



Monroe County Health Department

CHIP Update –June 2017

We have an update for the Community Health Improvement Plan (CHIP) for you today. We have three priorities for this CHIP: Mental Health, Alcohol and other drugs, & Nutrition. All three workgroups have been meeting regularly with great community involvement.

Mental Health

- We have the 2016 accomplishments document below for your review.
- We had 30 people attend the Mental Health Awareness Event on May 4th with great local media coverage & community support.
- Please consider holding a QPR Training for suicide prevention at your organization. See the flyer below for details.

Alcohol and other drugs

- The Monroe County Safe Community Coalition's 5 workgroups have made great progress this year. Below are the color coded action plans for the Alcohol, Marijuana, Prescription Drug, and the Operations workgroups.
- The Sustainability workgroup has created a sustainability plan, which is below as well. Consider what your organization could do to be a partner and reach out Julie Anderson at Julie.anderson@co.monroe.wi.us for more information.
- We have a June report that includes some of our accomplishments, initiatives and grant information, please see below.

Nutrition

- The nutrition workgroup has created a strategic plan, (see Nutrition Workgroup page)
- In addition, this group has created a Food Environment Study for Monroe County (see Nutrition Workgroup page)
- Please note that this Saturday, June 24th- the Mayo Mobile Teaching Kitchen will be at the Sparta Farmer's Market- a flyer is below.
- We are working with Gundersen on promotion the 2017 Hydration Challenge in Monroe County. Consider encouraging folks in your organization to participate- the flyer is below.

Thank you for your ongoing support for our Community Health Improvement Plan! We encourage you to share this email within your organizations and invite anyone in our community to join our workgroups!

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Mental Health Workgroup

2016 In Review

- ❖ Promoted Campaign to Change Direction materials to local agencies, businesses, etc.
- ❖ Gained better understanding of how youth handle mental health issues from workgroup member being a part of youth mental health focus group in Cashton.
- ❖ Held Adverse Childhood Events/Trauma Informed Care Training in April at Tomah Memorial Hospital. Funding received from Department of Justice grant. 25 people attended.
- ❖ Kayleigh Day, CHE from Monroe County Health Department became QPR trainer. Currently, 3 people are QPR trainers in Monroe County.
- ❖ Mental Health Awareness Month Campaign held in May. Included proclamation signing, press releases, and information on Whitney's Health Check through Tomah Memorial Hospital.
- ❖ QPR training held at Tomah Boys & Girls Club in May. 18 people attended.
- ❖ Coalition members attended professional development opportunities related to mental health (i.e. Self- Injury Conference; Adolescent Health Symposium, Tomah VA Mental Health Summit).
- ❖ Developed and distributed Mental Health Resource Guide.
- ❖ Presentation provided to Monroe County Tavern League in October promoting HOPE Line and mental health information.
- ❖ Law Enforcement received gun locks to hand out to public from Child Project Safe. Gun locks were available at National Night Out and Tavern League meeting.
- ❖ Workgroup member presented to 140 students at Sparta's 8th grade Health Fair on HOPELINE, mental health information, and relationships.
- ❖ QPR training being provided to classes at Cashton High School and Sparta Middle School.
- ❖ Continuing need for workgroup demonstrated through mental health being a priority area of need in 2015-2018 Community Health Improvement Plan.
- ❖ QPR training held for Monroe County Health Department staff.
- ❖ Presentation given to workgroup members on Tomah VA Suicide Crisis Line and Program
- ❖ Funding (\$1500) received from Theisen's to help fund a larger medication drop box at Sparta PD. Grant written in collaboration with Monroe County Safe Community Coalition.
- ❖ Behavioral Health Services being provided in Cashton School District by Scenic Bluffs Community Health Center.
- ❖ Counseling services being provided by Northwest Journey at Tomah School District.
- ❖ Behavioral Health Telemedicine services being provided through Tomah Memorial Hospital with referrals being received from Monroe County Human Services.
- ❖ Shared local and state data related to mental health.

