

**2016-2020 Community Health
Improvement Plan
2018 Annual Report**



“Together We’re Building Healthier Communities—
Where We Live, Learn, Work & Play”

Vision:

“Through collaboration, cooperation and communication, individuals and organizations actively pursue the health and well-being of North Platte and the surrounding communities.”

Background

West Central District Health Department (WCDHD) facilitated a Community Health Assessment (CHA) on behalf of the community in 2015-2016 using a process called Mobilizing for Action through Planning and Partnerships (MAPP). The MAPP process provides an evaluation of the local community health system using four assessments and involving community partners, community members, and an examination of local health data. Through the work of the community partners, priorities for health improvement are formulated.



After completion of the CHA, community partners examined the results of the Community Health Assessment, as well as the Nebraska State Health Improvement Plan and Healthy People 2020 health indicators for their alignment an inclusion with the results of the local CHA.

The Nebraska State Health improvement Plan (SHIP) priorities are:

- Obesity
- Health Equity
- Depression and Suicide
- Integrated Health System
- Healthcare Utilization and Access

The leading health indications for Healthy People 2020 include the following twelve topics:

- Access to Health Services
- Clinical Preventive Services
- Environmental Quality
- Injury and Violence
- Maternal, Infant, and Child Health
- Mental Health
- Nutrition, Physical Activity, and Obesity
- Oral Health
- Reproductive and Sexual Health
- Social Determinants
- Substance Abuse
- Tobacco

Prioritization

Using all gathered information and assessments, three community health improvement priorities were determined for the local area.

The complete Community Health Assessment may be seen on the WCDHD website: www.wcdhd.org.



These three priorities would become the foundation of the 2016-2020 Community Health Improvement Plan. A Community Health Improvement Plan (CHIP) is defined by the National Association of County & City Health Officials (NACCHO), “A community health improvement plan is a long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process. This plan is used by health and other governmental education and human service agencies, in collaboration with community partners, to set priorities and coordinate and target resources. A community health improvement plan is critical for developing policies and defining actions to target efforts that promote health. It should define the vision for the health of the community...to improve the health status of that community.”

Throughout the CHA and CHIP process, many organizations and agencies are involved. The services they provide impact physical, social, mental, and behavioral health. Involving those providing services in many aspects of public health ensures the accuracy of the CHA with a wide-ranging base of knowledge and resources. The expertise and knowledge of those involved in local public health also provided a valuable tool in developing the community health improvement plan, with many of those involved coming together to work collaboratively on health improvement.

Community partners continued to collaborate through the formation of work groups within each priority centering on developing programs and policies to address health improvement issues for the priority, the formulation of work plans to focus goals, and the implementation of the work plans. Work groups met as needed through 2016 and 2017 with work summarized in the 2016-2020 Community Health Improvement Plan report which was published and made available to the community in early 2018. An annual CHIP meeting was held on April 9, 2018, with a review of programs and policies, highlighting Tooth Tour and Community Collaboration. The 2016-2020 CHIP was distributed, and feedback requested via the WCDHD website.



The report is available in print form at WCDHD and electronically on the WCDHD website, www.wcdhd.org

Workgroups continued to work towards health improvement through 2018. The continuing work is documented in this Community Health Improvement Plan 2018 Annual Report. The 2018 Annual Report will share progress, continued work, and goals for future health improvement. Thanks to the community members involved in health improvement plan work as they report the progress of programs.

Community health improvement plan work is an integral part of the local community. Many of the programs associated with the 2012 CHIP are still healthy, independent programs serving people in our local area.

2012 Community Health Improvement Plan Report

PROGRAM	2012 CHIP PRIORITIES				2016 CHIP PRIORITIES			PROGRESS
	Domestic Violence/Child Abuse	Access to Health Care	Healthy Pregnancy/Teen Pregnancy Prevention	Disease Prevention & Management	Access to Health Care	Healthy lifestyles and well-being	Community Ownership	
Deborah's Legacy <i>Rent free housing, support and educational opportunities for women faced with homelessness.</i>	✓				✓			Houses up to 4 women at a time, offers support with individualized care. Adding craft-making and sales to help women gain an income. Long-term goal set to add an additional site for visitation time with children.

