

COMMUNITY HEALTH IMPROVEMENT PLAN 2024 ANNUAL REPORT
(2022-2024)



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2024 EXECUTIVE SUMMARY

COALITION PRIORITIES

1. CARDIOVASCULAR HEALTH
2. MENTAL HEALTH

COALITION GOALS

1. Improve cardiovascular health and reduce deaths from heart disease and stroke.
2. Improve mental health.

COALITION MEETING

- ❖ 2022: In 2022, the CHIP partners met four times to create the CHIP plan and pursue implementation efforts (4/21/22; 06/09/22; 9/01/22; 10/27/22)
- ❖ 2023: In 2023, the CHIP partners met eight times to work on CHIP strategies (1/12/2023; 2/23/2023; 4/5/2023; 5/25/2023; 7/20/2023; 9/7/2023; 10/26/2023; 12/5/2023)
- ❖ 2024: In 2024 CHIP partners met five times to discuss CHIP strategies (1/4/24, 2/22/24, 4/4/24, 5/23/24, 6/27/2024)

CURRENT STATUS OF OBJECTIVES & STRATEGIES

Objectives & Strategies		
Cardiovascular Health: Objective 1: Decrease the mortality rates due to heart disease in NCDHD by 1% by 2024.		Status:
1. Increase amount of CPR/AED/first aid certified instructors and trainees		Achieved On-Going No Efforts
2022 Efforts:	<ul style="list-style-type: none"> 6 BLS instructors received TOT (training of the trainer) training: 2 staff at Osmond General Hospital, 2 at Antelope Memorial Hospital, and 2 at Niobrara Valley Hospital 99 adults and 67 youth received CPR/AED trainings: 5 from Osmond Response Team; Stuart High School 24 faculty and 47 students trained; 16 NCDHD staff trained; Niobrara Public School trained 40 staff members and 20 students; 24 AMH staff members were successfully trained in BLS on March 3, 2022. 	
2023 Efforts:	<ul style="list-style-type: none"> 4 new employees certified in CPR/AED from NCDHD, ensuring all NCDHD staff were trained One fulltime HeartCorp Employee partnership with NCDHD to provide hands only CPR 2 AEDs were purchased for NCDHD office use 24 reached: 2/9/23 – 24 AMH staff were successfully trained in BLS. 	
2024 Efforts:	<ul style="list-style-type: none"> CHI Health Plainview: A staff member maintains CPR instructor certification and works with the area fire department to facilitate trainings. 2 AED Trainings, 30 attendees total: CHI Health has a staff member facilitate Automated External Defibrillator (AED) trainings. CHI Health Plainview: Staff continued to support local EMT with volunteer/on call hours. EMT training attendees: 7 Staff who covered for local EMTs at least once: 9 	
2. Promote blood pressure screenings with appropriate referrals		Achieved On-Going No Efforts
2022 Efforts:	<ul style="list-style-type: none"> NCDHD sent out e-mails to libraries, pharmacies, community centers, cities, etc. to provide materials to set up Blood Pressure Monitoring Booths. Plainview Home Health foot clinic added blood pressure screenings to their services. West Holt has blood pressure monitoring at the clinic as well as providing monthly screenings at the Atkinson Community Center NCDHD began offering self-blood pressure monitoring stations at vaccination clinics 7 patient referrals: NCDHD entered into a CATCH agreement with Wausa and Cherry County Clinic to refer patients to NCDHD who have high blood pressure 6 adults: Antelope Memorial Hospital provided BP and BG screenings and heart healthy diet education at the Neligh Senior Center on 9/29/22 39 Served: O'Neill Avera St. Anthony's provided B/P screenings and Medicare D education to audience at O'Neill Senior Center on Oct. 10, 2022. Seventeen B/Ps taken and approximately 22 participated in presentation. 16 referrals: ASAHC Coordinated Care Program - Social Worker reported stats for 2022: 16 new wellness counseling referrals 	