QPR

Ask a Question. Save a Life. Suicide Prevention Training

hope

What is QPR?

QPR stands for Question, Persuade, Refer. QPR is intended to offer hope through positive action by teaching those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to act quickly to prevent a possible tragedy. QPR is not intended to be a form of counseling treatment, It is a quick intervention designed to help you help someone who may be considering suicide. Those who attend a QPR training will learn background information about suicide, how to identify someone at risk of suicide, and these three skills:

Question.....a person about suicide

Persuade....the person to get help and,

Refer..... the person to the appropriate resource

Who Should Be Trained in QPR?

Everyone!

Interested in holding a QPR training for your staff or organization?

Contact:

Kayleigh Day, MPH, CHES, Community Health Educator

Monroe County Health Department

608-269-8666/Kayleigh.day@co.monroe.wi.us

Trainings are approx. 1 hour



**MONROE COUNTY SAFE COMMUNITY COALITION
ACTION PLAN UPDATES**

KEY

Status	Status Key	Action Plan Item	Notes
	Not started or no planning completed		
	Planning in place or action item started		
	Completed		

Operations Work Group (Last meeting: June 15, 2017)

Status	Action Plan Item	Notes
	Biannually report coalition outcomes to funders, policy makers, community members, and other stakeholders.	Julie will bring final to next meeting for review.
	Create and utilize opportunities to collaborate more with other organizations/businesses.	Completed. Mayo, Fort McCoy, Your Choice, & Gundersen.
	Increase coalition presence in the community among “general population”, not just professionals through the use of billboards or PSAs.	Billboards done. PSA’s movie theatres- action planned
	Utilize local radio stations and or/ newspapers to have monthly opportunities to provide educational information to our communities.	Need to create a calendar-determine topics. Get folks signed up. Write scripts for each topic (who?). Communicate with radio stations (who?)
	Utilize the 12 Month Coalition Action Plan to monitor MCSCC’s performance.	Completed
	Update and maintain the evaluation plan to ensure desired outcomes are achieved.	Completed

	Continue work on sustainability plan and evaluate appropriateness of current coalition structure.	Ask Sustainability team to do this.
	Ensure representative of the MCSCC are present at Legislative and/or Chamber events to increase presence in the community.	Calendar created. Assign people- ask at August MCSCC & bring monthly to MCSCC.
	Continue to update and utilize orientation packet with new and/or potential members.	Completed
	Administer the Youth Risk Behavior Survey (YRBS) within a sample of students (grades 6-12) to assess the 4 Core Measures and share results.	Natalie & Tracy- in process.
	Research the possibility of levels of donations by businesses (bronze, silver, gold) annually.	Not going to do this.
	Conduct a Community Perceptions Survey to determine the level of community support for environmental/policy changes.	Natalie & Tracy- in process.

Prescription Drug Work Group (Last meeting: June 5, 2017)

Status	Action Plan Item	Notes
	Promote & maintain permanent med drop boxes & support proper disposal of prescription drugs/ meds through flyers, website & social media.	Completed & on-going
	Provide parent education through Boys & Girls Clubs, 4H, Scouts, Community Learning Centers (CLC), and Church Youth Groups.	Plans drafted 2/10/17 and reviewed at June meeting. STAT mtg 7/10. Julie, Vicki, Ashley, & Natalie.
	Promote prescription drug abuse awareness through presentations at and with local healthcare facilities.	June 20 th event at Mayo Sparta Hospital.
	Bring the Wake Up Call event to Ft. McCoy and La Crosse area.	Completed. Security Health Plan Grant to do more in Monroe application due 5/12/17
	Host a PDMP training for Law Enforcement in collaboration with other counties.	Actions in place. Natalie & Lisa (Jackson Co.) coordinating. No new updates
	Provide re-education on state requirements for the PDMP at Mayo Clinic in Sparta and Tomah.	6/20/17 at Mayo Sparta. Tomah Memorial Hospital providing training over 4 weeks as well.
	Create awareness about resources that can be used for 2 hour CME at Mayo Clinic on Opioid education.	6/20/17 at Mayo Sparta. Tomah Memorial Hospital providing training over 4 weeks as well.

