

OLMSTED COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP) 2022 ANNUAL REPORT

**A Collaborative Community Effort Led by: Olmsted County Public
Health Services, Olmsted Medical Center, and Mayo Clinic**

Effective Date: January 2023



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Overview

Summary:

The COVID-19 pandemic, along with the hiring process and orientation of a new Community Health Assessment and Planning (CHAP) Coordinator, paused the CHAP process until fall 2020. This included postponing 2021 – 2023 Community Health Improvement Plan (CHIP) strategy development until 2021. Strategy implementation began in early 2022.

This report highlights the work completed in 2022 through the CHIP strategies, along with strategies implemented by other community partners in 2021 and 2022 to address the three community health priorities.

2021 – 2023 CHIP Priority Definitions

Financial Stress

- A condition that occurs whenever household income is less than desired outgo; the difficulty that a household may have in meeting basic financial commitments.

Mental Health

- Includes emotional, psychological, and social well-being.

Substance Use

- Individuals currently using alcohol, tobacco, or other drugs, including marijuana, opioids, and more.

2021 – 2023 CHIP Priority Strategies

Financial Stress

- Education around housing as a social determinant of health (specifically, conditions within a home).

Mental Health

- Working with school districts to assess/expand student supports around mental health.

Substance Use

- Build the foundation of a substance use prevention system in Olmsted County.

About the Community Health Assessment and Planning Process

About the Community Health Assessment and Planning (CHAP) Process:



The CHAP process is a collaborative community effort led by Olmsted County Public Health Services (OCPHS), Olmsted Medical Center (OMC), and Mayo Clinic. It includes partnerships with multiple community organizations throughout Olmsted County. It is a continuous, triennial cycle that assesses our community's health, prioritizes our top community health needs, and plans, implements, and monitors/evaluates strategies to improve our community's health.

The CHAP process has a set of values, developed in 2017, that guide the work:

- **Data Driven:** *The CHAP process uses multiple valid, timely, qualitative, and quantitative data approaches to ensure there are no gaps in understanding our community's needs.*
- **Community Focus:** *The CHAP process brings together a broad community voice through deliberate and authentic community engagement and ensures that all efforts are being implemented with community input.*
- **Collaboration:** *The CHAP process aims to work with multiple partners across all sectors in our community in a deliberate and transparent way to achieve our shared goals.*
- **Actionable and Sustainable:** *The CHAP process fosters a culture of continuous improvement, and all efforts are adequately resourced and measurable.*
- **Health Equity:** *The CHAP process is committed to continuously understanding, identifying, and addressing inequities across our community, while also embedding equitable solutions throughout the process.*

The CHIP works toward true community-centered planning, integration, and implementation of strategies to improve our community's health. Since the CHIP is truly the community's plan to improve health, stakeholders and partners are involved in every aspect.

The 2021 - 2023 CHIP:

- Describes the assessment and planning process, including partners involved.
- Provides guidance on improving the 2021 - 2023 community health priorities (financial stress, mental health, and substance use).
- Shares community-level strategies with involvement across multiple sectors of the county.
- Provides indicators to measure for each priority.
- Describes future implementation activities.

CHAP Groups Involved in the Creation of the CHIP:

COALITION OF COMMUNITY HEALTH INTEGRATION (CCHI)

CCHI's mission statement is: *"Creating opportunities to coordinate and integrate efficient and effective services across organizations to improve the health and well-being of our community."* CCHI membership includes Olmsted County, Mayo Clinic, Olmsted Medical Center, Zumbro Valley Health Center, United Way of Olmsted County, Rochester Area Foundation, Rochester Public Schools, and health plans.

CORE GROUP

Core Group provides direction and oversight of implementation of the CHAP process. This group meets monthly, and members include OCPHS, Mayo Clinic, and OMC. The purpose statement of Core Group is: *"To collaboratively design, implement, and continuously improve the Community Health Assessment and Planning process to support and foster opportunities to improve the health of Olmsted County's population."*

HEALTH ASSESSMENT AND PLANNING PARTNERSHIP (HAPP)

The Health Assessment and Planning Partnership is a group of 20 plus organizations that meet quarterly to ensure the community is aware of the efforts of the CHAP process and enhance community collaboration. The purpose statement of HAPP is: *"To engage and inspire all sectors of the community to continually improve our community's health through assessment, planning, and implementation efforts."*

DATA SUBGROUP

The goal of the Data Subgroup is: *"To enhance the assessment and planning process through an integrated approach to identify, monitor, and evaluate community indicators to determine Olmsted County's community health priorities."* The group brings together individuals that have expertise in community health indicators, community demographics, program evaluation, and presenting data.