	<ul style="list-style-type: none"> • 195 completed wellness counseling appointments 	
2023 Efforts:	<ul style="list-style-type: none"> • <u>1,596 Visitors</u>: KBRX Farm & Home Show – February 8 & 9, 2023 - ASAH participated with a booth that provided B/P screening and awareness of cardiac wellness. Between the 2 days there were a total of 1,596 visitors to the event. • NCDHD partnered with HeartCorp to add an employee to work on blood pressure monitoring in the district. • <u>1 temporary BP monitoring station</u>: hosted by NCDHD at O'Neill Family Pharmacy (3 people reached) • <u>10 people reached at NCDHD Valentine and Ainsworth vaccination clinic provide BL training</u> • <u>3 new permanent BP monitoring stations</u>: Rock County Pharmacy, NCDHD office, and the Plainview Social Center, which CHI Plainview helped fund with a grant • <u>25 NCDHD Purchased Blood Pressure Cuffs</u> to disperse to community members and 3 dispersed thus far • NCDHD partnered with Untied Healthcare for a Pilot BP with United resulting in 3 patient referrals • 2 NCDHD staff were trained in taking accurate blood pressure • Hemsley Funding secured by NCDHD for blood pressure supplies • <u>3 reached</u>: 12/11/23 – AMH Rehab Services provided cholesterol, blood sugar, and blood pressure screening and education at Neligh Pioneer Homes. Dietitian with AMH provided a healthy breakfast with nutrition education as well. • <u>54 reached</u>: 3/7/23 – 3/8/23 – AMH offered education and BP screens at the Antelope County Ag & Home Expo. • <u>50 reached</u>: 10/2023 – AMH Lab attended Elkhorn Rural Public Power District's health fair and drew lab on 50 ERPPD staff. • Self-Measured Blood Pressure program through Target BP partnership with American Medical Association and American Heart Association for patients with hypertension and cardiovascular risk factors (Osmond General). • Blood pressure machines are provided to patients who express difficulty in the ability to purchase one out of pocket (Osmond General). • <u>18 referrals</u>: ASAH Coordinated Care Program - Social Worker reported stats for 2023: 18 new wellness counseling referrals with 275 completed wellness counseling appointments 	
2024 Efforts:	<ul style="list-style-type: none"> • CHI Hosted a lab fair in April 2024 (240 attendees, 141 receiving a service) and offered the following services: comprehensive metabolic panels, complete blood counts, lipid panels, thyroid checks, HbA1C, prosthetic specific antigen, blood pressure checks2024 (50 attendees), and skin checks2024 (20 attendees and 11 followed up as a result of the skin check). 	
3. Promote awareness of the risks of abnormal blood pressure values		Achieved On-Going No Efforts
2023 Efforts:	<ul style="list-style-type: none"> • WHMC nurses go to the senior center in Atkinson monthly for blood pressure screenings and provide education 	

	<ul style="list-style-type: none"> • <u>30</u> Holt County Department of Roads employees were presented information on BP by two NCDHD staff • Self-Measured Blood Pressure program through Target BP partnership with American Medical Association and American Heart Association for patients with hypertension and cardiovascular risk factors. (Osmond General) • Blood pressure machines are provided to patients who express difficulty in the ability to purchase one out of pocket(Osmond General) 	
2024 Efforts:	<ul style="list-style-type: none"> • 1,400 Visitors: KBRX Farm & Home Show – February 7 & 8, 2024 - ASAHE participated with a booth that provided B/P screening and awareness of cardiac wellness. Between the 2 days there were a total of ~1,400 visitors to the event. • 1/24/2024 AMH staff took the “Measure Accurately, the First Step in Hypertension Control” course from Bryan Health • 250 Visitors: Blood Pressure offered at Antelope County Ag & Home Expo by NCDHD 	
4. Connect minorities and populations with lowest health indicators with Medicaid awareness and access		Achieved On-Going No Efforts
2022 Efforts:	<ul style="list-style-type: none"> • Social media posts, website postings, pamphlets & brochures sent to Native American communities regarding Medicaid expansion (NCDHD). 	
2023 Efforts:	<ul style="list-style-type: none"> • NCDHD hired a new Community Impact Coordinator to lead this initiative. • \$2,500 media ran to increase district knowledge of Medicaid resources • 1 partner website update with Medicaid information and resources (NCDHD) • NCDHD designated space and assistance for Medicaid Enrollment (Medicaid enrollment site) • 1 billboard for Medicaid awareness (NCDHD) • <u>35 people signed up for Medicaid</u>: 10/15/22 – 12/7/22 – AMH’s Social Services Director counseled 35 people on Medicare enrollment. 	
2024 Efforts:	<ul style="list-style-type: none"> • 	
5. Explore avenues to reach Native American, Hispanic, elderly, and low-income residents in the above strategies		Achieved On-Going No Efforts
2022 Efforts:	<ul style="list-style-type: none"> • NCDHD sent blood pressure monitoring information to local Senior Centers • NCDHD has social media posts, website postings, pamphlets & brochures sent to Native American communities regarding Medicaid expansion 	
2023 Efforts:	<ul style="list-style-type: none"> • NCDHD organized in-person meetings with tribal members to build trust and connection • NCDHD hired a new Community Impact Coordinator to lead this initiative. • <u>1 Latino/Hispanic dialogue listening session</u>: attended in-person by NCDHD • <u>4 Latino/Hispanic dialogue follow up zoom meetings</u>: attended by one NCDHD staff member • <u>1 Native American listening session</u>: attended by two NCDHD staff members • <u>11 Native America one-on-ones</u>: Kameron Runnels once, Roger Trudell 3 times, and Doug Widow 7 times (NCDHD) 	