	Work with hospice on policy review/revision to include education on proper disposal of medications.	Completed.
	Investigate partnerships with HIDTA- Investigate partnerships with High Intensity Drug Trafficking Areas (HIDTA) program and Army National Guard.	Completed.
	Conduct outreach to engage new community partners (including Relators and Senior Meal Sites) to help promote proper disposal of prescription drugs.	Partially completed. Relators completed-need to send out to relators. 1/3 sheet cards to meal sites & use IPMA funds?

Marijuana Work Group (Last meeting: June 5, 2017)

Status	Action Plan Item	Notes
	Collect stories about local issues around marijuana.	Creating on-line tool to collect stories.
	Continue collecting data in regards to marijuana use locally from law enforcement, emergency rooms, poison control, etc.	Law enforcement data presented. Gundersen data looked at that includes Monroe County.
	Collaborate with La Crosse County to bring in a SAM representative to train coalition members and key stakeholders on marijuana.	Completed with HIDTA instead of SAM - Ed Shemelya.
	Talk with local large businesses about drug testing policies and issues they are encountering with marijuana.	Questions drafted. Businesses identified. One interview done.
	Create community education plan to include presentations and media.	Plans made & things happening, but no formal document created.
	Conduct policy maker assessments on where they stand regarding marijuana.	Working with La Crosse Co.

Alcohol Work Group (Last meeting: June 20, 2017)

Status	Action Plan Item	Notes
	Conduct alcohol compliance checks in Monroe County.	Ongoing.
	Investigate merit system for alcohol issues & how it's implemented currently. Consider improving this method & work toward creating an ordinance in Monroe County	Tomah enforced it.
	Track impaired driving statistics within Monroe County and educate about the different types of impaired driving issues.	Completed.
	Work with Hispanic Community based on the results from Year 6 conversations.	Planning with Lugar in place with materials in Spanish.
	Create public awareness of effects on maternal/child health issues related to alcohol use.	PNCC program-MCHD. Parenting Place program-teens.
	Continue incentive program and sharing outcome data for passed compliance checks.	Ongoing with social media.
	Increase awareness of the long-term negative effects of alcohol on the teenage brain through public outreach.	Completed. Popcorn bags & billboards
	Educate on laws regarding serving minors in WI & how this is impacted by the culture of drinking within our state	Planning re: laws when parents provide alcohol to minors

June 2017 BIANNUAL REPORT



The Monroe County Safe Community Coalition partners with the community to reduce and prevent alcohol, tobacco, and drug use, enhance traffic safety, and promote healthy choices.

Initiatives



1304 pounds of unused medications collected from Drug Take Back Days in October 2016 & April 2017



935 students participation in Agents for Change education

WAKE UP CALL



1203 community members attended a Wake Up Call event in Monroe County in fall of 2016 & February 2017

Accomplishments

- Purchased medication return boxes & coordinated two Drug Take Back Days
- Hosted 14 Drug Awareness Forums/ educational events— one translated into Spanish as well as Spanish language educational materials
- Conducted a Community Perceptions Survey and a Youth Risk Behavior survey every other year since 2011
- Co-hosted a Candidate Forum and Town Hall meeting for legislators
- Participated in an alcohol ordinance change in Tomah by providing education
- Advocated for marijuana city ordinance in Tomah to not be changed from how it currently reads.

Leveraging Resources

SAMHSA-Drug Free Communities Grant \$125,000
Great Rivers United Way Grant \$4,455
Theisen's Grant \$1500
Northwoods Coalition funds \$1500
Security Health Plan Grant \$15,000
IPMA Aligning Pain in our Communities Grant \$8,000

217 N. Black River Street, Sparta, WI 54656 Phone: 608.269.3391 #5 Fax: 608.269.1918

Visit: www.mcsafecommunities.org





Mission/Vision Statement: The Monroe County Safe Community Coalition (MCSCC) is to partner with the community to reduce and prevent alcohol, tobacco, and drug use, enhance traffic safety, and promote healthy choices.

