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## ***Executive Summary***

In 2015, Reno County began the process of conducting its second Community Health Assessment and developing its Community Health Improvement Plan. The Reno County Health Improvement Council collected primary data through a survey and focus groups to identify the areas of top concern in the County. The top five issues identified in the CHA were drug abuse, obesity, mental health, alcohol, and child abuse/neglect. The Health Improvement Council then convened the community to share these results and prioritize these areas further. Based upon community input, resources, and barriers, obesity and mental health were chosen as the top two priorities for the county for the next three years. For full results, please review the [Data Book](#) that resulted from the Community Health Assessment process.

The first goal created is to reduce the proportion of people who are obese in Reno County. Four strategies were developed to help the community reach this goal. The second goal created is to create a seamless, coordinated Mental Health System that provides treatment and education about mental health for all in Reno County. Four strategies were developed to help the community this goal as well. Heal Reno County, the public health coalition that serves this area, has recently restructured itself to include six work groups. These workgroups address healthy foods, healthy kids, active living, worksite wellness, tobacco control and healthcare. These workgroups have taken ownership of the strategies developed in the Community Health Improvement Plan, as well as other strategies and interventions based on continued stakeholder input. Work towards accomplishing these goals will be reported to and monitored by Heal Reno County and its workgroups. If you are interested in joining Heal in some capacity, please visit [www.healrenocounty.org](http://www.healrenocounty.org) to request information and find schedules of upcoming meetings.

## **Background Information**

### ***History of the process***

An assessment of Reno County was conducted by the Reno County Health Improvement Council. The Reno County Health Improvement Council is comprised of members from Horizons Mental Health, Hospice and Homecare of Reno County, Hutchinson Regional Medical Center, Wesley Towers, Reno County Health Department, Hutchinson Clinic, PrairieStar Health Center, and United Way of Reno County. The Health Improvement Council conducted a Community Health Assessment (CHA) for the 63,718 residents of Reno County, Kansas. (US Census Bureau QuickFacts) Member organizations of the Council serve Reno County and residents from the surrounding area.

The first Community Health Assessment for Reno County was conducted in 2012 and a Community Health Improvement Plan (CHIP) was adopted in 2013. The Reno County Health Improvement Council was responsible for tracking the progress towards the goals established in the 2013 CHIP. The Council has continued to meet and in 2015 began the process of conducting an updated Community Health Assessment (CHA).

The Council met and decided that the best way to start the updated health assessment process was a community survey. The survey was distributed electronically and in paper form and consisted of fifteen questions that assess the respondents' perceptions of the health of Reno County and also collected Respondents' demographic information. 1,478 people responded to the survey, representing 2.3% of Reno County's total population.

### ***Demographics***

Reno County is one of the geographically largest counties in Kansas (1,255 square miles) with a total population of **63,718**. It is home to Hutchinson, the county seat, with a population of 41,642 and several small surrounding communities. Reno County is the 9th most populated county in the state out of 105 counties. The median household income for both the county (\$46,673) and city of Hutchinson (\$41,677) is considerably lower than the state's rate (\$51,872). Presumably 15.8% of its county's residents live in poverty.

Rural Reno County is home to a significant number of Amish families who are quite dependent upon agriculture and value a minimalist lifestyle. Hutchinson has three state prison facilities (minimum, medium, and maximum security) that

provide steady employment for many, but draws a number of transient families to the area who are in need of a variety of social services. There is also a great deal of manufacturing work, which leads to a variety of shift work, strenuous activity, and can take a serious toll on their health if not managed properly.

<b>Demographics</b>	<b>Reno (2010)</b>	<b>Reno (2014)</b>	<b>Kansas (2010)</b>	<b>Kansas (2014)</b>
<i>Population</i>	64,511	63,793	2,853,132	2,904,021
<i>Persons under 18 years</i>	23.6%	23.2%	25.5%	24.9%
<i>Persons 65 years and over</i>	17%	18%	13.2%	14.3%
<b>Race and Ethnicity</b>				
<i>White persons</i>	90.6%	92.9%	83.8%	86.8%
<i>Black persons</i>	3%	3.4%	5.9%	6.3%
<i>American Indian and Alaska Native persons</i>	0.7%	0.8%	1.0%	1.2%
<i>Asian persons</i>	0.5%	0.6%	2.4%	2.8%
<i>Persons reporting two or more races</i>	2.6%	2.2%	3.0%	2.8%
<i>Persons of Hispanic or Latino Origin</i>	8.1%	9.0%	10.5%	11.4%

### **Socioeconomic Factors and Vulnerable Populations**

Using the Community Commons Vulnerable Populations Footprint tool, no vulnerable populations were identified in Reno County. Vulnerable populations are areas where greater than 20% of the population fall below poverty level and less than 25% of the population has finished high school. Portions of Hutchinson and South Hutchinson meet the poverty threshold, but not the education threshold. Source: <http://assessment.communitycommons.org/Footprint/>

## Food Environment Report

### **1.6 Poverty**

In 2010, the U.S. poverty threshold for a single person age 65 or younger was \$11,344; for a family of four, including two children, it was \$22,113. A high poverty rate can be a cause and consequence of poor economic conditions.

Poverty levels in Reno County have been slightly higher than the Kansas average, except for the most recent years of 2010-2014, where Reno County has been slightly lower. In 2013 in the state of Kansas, the poverty level was **18.2%**. In 2014, the poverty level in Reno County was **15.8%**. 1 in 5 Kansas children live in poverty.

