



Community Health Action Plan 2014 (yr)

Designed to address Community Health Assessment priorities

County: Caldwell

Partnership, if applicable: UNC-Caldwell

Period Covered: 2014-2017

LOCAL PRIORITY ISSUE

- Priority issue: Mental Health/ Substance Abuse
- Was this issue identified as a priority in your county's most recent CHA? X Yes ___ No

LOCAL COMMUNITY OBJECTIVE Please check one: X New ___ Ongoing (was addressed in previous Action Plan)

- By (year): 2017
- Objective (specific, measurable, achievable, realistic, time-lined change in health status of population): Reduce the number of unintentional opiate poisonings and prescription opioid poisonings by 10 overdoses.
- Original Baseline: 41 opiate and 20 opioid poisonings
- Date and source of original baseline data: 2011-2013 State Center for Health Statistics
- Updated information (For continuing objective only): n/a
- Date and source of updated information: n/a

POPULATION(S)

- Describe the local population(s) experiencing disparities related to this local community objective: 20-39 and 60+
- Total number of persons in the local disparity population(s): 13500 persons 20-39 and 19800 persons 60+
- Number you plan to reach with the interventions in this action plan: 1000 people

HEALTHY NC 2020 FOCUS AREA ADDRESSED

Check **one** Healthy NC 2020 focus area:

- | | | |
|----------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Tobacco Use | <input type="checkbox"/> Social Determinants of Health (Poverty, Education, Housing) | <input type="checkbox"/> Infectious Diseases/ Food-Borne Illness |
| <input type="checkbox"/> Physical Activity and Nutrition | <input type="checkbox"/> Maternal and Infant Health | <input type="checkbox"/> Chronic Disease (Diabetes, Colorectal Cancer, Cardiovascular Disease) |
| <input checked="" type="checkbox"/> Substance Abuse | <input type="checkbox"/> Injury | <input type="checkbox"/> Cross-cutting (Life Expectancy, Uninsured, Adult Obesity) |
| <input type="checkbox"/> STDs/Unintended Pregnancy | <input type="checkbox"/> Mental Health | |
| <input type="checkbox"/> Environmental Health | <input type="checkbox"/> Oral Health | |

List HEALTHY NC 2020 Objective: (List the Healthy NC 2020 objective(s) that align with your local community objective.) (Detailed information can be found at publichealth.nc.gov/hnc2020/ website)

Injury and Violence

OBJ 1: Reduce the unintentional poisoning mortality rate (per 100,000 population).

RESEARCH REGARDING WHAT HAS WORKED ELSEWHERE*

List the 3-5 evidence-based interventions (proven to effectively address this priority issue) that seem the most suitable for your community and/or target group. *Training and information are available from DPH. Contact your regional consultant about how to access them.

Intervention	Describe the evidence of effectiveness (type of evaluation, outcomes)	Source
<p>Mental Health First Aid training (adult)</p>	<p>Mental Health First Aid is an international program proven to be effective. Peer-reviewed studies published in Australia, where the program originated, show that individuals trained in the program:</p> <ul style="list-style-type: none"> Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions. Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction. Increase their confidence in and likelihood to help an individual in distress. Show increased mental wellness themselves. Studies also show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses. <p>Effectiveness has been proven in various areas, for example Hong Kong: participants filled out a standardized pre- and post-questionnaire, and a follow-up questionnaire at 6-months post-training. Findings demonstrated that MHFA training might be effective in enhancing participants' knowledge of mental disorders, reducing stigma, and improving perceived confidence in providing help to people with mental illness.</p>	<p>Mentalhealthfirstaid.org Theationalcouncil.org</p>
<p>Reduce substance use through drug screening</p>	<p>Using the evidence based Intensive Outpatient Program for Substance Use with the matrix model through SAMSHA.</p> <p>The intervention consists of relapse-prevention groups, education groups, social-support groups, individual counseling, and urine and breath testing. Patients learn about issues critical to addiction and relapse, receive direction and support from a trained therapist, become familiar with self-help programs, and are monitored for drug use by urine testing. The program includes education for family members affected by the addiction. The therapist functions simultaneously as teacher and coach, fostering a positive, encouraging relationship with the patient and using that relationship to reinforce positive behavior change. The interaction</p>	<p>RHA (behavioral health) SAMSHA http://www.nrepp.samhsa.gov/</p>

	<p>between the therapist and the patient is realistic and direct, but not confrontational or parental. Therapists are trained to conduct treatment sessions in a way that promotes the patient's self-esteem, dignity, and self-worth.</p> <p>Many trial studies have been conducted resulting in significant step demonstration.</p> <p><u>Key findings:</u> Matrix participants were 38% more likely to stay in treatment compared with participants receiving treatment as usual.</p> <p>Across eight comparison sites, Matrix participants were 27% more likely to complete treatment than participants receiving treatment as usual.</p>	
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(Insert rows as needed)

WHAT INTERVENTIONS ARE ALREADY ADDRESSING THIS ISSUE IN YOUR COMMUNITY?