COMMUNITY ENGAGEMENT (CE) WORKGROUP

The CE Workgroup supports the entire CHAP process through designing, implementing, and evaluating all efforts focused on community engagement. Some of these efforts include listening sessions, community dialogues, and the prioritization process. Membership includes OMC, OCPHS, Mayo Clinic, Diversity Council, United Way of Olmsted County, and other community organizations.

COMMUNITY HEALTH ASSESSMENT AND PLANNING (CHAP) COORDINATOR

The CHAP Coordinator provides structure and clarity to the workgroups. This position is jointly funded by OCPHS, Mayo Clinic, OMC, United Way of Olmsted County, Rochester Area Foundation, and Zumbro Valley Health Center. The Coordinator also serves as a CHAP liaison to the Data Subgroup, CE Workgroup, HAPP, Core Group, and CCHI.

2021 - 2023 CHIP STRATEGY WORKGROUPS

The 2021 - 2023 CHIP Strategy Workgroups were formed to implement strategies and initiatives that address the three 2021 - 2023 CHIP priorities identified through community prioritization. In 2019, financial stress, mental health, and substance use were identified as the top community health priorities. The priorities were reaffirmed in early 2021 through Olmsted County COVID-19 Impact Survey data. Workgroups are made up of both community members and community organizations.

Purpose of the Annual Report

A Note about the 2021 – 2023 CHIP Implementation Plan:

The purpose of the Annual Report is to narrate the work completed in 2021 and 2022. This report highlights work to address the three community health priorities, through both CHIP strategies, and other community efforts lead by partners across Olmsted County.

The 2021 - 2023 CHIP is a dynamic plan that is updated as needed. A formal review occurs annually along with the creation of the Annual Report. Changes and revisions are driven by CHIP Strategy Workgroup members.

Monitoring and Evaluating the 2021 – 2023 CHIP:

Monitoring and evaluation of the strategies were considered in tandem with action plans for the 2021 - 2023 CHIP priorities. They are meant to be flexible and dynamic and capture the resources needed to conduct monitoring and evaluation activities.

2021 – 2023 CHIP Priorities

Community Health Priorities

The 2021 – 2023 CHIP priorities are:

- Mental Health.
- Financial Stress.
- Substance Use.



Community-wide Strategies to Address the Priorities:

During summer 2022, CCHI members shared strategies they have worked on to address the 2021 - 2023 community health priorities. All these projects were started sometime after January 2021. While this is not a comprehensive list of interventions, it gives a glimpse of community-wide collaboration and alignment to address the top community health issues.

Financial Stress

- American Rescue Plan Act (ARPA) funds used to increase accessible and affordable housing in Olmsted County.
 - [Olmsted County Board of Commissioners approves initial use of almost \\$20 million in federal American Rescue Plan Act funds | Olmsted County, MN](#)
- Continued efforts of the Coalition for Rochester Area Housing to address housing inequities and increase opportunities.
 - [Coalition for Rochester Area Housing announces multi-year plan and \\$15 million commitment to bridge affordable housing gap in Olmsted County | Olmsted County, MN](#)
- Blue Cross reimbursement to clients for housing support and stabilization services.
- Pandemic rental assistance programs implemented by community partners.

Mental Health

- The Southeast Regional Crisis Center (SERCC) opened in the summer 2021; the SERCC idea was generated by community partners looking to address mental health in the community.
 - [Southeast Regional Crisis Center \(crisisresponsesoutheastmn.com\)](https://crisisresponsesoutheastmn.com)
- Mind-up curriculum provided by OCPHS nurses in elementary schools throughout Olmsted County.
- Olmsted County's development and implementation of a suicide prevention cohort.

Substance Use

- Advocacy and implementation of the Tobacco 21 Ordinance in Olmsted County.
- OMC created a medication-assisted treatment clinic aimed at effectively treating substance use disorder.
 - [Medication-Assisted Treatment \(MAT\) \(olmmed.org\)](https://olmmed.org)
- Mayo strategically aligns strategies around the community health priorities, including substance use.
- Blue Cross and Medica offer substance use treatment and recovery support for clients.