### ***Free and Reduced Lunch Rates***

<b>School District</b>	<b>10-11</b>	<b>11-12</b>	<b>12-13</b>	<b>13-14</b>	<b>14-15</b>	<b>15-16</b>
USD 313 Buhler	36.90%	39.39%	41.42%	39.42%	36.81%	38.56%
USD 310 Fairfield	71.38%	66.67%	69.53%	72.57%	68.88%	70.47%
USD 312 Haven	43.69%	44.12%	43.36%	43.68%	43.45%	43.98%
USD 308 Hutchinson	63.98%	66.72%	67.93%	67.62%	67.84%	68.17%
USD 309 Nickerson	60.18%	59.53%	64.19%	61.78%	59.86%	58.36%
USD 311 Pretty Prairie	38.79%	38.49%	36.49%	38.73%	35.23%	33.46%

**Uninsured Residents**

	<b>Reno</b>		<b>Kansas</b>
Adults who lack healthcare coverage	<b>15.7%</b>		<b>17.1%</b>
Adults aged 18 to 64 years old who lack healthcare coverage	<b>20.6%</b>		<b>20.8%</b>
Adults with no personal doctor	<b>20.0%</b>		<b>21.5%</b>
Adults who could not see a doctor because of cost in the past 12 months	<b>13.6%</b>		<b>13.6%</b>
Adults with fair or poor perceived health status	<b>14.3%</b>		<b>15.4%</b>

**Addressing the Social Determinants of Health**

When creating goals and strategies for the community, special consideration was given to ensuring that the proposed interventions address the social determinants of health as well as health behaviors and outcomes. Examples of social determinants of health include:

- Availability of resources to meet daily needs (e.g., safe housing and local food markets)
- Access to educational, economic, and job opportunities
- Access to health care services
- Quality of education and job training
- Availability of community-based resources in support of community living and opportunities for recreational and leisure-time activities
- Transportation options
- Public safety
- Social support
- Social norms and attitudes (e.g., discrimination, racism, and distrust of government)
- Exposure to crime, violence, and social disorder (e.g., presence of trash and lack of cooperation in a community)

- Socioeconomic conditions (e.g., concentrated poverty and the stressful conditions that accompany it)
- Residential segregation
- Language/Literacy
- Access to mass media and emerging technologies (e.g., cell phones, the Internet, and social media)
- Culture

Source: [HealthyPeople2020 Social Determinants of Health](#)

### **Gathering Further Community Input**

With these top five issues identified, the Health Improvement Council asked the residents of Reno County to provide more input into the things that affect our health and the things that we are able to change. The Council conducted a Community Health Discussion on April 26, 2016 and invited everyone in Reno County to attend. The results from the initial primary data collection, as well as, the most recent secondary data from sources like the Kansas Health Matters and the County Health Rankings were shared with everyone in attendance by Council Facilitator Lisa Gleason of United Way of Reno County, and by Nick Baldetti, Health Officer and Director of the Reno County Health Department. After sharing these results with those in attendance, all participants were asked to brainstorm at their tables all of the resources that are currently in place to address each of the five issues to identify strategies/ideas for future work on those issues.

At the end of the convening, following the discussion and brainstorming, we asked all participants to rank the top five issues identified by feasibility and by impact of proposed strategies.

*The Council then analyzed all of the data and strategies collected at the Community Health Discussion and identified **Obesity and Mental Health** as the two areas that have the greatest potential impact on the health of Reno County.*

### **Transitioning from Assessment to Planning**

The next steps in this process were to identify the goals and objectives that Reno County seeks to reach in the areas of Obesity and Mental Health over the next three years. Continued community input and the collaboration of all of the sectors that affect the health of Reno County are the keys to creating and implementing effective and sustainable change in these areas. The Community Health Discussion was the start of the 2016 Community Health Improvement Planning process for Reno County. This process has created the strategic plan for improving the health of Reno County over the next three years.



### **Progress that has been made since 2013 Community Health Improvement Plan**

The 2013 CHIP process identified two priority areas: healthy behaviors and access to care. Five strategies with twelve activities were identified to increase healthy behaviors in Reno County. Four strategies with ten activities were identified to increase access to care in Reno County. Highlights of progress made towards the 2013 goals are:

#### **Healthy Behaviors:**

HEAL Reno County has undergone strategic planning and restructuring and has developed six workgroups to expand the scope and function of the coalition. There has been substantial growth within the worksite wellness system in the county with more businesses participating in their own programming and attending trainings. Quarterly luncheons for businesses interested in worksite wellness have been well attended and well received. Walking School Bus programs have ebbed and flowed at local schools, but there is currently momentum to reinvigorate this movement. Safe Routes to Schools policies were adopted at Graber, Nickerson, Haven, and Lincoln elementary schools. Bike racks have been placed at RCAT and at various locations around Hutchinson to encourage active transportation. The city of Hutchinson passed a Complete Streets policy, adopted a comprehensive Bike and Pedestrian Master Plan, and amended subdivision regulations to require sidewalks in new developments. Reno County Youth Shelter is smoke free and Hutchinson Community College and the Kansas State Fair have adopted designated smoking areas. The fair's smoking changes will be implemented before the 2017 State Fair.

Hutchinson Regional Medical Center adopted policies to make their cafeteria menus and vending machines healthier and have launched a farmers market inside the hospital. Arlington established a farmers market in 2014 and South Hutchinson established a farmers market in 2016. Both of these new markets are supported by the Food Policy Council. Reno County Health Department has active participation in healthy behavior education at many local school districts, Hutchinson Community College, and substance abuse groups. Horizons Mental health is offering self control/monitoring education to elementary students. Reno County Health Department offers Stepping On, Chronic Disease Self Management, and Diabetes Self Management classes throughout the community each year. Prairie Star's new facility has an auditorium that can be used for educational programming. Hospice and Homecare of Reno County holds a kids' grief camp and a suicide prevention coalition has been established with support from Communities that Care.