Are any interventions/organizations currently addressing this issue? Yes No If so, please list below.

Intervention	Lead Agency	Progress to Date
Mental Health First Aid	Smoky Mountain	<p>Provided 1 Youth Mental Health First Aid Training in May 2014 and had 5 participants.</p> <p>Provided 2 Youth Mental Health First Aid trainings this school year to school staff. One training consisted of 20 participants and the other class had 12 participants.</p> <p>1 Adult Mental Health First Aid training in September 2015 which had 15 participants.</p> <p>School staff consisted of School Social Workers, School Nurses, School Counselors, and Instructional Assistants from Horizons School in Caldwell County.</p>

(Insert rows as needed)

WHAT RELEVANT COMMUNITY STRENGTHS AND ASSETS MIGHT HELP ADDRESS THIS PRIORITY ISSUE?

Community, neighborhood, and/or demographic group	Individual, civic group, organization, business, facility, etc. connected to this group	How this asset might help
Project Lazarus	90 Stakeholders (12-20 active)	Varied Expertise (multiple community partners of expertise)
Families, faith based, teachers, etc.	Smoky Mountain	Education to reduce/prevent crisis
Community	RHA (behavioral health)	Number of people identified in age groups

(Insert rows as needed)

INTERVENTIONS: SETTING, & TIMEFRAME Each plan will need a minimum of one intervention for each of the three sections below	COMMUNITY PARTNERS' Roles and Responsibilities	PLAN HOW YOU WILL EVALUATE EFFECTIVENESS
INTERVENTIONS SPECIFICALLY TARGETING HEALTH DISPARITIES		
<p>Intervention: <u>Matrix Model (Intensive Outpatient Program for Substance Use)</u></p> <p>Intervention: <input checked="" type="checkbox"/> new <input type="checkbox"/> ongoing <input type="checkbox"/> completed</p> <p>Setting: Classroom</p> <p>Start Date – End Date (mm/yy): 08/2014-12/17</p> <p>Level of Intervention - change in: <input checked="" type="checkbox"/> Individuals <input type="checkbox"/> Policy &/or Environment</p>	<p>Lead Agency: <u>RHA (behavioral health)</u></p> <p>Role: intensive Substance Use Treatment Provider</p> <p>Partners: <u>Addiction, Recovery, and Prevention (ARP)</u></p> <p>Role: Providing Direct Substance Use Service- Educational Classes</p> <p>Include how you're marketing the intervention:</p> <p>Referrals, assessed, website, brochure, community presentations</p>	<p>1. Quantify what you will do (# classes & participants, policy change, built environment change, etc.)</p> <p>12 week program (3 days per week of 10 participants for 3 hours each day). A total of 40 participants will be reached in 1 year, for a total of 120 persons after the 3 year cycle. RHA (behavioral center) is the agency that leads the matrix model. They begin with a drug test initially then as requested per the individuals Therapist.</p> <p>2. Expected outcomes: Explain how this will help reach the local community objective (what evidence do you have that this intervention will get you there?)</p> <p>Decrease the amount of individuals that are not testing positive. This program</p>

