

Community Health Improvement Plan





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A LETTER FROM THE HEALTH DIRECTOR

Dear Reader,

We appreciate your active role in the health of our community. This is a brief explanation of the importance of a community health improvement plan.

Public health focuses on protecting and improving the health of people and their communities. This is achieved by promoting healthy lifestyles, researching and investigating infectious disease, and promoting healthy lifestyles. A community health improvement plan helps guide the work your local public health department completes to improve the health of our entire community.

Upon reflection of our most recent community health assessment processes, we look toward continuous improvement. To achieve fidelity in our future assessment we plan on aligning our efforts with the Mobilizing for Action through Planning and Partnerships (MAPP) process. This process is a national best practice focusing on community driven strategic planning to improve community health.

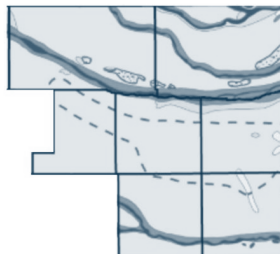
We greatly appreciate partners,

OUR DISTRICT



Two Rivers Public Health Department serves Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, Phelps counties in south central Nebraska. Each county is unique in health needs but themes across all counties are shared.

- **Mission statement:** Two Rivers Public Health Department engages collaborative partners, community leaders, and the public to promote healthy lifestyles, provide preventative education, assure environmental quality, and create more healthy and safe communities for all who live within the district.
- **Nebraska Public Health:** In 2001, the Nebraska Legislature enacted Legislative Bill 692 provided \$11 million dollars to expand Nebraska's public health system. Until 2001, local health departments only served 22 of the 93 Nebraska counties. As a result of LB 692 all counties in Nebraska are served by a county or district health department.
- **Geography:** The district covers approximately 4663 square miles. The Republican River runs through the lower portion of the district, and the Platte River runs along upper portion of the district. The central portion of the district is largely cropland. Both the northern portion and the southern portion of the district tend to be used as grazing land for cattle.

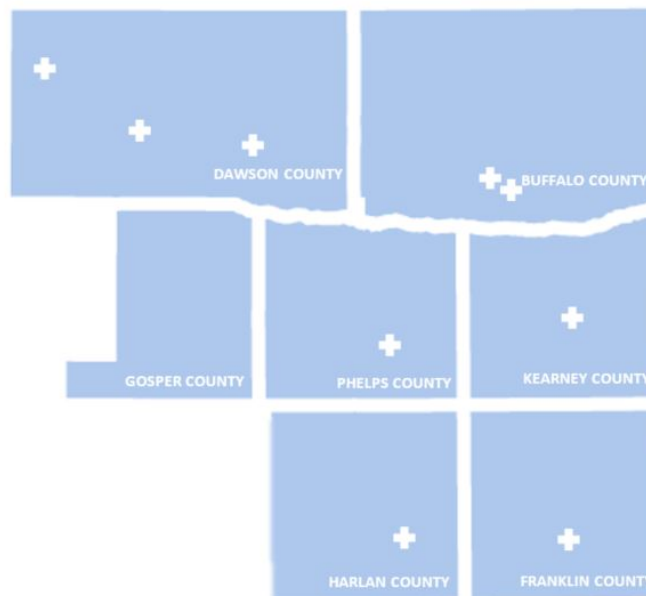


Community Health Improvement Plan

Two Rivers Public Health Department 2019

Health Systems: There are 9 health systems across the Two Rivers Public Health District. The majority of the hospitals are nonprofit (6 of 9). Seven hospitals are classified as critical access hospitals, while two are short term acute care hospitals. Both short term acute care hospitals are located in Kearney.

Map of Health Systems across the District



- **Rural vs. Urban:** The majority of the population is near the I80 corridor. The largest urban areas are Holdrege (~5439 people), Lexington (~10,024 people), and Kearney (~33,835 people). The total population of the district is approximately 97,284. This shows that about 51% of the population in the district live in three cities.
- **Income:**

Median Household Income 2017							
County	Buffalo	Dawson	Franklin	Gosper	Harlan	Kearney	Phelps
Income(\$)	55,053	51,238	49,453	61,769	46,750	53,207	56,408

From the U.S. Census Bureau

COMMUNITY HEALTH ASSESSMENT OVERVIEW

In 2017, Two Rivers Public Health Department launched activities to create a new Community Health Assessment. Staff members of the health department began busily gathering as much information as they could. A survey was distributed to locals during all seven county fairs during the summer of 2017. During the fall of 2017, Two Rivers was able to assist in the process of creating a Community Health Assessment for Kearney County Health Systems.