Sustainability Plan Summary- Monroe County Safe Community Coalition

Case Statement:

The MCSCC has been addressing substance use and abuse among all community residents in Monroe County for more than 25 years through prevention efforts such as community and family education, coalition sponsored trainings, special events, and community advocacy. It's vital to sustain our work in our community. To ensure that we continue this important work, we need your help in sustaining our staff, office facilities, community based events & trainings, and communication tools.

Key Resources to be sustained:

1. Staff
2. Office supplies & space
3. Events & Trainings
4. Communication
5. Coalition Membership

Existing Resources/Termination Dates:

1. \$125,000 DFC grant expires 9/29/2020.
2. \$4455 United Way grant expires March 2017.
3. Theisen's Grant \$ 1500 expires by November 2017.
4. Northwoods Coalition funds of \$1500, expires by July 2017.
5. Security Health Plan Grant \$15,000 expires by July 2018.
6. IPMA Aligning Pain in our Communities Grant funding expires by September 2017.
7. Monroe County Department of Human Services Prevention funds as negotiated annually.

Sources and Strategies (adopted from Tom Wolff):

1. Institutionalization- creating programs so they can be adopted and owned by institutions in the community.
2. Policy Change- changes in rules, regulations, and laws of the community.
3. Building community ownership, capacity, and norms- the goal is to mobilize community residents who will sustain efforts.
4. Finding resources-to sustain the effort.

Action Plan with Timeline to Implement Strategies:

1. Create a sustainability committee within the MCSCC to implement the action plan by October 31, 2016.
2. Send out a survey to all MCSCC members to get feedback on sustainability efforts by March 2017.
3. Review the current case statement and amend if necessary to ensure it explains why people should donate time and money to MCSCC by June 2017.
4. Review the structure of MCSCC and evaluate the feasibility of creating a board of directors by November 2017.
5. Continue to sustain and to grow relationships and create a plan to build those relationships (ongoing).
6. Research, prepare, and submit requests to applicable foundations and grant opportunities annually and ongoing.
7. Be self-sustainable by October 2020.

10/27/2016: Updated & approved by MCSCC Operations Work Group



Mobile Teaching Kitchen

Join the Mayo Clinic Health System Mobile Teaching Kitchen's Executive Chef and Registered Dietitian as they showcase delicious, budget friendly, simple to prepare dishes that use fresh produce available at your local farmers market.

Saturday, June 24
Sparta Farmers Market
120 North Water Street

Demonstration Times:
10:00 a.m. and 11:00 a.m.

- Explore delicious new ways to prepare seasonal produce, learn nutrition tips, and sample the recipes demonstrated
- WIC and Senior Farmers' Market Nutrition Program (FMNP) checks and Bread Basket Vouchers welcome at approved vendors
- Mobile Teaching Kitchen demonstration attendees will be given a chance to win a Square Foot Garden Kit.



Brought to you by: Monroe County WIC, Ecumenical Bread Basket and the Sparta Farmers Market.
Presented in Partnership with Morrison Healthcare.

Franciscan Healthcare

FEEL GREAT! HYDRATE!



There's nothing better for you than water.

Join the Hydration Challenge 2017 and commit to drinking at least 64 ounces of water each day. Receive useful tips each week to keep you motivated.

There's a chance to WIN GREAT PRIZES at the end of the challenge.

- \$250 waterpark pass grand prize
- \$50 gift card prizes
- \$25 gift card prizes

Register online at gundersenhealth.org/hydrate or sign up June 10:

- Noon to 2 p.m.: Butterfest, near the Fireman's Water Fights, Sparta
- 2:30 to 5 p.m.: Picnic in the Park, Gillette Park, Tomah

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