



Progress Report for 2016

Live Well Gratiot is a countywide initiative that began in 2011, in response to legislation associated with the Affordable Care Act (ACA). The ACA required non-profit hospitals to conduct a community health assessment (CHA), which would result in the development of a comprehensive community health improvement plan (CHIP). The Mid-Michigan District Health Department (MMDHD) approached the local health care system, MidMichigan Medical Center – Gratiot (MMMC-G), to complete this process. Working together, and in collaboration with community partners, Live Well Gratiot was established. The process of advancing the health Gratiot County citizens was begun.

Having completed the first CHIP cycle for 2012-2015, members of LWG revisited the existing CHIP in late 2015 to identify new health priorities for the next three year cycle. This was accomplished by utilizing current data and soliciting input from community partners. A steering committee comprised of staff from the Mid-Michigan District Health Department, MidMichigan Medical Center Gratiot, Alma College, Gratiot County Community Mental Health, the Gratiot County Substance Abuse Coalition, Child Advocacy, MSU Extension and Girls on the Run provided oversight and led the CHA process. An advisory committee consisting of members from the Gratiot Collaborative Council, representing over twenty organizations, was available to convene to assure community input and advocacy.

This report represents activities that have taken place during Year I, Cycle 2 (April 2016 – March 2017) of the Live Well Gratiot CHIP. Progress reports for the first cycle, from 2011 through 2015 can be accessed at: <http://www.mmdhd.org/healthassessment.html>. The Live Well Gratiot CHIP and CHA can also be found at the same internet link.

Priority Issue: Obesity

Goal: Reduce the prevalence of obesity for adults and youth

- Members began an inventory of walking sites throughout the county using the *Plot-a-Route* mapping system. This system could be utilized by residents to expand exercise opportunities.
- Members presented an opportunity to county school principals for collaboration in the development and support of school wellness teams.
- Members supported the efforts of *Girls on the Run*, a youth empowerment program for girls in grades three through eight. The girls learn life skills as they work towards participation in a 5K event. Adult volunteers were sought to help mentor the participants.

- While not part of the initial CHIP, members began researching the various food sites and resources around the county with the idea of pursuing a food summit in the future.

Priority Issue: Mental Health

Goal: Reduce the prevalence of untreated mental health disorders

- Gratiot Integrated Health Network (GIHN, formerly Gratiot County Community Mental Health) worked to co-locate behavioral health services within the Breckenridge Family Clinic. Efforts were also in progress to co-locate behavioral health services in a pediatric office and add a physician/PA at the GIHN facility.
- GIHN continuously works to increase awareness of mental health services by marketing the Healthy Michigan Plan, monitoring enrollment, providing updates on social media, promoting services through 2-1-1 and the GIHN website, and supplying information at community events.
- GIHN promoted a “no wrong door” policy, improving access to care for those experiencing mental health concerns and substance abuse issues. Community outreach was conducted by promoting suicide awareness at local schools, collaborating with the Gratiot County Substance Abuse Coalition (GCSAC), promoting 2-1-1, and attending events such as a town hall on substance abuse, the Gratiot County Fair, and back-to-school events.
- Two Mental Health First Aid trainings were offered during the cycle, and a GIHN employee was newly trained to conduct the program.
- GIHN community wellness activities were provided, including: leading a self-care group, offering a walking group, holding nutrition classes, hosting a voter registration drive, and offering a class on coping with stress during the holidays.

Priority Issue: Substance Use & Abuse

Goal: Reduce alcohol, tobacco and other drug use

- The Gratiot County Substance Abuse Coalition (GCSAC) sponsored an *Above the Influence* (ATI) Art Show in May of 2016. Forty canvases were displayed. ATI is a program that empowers teens to resist the negative influences that might lead to risky behavior and substance abuse.
- ATI activities were supported at basketball nights at Ashely, Alma, Ithaca and Fulton Schools.
- GCSAC worked with GIHN to create an Early ID program, which would identify students who are exhibiting signs of being at-risk for substance abuse. Programs were in place for Ithaca and St. Louis Schools, with Alma Schools planning to start the program in the 2017/2018 school year.
- GCSAC utilized Michigan Profile for Healthy Youth (MiPHY) data to better understand the prevention needs of area youth and to support the application of a Drug Free Communities Grant through the Office of National Drug Control Policy.
- The “It’s All About Being a Teen” program was implemented at Fulton Alternative Education, and at Ithaca and St. Louis High Schools.

- GCSAC and student interns from Alma College began a mentoring program at Fulton Alternative Education. Over 40 Alma College student volunteers provided tutoring and mentoring to the students.
- Maternal smoking was addressed by developing a smoke-free-text flyer to be shared with pregnant women in the MIHP (Maternal Infant Health Program) and WIC (Women, Infants and Children) programs at the Mid Michigan District Health Department (MMDHD). This information was shared with MIHP and WIC staff in January. MMDHD and GCSAC also began work on a smoke-free-text flyer for teens.
- Promotion of the Michigan Tobacco Quitline was ongoing at MMDHD through the MIHP and WIC programs.

Priority Issue: Utilization of Health Services

Goal: Increase utilization of preventive health services

- The MidMichigan Medical Center – Gratiot (MMMC-G) initiated a pilot program with the Alma Transportation Center and the American Cancer Society to expand services for the *Road to Recovery Program*.
- MMDHD worked with the Ingham Health Plan and Medicaid Health Plans (MHP) to sustain funding for the community health worker program. This proved a challenge, due to the uncertainty of the Affordable Care Act and the MHP's desire to limit costs.
- MMMC-G worked to improve health literacy for patients by providing written handouts with diagnosis information and printed discharge instructions.
- The *Choosing Wisely* campaign for patient self-care was implemented using social media through MMMC-G.

In today's environment of shrinking budgets, optimizing talent and vision of collaborative partners is crucial to community health improvement. We believe health is a part of everything and to improve health and solve complex community problems, we must work together. Thank you to our community partners who have participated in this process.

Gratiot County, united in a culture of healthy living.