Due to changes in staffing it was determined that the necessary work for the Community Health Assessment, Community Health Improvement Plan, and Strategic Plan would need to be completed through a contractor. Jeremy Grandstaff of S&G Endeavors was then hired on to continuing gathering data, analyze the data, and identify priorities for Two Rivers Public Health department. S&G Endeavors uses a trademarked process called Engaged Change to develop and analyze data. This process involves:

- Data collection and district health assessment
- One on one interviews with key personnel
- A survey of community members and stakeholders
- Interviews or focus groups with partners
- A direct community engagement event
- Analysis to create a draft plan
- Community engagement to review plan

Two Rivers Public Health Department completed all of these steps by July 2018. The culmination of all of this hard work is titled 'Community Health Needs Assessment (Data Report): 2018 Community Health Assessment and Strategic Planning Project. *Using the Whole Landscape to transform Our Work for the Future.*'

To make the information gathered in this extensive report easily understood, Two Rivers has created three separate reports: 2018 Strategic Plan Factsheet, 2017-2019 Community Health Assessment, and this report, the 2019 Community Health Improvement Plan. All information presented in these three plans is derived directly from the report generated by S&G Endeavors.

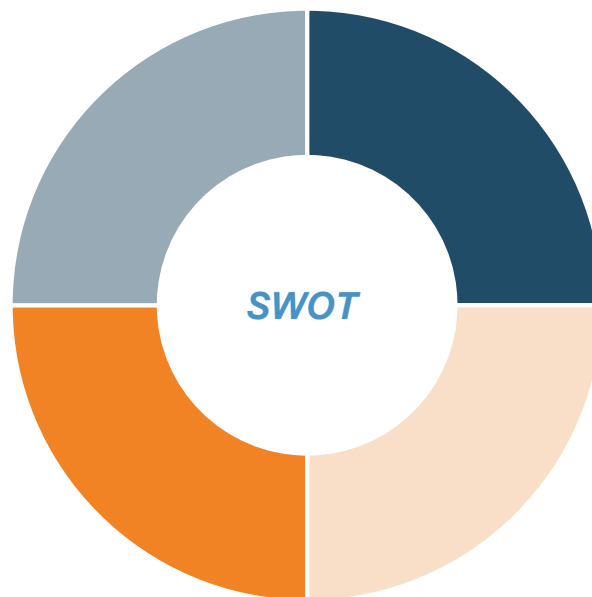
STRENGTHS, WEAKNESSES, OPPORTUNITIES, AND THREATS

STRENGTHS

- Collaborative internal team
- Diverse district area population
- Comprehensive data on website
- Willingness to forge new paths
- Expansion of the Oral Health Program
- Chronic Disease Prevention Programs
- Response to recent localized disease outbreaks

OPPORTUNITIES

- Meeting the community where they are with activities
- Become a connector and collaborator across counties
- Be a leader in collaboration, educations, and connections as a focus
- Fill the gap in mental health advocacy and support
- Work collaboratively to acquire more resources



WEAKNESSES

- Follow through on projects
- Grant funding leads to unsustainable activities
- Lack of continued communication on program activities
- Unclear objectives for some programs
- Limited transitional knowledge of program key activities
- Limited standardization of key program data/process
- Visibility in the community and collaborative programs TRPHD supports
- Concern on overlapping service delivery
- Staff turnover

THREATS

- Lack of communication leads to reduced partnerships
- Not taking action on priority projects minimizes roles
- Dropping the ball on requests for partnerships and collaboration potency
- Not addressing minority and vulnerable population issues leads to poor health outcomes
- See other organizations that work on health-related outcomes as threats reduces effectiveness
- Lack of staff diversity

COMMUNITY HEALTH IMPROVEMENT PRIORITIES

Community Health Improvement Plans (CHIPs) are created after an entity completes a community health assessment, identifies priorities, and creates measureable objectives to address the priorities. CHIPs help create improved organizational and community coordination to identify and address key community needs. These plans direct how the health department seeks funding and uses key resources, such as personnel, to improve the health of their own community.

