

Striving to make Champaign County the healthiest county in Ohio



Healthy Living Committee Meeting

Agenda for November 1, 2018

1. Welcome/sign in
2. Committee Review
3. Diabetes
4. Tobacco
5. Nutrition
6. Access to Care
7. Immunizations
8. Physical Activity
9. Next meeting: Thursday 12/6/18, 3-4:30 pm, Conference Room B

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Healthy Living Committee Meeting Sign-In Sheet

November 1, 2018

Print Name	Sign Name	Organization	E-mail
Gabe Jones	<i>[Signature]</i>	CHD	gjones@champaignhd.com
Stacey Thomas	<i>[Signature]</i>	CHD	stthomas@champaignhd.com
Stacey Logwood		MHDAS	Slogwood@mhdas.org
Paul Waldsmith		YMCA	cfyceo@ctcn.net
Elaine Dyer	<i>[Signature]</i>	Mercy	DaleEDyar@mercy.com
Marcy Ivory	<i>[Signature]</i>	Mercy REACH	Marcylvory@mercy.com
Jennifer Post	<i>[Signature]</i>	YMCA	ymcafitness@ctcn.net
Whitney Cushman	<i>[Signature]</i>	Memorial	Whitney.Cushman@memorialohio.com
Alex Keller		CHD	akeller@champaignhd.com
Jason Kile		Urbana Dental	jason.e.kile@gmail.com
Dr. Jessica Kile		Urbana Dental	
Raymond Branstiter		Mercy	RPBranstiter@mercy.com
Krista Bradley	<i>[Signature]</i>	Darby Dental	krista@darbydentalsmiles.com
Elizabeth Cheetham		MRH	Liz.cheetham@maryrutan.org
Tamisha Matus		ADA	Tamisha.matus@yahoo.com
Adam Sorensen	<i>[Signature]</i>	MHDAS	asorensen@mhdas.org



***In conjunction with the
Champaign County CHIP:
Striving to make Champaign
County the Healthiest County in Ohio***

Vision

*All residents and employees in Champaign County embrace
healthy behaviors leading to lifelong wellness.*

Mission

*To provide shared resources and opportunities so all residents of
Champaign County may attain their healthiest lifestyle.*

Healthy Living Task Force MINUTES

Date: November 1, 2018

Time: 3pm-4pm

Location: Champaign Community Center, Conference Room B

Chair: Stacey Thomas, BSN, RN

Attendees: Stacey Thomas (CHD), Gabe Jones (CHD), Adam Sorensen (MHDAS), Jennifer Post (YMCA), Elaine Dyer (Mercy), Marcy Ivory (REACH), Krista Bradley (Darby Dental)

Committee Goal: To encourage, educate, and support each person in pursuit of their optimum wellness, leading to continual improvement of the county health ranking (baseline 2017, #35).

TOPIC	DISCUSSION	Outcome/Next Steps/Accountable Person
Welcome, Introductions	<ul style="list-style-type: none"> Sign-In, Introductions completed 	
Committee Review	<ul style="list-style-type: none"> Operational Plan from VMSG (CHD performance management system) distributed to group members that were not present at last meeting. Concept of VMSG reviewed. 	<ul style="list-style-type: none"> S. Thomas to continue to update VMSG as needed, including adding baseline data.
Nutrition	<ul style="list-style-type: none"> Stacey T. has discussed 5210 with Lori from FLIGHT program at Graham. She likes the idea and would like us to work with her to develop a curriculum using the commercial kitchen at Graham. 5210 subcommittee will meet with Lori to arrange. State of the Plate at Graham postponed until spring. Krista Bradley to contact Mechanicsburg about potentially doing elementary program there. 	<ul style="list-style-type: none"> Stacey T. to contact Lori at Graham to set up meeting with subcommittee
Tobacco	<ul style="list-style-type: none"> Cessation classes continuing through Mercy REACH 	<ul style="list-style-type: none"> Attempt to market to more businesses in community



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	<ul style="list-style-type: none"> New class 10/16-11/20 3-4pm 11/5-12/10 Springfield class Holding class at Orbis now There is a new flyer with updates – Marcy will e-mail 2019 flyer out. Paper copies given to group. Marcy will e-mail. Pilar Gonzales would like to hold a Shine the Light on Lung Cancer presentation. Gabe attempting to arrange date/ location at this time. Open to suggestions. 	
Diabetes	<ul style="list-style-type: none"> Clark County expo 11/10 YDPP instructor training not available. After 1st of year, construct 12 week course with similar goals/ content. Subcommittee to continue working on this. 	<ul style="list-style-type: none">
Access to care	<ul style="list-style-type: none"> CHD beginning organization of free clinic with Dr. Ullah Facebook page going well. Once 2020 CHIP goals created, need to take to safety committee to request buy-in. 	<ul style="list-style-type: none"> Continue facebook posts.
Immunizations	<ul style="list-style-type: none"> CHD doing walk in clinics for flu Will have coverage rates for schools and county as a whole with new CHA 	<ul style="list-style-type: none"> Continue encouraging immunizations
Physical Activity	<ul style="list-style-type: none"> S. Logwood has completed 2 walking paths. Have a request from Memorial Health to complete one for them. County building should be next due to cold weather approaching All members should start collecting paths throughout county to post to facebook and websites. 	<ul style="list-style-type: none"> Measuring wheels to be ordered by CHD CREATE SUBCOMMITTEE FOR WALKING PATHS Complete community building and memorial health paths Everyone please collect maps of known paths in county