One Door One Stop <i>Provides an opportunity for victims of domestic abuse to seek help needed, all in one place.</i>	✓				✓			The program was successful with over 100 women served, before being discontinued in October 2017.
Rape and Domestic Abuse Program <i>Free, confidential services to assist victims of abuse and sexual assault.</i>	✓				✓			In 2018 the RDAP program moved to a new location at 316 E. Front to better serve clients in expanded facilities. Over 500 unduplicated clients were provided services that included domestic violence, sexual assault, and teen dating violence in 2018, down approximately 8% from 2017. School education programs include Second Step, Safe Dates, and Respect Works. Focus is concentrated on advocacy for clients to foster empowerment. New strategies in 2018 to foster client empowerment included following a Strengths' Based advocacy model and a Healing Trauma curriculum.
Stewards of Children Training <i>Teaches adults how to prevent, recognize, and react responsibly to child sexual abuse.</i>	✓					✓		Three trainings were offered in 2018 with more planned for 2019.
WCDHD Dental Program <i>Offers outreach dental services for children in the convenience of school.</i>		✓			✓			The program continued to offer dental care through May 2018; preventative care continues through the services of a dental hygienist. Tooth Tour was re-vitalized and offered care to local schools during the 2018-2019 school year and will continue in the future. New to the 2018 school year was the available service of silver diamine fluoride placement to help stop and prevent decay. Over ninety applications of silver diamine fluoride were placed on twenty-five students in 2018.
Platte River Fitness Series <i>Seeks to build community, create inspiration and encourage empowerment through fitness.</i>				✓		✓		The Fitness Series began in 2001 with 3 events and has grown annually and will be offering 21 opportunities in 2019. Many of the events support community organizations and causes. Participants of every ability level are encouraged to set wellness goals. Hundreds participated in 2018, with a noticeable slight decline in numbers correlating with a nationwide trend.
Healthy Start <i>Promotes positive birth outcomes, protects health and well being of all mothers and children.</i>			✓			✓		Ended due to funding. Great Plains Health continues to offer alternative programs to foster healthy pregnancies and teen pregnancy prevention.
Youth for Christ Parent Life <i>Reaches expectant and parenting teens and their children.</i>			✓			✓		In late 2018, Youth for Christ transitioned to become a new program entitled "Hope Embraced". Parent life support was offered through 2018 and will continue to be offered in the future. There were approximately 40 attendees in 2018 which is a decrease from previous years. Referrals to the program also decreased. In 2019, Youth for Christ Parent Life will be looking at avenues to increase referrals and begin an after-school program. The Youth for Christ Parent Life's building is located near the bus route for surrounding school communities making it an ideal location for students to participate.

PRIORITY: Affordable and Equitable Access to Care and Services

School Dental Health

Program: The strategic issue involved with this health improvement plan was the improvement of health and wellness for the most vulnerable youth in the North Platte School District. The plan was entitled “Tooth Tour” and endeavored to meet the need of reducing school absences by providing dental health care in the schools. The purpose was to limit parent time off work and student time out of class, provide care in the familiar environment of the child’s school, improve dental health care for students, and provide education about good oral health habits.

Community members involved in planning the program included Ron Hanson (NPPSD), Mayor Dwight Livingston, Stuart Simpson (NPPSD), North Platte Public School District nurses, Shannon Vanderheiden (WCDHD), and WCDHD Dental Services staff.