Two Rivers Public Health Department completed a community health assessment to determine the key problems and assets in Buffalo, Dawson, Franklin, Gosper, Harlan, Phelps, and Kearney counties during 2017 and 2018. A community health assessment report was released to the public in April 2019. The following priorities were identified after the community health assessment process:

- **Access to Care:** A National Academies report titled, *Access to Healthcare in America*¹, a report published in 1993, defines access to care as “the timely use of personal health services to achieve the best possible health outcomes.”
- **Mental Health:** Mental health includes psychological, emotional, and social wellbeing. Mental illness, especially depression, can increase the risk of chronic disease including: type 2 diabetes, stroke, and heart disease. In turn, chronic disease can lead to poor mental health. *
- **High Impact Prevention:** This is a public health approach to disease prevention where proven, cost effective, and scalable interventions are implemented. These interventions focus on preventing the greatest amount of infections or reducing health disparities.*

¹ "Summary." Institute of Medicine. 1993. *Access to Health Care in America*. Washington, DC: The National Academies Press. doi: 10.17226/2009.

*www.cdc.gov

COMMUNITY HEALTH IMPROVEMENT PRIORITY GOALS

In order to address the priority areas identified by the community, TRPHD will work toward the following actionable goals.

Access to Care

- TRPHD will increase access to affordable immunizations by providing immunizations in schools and places of business within the jurisdiction by October 2019.
- TRPHD will provide access to better oral health by continuing to collaborate with schools, long term care facilities, and WIC sites to provide dental screenings, cleanings, and prophylaxis to underserved individuals.

Mental Health

- TRPHD will actively collaborate with community members and partners to help individuals attain mental health services through Dawson County Rooted in Relationships, and community threat assessment teams by January 2020.
- TRPHD will provide education about mental health to community members by posting education monthly on social media, a minimum of 2 television appearances with mental health topics, and a minimum of 1 radio topic per year regarding mental health.

High Impact Prevention

- TRPHD will raise awareness of drug overdose opioid misuse prevention through collaboration with local partners in the southern counties (Franklin, Harlan, Kearney, and Phelps) starting in November of 2019.
- TRPHD will collaborate with the University of Nebraska Medical Center through the Kearney campus to provide the CATCH Kids programs to a local school in September 2019.

ACCESS TO CARE

Goals:

1. TRPHD will increase access to affordable immunizations by providing immunizations in schools and places of business within the jurisdiction by October 2019.
2. TRPHD will provide access to better oral health by continuing to collaborate with schools, long term care facilities, and WIC sites to provide dental screenings, cleanings, and prophylaxis to underserved individuals.

Actions:

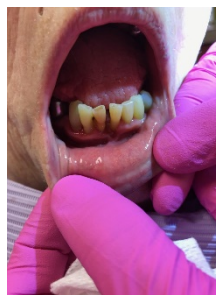
TRPHD will facilitate access to improved oral health and disease prevention by meeting community members in schools, businesses, long term care facilities, and local offices.

- **Dental Program:** Lifesmiles Dental Program provides preventative dental services. These services are provided in preschools, Head Starts, schools, and long-term care facilities in the district. Individuals both at the beginning and end of life are at a higher risk for dental disease, this increasing the need for dental care. In collaboration with many partners, the dental health program offers direct services as well as connection to doctors when treatment is needed.

Prior to TRPHD dental cleaning



Post TRPHD dental cleaning



- **Immunization Program:** During the pilot year of the Two Rivers Public Health Department Immunization Program, representatives of the department will visit schools and workplaces to provide influenza immunization.

Both programs will utilize Community Health Workers to help facilitate access to medical services beyond those offered by the department, connect individuals to assistance programs in their communities, and empower individuals to seek needed health services.

MENTAL HEALTH

Goals:

1. TRPHD will actively collaborate with community members and partners to help individuals attain mental health services through Dawson County Rooted in Relationships, and community threat assessment teams by January 2020.
2. TRPHD will provide education about mental health to community members by posting education monthly on social media, a minimum of 2 television appearances with mental health topics, and a minimum of 1 radio topic per year regarding mental health.

Actions:

TRPHD will continue to actively engage with Dawson County Rooted in Relationships and community threat assessment teams in Buffalo and Dawson Counties. These dynamic partnerships will address mental health in our community from the very young to the elderly.

