

RAMC Community Health Improvement Plan – 2016 (2018 updates)

Priority #1 – Access to Mental Health

Goals

- Decrease the number of poor mental health days in Sauk County from 2.7 in 2015 to 2.2 in 2018 (Healthy Communities Institute)
- Decrease the age-adjusted death rate due to suicide in Sauk County from 14.1 deaths per 100,000 persons in 2015 to 13.5 by 2018 (Healthy Communities Institute).
- Provide coping tools for those struggling with the effects of drugs or alcohol in their lives.
- Train laypersons in how to deal with those who are depressed or may be considering suicide.

Proposed Action Plan

Activity	Resources Required	Lead Person/ Organization	Anticipated Product or Result	Progress Notes
Partner w/Sauk County in local Suicide prevention coalitions	Employee interest		Bring awareness and education to our community	
Participate in a Question, Persuade, and Refer (QPR) training program in conjunction with Sauk County Health Department.	Employee interest		Educate our community as a whole on how to respond to those suffering a mental health crisis.	Sessions held at RAMC June 4 at 4:30-6 pm & June 27 at 7:30-9 am & 10-11:30 am Over 15 at each of the 3 sessions
Conduct an annual day camp for kids that provides tools for coping with the effects of drugs or alcohol in their lives, in early 2017.	Funding, community support, teen interest	Jodie Molitor	Provide teens, ages 13-17, with knowledge & skills to recognize & navigate mental health issues before they become a crisis by teaching and offering tools and resources that promote mental wellness, enhance hope, social	Teen Summit – Building a Better You was held at Baraboo High School 4/2017 with over 100 Sauk County students attending. Break out sessions were well received as well as keynote speakers. Schools are interested in working it into their curriculum at respective districts. <i>Attachment 1</i>

			networking/ engagement through role-modeling, education and empowerment.	
Create community awareness of mental health issues with radio, newsletter & print articles.		Jodie Molitor	Bring awareness and education to our community	3 articles sent into local papers for publishing. – 2017 2 articles into papers and education around QPR sessions done - 2018
Partner with various community agencies and the Reedsburg School District on educational outreach dealing with mental health, suicide and alcohol & drug abuse awareness in students.		Jodie Molitor	Bring awareness and education to our community. Teach youth that it's ok to reach out for help.	Brainstorm Presentation held on 11/13/17 with area partners, discussing adolescent mind and substance abuse. <i>Attachment 2</i> Met with SRO and Public Health on this topic. 2018
Work collaboratively to bring a Boys and Girls Club to Reedsburg.	Funding, community backing	Jodie Molitor	Decrease the stigma of mental health issues by making it a topic that kids are educated on.	Club officially opened to 50+ children on September 5, 2017. <i>Attachment 3</i> Club attendance continues to grow. They continue to work on healthy self care at the club. 2018
Partner with the Sauk County Health and Wellness Coalition Steering Committee to identify local partners to build a mentor/role model program providing coaching on appropriate communication and other socially acceptable behaviors and skills.				
Outcomes: Access to Mental Health as of 2018				
<ul style="list-style-type: none"> • Decrease the number of poor mental health days in Sauk County from 2.7 in 2015 to 2.2 in 2018 <ul style="list-style-type: none"> ○ Poor Mental Health Days actually increased from 2.7 in 2015 to 3.4 in 2018. 				

- Decrease the age-adjusted death rate due to suicide in Sauk County from 14.1 deaths per 100,000 persons in 2015 to 13.5 by 2018 (Healthy Communities Institute).
- Provide coping tools for those struggling with the effects of drugs or alcohol in their lives.
- Train laypersons in how to deal with those who are depressed or may be considering suicide.

