

2019 CHNA IMPLEMENTATION PLAN

Mental Health

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

Area of Opportunity: Symptoms of Chronic Depression

- Cass County reports 35.8% of the population displays symptoms of chronic depression (over 2+ years) as compared to U.S. rate of 31.4% and U.S. peer counties rate of 37.8%.
- There was a 7% increase of persons reporting symptoms of chronic depression as compared to the 2016 rate of 28.8% and a 13% increase from the 2013 reported rate of 22.8%.
- There is no Indiana or Healthy People 2020 benchmark.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2020	Partners	Evaluation Method
Increase the number of PHQ-9 depression screenings.	Increase depression management education to Cass County residents.	Cass County will report a 5% increase in PHQ-9 screens, equal to 24,584 screens completed. Recent totals for reference and comparison: LMH—8,829 Four County—12,941 IHC—1,643 Total: 23,413	Cass County will report a 10% increase in PHQ-9 screens.	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Four County Counseling Center • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • Cass County Family YMCA • Area Five Agency • Indiana Health Center 	Community Health Needs Assessment 2022
	Increase depression screenings.					
	Develop and distribute a referral guide and materials for local assistance with chronic depression and mental health.					
	Develop a nurturing, resilient and trauma-informed community by providing ACES (Adverse Childhood Experiences) training to educators and school systems, parents and caregivers, healthcare providers, foster parents, legal and law enforcement professionals, social service providers, and the faith community.					

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Mental Health

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

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

- Cass County reports that 16.2% 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%.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2020	Partners	Evaluation Method
Improve the number of adults who characterize most days as no more than “moderately stressful.”	Conduct community-wide awareness campaigns or events aimed at reducing stress and reducing stigma.	Cass County will report >40.5% as displaying “moderately stressful.”	Cass County will report >50% as displaying “moderately stressful.”	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Four County Counseling Center • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • Cass County Family YMCA • Purdue Extension—Mental Health First Aid Training • Mental Health of Kokomo • Parish Nurses • The Bridge Community Church 	Community Health Needs Assessment 2022
	Explore ways to address the immigrant population who live with the possibility of deportation.					
	Develop and distribute a referral guide and materials for local assistance with chronic depression and mental health.					
	Create and distribute educational materials to the general population, as well as targeted groups such as First Responders, postpartum mothers, etc.					

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Mental Health

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Area of Opportunity: Suicide Deaths

- Cass County has an age-adjusted death rate of 25.7, which is greater than both the Indiana rate of 15.4 and the U.S. rate of 13.6.
- The Cass County rate has increased by 8.2% since 2013. The Healthy People 2020 benchmark is 10.2%.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2020	Partners	Evaluation Method
Decrease suicide deaths in Cass County.	Partner with mental health organizations to improve identification and treatment of mental health issues that may lead to suicide.	Cass County will report an age-adjusted death rate for suicide at <20.	Cass County will report an age-adjusted death rate for suicide of 15.4, which is the current Indiana rate.	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Four County Counseling Center • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • Cass County Family YMCA • Purdue Extension—Mental Health First Aid Training • Mental Health of Kokomo • Parish Nurses • The Bridge Community Church 	Community Health Needs Assessment 2022
	Support QPR Training (Question, Persuade, and Refer).					
	Support ACES Training (Adverse Childhood Experiences).					
	Identify ways to partner with the Suicide Taskforce on new initiatives such as Loss Training, and implement post-vention activities to reduce risk and promote healing after suicide.					
	Conduct community-wide awareness campaigns or events aimed at reducing stress and reducing stigma.					

2019 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 3.3%.
- That rate has climbed from 0.6% in 2013 and is higher than the U.S. rate of 2.5%.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2020	Partners	Evaluation Method
Decrease illicit drug use.	Implement Life Skills Training (LST) curriculum in all Cass County schools.	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.	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Four County Counseling Center • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • Cass County Family YMCA • First Responders/Phoenix Ambulance Service 	Community Health Needs Assessment 2022
	Develop a nurturing, resilient and trauma-informed community by providing ACES (Adverse Childhood Experiences) training to educators and school systems, parents and caregivers, healthcare providers, foster parents, legal and law enforcement professionals, social service providers, and the faith community.					
	Support community Naloxone (NARCAN) training.					
	Incorporate screening, brief intervention, and referral treatment (SBIRT) training into primary care settings.					
	Reduce written prescription of opioids.					
	Support Medication Assisted Treatment (MAT) for substance use.					

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Substance Abuse

Objective: To reduce the incidence of illicit drug use.

Area of Opportunity: Ever Sought Professional Help for Alcohol/Drug-related Problem.