- **Dawson County Rooted in Relationships:** Dawson County is one of the first three counties in Nebraska to plan and implement Rooted in Relationships. Rooted in Relationships supports children's emotional and social development and early learning by; parent engagement and support, raising public awareness of social emotional development and existing community resources, and implementation of the Pyramid Model for Supporting Emotional Competence in Infants and Young Children.
- **Community Threat Assessment Teams:** Threat Assessment Teams allow communities to respond to individuals who are heading toward a crisis. These multidisciplinary teams help prevent the crisis by leading these individuals to services to reduce stressors. Both teams are available to offer a safe, confidential option to share your concerns or story. Both teams comprise people trained to prevent violence or the escalation of violence.
 - **Kearney Intervention Team (KIT)**
 - **Community Safety Resource Team | Lexington (CSRT)**

TRPHD will increase its presence on social media, and continue to engage members of the media to ensure that messages are educational, culturally appropriate, and normalize the use mental health services.

HIGH IMPACT PREVENTION

Goals:

1. TRPHD will raise awareness of drug overdose opioid misuse prevention through collaboration with local partners in the southern counties (Franklin, Harlan, Kearney, and Phelps) starting in November of 2019.
2. TRPHD will collaborate with the University of Nebraska Medical Center through the Kearney campus to provide the CATCH Kids programs to a local school in September 2019.

Actions:

To directly address this goal, TRPHD will highlight two programs. High Impact Prevention is an approach to public health driven by data collection, defined geographical areas, and increasing population health. TRPHD will use partnerships with local experts to increase impact on overall population health within the following programs:

- **Drug Overdose Prevention:** TRPHD will begin working to address opioid and meth usage in the southern area of the jurisdiction during the autumn of 2019. This work will be focused in Franklin, Harlan, Kearney, and Phelps counties due to the opioid prescription rate, and actions being taken in other counties. Since this funding is newly available, the primary focus of the first year is to educate staff and understand the needs of the community. TRPHD will actively seek partnerships to begin addressing opioid usage and meth usage.
- **CATCH Kids:** TRPHD will continue the current partnership with the University of Nebraska Medical Center Nursing Kearney Campus. This partnership enables nursing students, with the supervision of TRPHD and UNMC staff, to provide local youth health and wellness lessons after school.

COMMUNITY HEALTH ASSESSMENT PARTNERS

Alma Family Dental

Dr. Jesse Neal, Dentist

Lexington Regional Health Center

Jessica Nordstrom, Infection Control

Two Rivers Board of Health

Shelly Brenn, Phelps County Commissioner

Dr. Brady Beecham, Physician

Wayne Anderson, Kearney County Supervisor

Dennis Rickertsen, Dawson County

Commissioner

Patty Bader, Gosper County Representative

Dawson County

John Fagot, Mayor

Paul Schwartz, Police Chief

Gladys Godinez, Minority Health Representative

Lexington Public Schools

John Hakonson, Superintendent

Mount Carmel Home

Kate Johnson, Director of Nursing

Phelps Memorial Health Center

Mark Harrell, CEO

Buffalo County

Darrin Lewis, Emergency Manager

Stanley Clouse, Mayor

Dan Lynch, Police Chief

Central Nebraska Local Outreach to Suicide Survivors

Renae Zimmer, Member

Holdrege Memorial Homes

Linda Carpenter, Director of Nursing

Kearney Area United Way

Nikki Erickson, Director

Kearney Regional

Bill Calhoun, CEO

Kearney Public Schools

Kent Edwards, Superintendent

University of Nebraska at Kearney

Peggy Abels, Director of Health Programs

Kate Heelan, Sport Science Professor

Denise Waibel-Rycek, UNMC Nursing Instructor

Todd Bartee, Exercise Science Professor

University of Nebraska Extension

Carol Schwarz, Extension Agent

DHHS Region III Behavioral Health

Beth Baxter, Director

West Pharmaceutical Services

Scott Renken, Representative

Kearney County Health Services

Luke Poore, CEO

Family Practice

Dave Glover

Franklin County Memorial Hospital

Kathy Murphy, Nurse Practitioner

Human Trafficking and Immigration Outreach

Leticia Bonifas, Member

Kearney City Council

Jonathan Nikkila, Member