

# CHNA Implementation Planning

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## Lake View Hospital and Lake County Public Health

January 18, 2023



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# Agenda

On January 18, 2023, six members of the hospital leadership, public health, and health board were assembled to:

- Explore findings from the CHNA - high level overview
- Identify community health priorities based on the findings
- Participate in translating identified health priorities into actionable work

## Participants

### **Lake View Hospital**

- Greg Ruberg
- Rachel Gischia

### **Lake County Public Health**

- Tracy Gilsvik
- Lisa Hanson
- LaReesa Sandretsky

### **Tri-County Health Board**

- Stephany Medina

## Key Issues

Following a brief discussion of the CHNA report, participants were asked to brainstorm key issues from the secondary data, community survey, key stakeholder findings, and focus groups that need to be addressed to help meet the needs of the community. The team then grouped like ideas and gave each group a name (in black). The names are the identified health priorities. See the work in the images below.

<b>We can support the health needs of our community by...</b>				
<b>Promoting Active Lifestyles Across Generations</b>	<b>Prioritizing the Prevention of Suicide</b>	<b>Enhancing Strategies to Support Mental Wellness</b>	<b>Increasing Collaboration w/ Partners to Reduce Economic Barriers</b>	<b>Providing Opportunities for Social Connection</b>
<ul style="list-style-type: none"> <li>• Indoor exercise/recreation opportunities</li> <li>• Physical inactivity</li> <li>• Promoting creative physical activity/exercise</li> <li>• Barriers to exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Promote crisis resources (suicide prevention)</li> <li>• Suicide rates</li> </ul>	<ul style="list-style-type: none"> <li>• Access to mental health care</li> <li>• Early intervention for mental health</li> <li>• Mental health providers – not enough</li> <li>• Fix all social media</li> <li>• High rate of mental health issues, substance use</li> <li>• Binge drinking</li> <li>• Mental wellness education</li> <li>• Mental health screenings</li> </ul>	<ul style="list-style-type: none"> <li>• Promote economic opportunity</li> <li>• Transportation barrier</li> <li>• Access housing</li> <li>• Poverty</li> <li>• Easier access to healthy food</li> </ul>	<ul style="list-style-type: none"> <li>• Increase social connection</li> <li>• Social isolation</li> <li>• Social connectedness</li> </ul>
<b>Other ideas shared that were not categorized into the above noted health priorities</b>				
<ul style="list-style-type: none"> <li>• Health education: resources and general</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing the value of preventative care</li> </ul>	<ul style="list-style-type: none"> <li>• Whichever disease/condition has most impact on elderly? i.e., heart disease, falling, mental health?</li> </ul>	<ul style="list-style-type: none"> <li>• Older adult – healthy aging resources</li> </ul>	<ul style="list-style-type: none"> <li>• Who is marginalized?</li> </ul>

# Identified Health Priorities

Each person was given three votes to vote on the goals they thought were the most important for the hospital and community partners to address. Participants could distribute their votes to reflect their perception of the importance of the priority. The number in parenthesis is the number of votes each priority received.

- Promoting active lifestyle across generations (6)
- Prioritizing prevention of suicide (3)
- Enhancing strategies to support mental wellness (8)
- Increasing collaboration with partners to reduce economic barriers (1)
- Providing opportunities for social connection (0)

After voting, the participants discussed the priorities and decided as a group to have tiered approach to addressing the identified health priorities:

- Primary Priority: Enhancing strategies to support mental wellness
  - Secondary Priorities, which relate to the primary priority:
    - Promoting an active lifestyles across generations
    - Prioritizing prevention of suicide
    - Increasing collaboration with partners to reduce economic barriers
    - Providing opportunities for social connection

The group used the remaining meeting time to begin action planning on two of the identified health priorities, with documentation of the progress following.

- Enhancing strategies to support mental wellness
- Promoting active lifestyles across generations

# Action Plans

The team chose two health priority areas to begin to develop action plans for during the session. The team brainstormed and agreed upon three to five (3-5) actions to be added to this document. Due to the time limitations, each team will complete their table in subsequent meetings.