#### **Access to Care:**

RCAT has a new route that includes Prairie Star's new location. Providers are distributing RCAT vouchers to patients in need of transportation. Prairie Star has a new

appointment reminder system to increase follow up and United Way has strengthened its 211 system. Hutchinson Clinic increased access by adding walk-in clinics on Main Street and in South Hutchinson. The Waldron location increased its weekend hours for urgent care. Prairie Star has increased the amount of time blocked for walk-in care and has extended hours. Reno County Health Department extended office hours Monday-Friday and Horizons Mental Health is open 50 hours a week with additional off-site clinic hours.

Healthcare navigators are available at Hutchinson Regional Medical Center and Prairie Star Health Center. Hutchinson Regional Medical Center instituted a fast-track for non-emergent care and is tracking non-emergent use of the Emergency Room. An Oxford House and a Substance Abuse Center of Kansas have opened in Hutchinson.

### **Tobacco:**

Tobacco use and youth initiation prevention have long been public health priorities in Reno County. The Reno County Health Department receives Chronic Disease Risk Reduction funding from the global tobacco settlement to address tobacco use, as well as physical activity, nutrition, and chronic disease within our communities. Current CDRR action plans include:

#### ***To create tobacco free policies***

- Increase the number of worksites with smoke free policies
- Increase the number of parks with smoke free policies

#### ***To increase the establishment and use of cessation services***

- Establish cessation referral system for providers
- Increase number of WorkWell Businesses with cessation referral systems that include insurance plans that reimburse for cessation services including Quitline referral, nicotine replacement therapy and medication
- Establish cessation referral system for mental health providers
- Increase the number of health care provider organizations that integrate a systems, policy or environment change to include the KDHE “Brief Tobacco Intervention (BTI) web based provider training.

To learn more about cessation resources, or enroll in quitline services, contact:



## Current Priority Areas and Strategies

**The first goal identified is to reduce the proportion of people who are obese in Reno County.**

Strategies created to meet this goal include:

Make the healthy choice, the easy choice for physical activity and nutrition

Encourage Reno County businesses to implement workplace strategies that create cultures of health

Educate and work with health professionals to provide stronger continuity of care throughout the community

Develop plans for sustainability of efforts regarding health in our community

**The second goal identified is to create a seamless, coordinated Mental Health System that provides treatment and education about mental health for all in Reno County.**

Strategies created to meet this goal include:

Reduce barriers that prohibit access for adults and children with mental illness to receive treatment

Develop plans to decrease the number of adults and juveniles who enter the justice system due to mental illness

Increase collaboration between all mental health resources in Reno County

Provide a place for mental health consumers to go for resources and peer-to-peer interactions

***Background on each strategy, sources, and evidence bases are contained in the action plan that follows. Special consideration was given to addressing and including the spectrum of interventions to bridge the gap between healthcare and public health practice (from CDC HI 5 Interventions, 2016)***

### The “Buckets” of Prevention Framework



# Action Plan

Date Created: 09/16/16

Date Reviewed/Updated:

<b>PRIORITY AREA:</b>
<b>Obesity</b>
<b>GOAL:</b>
<b>Reduce the proportion of adults/kids who are obese in Reno County.</b>

**Strategy #1:**  
**Make the healthy choice, the easy choice for physical activity and nutrition**

**BACKGROUND ON STRATEGY**  
 Source: Kansas ranks seventh in the nation for obesity and is one of only two states whose obesity has increased since 2015.  
[Report: Kansas has seventh-highest obesity rate](#)  
 According to 2013 BRFSS data, 41.4% of women in Reno County report consuming fruit less than 1 time per day and 54.7% of men in Reno County report consuming fruit less than 1 time per day.  
 According to 2013 BRFSS data, 17.1% of women in Reno County report consuming vegetables less than 1 time per day and 28.30% of men in Reno County report consuming fruit less than 1 time per day.  
**Evidence Based:** [Public Health Law Center’s Best Practices for Increasing Access to Healthy Foods through Policy](#)  
 Addresses using policy to increase access to healthy foods through food councils, zoning, farmers markets, community gardens, food retail, vendors, and school districts  
[Public Health Law Center’s Best Practices for Increasing Biking and Walking through Policy](#)  
 Addresses using policy to increase biking and walking through Complete Street, Bike and Pedestrian Master Plans, Safe Routes to Schools, traffic design and the built environment  
[Increasing Fruit and Vegetable Consumption through the USDA Nutrition Assistance Programs](#)  
**Policy Change (Y/N):** Yes  
**Social Determinants of Health:** Education, access to resources

<b>ACTION PLAN</b>					
Activity	Target Date	Resources Required	Lead Person/ Organization	Indicator of Success	Progress Notes
<b>Schools implement wellness policies in the areas of physical activity and nutrition.</b>	June 2018	<ul style="list-style-type: none"> <li>● <a href="#">Drafting Effective Policies Checklist</a></li> <li>● Provide Sample Policies</li> </ul>	<ul style="list-style-type: none"> <li>● Healthy Kids Work Group</li> </ul>	<ul style="list-style-type: none"> <li>● 1 Early Learning Center, Elementary School, Middle School, and High School will each implement at least one wellness policy relating to physical activity and nutrition.</li> <li>● Increase the number of classrooms using Go Noodle.</li> </ul>	
<b>Build community support around legislative policies for the built environment that enhance access to and availability of physical activity opportunities</b>	June 2019	<ul style="list-style-type: none"> <li>● <a href="#">Drafting Effective Policies Checklist</a></li> <li>● Provide Sample Policies</li> </ul>	<ul style="list-style-type: none"> <li>● Vitality Work Group</li> </ul>	<ul style="list-style-type: none"> <li>● Two additional communities will adopt public policies that develop the built environment to promote active living.</li> </ul>	