		will be tested upon attendance. Successful (Stopped drug use; or, returned to work/school; or attended 75% or more of scheduled program) Unsuccessful (Continued drug use; or, attended less than 75% of scheduled program)
INDIVIDUAL CHANGE INTERVENTIONS		
<p>Intervention: <u>Mental Health First Aid</u></p> <p>Intervention: X new ongoing ___ completed</p> <p>Setting: <u>Group Classes</u></p> <p>Start Date – End Date (mm/yy): <u>02/14- 12/17</u></p>	<p>The lead agency is Smoky Mountain and it will <u>provide education to increase the ability to identify signs and symptoms of Mental Health and those in crisis.</u></p> <p>List other agencies and what they plan to do: <u>Schools- train all teachers and school administration (School Social Workers, School Nurses, School Counselors, Instructional Assistants) in Caldwell County</u></p> <p>Include how you're marketing the intervention: <u>newspaper, website/flyers, social media, word of mouth</u></p>	<p>1. Quantify what you will do (# classes, # participants, etc.)</p> <p>A target of 2 classes a year, 40-50 participants total of school staff (teachers, social workers, nurses, counselors, instructional assistants, principals). We are targeting for the intervention to be 10 schools (5 High Schools, 5 middle schools)</p> <p>2. Expected outcomes: Explain how this will help reach the local community objective (what evidence do you have that this intervention will get you there?)</p> <p>This intervention will be measured by school staff attendance. We have a target of 2 classes with 25 people attending each class; attendance will be taken to see if we reach the target number of participants. Staff attending the training will be educated on signs and symptoms of mental health and substance abuse.</p>
POLICY OR ENVIRONMENTAL CHANGE INTERVENTIONS		
<p>Intervention: <u>Project Lazarus</u></p> <p>Intervention: X new ongoing ___ completed</p> <p>Setting: <u>Community Wide</u></p> <p>Start Date – End Date (mm/yy): <u>09/13-12/17</u></p>	<p>The lead agency is <u>Access Care</u> and it will <u>facilitate Project Lazarus.</u></p> <p>List other agencies and what they plan to do: <u>UNC-Caldwell, Healthcare & Faith Leaders- education & prevention</u></p> <p>Include how you're marketing the intervention: <u>Social media, brochures, TV, billboards, MH, school, radio</u></p>	<p>1. Quantify what you will do (policy change, change to built environment, etc.)</p> <p>Through Project Lazarus, 20 educational classes will be taught over the next 3 years, targeting 150 people. Increased number of referrals (50-100 referrals). This will be referrals to naloxone, RHA (behavioral center) or any surrounding agency. We will also have at least 4 operation medicine drops per year (12 total).</p> <p>2. Expected outcomes: Explain how this will help reach the local community objective (what evidence do you have that this intervention will get you there?)</p> <p>The intervention will be measured by attendance in classes, increased amount of referrals and a higher volume of prescription drugs collected in the medicine drop</p>

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Community Health Action Plan 2014

Designed to address Community Health Assessment priorities

County: Caldwell

Partnership, if applicable: UNC-Caldwell

Period Covered: 2014-2017

LOCAL PRIORITY ISSUE

- Priority issue: Chronic Disease
- Was this issue identified as a priority in your county's most recent CHA? Yes No

LOCAL COMMUNITY OBJECTIVE Please check one: New Ongoing (was addressed in previous Action Plan)

- By (year): 2017
- Objective (specific, measurable, achievable, realistic, time-lined change in health status of population): Decrease the number of individuals dying of cancer, disease of the heart and respiratory diseases by 2%
- Original Baseline: 50% of deaths were the result of cancer, disease of the heart or chronic respiratory diseases
- Date and source of original baseline data: 2014; Leading Causes of Death for Caldwell County, State Center for Health Statistics
- Updated information (For continuing objective only): n/a
- Date and source of updated information: n/a

POPULATION(S)

- Describe the local population(s) experiencing disparities related to this local community objective: Adults (40+ years old)
- Total number of persons in the local disparity population(s): 21,600 adults 40+ years old in Caldwell County (this is 1/2 of total population)
- Number you plan to reach with the interventions in this action plan: 500 People

HEALTHY NC 2020 FOCUS AREA ADDRESSED

Check **one** Healthy NC 2020 focus area:

- | | | |
|----------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Tobacco Use | <input type="checkbox"/> Social Determinants of Health (Poverty, Education, Housing) | <input type="checkbox"/> Infectious Diseases/ Food-Borne Illness |
| <input type="checkbox"/> Physical Activity and Nutrition | <input type="checkbox"/> Maternal and Infant Health | <input checked="" type="checkbox"/> Chronic Disease (Diabetes, Colorectal Cancer, Cardiovascular Disease) |
| <input type="checkbox"/> Substance Abuse | <input type="checkbox"/> Injury | <input type="checkbox"/> Cross-cutting (Life Expectancy, Uninsured, Adult Obesity) |
| <input type="checkbox"/> STDs/Unintended Pregnancy | <input type="checkbox"/> Mental Health | |
| <input type="checkbox"/> Environmental Health | <input type="checkbox"/> Oral Health | |