Work Plan for Financial Stress

About the Strategy:

Issue Statement	There is a need to increase financial security, in particular, to those identified populations who are facing highest inequities, including people of color, those who rent their homes, those who make less than \$35,000 a year, and residents 18-34 years old.
Goal	Increase financial security for adults who face inequities related to financial stress.
Indicators	<p>Headline Indicators</p> <ul style="list-style-type: none"> ▪ Spending greater than 30% of income on housing. ▪ Livability wage (still in development for 2022 CHNA). ▪ Education level. <p>Secondary Indicators</p> <ul style="list-style-type: none"> ▪ Cost of rent in Olmsted County. ▪ Income levels. ▪ Financial stress due to rent and mortgage. ▪ Homelessness.
Strategy	By the end of 2023, the CHAP process will educate the community around housing as a social determinant of health (specifically, conditions within a home).

Workplan:

Key Activities	Who is Involved?	By When
Workgroup members are finalized.	Financial Stress Workgroup	Q1 2022
Strategy narrowed to focus on "strategies within a home (healthy homes)."	Financial Stress Workgroup	Q1 2022
Two videos created and shared on the importance of radon and water testing.	Lauri Clements and Roz Davis	April 2022
Presentations on healthy homes given to: <ul style="list-style-type: none"> • Public Health Services Advisory Board. • Public Health All Staff Meeting. • Public Health Leadership Team. • Olmsted County Environmental Commission. 	Financial Stress Workgroup	Q2 2022

Health, Housing, and Human Services Committee.		
Nitrate screening at Graham Park.	Lauri Clements and Roz Davis	May 6, 2022
Nitrate screening at Olmsted County Fair.	Lauri Clements and Roz Davis Olmsted County Soil and Water Conversation District	July 28 and 29, 2022
Lead screening collaboration developed to increase the percent of Olmsted County children screened for lead.	OCPHS	September 2022
Home safety assessment around lead updated.	OCPHS	October 2022
Radon and asthma triggers education at Kindergarten Kickoff.	Lauri Clements and Roz Davis Rochester Public Schools	October 27, 2022
Billboard posted at Graham Park encouraging people to talk with their doctor about lead testing.	Roz Davis and Olmsted County Public Health Services	November 2022
Creation and publication of a healthy homes website focusing on four core areas: <i>falls prevention, indoor air (asthma and radon), safe drinking water, and childhood lead poisoning prevention.</i>	Financial Stress Workgroup	End of Q4 2022
Creation and release of a new water application that allows for individuals to enter water testing results and learn about treatment options.	Lauri Clements and Roz Davis	End of Q4 2022
Creation and sharing of video on “how to sample your water.”	Lauri Clements and Roz Davis	End of Q1 2023
Data sharing to support falls prevention groups.	Mayo Clinic trauma doctors, Health Housing, and Human Services Aging and Care Coordination Team, Family Service Rochester, and OCPHS	End of Q4 2023
Expanding healthy homes education events beyond water.	Lauri Clements and Roz Davis	End of Q4 2023

Progress, Successes, and Challenges:

Progress and Successes

In early 2022, members of the Financial Stress Workgroup identified headline and secondary indicators, goals, and additional partners for the assessment.

After consideration, and discussion with other key housing connections in Olmsted County, the workgroup decided to remove the policy assessment strategy originally identified. Additionally, the workgroup decided to focus education on conditions within a home (i.e. what makes a home “healthy”).

After narrowing the focus to education on conditions within a home, the following work was completed from April 2022 to December 2022:

- Created two videos on the importance of radon and water testing.
- Provided healthy homes presentations to:
 - Public Health Services Advisory Board.
 - Public Health All Staff Meeting.
 - Public Health Leadership Team.
 - Olmsted County Environmental Commission.
 - Health, Housing, and Human Services Committee.
- Nitrate screening conducted at Graham Park.
- Nitrate screening conducted at the Olmsted County Fair.
- A lead screening collaboration was developed to increase the percent of Olmsted County children screened for lead.
- Updated the lead home safety assessment.
- Radon and asthma triggers education conducted at Kindergarten Kickoff.
- Created and published a healthy homes website focusing on four core areas: *falls prevention, indoor air (asthma and radon), safe drinking water, and childhood lead poisoning prevention.*
- Created and released a new water application that allows individuals to enter water testing results and learn about treatment options.

Challenges

The main challenge around the financial stress strategy was determining what work the Financial Stress Workgroup should do around housing. Housing is a critical issue in Olmsted County and many partners are working to improve housing affordability and access.