Expand the ability to use Federally Funded Food assistance in local markets.	June 2018	<ul style="list-style-type: none"> <li>Information from other successful communities</li> <li>POS equipment for local markets</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Foods Work Group</li> </ul>	<ul style="list-style-type: none"> <li>Two additional markets will accept FFA assistance.</li> <li>Start a Double Up program in the community.</li> </ul>	
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**Strategy #2:**  
**Encourage Reno County business to implement workplace wellness strategies that shift behaviors into becoming the cultural norm.**

**BACKGROUND ON STRATEGY**

Source: [WorkWell KS Foundations Checklist](#)

**Evidence Base:** Multi-component worksite obesity prevention has been identified as a [HI 5 Intervention](#) by the Centers for Disease Control and Prevention. HI 5 Interventions are evidence based and have been shown to have a direct health impact within five years of implementation.

**Policy Change (Y/N):** Yes

**Social Determinants of Health:** Community resource support, job training, social supports

**ACTION PLAN**

Activity	Target Date	Resources Required	Lead Person/ Organization	Indicator of Success	Progress Notes
Host Workwell Ks. workshops in the 4 areas of foundation, physical activity, tobacco and, nutrition.	June 2019	<ul style="list-style-type: none"> <li>Chamber</li> <li>WorkWell KS</li> </ul>	<ul style="list-style-type: none"> <li>Work Well Work Group</li> <li>Health Dept.</li> </ul>	<ul style="list-style-type: none"> <li>10 Employers will complete all 4 Workwell workshops.</li> </ul>	
Support employers in implementing worksite wellness to progress toward a comprehensive worksite wellness plan.	June 2019	<ul style="list-style-type: none"> <li><a href="#">WorkWell KS Assessment Tool</a></li> </ul>	<ul style="list-style-type: none"> <li>Work Well Work Group</li> </ul>	<ul style="list-style-type: none"> <li>10 Employers will implement worksite wellness plans</li> </ul>	

**Strategy #3:**  
**Educate and work with Health Professionals to provide stronger continuity of care throughout the community.**

**BACKGROUND ON STRATEGY**

Source: [Exercise is Medicine Fact Sheet](#)  
[Evolving Models of Behavioral Health Integration in Primary Care](#)  
[Knowledgeable Neighbor Model](#)

**Evidence Base: Physical activity:** There is strong evidence to support that multi-pronged strategies in healthcare that involve physical activity counseling, prescriptions for exercise, and referrals to community resources and organizations are an effective way to reduce obesity. Integration of these policies into a local healthcare system creates the [Exercise is Medicine Solution](#).

**Integrated Behavioral Health:** Evidence supports that delivering mental health services in primary care and other clinical settings greatly increases access to care and reduces stigma and discrimination. There are four quadrants of integration based upon the patient’s behavioral health risk and the complexity of physical health needs. There are many models available for the creation of these systems that range from coordinated to co-located to integrated behavioral healthcare.

**Mobile Screenings:** Mobile health screenings are cost-effective preventive interventions for areas with limited access to care. Special consideration must be made to ensure follow-up for participants with out of normal screenings who are not already established with a local provider.

**Policy Change (Y/N):** Yes

**Social Determinants of Health:** Access to education, access to healthcare, access to behavioral healthcare

**ACTION PLAN**

Activity	Target Date	Resources Required	Lead Person/ Organization	Indicator of Success	Progress Notes
Develop and support more Physician office visits that incorporate counseling or education related to physical activity.	07/2017	<ul style="list-style-type: none"> <li><a href="#">Health Care Providers Action Guide</a></li> </ul>	<ul style="list-style-type: none"> <li>Health Care Work Group</li> </ul>	<ul style="list-style-type: none"> <li>Increase the number of providers that offer counseling to patients related to physical activity.</li> </ul>	
Develop and support more Physician office visits that utilize BMI in counseling patients about their health.	07/2017	<ul style="list-style-type: none"> <li><a href="#">Talking with Patients about Weight Loss: Tips for Primary Care Providers</a></li> </ul>	<ul style="list-style-type: none"> <li>Health Care Work Group</li> </ul>	<ul style="list-style-type: none"> <li>Increase the number of high BMI patients who are referred to a dietitian.</li> </ul>	
Expand access to integrated behavioral health into our community systems.	07/2017	<ul style="list-style-type: none"> <li><a href="#">SAMHSA Quick Start Guide for Behavioral Health Integration</a></li> </ul>	<ul style="list-style-type: none"> <li>Health Care Work Group</li> </ul>	<ul style="list-style-type: none"> <li>One Health care entity implements behavioral health integration into their daily practice.</li> </ul>	
Partner with Health care entities to provide mobile screenings throughout Reno County.	Annually	<ul style="list-style-type: none"> <li>Develop a referral form for follow-up that meets the needs of all organizations involved</li> </ul>	<ul style="list-style-type: none"> <li>Health Care Work Group</li> </ul>	<ul style="list-style-type: none"> <li>Hold 3 mobile screenings per year targeting at risk populations.</li> </ul>	