List HEALTHY NC 2020 Objective: (List the Healthy NC 2020 objective(s) that align with your local community objective.) (Detailed information can be found at publichealth.nc.gov/hnc2020/ website)

- Chronic Disease Objective 1: Reduce the Cardiovascular Disease mortality rate**
- Cross Cutting Objective 1: Increase average life expectancy (years)**
- Cross Cutting Objective 4: Increase the % of adults who are neither overweight nor obese**

RESEARCH REGARDING WHAT HAS WORKED ELSEWHERE*

List the 3-5 evidence-based interventions (proven to effectively address this priority issue) that seem the most suitable for your community and/or target group. *Training and information are available from DPH. Contact your regional consultant about how to access them.

Intervention	Describe the evidence of effectiveness (type of evaluation, outcomes)	Source
Chronic Disease Self-Management	<p>The CDSMP is a low-cost program that helps individuals with chronic conditions learn how to manage and improve their own health, while reducing health care costs. The program focuses on problems that are common to individuals suffering from any chronic condition, such as pain management, nutrition, exercise, medication use, emotions, and communicating with doctors.</p> <p>The overall goal is to enable participants to build self-confidence to take part in maintaining their health and managing their chronic health conditions.</p> <p>The desired outcomes are: Increase in healthy behaviors (i.e., exercise and cognitive symptom management techniques, such as relaxation) Positive changes in health status (less pain, fatigue, and worry; less health distress) Increased self-efficacy Better communications with health providers Fewer visits to physicians and emergency rooms</p>	https://www.ncimapp.org/tool/#detail/cf392792-4ab4-e311-967f-782bcb63d3c5
Flu-FIT and Flu-FOBT Program	<p>The Flu-FIT and Flu-FOBT Program allows health care providers to increase access to colorectal cancer screening (CRCS) by offering home tests to patients at the time of their annual influenza (flu) vaccination.</p> <p>Designed for patients 50-75 years of age.</p> <p>Expected Outcome: an increase in colorectal cancer screening rates in all populations.</p>	https://www.ncimapp.org/tool/#detail/a387cf56-060a-e411-bf20-782bcb63d3c5
NC Quit Line	<p>State Quit line are telephone helplines offering free cessation services to tobacco users who want to quit smoking.</p> <p>Mass-reach health communication that combines cessation messages with a NC Quit line number.</p> <p>Expected Outcome: users of the quit line will quit smoking or reduce the amount they smoke</p>	https://www.ncimapp.org/tool/#detail/1ee013bc-9d66-e311-be30-782bcb63d3c5 http://publichealth.nc.gov/lhd/

WHAT INTERVENTIONS ARE ALREADY ADDRESSING THIS ISSUE IN YOUR COMMUNITY?

Are any interventions/organizations currently addressing this issue? Yes No If so, please list below.

Intervention	Lead Agency	Progress to Date
Tobacco cessation	Helping Hands	Conducts health education classes for smokers monthly. In the past year, helping hands had 50 participants go through the tobacco cessation class each month. Zero participants have been tracked to quit smoking.
Diabetes Education Center	Caldwell UNC Health Care	Provides education for patients with diabetes and interventions for employees. From July 2014 - June 2015: 59 patients completed comprehensive Diabetes Self-Management Training (total including individual and group education) A1C change: pre-education average 8.5%; post-education average 6.7% (94% of patients completing education improved or maintained A1C levels below 7%) Weight: 83% of patients lost or maintained weight Diabetes education center have 2 diabetes education group classes each month and 2 nutrition-focused group classes each month.

(Insert rows as needed)

WHAT RELEVANT COMMUNITY STRENGTHS AND ASSETS MIGHT HELP ADDRESS THIS PRIORITY ISSUE?

Community, neighborhood, and/or demographic group	Individual, civic group, organization, business, facility, etc. connected to this group	How this asset might help
Older Adults	Senior Center and Caldwell Hospice	Connection to older adults
Community	Hospital/Quest4Life	Programs already in place or can get program started
Community	Health Department	Has trained health educators who can lead the CDSM and DSME courses
non or under insured	Helping Hands and West Caldwell Health Council	Have resources and other contacts with those who lack access to health care and other resource to help increase healthy outcomes.