Community Health Assessment /Health People2020/Nebraska State Health Improvement Plan Need Addressed	Goals	Objectives	Indicators/ Policy Change	Evaluation	Evidence-based Practice
<p><i>Community Health Status Assessment-</i> 19.3% of children in Lincoln County live in poverty, for 2012 40% of children are eligible for free/reduced school meals, for 2014 17.6% of adults had no health care coverage</p> <p><i>Healthy People 2020-Oral Health (OH) priority—improve access to preventive services and dental care</i></p> <p>OH -1 Reduce the proportion of children and adolescents who have dental caries</p> <p>OH-8 Baseline 30.2% of children and adolescents received preventive dental service in 2007, target 33.2%.</p>	<p>1.By Oct. 2017, NPPSD school administrators, school nurses, and elementary principals will develop an implementation plan.</p> <p>2.By Dec. 2017 WCDHD will plan and coordinate dental care services for the NPPSD elementary schools.</p> <p>3.By January 2018 dental care service has been provided to NPPSD K-5 students.</p> <p>4. By May 2018 all vulnerable/at-risk K-5 NPPSD students have access to dental care and needs have been addressed, to include cleaning and fluoride and sealant treatment</p> <p>5.By August 2018, WCDHD, NPPSD administrators, and school nurses, will meet to establish plan and coordination of dental care services for the 2018-2019 school year.</p>	<p>NPPSD and WCDHD will plan, develop, and implement an action plan to provide dental care to NPPSD K-5 students, with dental care to include cleaning, fluoride and sealant treatment</p>	<p>Goal #1 completed.</p> <p>Goal #2 completed</p> <p>Goal #3 completed</p> <p>Goal #4 completed</p> <p>Goal #5 completed with the exception of McDonald Elementary due to no parents enrolling students.</p>	<p>Ron Hanson, Stuart Simpson, a school nurse representative, and Shannon Vanderheiden meet to debrief plan of action and plan next dental care service date.</p> <p>June 2018 Progress Report – Report of number of students served and services provided.</p>	<p>“Preventing Dental Caries Through School-Based Sealant Programs: Updated Recommendations and Review of Evidence.” <i>Journal of the American Dental Association</i>, November 2009,</p> <p>The Association of State and Territorial Dental Directors’ (ASTDD) Best Practice Approach: School-based Dental Sealant Programs</p>

2018 Report: With the collaboration of North Platte Public Schools administration and school nurses, WCDHD provided Tooth Tour services to 8 schools for the 2017-2018 school year. For a Tooth Tour visit to a school, WCDHD provided mobile dental equipment and a public health dental hygienist to provide cleaning, sealants, and fluoride treatments while each school provided referrals, permission forms, and insurance information. Ninety-one students were provided oral health care; 63 of the students had Medicaid insurance, 17 were uninsured, and 11 had private insurance.

For the 2018-2019 school year, Tooth Tour was expanded to include Maxwell Public School, Wallace Public School, and McPherson County/Tryon Public School. North Platte Public School set policy to involve all schools in the system to benefit from Tooth Tour. New mobile dental equipment was purchased with grant funding

from the Mid-Nebraska Community Foundation, allowing for easier set up. Additionally, the public dental health hygienist was able to expand services to include placement of silver diamine fluoride treatments. Tooth Tour began in September 2018 and will continue through the 2018-2019 school year.

Next steps: The Tooth Tour program will continue to be offered to participating schools as well as to schools in other communities in the WCDHD region for the 2018-2019 and 2019-2020 school years. Attempts will be made to provide two Tooth Tours per school year to allow for students to be seen every 6 months for better care.

North Platte Housing Taskforce

Policy: Looking to address health concerns for those living in substandard housing, the North Platte Housing Taskforce examined programs and policies in order to develop a plan to set and enforce codes for rental housing. An examination of codes in place indicated that most of the necessary codes were in place and a plan would need to be put in place to implement and enforce the codes.

Community members: Norm Franken, Dave Hahn, Nancy Striebel, George Lewis, Gary Person, Jim Paloucek, David Pederson, Jeff Eastman, Judy Pederson, Shannon Vanderheiden, Janet Livingston

Community Health Assessment /Health People 2020/Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators/Policy Change	Evaluation	Evidence-based Practice
<p><i>CHA – Forces of Change – Trend – declining housing stock</i> <i>CHA – Local Public Health Systems Assessment- Need for community partnerships (Essential Service 4.2), Governmental presence in developing policies/plans (Essential Service 5.1)</i> <i>2017 County Health Rankings – Lincoln County- 13% with severe housing problems, 11.9% of individuals living in poverty</i> <i>U.S. Census - Median housing age in Lincoln county 47, compared to U.S. median of 37</i> <i>BRFSS – 10.0% have asthma compared to Nebraska rate of 7.3%</i></p>	<p>1.A plan will be put in place by December 31, 2018 to set housing standards and present them to North Platte city officials and City Council.</p> <p>2.A policy will be written and put in place by June 30, 2018 to provide enforcement of housing codes.</p> <p>3.Housing inspections as necessary and resulting enforcement will begin by June 30, 2018.</p>	<p>1.Improve housing by setting standards for housing</p> <p>2.Approval by North Platte City Council of housing standards Improve housing by enforcing housing codes.</p> <p>3.Housing determined to be possibly substandard will be inspected and steps taken as necessary to ensure improvement.</p>	<p>Housing standards</p> <p>City Housing Codes</p> <p>Housing Inspections</p>	<p>1.Housing standards revised</p> <p>2.Housing standards approved by City Council</p> <p>2.Policy of code enforcement set and approved</p> <p>3.Number of houses with improvements made</p> <p>3.Number of houses demolished due to unsafe living conditions</p>	<p>National Center for Healthy Housing and American Public Health Association, "National Healthy Housing Standard", 2014</p>