**Strategy #4:**  
**Develop plans for sustainability of efforts regarding health in our community.**

**BACKGROUND ON STRATEGY**  
**Source:** [PSE 101: Building Healthy Communities Through Policy, System and Environmental Change](#)  
**Evidence Base:** There is extensive evidence in support of the use of policy, system and environment change as a means to ensure the sustainability of interventions to improve the health of communities. The interventions developed as a part of the Community Health Improvement Planning process have a basis in policy, system and environment change and are supplemented with programmatic action steps for implementation. In developing a sustainability plan, focus will be placed on also learning for experts in these areas and communities who have already been successful with comparable goals and activity. The community will also need to consider strategic application for external funding and leveraging existing funding within the community to have the greatest impact. Engaging public and private sector representation as leadership of HEAL Reno County and supporting the development of these individuals as leaders within our community will also build the sustainability of the coalition and its efforts.  
**Policy Change (Y/N):** Development of Sustainability Plan  
**Social Determinants of Health:** Supporting growth of community based resources

**ACTION PLAN**

Activity	Target Date	Resources Required	Lead Person/ Organization	Indicator of Success	Progress Notes
Develop a relationship with a community that has been successful in changing healthy behaviors and outcomes.	11/2016	<ul style="list-style-type: none"> <li>● Successful Community</li> </ul>	<ul style="list-style-type: none"> <li>● HEAL Reno County Advisory Council</li> </ul>	<ul style="list-style-type: none"> <li>● Do 1 onsite visit to a successful community</li> </ul>	
Bring in experts to share information and guidance to the community.	Annually	<ul style="list-style-type: none"> <li>● Funding</li> <li>● Venue</li> <li>● Expert</li> </ul>	<ul style="list-style-type: none"> <li>● HEAL Reno County Advisory Council</li> </ul>	<ul style="list-style-type: none"> <li>● Hold 1 expert event annually for the community.</li> </ul>	
Engage public and private sector to invest in the health of our community.	01/2017	<ul style="list-style-type: none"> <li>● Multisectoral leadership of coalition workgroups</li> </ul>	<ul style="list-style-type: none"> <li>● HEAL Reno County Advisory Council</li> </ul>	<ul style="list-style-type: none"> <li>● Increase participation of HEAL work groups</li> <li>● Identify sources of ongoing funding for health initiatives.</li> </ul>	

**Reno County Health Improvement Process  
Action Plan**

Date Created: 09/16/16

Date Reviewed/Updated:

<b>PRIORITY AREA: Mental Health</b>
<b>GOAL: Create a seamless, coordinated Mental Health system that provides treatment and education about mental health for all in Reno County.</b>

**Strategy #1:**  
**Reduce barriers that prohibit access for adults and children with mental illness to receive treatment.**

**BACKGROUND ON STRATEGY**  
**Source:** Evidence supports that delivering mental health services in primary care and other clinical settings, as well as the use of Mental Health First Aid trainings, greatly increases access to care and reduces stigma and discrimination. There are four quadrants of integration based upon the patient’s behavioral health risk and the complexity of physical health needs. There are many models available for the creation of these systems that range from coordinated to co-located to integrated behavioral healthcare.  
**Evidence Based:** [Mental Health First Aid Efficacy: A Compilation of Research Efforts](#)  
[Evolving Models of Behavioral Health Integration in Primary Care](#)  
[Kansas Mental Health Providers: Funding cuts, stalled contracts add to pressures](#)  
**Policy Change (Y/N):** Yes, healthcare provider policy for integration of care  
**Social Determinants of Health:** Access to care, decreasing discrimination based on mental health status (affects jobs, housing, relationships)

<b>ACTION PLAN</b>					
Activity	Target Date	Resources Required	Lead Person/ Organization	Indicator of Success	Progress Notes
<b>Reduce the negative perception that is attached to mental illness in our community</b>	12/ 2017 (First Aid) 11/2019 (Ten Businesses)	<ul style="list-style-type: none"> <li>● Trainers and Facilities</li> <li>● Mental Health Professionals</li> </ul>	<ul style="list-style-type: none"> <li>● Horizon’s</li> <li>● Chamber</li> <li>● DCF/Vocational Rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>● Increase the number of Mental Health First Aid Classes held in the community by 50% in 3 years.</li> <li>● Ten Businesses /Organizations would be educated about hiring mental health consumers</li> </ul>	
<b>Provide more education to the community regarding mental illness services that are available.</b>	5/2017 (brochure) 4/2017 (health fair)	<ul style="list-style-type: none"> <li>● Computer program/ printing</li> <li>● Volunteers</li> </ul>	<ul style="list-style-type: none"> <li>● Horizon’s</li> <li>● Work Group</li> </ul>	<ul style="list-style-type: none"> <li>● Create a brochure with key information.</li> <li>● Participate annually in community health fair.</li> </ul>	



<b>Expand access to integrated behavioral health into all our community systems.</b>	12/2018 (health care entity) 11/2019 (substance abuse) 12/2017 (school district)	<ul style="list-style-type: none"> <li>• Drug Task Force</li> <li>• SAC/ Substance Abuse Treatment Centers</li> <li>• Oxford House</li> </ul>	<ul style="list-style-type: none"> <li>• PCP Hutch Clinic/Prairie Star/Summit</li> <li>• Horizons</li> <li>• School Districts</li> <li>• NAMI</li> <li>• Private Practitioners</li> </ul>	<ul style="list-style-type: none"> <li>• One health care entity implements behavioral health integration into their daily practice.</li> <li>• Increase the number of persons with co-occurring substance abuse and mental disorders who receive treatment for both.</li> <li>• Work with 1 School district to increase support for mental health interventions</li> </ul>	
<b>Build public support and advocacy for state policies that support mental health</b>	12/2017 (Legislators) 12/2017 (forum)	<ul style="list-style-type: none"> <li>• Local legislators</li> </ul>	<ul style="list-style-type: none"> <li>• NAMI</li> <li>• Horizon's</li> <li>• Workgroup</li> </ul>	<ul style="list-style-type: none"> <li>• Invite local legislators to a community meeting to discuss the issues coming from state policies</li> <li>• Hold a public forum to educate the community on state policies/needs</li> </ul>	