(Insert rows as needed)

INTERVENTIONS: SETTING, & TIMEFRAME Each plan will need a minimum of one intervention for each of the three sections below	COMMUNITY PARTNERS' Roles and Responsibilities	PLAN HOW YOU WILL EVALUATE EFFECTIVENESS
INTERVENTIONS SPECIFICALLY TARGETING HEALTH DISPARITIES		
Intervention: <u>Flu-FIT and Flu-FOBT</u>	Lead Agency: <u>Caldwell County</u>	1. Quantify what you will do

<p><u>Program</u></p> <p>Intervention: X_ new ___ ongoing ___ completed</p> <p>Setting: School System</p> <p>Start Date – End Date (mm/yy): 2015-2017</p> <p>Level of Intervention - change in: ___ Individuals ___X Policy &/or Environment</p>	<p><u>Health Department</u></p> <p>Role: <u>When health department nurses give flu vaccinations, health education staff will give education on colorectal screenings.</u></p> <p>Partners: <u>McCreary Cancer Center.</u></p> <p>Role: <u>Work with health department staff to deliver colorectal screening home tests and education.</u></p> <p>Partners: _____</p> <p>Role: _____</p> <p>Include how you're marketing the intervention</p> <p>Marketing: PSA, radio ads, newspaper articles, social media, word of mouth, phone calls.</p>	<p>(# classes & participants, policy change, built environment change, etc.)</p> <p>Target 100 participants through education and flu-FIT colorectal screening participation at local community centers (senior center, health dept., nursing homes). Target at least 25 educational classes referring to flu-FIT within 2015-2017.</p> <p>2. Expected outcomes: Explain how this will help reach the local community objective (what evidence do you have that this intervention will get you there?)</p> <p>When nurses give flu vaccinations, health educators will educate on the importance of colorectal screenings. McCreary Cancer Center will deliver colorectal screening home tests and education with health department flu shot visits. This is measured by the completion of the flu-FIT program, meeting the target flu shot dispensed and seeking increased referrals for colonoscopies.</p>
INDIVIDUAL CHANGE INTERVENTIONS		
<p><u>Intervention: Chronic Disease Self-Management Classes</u></p> <p>Intervention: _X_ new ___ ongoing ___ completed</p> <p>Setting: Community Group Settings/Worksite</p> <p>Start Date – End Date (mm/yy): Fall 2015-Spring 2017</p>	<p>The lead agency is <u>Caldwell County Health Department</u> and it will <u>Lead and organize all courses provided through CDSM.</u></p> <p>List other agencies and what they plan to do: UNC Caldwell, Caldwell Hospice, WCHC, Senior Center, Helping Hands, etc. These agencies will help recruit and refer individuals to the classes.</p> <p>Include how you're marketing the intervention: referrals, radio, newspaper, Facebook, flyers, etc.</p>	<p>1. Quantify what you will do (# classes, # participants, etc.)</p> <p>We will provide 2 classes per year. Each class will have 15 participants, targeting 100 people within the next 3 years.</p> <p>2. Expected outcomes: Explain how this will help reach the local community objective (what evidence do you have that this intervention will get you there?)</p> <p>We expect for those who attend the course to have a better grasp on how to manage their disease. This will in turn increase the life expectancy for those with the disease. Chronic Disease Self-Management classes are measured by the participants health status, how they utilize health care and by their self-management behaviors. Post surveys are taken at the end of the program for feedback regarding these areas.</p>
<p><u>Intervention:</u> <u>NC Quitline</u></p> <p>Intervention:</p>	<p>The lead agency is <u>Caldwell County Health Department.</u></p> <p><u>Nurses and physicians will educate patients on tobacco cessation and</u></p>	<p>1. Quantify what you will do (# classes, # participants, etc.)</p>