After discussion with key housing partners, it was apparent to the Financial Stress Workgroup that they needed to focus the strategy more narrowly. Education on conditions within a home was identified as an opportunity that the workgroup could address, especially with existing resources and capacity.

Next Steps:

Financial stress will continue to be a community health priority for the next year. In 2023, the following work is planned:

- Creation and sharing of a video on “how to sample your water.”
- Data sharing to support falls prevention groups throughout Olmsted County.
- Expansion of healthy homes education events beyond water quality.

Financial stress will sunset as a CHIP priority at the end of 2023, and access to care will take its place beginning in 2024. Community organizations will continue to work on addressing financial stress, including: increasing affordable housing opportunities, assisting those experiencing homelessness, and educating about conditions within the home. Additionally, the financial aspects of accessing health care will be considered when developing strategies for the next CHIP cycle (2024 – 2026).

Work Plan for Mental Health

About the Strategy:

Issue Statement	Improving mental health in the community must address these core dimensions of mental wellness that are negatively impacting mental health: stigma around mental health issues, access to affordable mental health care, and suicide contemplation and attempts.
Goal	Olmsted County residents are able to achieve optimal mental health.
Indicators	<p>Headline Indicators</p> <ul style="list-style-type: none"> • Reduction in adolescent suicide attempts and contemplation. • Reduction in deaths by suicide. • Increase in access to mental healthcare for adults and adolescents. <p>Secondary Indicators</p> <ul style="list-style-type: none"> • Improving social connectedness/relationships. • Reducing isolation.
Strategy	By the end of 2023, the CHAP process will work with school districts in Olmsted County to assess and expand student supports around mental health.

Workplan:

Key Activities	Who is involved?	By when?
Initial workgroup is established.	Mental Health Workgroup	Q1 2022
Begin building relationships with school districts.	Mental Health Workgroup	Q2 2022
Preparations for meetings with schools occurs, including creation of a presentation about the SHAPE system, reviewing individual capacity, and creation of communication materials.	Mental Health Workgroup	Q2 2022
Meeting with Stewartville Public Schools about their potential use of the SHAPE system.	OCPHS Mental Health Workgroup Members Principals at Stewartville Public Schools	August 15, 2022

Connect with an Eagan, Minnesota, area school about their experience using the SHAPE system.	OCPHS Mental Health Workgroup Members	November 1, 2022
Completion of a SWOT analysis about the project.	OCPHS Mental Health Workgroup Members	November 1, 2022
Update SHAPE system presentation to demonstrate local impact.	OCPHS Mental Health Workgroup Members	Q4 2022
Create additional communication materials about the SHAPE system.	Mental Health Workgroup	Q4 2022
Reach out to a Rochester Public School contact about their interest in joining the workgroup.	Mental Health Workgroup	Q4 2022
Reach back out to Stewartville Public Schools to reconsider their interest in using the SHAPE system.	Mental Health Workgroup	Q1 2023
Reach out to another school (i.e., Dover-Eyota) in Olmsted County about the SHAPE system.	Mental Health Workgroup	Q2 2023
Educate all public schools in Olmsted County about the SHAPE system, along a statewide SHAPE cohort that is available to them.	Mental Health Workgroup	Q4 2023

Progress, Successes, and Challenges:

Progress and Successes

In early 2022, members of the Mental Health Workgroup identified headline and secondary indicators, goals, and additional partners to involve in the strategy.

After initial strategy development, the following work was completed from April 2022 to December 2022:

- Started to build relationships with school districts.
- Prepared for meetings with schools, including the creation of a presentation about the SHAPE (School Mental Health Quality Assessment) system, reviewing individual capacity, and creation of communication materials.
- Met with Stewartville Public Schools about the potential use of the SHAPE system.
- Connected with an Eagan, Minnesota, area school on their experience using the SHAPE system.

- Completed a strengths, weaknesses, opportunities, and threats (SWOT) analysis about the project.
- Updated the SHAPE system presentation to demonstrate local impact.
- Created additional communicative materials about the SHAPE system.
- Reached out to a Rochester Public School contact about their interest in joining the workgroup.

Challenges

There were two main challenges the CHAP process faced in moving the mental health strategy forward in 2022. First, it was a challenge finding capacity for individuals in the workgroup to work on the strategy, due to many conflicting priorities.

Second, it was difficult finding a school who was willing to pilot using the SHAPE system.