Priority #2 – Drug Use & Abuse

Goals

- By 2018, reduce unhealthy and risky alcohol and other drug use by changing attitudes, knowledge, and policies, and by supporting services for prevention, screening, intervention, treatment and recovery.
- By 2018, assure access to culturally appropriate and comprehensive prevention, intervention, treatment, recovery support and ancillary services for underserved and socially disadvantaged populations who are at higher risk for un-healthy and risky alcohol and other drug use.
- Support early intervention and treatment for alcohol and drug problems in clinics, social services, correctional settings and schools.
- Encourage people to seek early treatment if alcohol or drug use is affecting their lives or loved ones

Proposed Action Plan

Activity	Resources Required	Lead Person/ Organization	Anticipated Product or Result	Progress Notes
Continue to partner with the Sauk County Health & Wellness Coalition to bring speakers, treatment & recovery information to our community, especially our schools		Jodie Molitor	Bring support to students and encourage those in need to seek help or treatment.	Brainstorm Presentation held on 11/13/17 with area partners, discussing adolescent mind and substance abuse. <i>Attachment 2</i>
Partner with the Sauk County Department of Human Services, which was recently awarded a one million dollar grant to	Employee Interest & Involvement	Jodie Molitor / Rochelle Green	Address increasing alcohol & drug use in our county.	Currently 7+ employees serve on the MATRS coalition and attend monthly meetings. 10/1/17 – Requirements of

<p>address the issue of drug abuse in Sauk County. The grant will be expanding the current Vivitrol™ program and essentially create a model for addressing alcohol and drug problems throughout the county.</p>		<p>SAMSHA grant have been met and over 200 active drug users are in varying stages of this program. Several have successfully graduated. Grant continues to work and grow 2018</p>
<p>Have several RAMC employees serve on the C.A.R.E. (Community Activated Recovery Enhancement) coalition that is being formed for Reedsburg, and attend monthly meetings.</p>	<p>Support of Community stakeholders such as: physicians, attorneys, pharmacists, Sauk County Health Department, Human Services Department, and law enforcement, state legislators, public defenders, county supervisors, pharmacists, RN's, addiction recovery associates & UW-Extension.</p>	<p>This program has now been rolled into the above, MATRS group, per the county.</p>
<p>Work collaboratively to bring a Boys and Girls Club to Reedsburg</p>	<p>Funding, community backing</p> <p>Jodie Molitor</p>	<p>Club officially opened to 50+ children on September 5, 2017. <i>Attachment 3</i> Club attendance continues to grow. They continue to work on healthy self care at the club. 2018</p>

By December 31, 2016, RAMC will partner with the Sauk County Health and Wellness Coalition Steering Committee to expand the membership to include schools, citizen members, and philanthropic organizations.	Community Interest	Jodie Molitor	Further community engagement in the rising drug problem	Sauk County Partnership for Prevention & Recovery has begun and includes membership in all these areas. Early stages. <i>Attachment 4.</i> This partnership now includes persons from all walks of life in all Sauk County communities, including our schools (resource officers, counselors, etc), law officials, hospital representation and more. 2018
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Priority #3 – Obesity

Goals

- **Decrease the percent of the population with no leisure time physical activity of Sauk County adult residents from 27% in 2015 to 25% in 2018.**
- **Reduce the percentage of adults with a Body Mass Index (BMI)>30 in Sauk County from 30.5% in 2015 to 28% in 2018.**
- **Provide families with the knowledge to improve their own health through better fitness and better eating choices.**

Proposed Action Plan

Activity	Resources Required	Lead Person/ Organization	Anticipated Product or Result	Progress Notes
By December 31, 2017, develop a county wide calendar of exercise and nutritional events available on social media outlets of the Sauk County Health and Wellness Coalition Steering Committee.	Time, talent, funds	Sauk County Health Dept	Allow county residents easy access to healthy, family-friendly activities in our county.	In progress The use of a website called: “Where is Care?” is being investigated. It wouldn’t necessarily be activities, but health services that would all be in one place. 2018
Participate in community-based and business-specific health fairs.	Employee interest	Education Dept	Increased education in our community and business sector.	RAMC’s Education Dept attends all Business Health Fairs, including Seats, Lands’ End, Par Car, Zinga,