<b>Strategy #2:</b> <b>Develop plans to decrease the number of adults and minors who enter the justice system due to a mental illness.</b>					
<b>BACKGROUND ON STRATEGY</b> Source: <a href="#">Addressing Mental Illness in the Criminal Justice System</a> Evidence Base: <a href="#">The Processing and Treatment of Mentally Ill Persons in the Criminal Justice System</a> Policy Change (Y/N): Yes—Change policy of law enforcement provider to incorporate mental health responder training Social Determinants of Health: Public safety, exposure to violent crime, social norms and attitudes towards mental illness					
<b>ACTION PLAN</b>					
Activity	Target Date	Resources Required	Lead Person/ Organization	Indicator of Success	Progress Notes
<b>Partner with law enforcement to expand their knowledge of how to work with mental ill consumers.</b>	12/2019 (first aid) 12/2019 (crisis intervention)	<ul style="list-style-type: none"> <li>• First aid trainers and classes</li> <li>• Facilities</li> <li>• Financial resources</li> </ul>	<ul style="list-style-type: none"> <li>• Hutch Police Dept</li> <li>• Reno County Sheriff's Dept</li> <li>• Horizons</li> </ul>	<ul style="list-style-type: none"> <li>• Increase to 80% the number of law enforcement officers in the county that have attended Mental Health First Aid class.</li> <li>• Double the number of law enforcement officers that attend crisis intervention training.</li> </ul>	

<b>Provide mental health follow up treatment for offenders released into our community.</b>	11/2019	<ul style="list-style-type: none"> <li>Parole/Court Services</li> </ul>	<ul style="list-style-type: none"> <li>Hutchinson Correctional Facility</li> <li>Reno County Correctional Facility</li> <li>Horizon's</li> </ul>	<ul style="list-style-type: none"> <li>Increase the percent of offenders that attend follow up treatment after release by 50%</li> <li>Reduce the number of individuals with mental illness returning to jail by 50%..</li> </ul>	
<b>Develop a relationship with a law enforcement community that has been successful with mental health efforts.</b>	11/2017 (visit)  11/2018 Stepping Up	<ul style="list-style-type: none"> <li>Apply for Stepping Up Community Certification</li> </ul>	<ul style="list-style-type: none"> <li>Hutchinson Correctional Facility</li> <li>Reno County Correctional Facility</li> <li>Horizon's</li> <li>Workgroup</li> <li>Hutch Police Dept.</li> <li>RN Co Sheriff</li> </ul>	<ul style="list-style-type: none"> <li>Visit 1 successful community to learn what is working for them.</li> <li>Become a Stepping Up community.</li> </ul>	

<b>Strategy #3:</b> <b>Increase the collaboration between all mental health resources in Reno County.</b>					
<b>BACKGROUND ON STRATEGY</b> <b>Source:</b> <b>Evidence Base:</b> <b>Policy Change (Y/N):</b> Yes-Change of referral system process between provider <b>Social Determinants of Health:</b> access to healthcare and behavioral healthcare					
<b>ACTION PLAN</b>					
Activity	Target Date	Resources Required	Lead Person/ Organization	Indicator of Success	Progress Notes
<b>Improve communication in all areas regarding mental health in our community.</b>	5/2017	Research	<ul style="list-style-type: none"> <li>Horizons</li> <li>Prairie Star</li> <li>Hutch Clinic</li> <li>Private providers</li> <li>Hutchinson Regional</li> </ul>	<ul style="list-style-type: none"> <li>Create a resource list that can be shared by all providers.</li> </ul>	

			Medical Center <ul style="list-style-type: none"> <li>Summit</li> <li>Workgroup</li> </ul>		
<b>Create smoother transitions between systems regarding mental health in our community</b>	12/2018	Patient survey	<ul style="list-style-type: none"> <li>Horizons</li> <li>Prairie Star</li> <li>Hutch Clinic</li> <li>Summit</li> <li>Private providers</li> <li>Reno County Sheriff Dept</li> <li>Hutchinson Regional Medical Center</li> <li>School Districts</li> </ul>	<ul style="list-style-type: none"> <li>Shorten the length of wait time between physician/hospital/law enforcement referral and initial appointment with mental health provider</li> </ul>	