- The Cass County rate for seeking help for drug/alcohol issues is 4.6% and the U.S. rate is 3.4%.
- This is significantly higher than the 2016 rate of 2.0%.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2020	Partners	Evaluation Method
Increase the number of people who are able to obtain professional help for substance use.	Increase health insurance navigation.	Cass County will report a 3.6% rate for seeking professional help for alcohol/drug issues.	Cass County will report a <3.4% rate for seeking professional help for alcohol/drug issues.	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Four County Counseling Center • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • Cass County Family YMCA 	Community Health Needs Assessment 2022
	Support recovery housing options.					
	Research expansion of Quick Response Team (QRT) community paramedicine programs.					
	Continue to update Community Resource Guide and publish for community-wide distribution.					
	Increase the number of peer recovery coaches that provide services in the community.					
	Increase treatment options for pregnant women with substance use disorders.					
	Promote 211 Open Beds program.					

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Substance Abuse

Objective: To reduce the incidence of illicit drug use.

Area of Opportunity: Degree to which Life has been Negatively Affected by Substance Abuse (self or others).

The Cass County rate is 36.6% and is up from the 28.9% rate in 2016.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2020	Partners	Evaluation Method
Decrease substance use.	Support community Naloxone (NARCAN) training.	Cass County will report <30% of respondents are negatively affected by substance abuse.	Cass County will report <25% of respondents are negatively affected by substance abuse.	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • Four County Counseling Center • 4th Dimension Recovery Housing • Logansport Police Department • Cass County Sheriff's Office • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Youth Services Alliance • Indiana Health Center • City of Logansport • Cass County • Emmaus Mission Center • Area Five Agency • Logansport State Hospital 	Community Health Needs Assessment 2022
	Promote sober events and activities.					
	Develop and promote a de-stigmatization awareness campaign.					
	Create positive social hubs for youth.					
	Create a youth peer mentoring program.					
	Facilitate a youth advisory committee.					

2019 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: A low level of Health Literacy

- Cass County has a relatively low level of health literacy. The rate of 21.3% has remained steady since 2016.
- Low health literacy is prevalent among low-income and non-White populations.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2020	Partners	Evaluation Method
Increase the health literacy of Cass County.	Develop an initiative to promote healthy food donations to food pantries and create guide for distribution.	Cass County will report <25% of low income population as having low health literacy.	Cass County will see >85% of the population having medium/high level of health literacy.	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • United Way of Cass County • Emmaus Mission Center • Purdue Extension programs • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • Food Finders Food Bank • LCSC Food Services • LCSC Gardens • Community Corrections 	Community Health Needs Assessment 2022
	Provide opportunities for families to learn about the nutrition value of fresh produce and to engage in physical activity.					
	Distribute list of food resources/pantries with location, hours, and general information.					
	Develop educational materials and recipe cards related to nutrition and physical activity for distribution in backpacks and at feeding programs.					
	Create materials in English and Spanish.					

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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: Prevalence of Obesity

- In Cass County, nearly three in four (72.4%) of adults are overweight. 43.6% of the population is considered obese. The U.S. average is 32.8% and the Healthy People 2020 goal is 30.5%.
- 21.3% of children (ages 5-17) are obese, which is significantly higher than the 2013 rate of 16.4% and the Healthy People 2020 goal of 14.5% or lower.

Overall Goal:	Implementation Strategy	Short-Term (1-3 years)	Long-Term (4-7 years)	Healthy People 2020	Partners	Evaluation Method
Reduce the obesity rate in Cass County.	Educate the community at events throughout the year about obesity and childhood obesity.	Cass County will report <38% of the population as obese and <15% of children as obese.	Cass County will report <32% of the population as obese and <14% of children as obese.	None	<ul style="list-style-type: none"> • Logansport Memorial Hospital • United Way of Cass County • Emmaus Mission Center • Purdue Extension programs • Logansport Community School Corporation • Caston School Corporation • Pioneer School Corporation • Lewis Cass School Corporation • Ivy Tech Community College • Logansport Parks Department • Cass County Family YMCA • Four County Counseling Center • City of Logansport / Logansport Police Department 	Community Health Needs Assessment 2022
	Promote physical activities with sponsorships of items given that promote activity: jump ropes, chalk, balls, Frisbees, trackers.					
	Develop a campaign and activities to promote the use of the trail system.					
	Promote local 5Ks in the community to encourage physical activity.					
	Partner with the Cass County Family YMCA and the Logansport Parks department to promote activities.					
	Implement an unclaimed bikes initiative for individuals in need of transportation.					
	Promote LMH health and wellness programs, such as the HMR Program, St. Vincent Bariatric program partnership, and Workplace Wellness class offerings and services.					