

Substance Abuse / Tobacco / Mental Health

To facilitate a coordinated and focused approach to identifying the physical, social, and mental health issues that lead to substance (drug and alcohol) abuse and tobacco use.

Activities	Partners	Activities	Short-Term (1-3 yrs)	Long-Term (4-7 yrs)	Healthy People 2020
Access to local resources.	LMH, Four County, LCSC, Caston School Corporation, Southeastern School Corporation, Prompt, LPD, Cass County Sheriff Department/Jail, Youth Services Alliance, Emmaus Mission Center, Partners for Drug Free Cass County, Community Corrections, OCS, Prosecutors Office, Family Opportunity Center, SDA1 Group (Judge Burns), DOC/Parole Officers, Celebrate Recovery (AA/NA), Local Churches	<ol style="list-style-type: none"> 1. Inventory available resources to address local substance and tobacco use. 2. Develop a process for sharing and maintaining information. 3. Decrease stigma to services. 	<ol style="list-style-type: none"> 1. Inventory complete. Inventory published. Identify service gaps. 3. Take services to client locations. 	<ol style="list-style-type: none"> 1. Open local detox facility. 2. Adequate number of substance abuse providers, behavioral health counselors. 	<p>>25.4 excessive drinker >7.1 illicit drug use in past month</p>
Expand telemedicine program.	Four County, LMH, LCSC	<ol style="list-style-type: none"> 1. Expand counseling services achieving access. 	<ol style="list-style-type: none"> 1. Counseling for behavioral health in LCSC with Four County. 	<ol style="list-style-type: none"> 1. Mobile technology. 	<p>>28.8% Cass County adults experience chronic depression.</p> <p>>10.2 annual age adjusted suicide rate.</p>

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Open a local detox facility.	LMH, Four County, State of Indiana	1. Meet with partners to establish work plan.	1. Identify funding sources. 2. Determine location of facility.	1. Open facility.	7.1% use illicit drugs.
Expand early education intervention.	Indiana Youth Institute	1. Research best practices initiatives related to harmful effects of alcohol, tobacco and drug use. 2. Identify early education intervention programs to implement. 3. Seek funding for early education intervention. 4. Expand a Drug Free Cass County coalition.	Select best practices to implement. Implement throughout county: <ul style="list-style-type: none"> • Life skills program • Sources of Strength • PBIS – ROPES • P.R.I.D.E. 1. Seek grants. 2. Collect data. 1. Active Coalition. 2. Specific focus areas of the coalition identified.		>7.1% use illicit drugs. >12% smoke

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Expand early education intervention.	Indiana Youth Institute	<p>5. Promote and support media campaigns in educating the community about how to reduce alcohol, tobacco and drug use and adult behaviors that encourage such use.</p> <p>6. Create mentorship programs.</p> <p>7. Determine number of youth in county that abuse alcohol, tobacco, and drugs.</p>	<p>Provide beer goggle experience for all Cass County students.</p> <p>Provide black lung experience for all Cass County students.</p> <p>Offer substance abuse classes to Cass County students.</p> <p>Numbers and demographics determined.</p>		<p>>7.1% use illicit drugs. >12% smoke</p>

Nutrition / Physical Activity

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.

Activities	Partners	Outputs	Short-Term (1-3 yrs)	Long-Term (4-7 yrs)	Healthy People 2020
Increase participation resources.	LCSC, Caston School Corporation, Southeastern School Corporation, LMH, Cass County Family Y	<ol style="list-style-type: none"> 1. Develop transportation program for youth to encourage activity participation. 2. Provide school physicals for Cass County youth. 	<ol style="list-style-type: none"> 1. Identify transportation opportunities and gaps. 2. Coordinate with schools for transportation. 2. Promote wellness visits along with physicals. 	<ol style="list-style-type: none"> 1. Develop formal program to encourage completion of physicals. 	> 14.5% BMI for children (ages 5-17)
Educate youth regarding nutrition.	United Way	<ol style="list-style-type: none"> 1. Conduct grocery store tours. 2. Create cooking class contest. 3. Create opportunities at events that are family focused. 	<ol style="list-style-type: none"> 1. Identify at-risk youth to target. 2. Identify educational programs. 	<ol style="list-style-type: none"> 1. Develop education programs that reach adults and youth. 	> 30% population have seven or more sugar sweetened beverages per week