Next Steps:

Mental Health will continue to be a community health priority. For this strategy, in 2022, the Mental Health Workgroup will:

- Reach back out to Stewartville to assess their interest in using the SHAPE system.
- Reach out to another school (i.e. Dover-Eyota) in Olmsted County about the SHAPE system.
- Educate all public schools in Olmsted County about the SHAPE system and make them aware that a statewide SHAPE cohort is available to them.

Work Plan for Substance Use

About the Strategy:

Issue Statement	A collaborative approach should be taken to address adult binge drinking and youth prescription drug misuse in Olmsted County.
Goal	Reduce substance use among Olmsted County adults and youth.
Indicators	<p>Headline Indicators</p> <ul style="list-style-type: none"> • Adult binge drinking rates. • Adolescent prescription misuse rates. • Emergency department rates related to alcohol use. <p>Secondary Indicators</p> <ul style="list-style-type: none"> • Prevalence of binge drinking and mental health disorder among adults. • Prevalence of prescription misuse and mental health disorder among adolescents.
Strategy	By the end of 2023, the CHAP process will build of a substance use prevention system in Olmsted County.

Workplan:

Key Activities	Who is involved?	By when?
Review of substance use strategy and identification of population issue statements, goal, indicators, and potential expanded workgroup participants.	Workgroup	Q2 2022
Discussion of strategy with existing substance use provider group: Chemical Dependency (CD) Consortium.	Derrick Fritz, CHAP Coordinator and CD Consortium	September 23, 2022
Discussion of strategy with expanded list of providers and individuals working on substance use.	Derrick Fritz, CHAP Coordinator	September 29, 2022
Scheduling reoccurring meetings with workgroup.	Derrick Fritz, CHAP Coordinator	October 31, 2022
First substance use meeting.	Substance use collaborative	December 1, 2022
Members identify community assets and gaps in substance use resources.	Substance use collaborative	Q2 2023
Next steps are identified, based on the asset/gaps assessment.	Substance use collaborative	Q2 2023
Short term next steps and completed and long-term next steps are started.	Substance use collaborative	Q4 2023

Progress, Successes, and Challenges:

Progress and Successes

In early 2022, members of the Substance Use Workgroup identified headline and secondary indicators, goals, and additional partners needed for the strategy.

The workgroup developed a long list of potential individuals and providers to include in the substance use “collaborative.” The CHAP Coordinator then met with an existing group of providers called the Chemical Dependency Consortium, and the list of partners identified by the Substance Use Workgroup, in September 2022.

After these discussions, the CHAP Coordinator scheduled reoccurring, monthly meetings for an expanded workgroup to meet to start working on the activities outlined in the workplan shared above. The monthly meetings began in December 2022. Fifteen individuals from ten different organizations attended the first meeting in December.

Challenges

There were a few challenges the CHAP process faced in moving the CHIP strategy forward in 2022. First, it was important to bring as many providers as possible together and ensure no one was mistakenly left out.

Second, the CHAP Coordinator had to take the initial lead of creating the subgroup. Ideally, a lead and/or co-leads, who have expertise in substance use prevention, would accomplish this step. At the December meeting, one individual committed to leading the workgroup moving forward.

Finally, finding a time to schedule a recurring meeting with multiple community partners was a challenge.

Next Steps:

Substance use will continue to be a community health priority. The following work will be completed in 2023:

- Members will review what the community has done, what the community is doing, and what gaps Olmsted County has around substance use.
- The workgroup will recommend data-driven interventions to address substance use.
- The workgroup will begin to develop action plans for these interventions.

Since “drug use” will be a community health priority with the next CHIP cycle (2024 - 2026), the long-term strategies identified by the collaborative will continue to be worked on in 2024 through 2026.

Conclusion

After a delay in CHIP work because of the COVID-19 pandemic, 2022 was a busy year for scoping and implementing strategies around mental health, substance use, and financial stress.

In 2023, the following work will be done to prepare for the 2024 – 2026 CHIP priorities (which are mental health, drug use, and access to care):

1. Review additional CHNA data related to these priorities, including the creation of data profiles for each priority.
2. Work with the community to further understand these priorities through individuals with lived experience.
3. Start to answer these questions:
 - a. How can we, Olmsted County residents and partners, collectively impact these priorities?
 - b. How can organizations align their work to address these issues?

Record of Changes and Updates

Date	Change/Updates Summary	Responsible Person(s)

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