<b>Strategy #4:</b> <b>Provide a place for mental health consumers to go for resources and peer-to-peer interaction.</b>					
<b>BACKGROUND ON STRATEGY</b> Source: <u>Fountain House: Creating Community in Mental Health Practice</u> , Lanoil and Dudek; Columbia University Press (2013) Evidence Base: "Issue Brief", McKay; Center for Mental Health Services Research Dept., Dept. of Psychiatry, University of Massachusetts Medical School (2005), <a href="#">Consumer-Run Organizations</a> Policy Change (Y/N): Systems change Social Determinants of Health: Peer support, transportation, interactions with the judicial system					
<b>ACTION PLAN</b>					
Activity	Target Date	Resources Required	Lead Person/ Organization	Indicator of Success	Progress Notes
Explore the option of a Break-through Club model for our community	6/1/2017 (Drop In) 11/2017 (model training) 11/2019 (Club)	<ul style="list-style-type: none"> <li><a href="#">Center for Behavioral Health Initiatives</a></li> <li>Funding</li> <li>Facility</li> <li>Staff</li> </ul>	<ul style="list-style-type: none"> <li>Community workgroup</li> <li>Horizons</li> </ul>	<ul style="list-style-type: none"> <li>Open a Drop-in Center</li> <li>Attend Clubhouse Rehabilitation model training</li> <li>Open Clubhouse</li> </ul>	
Research what other communities are doing to make progress on mental health in this area.	11/2017	<ul style="list-style-type: none"> <li>Transportation</li> <li>Research</li> </ul>	<ul style="list-style-type: none"> <li>Community Workgroup</li> </ul>	<ul style="list-style-type: none"> <li>Visit community that is addressing mental health issues successfully</li> </ul>	

## **Monitoring and Evaluation**

It is intended that this Community Health Improvement Plan be a living document that is owned by the community. Progress towards specific activities will be recorded in the above action plans as they occur.

Heal Reno County will collect progress towards activities, strategies, and larger goals as work is done and will inform the community and workgroups of progress both formally and informally.

An annual status report will be generated each year that evaluates the progress that is being made for timeliness, efficacy, and stakeholder feedback.

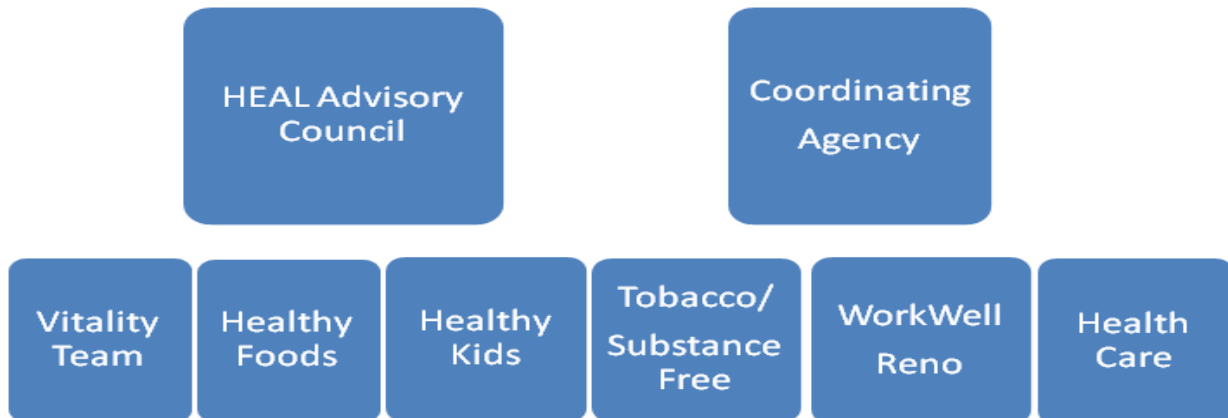
## Summary and Next Steps

### ***We want your help!***

To get involved in this process or to work on any strategies identified above, please consider joining HEAL Reno County. You can do so by visiting [www.healrenocounty.org](http://www.healrenocounty.org) or by calling the Reno County Health Department at (620) 694-2900. A description of the coalition’s workgroups is below.

A calendar of workgroup meetings can also be found on the website or by calling Reno County Health Department.

### ***HEAL Reno County Organizational Chart:***



***Vitality Team: Promotes active lifestyles by working with policymakers to increase and improve the physical and built environment, including trails, sidewalks, public transit, parks, and other community resources.***

***Healthy Foods: Supports policy and systems changes to enhance access to healthy foods in Reno County.***

***Healthy Kids: Supports policy and systems changes to improve the nutrition environment for children 0-18 and ensure opportunities for physical activity in schools, before and after-school programs, and licensed childcare providers.***

***Tobacco/Substance Free: Develops and expands public support for system changes that transform community values around tobacco and substance use. The group provides oversight to and collaborates with RCHD to support control and prevention efforts through the CDRR program.***

***WorkWell Reno: Promotes wellness policies and practices in workplaces with a focus on physical activity, nutrition, and tobacco use.***

***Health Care: Promotes increased access to health care and leads the Community Health Assessment and Improvement Plan.***

## Community Assets and Resources

Hutchinson Regional Medical Center is the only hospital in Reno County and is a 501c3 nonprofit facility, with 199 licensed acute care beds. The hospital is part of the Hutchinson Regional Healthcare System (HRHS) which includes Horizons Mental Health Center, providing mental health services for people in Barber, Harper, Kingman, Pratt and Reno counties; Hospice of Reno County/Home Care of Hutchinson, providing medical and support services for individuals with life-limiting illness and their families; Health-E-Quip, a home medical equipment supply company; and the Hutchinson Regional Medical Foundation, enhancing patient care within the hospital and its affiliates through private donations. HRHS serves the health needs of more than 65,000 residents of Hutchinson and Reno County, as well as the surrounding Central Kansas region. HRHS employs approximately 1350 people, and is the largest employer in Reno County.

Prairie Star Health Center is a non-profit Federally Qualified Health Center (FQHC) offering comprehensive medical and dental services, selected eye services, and laboratory services to people of all ages. Prairie Star has been providing primary care services in Reno County since 1995. Prairie Star is one of only fifteen FQHCs in Kansas. Prairie Star participates in statewide diabetic and hypertension patient management networks.

