

2022 CHNA IMPLEMENTATION PLAN

Mental Health

Objective: To promote mental, emotional, and behavioral well-being.

Area of Opportunity: Experiencing “Fair or Poor” Mental Health

- Cass County reports that 18.8%% of the population believes that their overall mental health is “fair or poor.”
- This is a significant increase since the 2013 rate of 7.8%. The U.S. rate is 13.4%.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2030	Partners	Evaluation Method
Strengthen partnerships to deliver mental health and substance use services more effectively in the community.	LMH implement OB maternal bundle focused on mental health.	Cass County will report >40.6% as displaying “moderately stressful.”	Cass County will report >40% as displaying “moderately stressful.”	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Indiana Health Center • Four County Counseling Center • Logansport State Hospital • Youth Services Alliance/ Drug Free Communities • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • The Bridge Community Church • Logansport Personnel Association (Chamber of Commerce) 	Community Health Needs Assessment 2025
	Create a locally based EAP program to ensure timely follow-up and create follow-through between employer and employee.					
	Develop a mobile app for service access (tied to information sharing).					
	Promote 988 as mental health hotline.					
	Develop programming to identify and address family issues earlier.					
	Convene quarterly implementation team meetings.					

2022 CHNA IMPLEMENTATION PLAN

Nutrition, Physical Activity, and Weight

Objective: To empower and engage participants in living healthy lifestyles, using education to demonstrate how those choices and behaviors lead to an improved quality of life.

Area of Opportunity: Improve Physical Activity Levels

- Cass County fails to meet adequate levels of both aerobic and strengthening activities (meeting physical activity recommendations).
- The prevalence of obesity is worse than found across the state and US.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2030	Partners	Evaluation Method
Provide and support inclusive, accessible, and diverse health and wellness opportunities.	Develop initiatives to promote student participation in sports. (Participation has declined over years due to issues related to family support, transportation and costs).	Cass County will report <40% of children (ages 5-17 yrs.) as overweight or obese.	Cass County will see <30% of children (ages 5-17 yrs) as obese.	16%	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Indiana Health Center • Four County Counseling Center • Logansport State Hospital • Youth Services Alliance/ Drug Free Communities • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • The Bridge Community Church • Logansport Parks Department • Cass County Family Y 	Community Health Needs Assessment 2025
	Reduce screen time initiatives.					
	Provide at (no cost) community health events.					
	Partner with the Cass County Family YMCA and the Logansport Parks department to promote physical activities.					
	Create promotional materials in English and Spanish.					
	Convene quarterly implementation team meetings.					

2022 CHNA IMPLEMENTATION PLAN

Substance Abuse

Objective: To reduce the incidence of illicit drug use.

Area of Opportunity: Decrease illicit drug use.

- Cass County's reported rate for use of illicit drugs in the past month is 3.0%.
- Only 4% of Cass County population has ever sought professional help for an alcohol/drug related problem.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2030	Partners	Evaluation Method
Provide opportunity for early intervention services for individuals with substance use disorders.	Develop Before Second Chance Policy Program – go through program to keep job, assistance for employers to create this opportunity.	Cass County will report 2.5% rate for using illicit drugs in the past month.	Cass County will report <2.5% rate for using illicit drugs in the past month.	12% or lower illicit drug use	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Indiana Health Center • Four County Counseling Center • Logansport State Hospital • Youth Services Alliance/ Drug Free Communities • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • The Bridge Community Church • Logansport Parks Department • Cass County Family Y • Logansport Personnel Association (Chamber of Commerce) 	Community Health Needs Assessment 2025
	Support Medication Assisted Treatment (MAT) for substance use.	Cass County will report <30% rate for life has been negatively impacted by substance use.	Cass County will report <30% rate for life has been negatively impacted by substance use.			
	Convene quarterly implementation team meetings.					

2022 CHNA IMPLEMENTATION PLAN

Access to Health Care Services

Objective: To increase access to health care services.

Area of Opportunity: Increased access to health care services.

- A total of 43.8% of Cass County adults report some type of difficulty or delay in obtaining health care services in the past year.
- This is significantly higher than the US rate of 35%.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2030	Partners	Evaluation Method
Provide increased and varied access to healthcare services that are designed to meet the needs of the community served by LMH.	Create a hub for information sharing to be used by general public, social service providers and consumers. <i>How do we expand knowledge of health care (related services; how do we share information; gap – low income and individuals working evening shift</i>	Cass County will report <40% rate of Cass County residents reporting some type of difficulty or delay in obtaining health care services.	Cass County will report a <36% rate of Cass County residents reporting some type of difficulty or delay in obtaining health care services.	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Indiana Health Center • Four County Counseling Center • Logansport State Hospital • Youth Services Alliance/ Drug Free Communities • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • The Bridge Community Church • I-Hope (Purdue University) • Cass County Online • Area Five 	Community Health Needs Assessment 2025
	Conduct regular social service provider meeting (reinstate CCRN).					
	Expand and promote digital platform (telehealth services, remote patient monitoring, etc.).					
	Develop in-home programming to include remote patient monitoring and para-medicine.					
	Promote direct healthcare services contracts with employers.					
	Convene quarterly implementation team meetings.					

2022 CHNA IMPLEMENTATION PLAN

Infant Health and Mortality

Objective: To empower and engage participants in living healthy lifestyles, using education to demonstrate how those choices and behaviors lead to an improved quality of life.

Area of Opportunity: Infant Mortality

- In Cass County, between 2016 and 2020, there was an annual average of 8.9 infants deaths per 1,000 live births.
- This is higher than the state and national rates.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2030	Partners	Evaluation Method
Reduce the rates of fetal infant mortality (> than 20 weeks) and child mortality (under 18 years) in Cass County.	Activate Community Action Team commissioned by the Indiana Department of Health.	Cass County will report <8% infant mortality rate.	Cass County will report <5% infant mortality rate.	5% or lower	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Logansport Memorial Hospital Family Birth Center • ISDH • Cass County DCS • IMHC • Purdue University—I-Hope 	Community Health Needs Assessment 2025
	Provide Safe Sleep Education.					
	Deliver Family Health Education classes.					