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Promote family activities.	Complete Streets Parks Department	<ol style="list-style-type: none"> 1. Develop biking circuit. 2. Create contests related to nutrition/ physical activity and provide cash prizes. 3. Produce nutrition/ activity related commercials utilizing LHS media class. 4. Implement walking bus program. 	<ol style="list-style-type: none"> 1. Improve access to city/county outdoor activities. 2. Commercials air on channel 18 (school channel). 	<ol style="list-style-type: none"> 1. Increase participation through incentives and promotion. 	<p>> 30.5% BMI for population over 18</p> <p>> 14.5% BMI for children (ages 5-17)</p>
Improve collaborations between agencies.	HCI CCRN	<ol style="list-style-type: none"> 1. Develop methods for communicating information to partner organizations. 2. Develop referral process between physicians and organizations. 3. Develop follow-up process for referrals. 	<ol style="list-style-type: none"> 1. Inventory programs. 2. Develop regular communication strategies. 3. Identify community programs and partners. 		

Access to Care / Chronic Disease Management

To use a patient-centered approach in addressing the physical, financial, psychological, sociocultural, and educational barriers to accessing healthcare and managing chronic diseases.

Activities	Partners	Outputs	Short-Term 1-3 yrs	Long-Term 4-7 yrs	Healthy People 2020
<p>Educate community regarding A1c, Lipids and Blood Pressure.</p>	<p>LMH, Four County, LCSC, Caston School Corporation, Indiana Health Center, Prompt Ambulance, Miller's Merry Manor, Guardian Angel Hospice, Serenity Viaquest Hospice, Woodbridge, Chase, Arbor, Angels of Mercy, Trine,</p>	<ol style="list-style-type: none"> 1. Design a campaign around "Know Your Numbers". 2. Develop timeline for campaign execution. 3. Identify high risk patients. 4. Develop strategies to control rising risks. 5. Collaborate with health insurance providers. 	<ol style="list-style-type: none"> 1. Educate youth, adults, and community on the importance of "Knowing Your Numbers". 2. Participate in community events. 	<ol style="list-style-type: none"> 1. Collect community measurements. 2. Complete gap analysis. 	<p>>7.5% population suffers from heart disease. >26.9% Cass County adult residents have high blood pressure. >13.5% Cass County adult residents have high cholesterol.</p>

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Activities	Partners	Outputs	Short-Term (1-3 yrs)	Long-Term (4-7 yrs)	Healthy People 2020
<p>Organize a Community Walk.</p>	<p>LMH,CCFY, Kesling's, Southeastern, Pioneer, LCSC, Caston, Fitness Centers</p>	<ol style="list-style-type: none"> 1. Coordinate with community organizations and businesses to organize monthly walking program. 2. Determine monthly walking schedule. 3. Publicize monthly walking schedule. 4. Collect miles walked. 5. Work with local media to promote walking schedule and report progress. 	<ol style="list-style-type: none"> 1. Research community walking programs. 2. Identify partners. 3. Implement programs. 		<p><20.1% population meet physical activity recommendations. >30.5% adult population is obese. >14.5% children are obese.</p>
<p>Implement a community paramedicine program.</p>		<ol style="list-style-type: none"> 1. Complete best practice research for community paramedicine program. 2. Develop parameters of care. 3. Analyze payment for services. 	<ol style="list-style-type: none"> 1. Conduct research. 2. Implement program. 		<p>>95% population have specific source of ongoing medical care. >37.4% adult population experience difficulty/delay in receiving needed healthcare. >4.4% ER visits due to access problems.</p>