	<ul style="list-style-type: none"> • <u>9 Native American representation at local coalition meetings:</u> Doug has been to 7 coalition meetings and Roger has been to 2. • <u>138 reached:</u> 9/20/23 & 9/22/23 – AMH offered discounted lab specials (September 20 & 22)
2024 Efforts	<ul style="list-style-type: none"> • NCDHD had three staff members trained to provide the evidence-based Living-Well with Hypertension classes in the district.
6. Other Notable Efforts:	
	<ul style="list-style-type: none"> • <u>8 reached:</u> Dr. Joshua Thoendel's presented on cancer screenings at the Antelope County Ag & Home Expo in 2023

CURRENT STATUS OF OBJECTIVES & STRATEGIES

Objectives & Strategies		
Mental Health: Objective 1: Decrease the number of deaths by suicide in the NCDHD area during the period of 2022- 2024 by 10% from the previous period of 2018-2020, which was 21 deaths.		
1. Increase Mental Health First Aid Training (MHFA) providers in NCDHD district		Achieved On-Going No Efforts
2022 Efforts:	<ul style="list-style-type: none"> • <u>4 adults YMHFA Trainers:</u> Valentine Schools trained in YMHFA (TOT) • <u>2 adults MHFA Trainers:</u> NCDHD sent 2 staff members to MHFA TOT • <u>1 Adult QPR instructor:</u> O'Neill High School (OHS) has one QPR instructor. • <u>50 Adults received QPR training:</u> OHS recertified its staff in QPR 	
2023 Efforts:	<ul style="list-style-type: none"> • <u>30 trained in QPR:</u> Region 4 provided the training 	
2024 Efforts:	<ul style="list-style-type: none"> • NCDHD acquired funding to pay for two new QPR trainers to receive certification 	
2. Provide MHFA trainings in each county		Achieved On-Going No Efforts
2022 Efforts:	<ul style="list-style-type: none"> • <u>1 hosted, 0 trained:</u> Pierce County- CHI Plainview Hospital hosted a MHFA training on November 17, 2022 at the Plainview Library, 0 trained. 	
2023 Efforts:	<ul style="list-style-type: none"> • <u>1 hosted, 20 trained:</u> 20 people trained in MHFA in Brown County in February 2023, facilitated by NCDHD and Region 4 	
2024 Efforts:	<ul style="list-style-type: none"> • No efforts 	