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TOPIC	DISCUSSION	Outcome/Next Steps/Accountable Person
	<ul style="list-style-type: none"> CHD to buy HL committee their own measuring wheel. 	
Submitted by:	Stacey Thomas	
Next meeting: 12/6/18 3p-4:30p Conference room B		





Developing A Better Understanding



THE STEPPING UP INITIATIVE

Jails across the nation serve an estimated two million people with serious mental illnesses each year – almost three-quarters of whom also have substance use disorders. The prevalence of people with serious mental illness in jails is three to six times higher than the general population. Once incarcerated, individuals with these conditions tend to stay longer in jail and upon release are at a higher risk of returning than individuals without these disorders. The toll incarceration takes on these individuals and their families, as well as the costs assumed by taxpayers, is staggering. Jails have become de facto inpatient psychiatric and opiate detox facilities across the nation. Ohio is no exception, with as many as 30 percent or more of the individuals in jails having mental illnesses.

Stepping Up is a national initiative focused on addressing the issues at the intersection of local jails, mental health and co-occurring addiction disorders, working to reduce the number of people with a mental illness and a possible co-occurring substance use disorder in jails. As a part of the National Stepping Up Initiative, Ohio will be a national demonstration site, with the state supporting and assisting counties in their efforts.

The Stepping Up Call to Action

The Call to Action for the Stepping Up Initiative focuses on developing an actionable plan that can be used to achieve county and state system changes. As part of the Call to Action, county elected officials are being asked to pass a resolution and work with other leaders (e.g. the sheriff, the district attorney, the ADAMH Board, treatment providers, and state policymakers), people with mental illnesses and substance abuse disorders, their advocates, and other stakeholders.

Counties can engage in the Stepping Up Initiative by passing a resolution that includes a commitment to a six-step planning process. The six steps include the following:

- Convene or draw on a diverse team of leaders and decision-makers from multiple agencies committed to safely reducing the number of people with mental illnesses and co-occurring substance use disorders in jails.
- Collect and review prevalence numbers and assess individual's needs to better identify adults entering jails with mental illnesses and their recidivism risk, and use that baseline information to guide decision-making at the system, program, and case levels.
- Examine treatment and service capacity to determine which programs and services are available in the county for people with mental illnesses and co-occurring substance use disorders, and identify state and local policy and funding barriers to minimizing contact with the justice system and providing treatment and supports in the community.
- Develop a plan with measurable outcomes that draws on the jail assessment and prevalence data and the examination of available treatment and service capacity, while considering identified barriers.
- Implement research-based approaches that advance the plan.
- Create a process to track progress using data and information systems, and to report on successes.

Counties and leaders that sign-onto the Call to Action will receive access to an online toolkit to help guide the work of the six actions that includes a self-assessment checklist, key resources from initiative partners, and information to assist counties in identifying how much progress they have already made and a planning template to help county teams develop data-driven strategies that are tailored to local needs.

Stepping Up: Strategies and Outcomes

Strategies

Law
Enforcement
Diversion

Screening and
Identification

Connection to
Services

Community
Supervision

Outcomes

Reduce the number of people booked in jail with behavioral health disorders.

Reduce the length of time people with mental illnesses stay in jail.

Increase connections to community-based services and supports

Reduce the number of people returning to jail.

Achieving these outcomes will require major changes to policy and practice at both the state and local levels. The five policy and practice changes as identified by the Council of State Governments Justice Center are:

1. Maximize opportunities to connect people to treatment upon first contact with law enforcement;
2. Conduct universal risk, substance use, and mental health screens at booking, and full assessments as appropriate;
3. Get relevant information into hands of decision-makers in time to inform pre-trial release decisions;
4. Use assessment information to connect people to appropriate jail-based services and post-release services and supervision; and
5. Ensure services and supervision are evidence-based and hold systems accountable by measuring outcomes.

“Too many Ohioans with serious mental illness and substance use disorders are lingering in our jails – not getting the help they need.”

~ Tracy J. Plouck, Director, Ohio Department of Mental Health and Addiction Services.

National Stepping Up Partners

The Stepping Up Initiative is supported by national partners including the National Association of Counties (NACo), the Council of State Governments (CSG) Justice Center, and the American Psychiatric Foundation (APF). These organizations have come together to lead the national initiative to help advance counties' efforts to reduce the number of adults with mental illness and co-occurring substance use disorders in jails. The initiative is about creating a long-term, national movement – not a moment in time – to raise awareness of the factors contributing to the over-representation of people with mental illnesses in jails, and then using practices and strategies that work to drive those numbers down.

To learn more about how you can get involved with the Stepping Up Initiative in Ohio, contact project coordinators Melissa Knopp at melissa.knopp@americaniji.org or Sharon Schnelle at sharon.schnelle@americaniji.org.