<p><u> X </u> new <u> </u> ongoing <u> </u> completed</p> <p>Setting: community</p> <p>Start Date – End Date (mm/yy): Fall 2015-Spring 2017</p>	<p><u>refer to NC Quitline. Health education staff will also educate community members on NC Quitline and participate in a media campaign regarding NC Quitline.</u></p> <p>List other agencies and what they plan to do: UNC Caldwell, Caldwell Hospice, WCHC, Senior Center, Helping Hands, etc.</p> <p>Include how you’re marketing the intervention: referrals, radio, newspaper, Facebook, flyers, etc.</p>	<p>200 people will be referred to the quitline in the next two years. Referrals will be tracked by the NC Quitline data bank. The state will send us reports for our county. We will also keep track using ICD10 once we start billing for referrals.</p> <p>2. Expected outcomes: Explain how this will help reach the local community objective (what evidence do you have that this intervention will get you there?)</p> <p>This will decrease the number of individuals who smoke and in turn decrease the lung and respiratory disease in the county. This program is measured by the number of referrals tracked by the state and the ICD10 codes.</p>
POLICY OR ENVIRONMENTAL CHANGE INTERVENTIONS		
<p>Intervention: <u> Get Moving Day </u></p> <p>Intervention: <u> X </u> new <u> </u> ongoing <u> </u> completed</p> <p>Setting: Community</p> <p>Start Date – End Date (mm/yy): December 2015- March 2017</p>	<p>The lead agency is <u>Caldwell County Pathways</u> and it will help organize events for community members. _____</p> <p>List other agencies and what they plan to do: CCHD, UNC Caldwell and Quest 4 Life will help build community support and educate community about challenge</p> <p>Include how you’re marketing the intervention: PSA, radio, local TV, newspaper ads, social media, flyers, community events, council meetings, town meetings, etc.</p>	<p>1. Quantify what you will do (policy change, change to built environment, etc.)</p> <p>We will be increasing the number of individuals who are using the current and improved built environment around them. We will encourage the community to advance their joint-use agreements and push for leadership in communities to actively pursue community member involvement in physical activity. We are targeting 500 people for this community event, attracting all ages.</p> <p>2. Expected outcomes: Explain how this will help reach the local community objective (what evidence do you have that this intervention will get you there?)</p> <p>We expect this activity will decrease the amount of screen time per day individuals are spending as well as increase the number of individuals who are getting their recommended amount of physical activity. In the long run, this will decrease the obesity rate and decrease mortality from diseases associated with obesity. This activity will be measured by attendance of this event and reaching the target goal. Each person would need to sign in to see if we have reached the target goal.</p>

(Insert rows as needed)



Community Health Action Plan 2014 (yr)

Designed to address Community Health Assessment priorities

County: Caldwell

Partnership, if applicable: UNC-Caldwell

Period Covered: 2014-2017

LOCAL PRIORITY ISSUE

- Priority issue: Teen Health
Was this issue identified as a priority in your county's most recent CHA? X Yes ___ No

LOCAL COMMUNITY OBJECTIVE Please check one: X New ___ Ongoing (was addressed in previous Action Plan)

- By (year): 2017
Objective (specific, measurable, achievable, realistic, time-lined change in health status of population): Reduce the number of deaths by suicide by 1 teen per 100,000 within the next 3 years (by 2017) so that there are less than 5 teen suicide related deaths.
Original Baseline: 5 deaths over the 3 year period 2011-2014 among 13-19 year olds
Date and source of original baseline data: State Center for Health Statistics 2011-2014
Updated information (For continuing objective only): n/a
Date and source of updated information: n/a

POPULATION(S)

- Describe the local population(s) experiencing disparities related to this local community objective: Teens ages 13-19 residing in Caldwell County
Total number of persons in the local disparity population(s): 4862 teens ages 13-19 years old
Number you plan to reach with the interventions in this action plan: 2000 teens ages 13-19 years old

HEALTHY NC 2020 FOCUS AREA ADDRESSED

Check one Healthy NC 2020 focus area:

- Tobacco Use
Physical Activity and Nutrition
Substance Abuse
STDs/Unintended Pregnancy
Environmental Health
Social Determinants of Health (Poverty, Education, Housing)
Maternal and Infant Health
Injury
X Mental Health
Oral Health
Infectious Diseases/ Food-Borne Illness
Chronic Disease (Diabetes, Colorectal Cancer, Cardiovascular Disease)
Cross-cutting (Life Expectancy, Uninsured, Adult Obesity)

List HEALTHY NC 2020 Objective: (List the Healthy NC 2020 objective(s) that align with your local community objective.) (Detailed information can be found at publichealth.nc.gov/hnc2020/ website)

Reduce the suicide rate per 100,000 populations (specifically among teens ages 13-19).

RESEARCH REGARDING WHAT HAS WORKED ELSEWHERE*

List the 3-5 evidence-based interventions (proven to effectively address this priority issue) that seem the most suitable for your community and/or target group. *Training and information are available from DPH. Contact your regional consultant about how to access them.