3. Bring one BCBA (Board Certified Behavior Analyst) to the district		Achieved On-Going No Efforts
2023 Efforts	<ul style="list-style-type: none"> 2 full time Licensed Mental Health Professional (LMHP) were brought to area schools (O'Neill Elementary, Chambers, and Summerland). This was a collaborative effort by Holt/Boyd Collaborative and Heartland. NCDHD paid for the on-boarding bonus 	
2024 Efforts	<ul style="list-style-type: none"> The LMHPs continue to operate at the above schools 	
4. Provide peer to peer mental health training to local schools (QPR, Teen MHFA, etc.)		Achieved On-Going No Efforts
2024 Efforts:	<ul style="list-style-type: none"> NCDHD acquired funding to pay for two new QPR trainers in the district, one NCDHD staff member was trained to be an instructor. QPR Training was completed in Knox and Cherry Counties. On September 23rd, the training was completed at Niobrara Public Schools in Knox County with 7 participants. On September 30th, the training was completed at Valentine Public Library in Cherry County with 4 participants. 	
5. Utilize media outlets to increase the awareness of mental health and suicide		Achieved On-Going No Efforts
2022 Efforts:	<ul style="list-style-type: none"> 1,000 reached: O'Neill High School posted the new National Suicide Prevention Lifeline 1,368 reached: NCDHD and the Holt-Boyd Collaboration brought Officer Gomez December 12-13, 2022, at O'Neill (O'Neill High School-432 and O'Neill St Mary's-100), Niobrara Public School (Niobrara-88, Verdигre-78, Creighton-24), Summerland (Chambers-63, Summerland-216), and West Holt (West Holt, Stuart, and St Joe's-367) 538 reached: Antelope Memorial Hospital SLS posted on Facebook tips on how to talk about therapy to someone who may be struggling with mental health. AMH posted on Facebook the Kevin Hines story, 124 people reached 	
2023 Efforts:	<ul style="list-style-type: none"> Bright Horizons ran MH media in the month of May (7,365 Spotify and iTunes and 4,200 on Facebook) 140 people viewed the Kevin Hines' documentary in Stuart and Lynch 4 local parades attended to increase awareness Holt County Fair attended to increase awareness of MH 80 youth reached: 5/5/23 & 5/15/23 – ImPACT was done at the Neligh-Oakdale and Elgin schools by AMH staff – 80 kids reached. Added because concussions can affect neurocognitive state, which can lead to mental health issues? 	

	<ul style="list-style-type: none"> AMH Senior Life Solutions staff educated all AMH employees on mental health stigma. (5/53/53) AMH Senior Life Solutions staff was interviewed by the local radio station during mental health month (May) to include education and services. 2 AMH staff members attended Equine-Assisted Therapy presentation by Doug Widow. Info shared with Neligh's Chief of Police and Antelope County Sheriff. (11/17/23) 	
2024 Efforts:	<ul style="list-style-type: none"> Credible Minds donated \$1,200 in google advertisements for the NCDHD Credible Minds subscription NCDHD dispersed 8 Reach Media TV's throughout the district 	
6. Explore avenues to reach Native American, Hispanic, elderly, and low-income, and/or other populations of health inequity in the above strategies.		Achieved On-Going No Efforts
2022 Efforts:	<ul style="list-style-type: none"> <u>166 people reached</u>: AMH posted community education on Facebook for World Mental Health Day 2022 Avera St. Anthony's O'Neill Partnered with O'Neill Ministerial Association (OMA). Avera staff serve on the Board as Treasurer and assists individuals with utility costs to evade eviction, transients needing lodging, food and fuel. Assisted with 14 individual/families throughout 2022. KBRX Farm & Home Show in February 2022 held ASAH booth that offered information on variety of physical and mental health topics. 	
2023 Efforts:	<ul style="list-style-type: none"> NCDHD organized in-person meetings with tribal members to build trust and connection NCDHD continued the CATCH referral Network with Valentine and Wausa Clinics which included mental health referrals NCDHD hired a new Community Impact Coordinator to lead this initiative. <u>1 Latino/Hispanic dialogue listening session</u>: attended in-person by NCDHD <u>4 Latino/Hispanic dialogue follow up zoom meetings</u>: attended by one NCDHD staff member <u>1 Native American listening session</u>: attended by two NCDHD staff members <u>11 Native America one-on-ones</u>: Kameron Runnels once, Roger Trudell 3 times, and Doug Widow 7 times <u>9 Native American representation at local coalition meetings</u>: Doug has been to 7 coalition meetings and Roger has been to 2. <u>4 Equine Assisted Therapy</u>: presented by Doug Widow at 4 coalition meetings 107 respondents to SODH Survey: NCDHD Launched Social Determinants of Health screener that is provided to all clients who received vaccination services from NCDHD (704 texts sent out; 15.2% response rate) 1/10/23 – AMH Senior Life Solutions staff did a mental health presentation to Senior Networking Group at the Norfolk Senior Center – 2/16/23 – AMH Senior Life Solutions staff presented “Winter Blues” at Skyline Apartments and Westside Apartments in Norfolk 	