<b>Priority:</b> Enhancing strategies to support mental wellness  <b>Action Plan Leads:</b> <b>Group:</b> Greg, Lisa, LaReesa					
<b>Key Actions</b> (What do we need to do to reach our goal?)	<b>Leads or Key Partners</b> (Who will lead this action?)	<b>Action Completion Date</b> (When will the work be done?)	<b>Resources Needed</b> (Funding, personnel, infrastructure?)	<b>Partners</b>	<b>Data/Measurement</b> (What data can be used to measure success?)
<b>Launch Step:</b> Secure commitment from ISD 381 for education in schools	Partnership Team	March 15, 2023	Funding/grants  Professional staff at Lake View Hospital (LV) + Lake County Public Health (LC)  LV + LC Partnership Team	Wilderness Health	Commitment secured  Pre + Post surveys with students  % of students surveyed
Develop presentation for businesses, orgs, nonprofit, faith, communities	Better Together (BT) Team	December 31, 2023	Professional staff at Lake View Hospital (LV) + Lake County Public Health (LC)	Arrowhead Behavioral Health Initiative (ABHI)	
Suicide data +	North Shore	December 31, 2023	LV + LC Partnership	Speakers	

**Priority:** Enhancing strategies to support mental wellness

**Action Plan Leads:**

**Group:** Greg, Lisa, LaReesa

evaluation	Mental Health Group, Community Health Board, BT Team		Team		
Community Education – crisis resource and video for professionals	BT Team	December 31, 2023 + Ongoing	Promotional items	Mental Health Providers	
Lake County mental health recruitment strategy	Better Together Team, Human Development Center (HDC)	2023 – 2024		ISD 381	
3-year school partnership	BT Team	June 1, 2023			

**Priority: Promoting active lifestyle across generations**

**Action Plan Leads:  
Group: Rachel, Tracy, Steph**

<b>Key Actions</b> (What do we need to do to reach our goal?)	<b>Leads or Key Partners</b> (Who will lead this action?)	<b>Action Completion Date</b> (When will the work be done?)	<b>Resources Needed</b> (Funding, personnel, infrastructure?)	<b>Partners</b>	<b>Data/Measurement</b> (What data can be used to measure success?)
<b>Launch Step:</b> Asset Mapping	Rachel, Tracy	June 1, 2023	Personnel	Community!	
Train the trainer – bone builders	Rachel, Tracy	Sept 1, 2023	Personnel-volunteers, funding for ad	RSVP/AEOA, LC Press	# of new trainers
Promote (existing) physical act. opp.	Rachel	Ongoing	Funding, personnel	Continuing Education Library Lovin’ Lake County Community Partners Friends of Finland North Shore Area Part. Trees + Trails – City	The initiation of a community calendar or newsletter (print, digital, both?)
Clubs + walking routes inside and outside	Tracy	Mar 1, 2024	all	SuperOne grocery Library Seagrens	Completion of set-up
Find education resource					
Bike Friendly community	LaReesa			Committee members	
Worksite Phys. Act. Policy – area-business	LaReesa			Local business SHIP	



**Priority: Promoting active lifestyle across generations**

**Action Plan Leads:  
Group: Rachel, Tracy, Steph**

Best practices – worksite wellness – physical activity	LaReesa	Sept 1, 2023	all	Local business SHIP	# of worksites engaged
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## Next Steps

- RHI will provide this implementation planning document, IRS documentation, Health Equity (HE) Action Plan Assessment, and a PDF of the final report
- Lake View Hospital and Lake County Public Health will reconvene groups to complete action plans for all identified health priorities and use the HE Action Plan Assessment to each action plan to seek an equitable approach. Leads will be identified for each subcommittee and actions, which will be discussed at the next meeting of Lake View Hospital and Lake County Public Health leadership
- Groups will identify additional members to invite for their workgroups