Reno County Health Department is non-profit and provides public health services that assist Reno County citizens to prevent disease, maintain health, protect the environment, and promote wellness. Services provided at the RCHD include: Senior Health Services, Preparedness, Environmental Health, Basic Health Services, Epidemiology, Child Care Licensing, Health Education Services, Maternal Child Health Service, Women, Infants, and Children programs, Prenatal, Family Planning, Immunizations Services provided include adult and childhood immunizations, and international travel vaccines.

Hutchinson Clinic is a for-profit team of 71 physicians and 22 Advanced Practice Providers located in central Kansas. The clinic's 600+ healthcare professionals provide comprehensive medical and surgical care.

**For a complete list of resources, please visit the [Reno County Resource Guide](#).**

## References

Addressing Mental Illness in the Criminal Justice System

<https://www.justice.gov/opa/blog/addressing-mental-illness-criminal-justice-system>

CDC: HI5 Intervention

<http://www.cdc.gov/policy/hst/hi5/index.html>

Center for Behavioral Health Initiatives

<http://communityengagementinstitute.org/center-and-initiatives/center-for-bhi-what-we-do>

Consumer-Run Organizations

<https://kdads.ks.gov/commissions/behavioral-health/consumers-and-families/services-and-programs/cros>

Evolving Models of Behavioral Health Integration in Primary Care

<http://www.milbank.org/uploads/documents/10430EvolvingCare/EvolvingCare.pdf>

Exercise is Medicine Fact Sheet

[http://www.exerciseismedicine.org/assets/page\\_documents/eim-fact-sheet-2015.pdf](http://www.exerciseismedicine.org/assets/page_documents/eim-fact-sheet-2015.pdf)

Exercise is Medicine Solution

[http://www.exerciseismedicine.org/support\\_page.php/the-eim-solution5/](http://www.exerciseismedicine.org/support_page.php/the-eim-solution5/)

Food Environment Report (2016)

[http://assessment.communitycommons.org/UserContents/CC\\_Contents/reports/71590/CC71590RPT.pdf](http://assessment.communitycommons.org/UserContents/CC_Contents/reports/71590/CC71590RPT.pdf)

Health Care Providers Action Guide

[http://www.exerciseismedicine.org/assets/page\\_documents/HCP%20Action%20Guide\\_HR.pdf](http://www.exerciseismedicine.org/assets/page_documents/HCP%20Action%20Guide_HR.pdf)



HI 5 Interventions, Centers for Disease Control and Prevention (2016)

<http://www.cdc.gov/policy/hst/hi5/interventions/index.html>

Mental Health First Aid Efficacy: A Compilation of Research Efforts

<http://www.mentalhealthfirstaid.org/cs/wp-content/uploads/2013/10/MHFA-Research-Summary-UPDATED.pdf>

Kansas Mental Health Providers: Funding cuts, stalled contracts add to pressures

<http://www.khi.org/news/article/kansas-mental-health-providers-funding-cuts-stalled-contracts-add-to-pressu>

Knowledgeable Neighbor Model

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487671/>

The Processing and Treatment of Mentally Ill Persons in the Criminal Justice System

<http://www.urban.org/sites/default/files/alfresco/publication-pdfs/2000173-The-Processing-and-Treatment-of-Mentally-Ill-Persons-in-the-Criminal-Justice-System.pdf>

Public Health Law Center's Best Practices for Increasing Access to Healthy Foods through Policy

<http://publichealthlawcenter.org/sites/default/files/resources/Policy%20Options%20Access%20to%20Healthy%20Food%201%202015.pdf>

Public Health Law Center's Best Practices for Increasing Biking and Walking through Policy

<http://publichealthlawcenter.org/sites/default/files/resources/Policy%20Options%20for%20Local%20Governments%20in%20Kansas%20Increasing%20Walking%20and%20Bicycling.pdf>

Public Health Law Center's Drafting Effective Policies Checklist

<http://publichealthlawcenter.org/sites/default/files/resources/PHLC-Policy-Drafting-Checklist-with-Equity.pdf>

PSE 101: Building Healthy Communities Through Policy, System and Environmental Change

[http://www.changelabsolutions.org/sites/default/files/NEOP\\_webinar\\_PSE101\\_FINAL\\_20130423.pdf](http://www.changelabsolutions.org/sites/default/files/NEOP_webinar_PSE101_FINAL_20130423.pdf)

Report: Kansas has the seventh-highest obesity rate, Kansas Health Institute (2016)  
<http://www.khi.org/news/article/report-kansas-has-seventh-highest-obesity-rate>

Reno County Data Book (2016)

<http://www.renogov.org/DocumentCenter/View/2982>

SAMHSA Quick Start Guide for Behavioral Health Integration

<https://www.thinglink.com/channel/622854013355819009/slideshow>

Social Determinants of Health, Healthy People 2020 (2010)

<https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

Talking with Patients about Weight Loss: Tips for Primary Care Providers

<https://www.niddk.nih.gov/health-information/health-topics/weight-control/talking-with-patients-about-weight-loss-tips-for-primary-care/Pages/talking.aspx>

USDA: Increasing Fruit and Vegetable Consumption through the USDA Nutrition Assistance Programs

[http://www.fns.usda.gov/sites/default/files/fruit\\_veggie\\_report.pdf](http://www.fns.usda.gov/sites/default/files/fruit_veggie_report.pdf)

WorkWell KS Assessment Tool

<https://www.surveymonkey.com/r/WorkWellKSData>

WorkWell KS Foundations Checklist

<http://workwellks.com/content/upload/files/Foundation%20Checklist%2020151.pdf>