				etc. as well as attends area school classes to share their knowledge and encourage those who might have an interest in bettering their own health.
Honor requests from community organizations for speakers at healthy lifestyle presentations.		Education Dept	Increased education in our community and business sector.	
Create community awareness of RAMC's Health4U diabetes and obesity program through radio and print advertising.	Funding, time, interest	Health4U committee	Increase better health through education of fitness, food and habits.	Health 4U is now a CDC Nat'l Diabetes Prevention Program.
Partner with the Reedsburg School District in continuing their School Garden during the school year and summer time, as well as providing healthy options and recipes for families.	Funding	Jodie Molitor	Increase student's knowledge of what's truly healthy and give them ideas on how to incorporate that into their whole family.	Again proud supporter of this program. 2017 Proud program sponsor. 2018
Educate the community on the benefits of healthy eating at locations like health fairs and grocery stores.	Education	Jodie Molitor		Viking Grocery has a health educator available weekly. Have held Podiatry clinics at Viking Grocery. 2017 Opened Viking Community Pharmacy in 2018. Have resources available to educate the community on better overall health. 2018
Write articles promoting fitness in the community and in-house.	Education	Jason Noble	Increase knowledge	Monthly health articles are sent to county papers.
Continue to support and fund the school district's walking program titled "Walking Club"	Physical Fitness	Jodie Molitor	Give opportunity to increase physical fitness and knowledge	Again proud supporter of this program. 2017 Proud to share that we're now in

for all school children at all 5 elementary schools.

of how much exercise is required.

Sacred Heart school also. 2018

Continue to provide a free Summer Walking program for families.

Physical Fitness

Jodie Molitor

Give opportunity to increase physical fitness and knowledge of how much exercise is required.

Again proud supporter of this program.

Continue to host RAMC's annual Kids Fit & Safe Day.

Physical Fitness

Jodie Molitor

Give opportunity to increase physical fitness and knowledge of how much exercise is required.

Format for May, 2018 has been changed to reach all 4th & 5th grade district students. They will be bussed to RACA and receive info on fitness, health & safety from over 30 vendors.
Plan to have again in 2019 for all 4th grade students.



Attachment 1:

Attachment 2:

Brainstorm:
understanding the mysteries of the adolescent mind

A remarkable presentation on adolescent development,
 mental health and substance abuse

Monday, November 13, 2017 6:30-8:30 PM
 Sauk Prairie River Arts Center, 105 9th St., Prairie du Sac, WI

The life of a kid is not easy.
 They experience unimaginable pressures and their 'internal stuff' can lead them to make bad decisions with a brain still under construction. These choices can have lifelong consequences. This event will help you understand how young people's behaviors, choices and vulnerabilities connect to their developing brains. Also, hear an amazing young couple's inspiring story of making a difficult 'You-Turn' after going down the wrong road in life.

- 5:45PM** Resource Fair in Lobby
- 6:30 PM** Program begins – emceed by Dannika Lewis of WISC-TV 3
- 6:40 PM** Dr. Brian Fidlin – Milwaukee-based adolescent psychologist and nationally-recognized speaker on brain development and substance abuse
- 7:45 PM** Cora and Eddle – Exiting the Heroin Highway to reach the Recovery Road
- 8:15 PM** Audience Questions & Answers

Attachment 3:



In Reedsburg Area Medical Center's 2015 Community Health Needs Assessment, Childhood Obesity was identified as one of the top 3 needs to be addressed for the city and surrounding areas. After limited success with running their own 'Move It Club', a free after school program to increase health & activity in children, they decided to get key stakeholders in the community together to brainstorm on what could be done to reach more children and have a bigger impact on their lives. The success of area Boys & Girls Clubs' was brought to the forefront. It was decided that through partnerships with the School District of Reedsburg, City Parks & Rec Department, Reedsburg Library, Reedsburg Police Department, and numerous local, family - owned businesses, that bringing a club to Reedsburg should be explored.