Intervention	Describe the evidence of effectiveness (type of evaluation, outcomes)	Source
Mental Health First Aid training for youth	# of participating teenagers and exit surveys	Mentalhealthfirstaid.org
Saving Tomorrow's Today: North Carolina's Plan to Prevent Teen Suicide	Youth surveillance, use of task force, lifelines curriculum and postvention	The North Carolina Youth Suicide Prevention Task Force http://www.injuryfreenc.ncdhhs.gov/preventionResources/Suicide.htm
Behavioral interventions that aim to increase teen mental health through extracurricular activities	These interventions include providing after-school activities within the school or community setting that promote both physical and mental health as an alternative to harmful or risky behaviors, includes coaching and peer to peer support and mentoring	The North Carolina Suicide Prevention Resource Center http://www.sprc.org/states/north-carolina

(Insert rows as needed)

WHAT INTERVENTIONS ARE ALREADY ADDRESSING THIS ISSUE IN YOUR COMMUNITY?

Are any interventions/organizations currently addressing this issue? Yes No If so, please list below.

Intervention	Lead Agency	Progress to Date
Suicide prevention education	Local Law Enforcement	A component of DARE Education Dare used to just focus on drug education but more recently has started incorporated an anti-bullying component to the program as well. The education/curriculum is split between substance abuse prevention and anti-bullying with reasoning that the two components go hand in hand. Currently DARE is being taught in Elementary, Middle, and High School levels reaching approximately 10,000 students each year. The DARE program is taught over the course of 10 lessons given in 45-60 minute increments.
Mental Health First Aid for Youth	Smoky Mountain Center	Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is implemented by Smoky Mountain Center and primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. For the Youth Mental Health First Aid, there was 1 training in May 2014 and there were 5 participants. There have also been two trainings done for school staff this past year. The first training had 20 participants and the second had 12. The participants included school social workers, school nurses, school counselors, and instructional assistants.

(Insert rows as needed)

WHAT RELEVANT COMMUNITY STRENGTHS AND ASSETS MIGHT HELP ADDRESS THIS PRIORITY ISSUE?

Community, neighborhood, and/or demographic group	Individual, civic group, organization, business, facility, etc. connected to this group	How this asset might help
Primarily will assist with teaching the school based education in the community setting (schools)	Area Law Enforcement	Assist with school presentations on anti-bullying
Will work in the community/school setting to implement Mental Health First Aid to appropriate staff/personnel and also do	Smoky Mountain Center	Work with area schools to conduct anti-bullying presentations and mental health first aid for youth

trainings in school-based setting		
Will target teen demographic to enroll in intramural community based program	Parks and Recreation	Work with area churches and rec centers to sponsor youth intramural/sports events

(Insert rows as needed)