	<ul style="list-style-type: none"> • Avera St. Anthony's O'Neill Partnered with O'Neill Ministerial Association (OMA). Avera staff serve on the Board as Treasurer and assists individuals with utility costs to evade eviction, transients needing lodging, food and fuel. Assisted with 27 individual/families throughout 2023. • KBRX Farm & Home Show – February 8 & 9, 2023 - ASAH participated with a booth that provided mental health awareness of Suicide prevention with information on the Rural Suicide Hotline. Between the 2 days there were a total of 1596 visitors to the event.
2024 Efforts:	<ul style="list-style-type: none"> • 2024 Efforts: KBRX Farm & Home Show – February 7 & 8, 2024 - ASAH participated with a booth that provided mental health awareness of suicide prevention with information on the Rural Suicide Hotline. Between the 2 days there were a total of 1400 visitors to the event. • NCDHD purchased a Credible Minds subscription which offers free online education, resources, assessments, and referrals for mental health and substance misuse.
7. Other mental health efforts:	
2023	<ul style="list-style-type: none"> • Increased screenings in the clinic to include social determinants of health, PHQ-2, and stressor questions for every patient at all clinics (previously was only patients at WMC w/certain diagnoses) (Osmond General) • Osmond General having an increased emphasis on mental health screenings with the CATCH grant • Communication between Senior Life Solutions and the CATCH grant/NCDHD to combine resources (Osmond General)

NOTEABLE COLLABORATION

2023: Holt/Boyd Collaborative assisted Heartland to bring two full time Licensed Mental Health Professional (LMHP) to area schools (O'Neill Elementary, Chambers, and Summerland). NCDHD also provided financial assistance.

Goal one, strategy 4, "Explore avenues for physical activity in each county" was removed from the CHIP due to in October 2023, as partners did not see value in gathering outlined information.

2022: Dave Gomez, a law enforcement veteran and school resource officer visited ten area schools to discuss dangers of social media. The event was paid for, in full or part, by North Central District Health Department (through a Drug Free Communities Grant from the Office of National Drug Control Policy and Substance Abuse and Mental Health Service Administration, Centers for Disease Control and Prevention) and the Holt/ Boyd Community Connections Collaborative (through a Rural Full-Service Community Schools Grant sponsored by the Nebraska Department of Education and the Nebraska Children and Families Foundation). 1,368 students and staff were apprised on how social media puts people at risk for online predators, sexually explicit content, drug dealer, etc.

ARTICLE IN LOCAL PAPER:

"You didn't grow up, you gave up."

This is Officer Dave Gomez's reply to youth citing "growing up" as an excuse for misusing the internet, alcohol and drugs. The response should be mirrored by everyone discussing the health and wellness of youth.

On Dec. 12 and 13, North Central District Health Department and the Holt/Boyd County Collaboration brought Gomez to 10 areas schools in Holt and Knox counties. Gomez, a 13-year Idaho law enforcement officer veteran and 10 as a school resource officer, presented "Dangers of Social Media" to sixth-through 12th-grade students.

Gomez pulled from his time as an SRO and experience with a taskforce on Internet Crimes Against Children, working to track and apprehend serious online predators. Gomez shared online predator tactics, best practices to combat social media scams, how drugs are glamorized by social media and how they are being sold and shared in schools. With the ever-changing online landscape, Gomez's message is vital for youth, teachers, parents and grandparents alike.

Margaret Sandoz, superintendent at Niobrara Public Schools, applauded the presentation, saying, "Gomez provided real-life experience of how teens and any others utilizing social media can be misinformed and possibly placed in dangerous situations if not careful."

When asked what part of Gomez's presentation had the biggest impact, students replied, "The part he talked about kids going through things at home we have no idea about, so we need to be nice to everyone," and "Thinking before I do."

When students were asked how they will apply Gomez's message, area youth replied, "Being kinder to all those around me;" "To never do drugs or smoke, or send naughty pictures;" "Be more aware of who I add and accept on social media;" "I plan to check up on people more often and report any clues I may see;" and "Stay away from drugs and alcohol, and help my fellow classmates and friends."

According to a spokesman for the health district, NCDHD strives to improve the health and wellness in the district, and would like to pose the question to residents, "Does social media improve your life?