In just over 1 year, the Boys & Girls Club of Reedsburg Board of Directors was pleased to have completed the daunting tasks of securing and renovating a space for the Club, receiving the monetary and in-kind donations from local residents and businesses totaling over \$300,000 and the overwhelming support of the Reedsburg community. This support also included a generous yearly matching grant of \$75,000 from Don & Barb Carrig, local residents.

The club opened the first day of the 2017 school year to over 50 children in attendance, and has not dropped below that number each day. Reedsburg Area Medical Center is excited to see the leaps and bounds the children have already taken in this first month from healthy eating, to increased physical activity to taking the No Complaint! Challenge. We look forward to a long and prosperous relationship with so many local partners in this endeavor to better our own little corner of the world, for the next generation.

Attachment 4:

**New Sauk County AODA Prevention Partnership:
You're Invited**

November 8 from 1-2:30 PM

**New initiative forming to build
community partnerships to prevent
substance abuse in Sauk County**

**West Square Building, Room B24
505 Broadway, Baraboo, WI 53913**

Concerned about drug abuse?

**Join us for a look at the latest trends and help us choose priorities
in responding to our county's drug epidemic.**

How can we

- ... prevent people from starting to abuse drugs like
prescription opioids, heroin, and meth?**
- ... enable those who start misusing drugs to quit quickly?**
- ... better inform our community about treatment options for
addicted people, decrease the stigma of seeking help, and
enable recovery?**

Your voice is essential to our success!

Hosted by the Sauk County Health and Wellness Coalition

For more information, please contact:
Sara Jesse
Health Educator
Sauk County Health Department
505 Broadway, Baraboo, WI 53913
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sara.jesse@saukcountywi.gov



Attachment 5:

The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.

Take this form to your health care provider.

PreventT2 Program
RECOMMENDATION FORM

I recommend my patient:

(First Name) _____ (M) _____ (Last Name) _____

participate in the PreventT2 Lifestyle Change Program offered by (Organization) based on the following eligibility criteria:

- 18 years or older BMI ≥ 24 kg/m² (≥ 22 if Asian)
- No previous diagnosis of type 1 or type 2 diabetes
- Diagnosis of prediabetes within the past year or GDM based on (check one or more):
 - HbA1C: 5.7%–6.4%
 - Fasting plasma glucose: 100–125 mg/dL
 - 2-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
 - Previous diagnosis of GDM (may be self-reported)

Provider Signature _____ Date _____

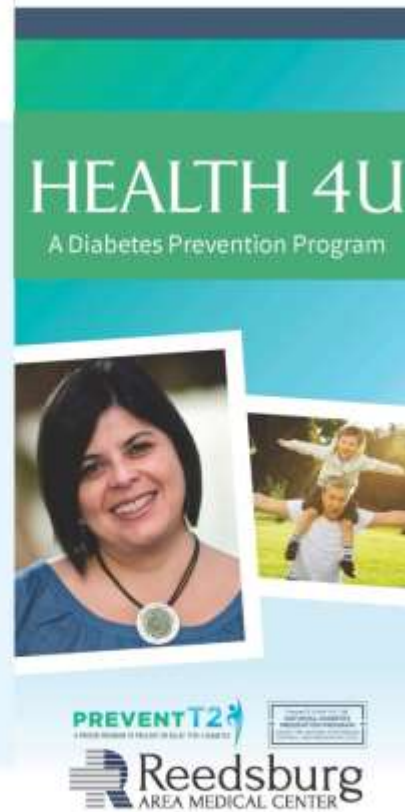
Provider Name _____

Address: _____

Phone: _____

Health care provider gives this completed form to the patient, who may contact the local program for more information and to enroll.

HEALTH 4U
(608) 768-6252
reamhealth.com/health4u



HEALTH 4U
A Diabetes Prevention Program

PREVENT T2
A HEALTH BEHAVIOR CHANGE PROGRAM
A HEALTH BEHAVIOR CHANGE PROGRAM
A HEALTH BEHAVIOR CHANGE PROGRAM

Reedsburg
AREA MEDICAL CENTER