INTERVENTIONS: SETTING, & TIMEFRAME Each plan will need a minimum of one intervention for each of the three sections below	COMMUNITY PARTNERS' Roles and Responsibilities	PLAN HOW YOU WILL EVALUATE EFFECTIVENESS
INTERVENTIONS SPECIFICALLY TARGETING HEALTH DISPARITIES		
<p>Intervention: Develop Teen Outreach Program (NC IMAPP) with focus on anti-bullying. This will be a focus of the after school health club. An after school club will be established similar to the TRU (Tobacco Reality Unfiltered) group with an overall focus on healthy lifestyles and incorporating an anti-bullying campaign in partnership with school officials and local law enforcement who are already doing some education on anti-bullying.</p> <p>Intervention: <input checked="" type="checkbox"/> new <input type="checkbox"/> ongoing <input type="checkbox"/> completed</p> <p>Setting: Caldwell County Schools</p> <p>Start Date – End Date (mm/yy): Fall 2015-2017</p> <p>Level of Intervention - change in: <input checked="" type="checkbox"/> Individuals <input type="checkbox"/> Policy &/or Environment</p>	<p>Lead Agency: Smoky Mountain Center and this organization will be doing school-based presentations on anti-bullying.</p> <p>List other agencies and what they plan to do: The after school club will make anti-bullying posters and set-up an informational table during lunches. They will also promote any community presentations that are done. Schools will allow for presentations to take place and also partner with law enforcement Law enforcement already does a component of anti-bullying education through the DARE program. They will expand on this and will also work with health educators in education students on the topic of bullying.</p> <p>Include how you're marketing the intervention: Brochures/pamphlets will be sent home with students/parents. The curriculum will also be tied to an "anti -bullying" pledge that students can sign to stand against bullying. This pledge will be advertised around the school cafeteria and hallways via flyers and posters and students and teachers will be encouraged to promote in classrooms.</p>	<p>1. Quantify what you will do (# classes & participants, policy change, built environment change, etc.) 4 High School Anti Bullying Presentations per year (2 in the Fall/2 in the Spring). Participants would include all Caldwell County High School students in grades 9-12. This would be done at 3 High Schools in the county and would reach an expected 4,000 students (participation rate).</p> <p>2. Expected outcomes: Explain how this will help reach the local community objective (what evidence do you have that this intervention will get you there?)</p> <p>Overall decrease bullying in efforts to reduce teenage suicide rate. Also, to raise more awareness regarding bullying, specifically targeting cyber bullying as well. To measure this objective pre and post surveys will be given to students involved in the Teen Outreach program. The survey will focus on how to identify bullying and if students know how to handle different situations. The surveys will test and compare students' knowledge before and after implementing the anti-bullying campaign.</p>
INDIVIDUAL CHANGE INTERVENTIONS		
<p>Intervention: Hold an annual "Get Moving" day to promote mental health awareness through physical fitness.</p> <p>Intervention: <input checked="" type="checkbox"/> new <input type="checkbox"/> ongoing <input type="checkbox"/> completed</p> <p>Setting: Community wide-including Caldwell County Schools</p> <p>Start Date – End Date (mm/yy): Spring 2016-annually thereafter</p>	<p>The lead agency is the Caldwell County Health Department and the health education department will send out a press release regarding this date.</p> <p>List other agencies and what they plan to do: Schools- plan activities for students to do on this day. Also, the health education department will market this activity through press releases, flyers, school signs, and social media. In addition, if the school has a TRU (Tobacco Reality Unfiltered) Group they will help promote the</p>	<p>1. Quantify what you will do (# classes, # participants, etc.) A county wide event but especially targeted towards Caldwell County Schools to have a day that promotes both physical and mental well-being through a variety of media such as physical activities, displays, posters, etc. All students in Caldwell County Schools K-12 will be targeted and each school can choose their own way to promote "gettin g activity" such as 30 minutes of outdoor activity, walking during lunch, or exercise during break times. An estimated 5,000 individuals will participate.</p>

	<p>event at the schools and encourage students to be involved.</p>	<p>Expected outcomes: Explain how this will help reach the local community objective (what evidence do you have that this intervention will get you there?)</p> <p>Promote physical activity as a means of being a stress and anxiety reliever to ultimately improve mental health among teens and lead to a decrease in suicide rates. After the "Get Moving" Day is held students will give feedback and mental health improvement will be measured via surveys that are distributed asking students for their feedback about the "Get Moving" Day. Also will be measured through looking at the next cycle of the Community Health Assessment to see if there were decreased suicide rates. It will also be measured by seeing if the target audience of 5,000 teens was reached.</p>
POLICY OR ENVIRONMENTAL CHANGE INTERVENTIONS		
<p>Intervention: Expand on adolescent sports/activities available outside of the school setting.</p> <p>Intervention: <input checked="" type="checkbox"/> new <input type="checkbox"/> ongoing <input type="checkbox"/> completed</p> <p>Setting: Community Wide (Main recreation centers, community centers, and churches)</p> <p>Start Date – End Date (mm/yy): Fall 2015-2017</p>	<p>The lead agency is Parks and Recreation and it will offer programs through community rec centers for intramural sports</p> <p>List other agencies and what they plan to do: Local community centers/recreation centers will participate by holding spring intramurals. They will sponsor a youth triathlon and weekly youth hike event.</p> <p>Include how you're marketing the intervention: community newsletters, flyers, social media</p>	<p>1. Quantify what you will do: Afterschool intramural programs are limited so the goal is to add an additional 2-3 programs (such as intramural sports, disc golf, and a youth bowling league) that would be available to teens ages 13-19. 10-20 youth in this age range would enroll in each program.</p> <p>2. Expected outcomes: Having more after school recreational activities will improve overall mental health of teens by giving them positive and healthy outlets and in turn eventually reduce the overall suicide rate. This will be measured by obtaining feedback from the student's regarding if they like or don't like the recreational activities and also having a teen focus group to see what types of recreational activities they would like to participate in and to discuss what barriers exist in regards to recreational opportunities. It will also be measured by looking at how many teens actually enroll in the programs and if 10-20 do in fact participate.</p>

(Insert rows as needed)