May, 2020.</p> <p>Will continue Telehealth until July 11. Will assess ability to have on-site visits. Will add Telehealth visits during the week if needed.</p> <p>Behavioral Health Counselor at each clinic beginning Feb. 2020.</p> <p>Health Director hired and returned from Maternity Leave on April 20, 2020.</p> <p>Converted Paper charts to Electronic Health Record (Practice Fusion) as of April, 2020.</p>
<p><b>Year 2:</b> Continue efforts of year 1. Expand services with integration of Behavioral Health Counseling from Coleman at the clinics.</p> <p>Expand Social Determinants of Health screening and referral and tracking.</p> <p>Investigate the feasibility of Telemedicine.</p> <p>Investigate the feasibility of EMR.</p> <p>Add Physician Assistant Students from University of Mount Union to participate in clinic visits.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts of years 1 and 2.</p>	December 31, 2022		

<p>Purchase equipment, develop curriculum/training and pilot Telemedicine at SOAR</p> <p>Provide specialty clinic days, once a month</p> <p>Develop a referral base for diagnostics and specialties at free or reduced cost.</p>			
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## Cross-Cutting Factor: Health Equity

Cross-Cutting Factor: Health Equity 			
Strategy 1: Implicit bias training			
Goal: Decrease discrimination.			
Objective: By December 31, 2022, implement at least one implicit bias training per quarter.			
Action Step	Timeline	Lead Contact/Agency	Progress
<p><b>Year 1:</b> Work with local stakeholders to create a formal implicit bias training detailing the association between implicit bias and inequity.</p> <p>Pilot the training in one location, such as a school, church, healthcare organization, local business or social service agency. Evaluate the training and make necessary changes.</p>	December 31, 2020	Mike Thompson, Family and Community Services	Mike Thompson (via email): no progress.
<p><b>Year 2:</b> Continue efforts from year 1. Implement the training at least once per quarter.</p>	December 31, 2021		
<p><b>Year 3:</b> Continue efforts from years 1 and 2. Implement the training at least once per quarter.</p>	December 31, 2022		