2018 Report: With concerns about substandard housing, a housing shortage, and housing needs, a comprehensive housing study for North Platte and surrounding communities was commissioned by the North Platte City Council in January 2018 and completed by Marvin Planning Consultants. The results of the study

were shared with the community at a public meeting on December 3, 2018 and results are available at www.nparea.com/resources-data. The study reported several findings:

- A 3.4% effective sales-rental rate, nearly half that of a “healthy housing market”
- Almost 38% of existing homes are in average or worse condition
- Surveys indicated a concern about high rents coupled with complaints about rental’s condition and maintenance
- 603 to 812 new or replacement homes or rental units are needed to reach the optimal vacancy rate of 5-7%
- Stakeholder focus groups indicated concerns over housing code enforcement
- Stakeholder focus groups indicate that housing availability is an impediment to retaining and attracting employees to the area

The study included the following recommendations:

- A more proactive approach to property maintenance enforcement
- Make violations of housing codes criminal rather than civil
- Require larger housing developments to include affordable housing for low- and moderate-income residents
- Utilize manufactured housing
- Update North Platte zoning regulations to provide fair and equal housing
- Explore partnerships with the private sector to offer FHA and other loans
- Establish a Workforce Housing Development Fund, funded by a 1.5% food and beverage tax to fund new or rehabilitated housing for low- and moderate-income workers
- Utilize North Platte’s Community Redevelopment Authority for redevelopment plans, serve as a land-banking mechanism, and locate private land developers
- Utilize both public and private sectors for incentives and assistance programs
- Stricter enforcement of property maintenance codes

Next steps: With the study released late in 2018, progress towards meeting housing goals will be reported in the 2019 CHIP Annual Report.

West Central District Health Department Public Health Clinic

Program: Due to the need of providing affordable, accessible health care, WCDHD provided a public health clinic, focusing on individuals with Medicaid coverage or lack of healthcare coverage.

Community Members: Great Plains Health: Ivan Mitchell, Dr. Howard Shaw, Lori Schoenholz, Jo DiMarco, Nan Hynes, Barb Eshleman. Medical provider: Dr. Emily Jones. West Central District Health Department Staff.

Community Health Assessment /Health People 2020/Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators/ Policy Change	Evaluation	Evidence-based Practice
<p>CHA Assessment – 13% unable to see a doctor due to cost (BRFSS), 11.9% individuals in Lincoln County living in poverty (CDC)</p> <p>County Health Rankings – Ratio of primary care physicians to population 1719:1 compared to NE rate of 1405:1. Healthy people 2020:</p> <p>State Health Improvement Plan: 1 in 5 adults report no primary care provider, 1 in 8 adults report that cost prevented needed care in past year</p> <p>SHIP priorities – Priority -Integration: Nebraska will have an integrated health system that values public health as an essential partner.</p> <p>Priority – Utilization/Access – Nebraskans will experience improved utilization and access to healthcare services.</p> <p>Healthy People 2020: Accessible Health Services – AHS-5: Increase the proportion of persons who have a specific source of ongoing care</p>	Improved health through affordable access to WCDHD Public Health Clinic.	Increase the number of people who receive services at WCDHD public health Clinic to a minimal of 30% Medicaid.	Identify and qualify clients for a reduced rate. Provide healthcare to all Medicaid clients who access the WCDHD public health clinic	Number of Medicaid and uninsured people served	Healthy People 2020, “Public Health Infrastructure” American Public Health Association, “Six Components Necessary for Effective Public Health Program Implementation”, Jan. 2014
<p>No Health Care Coverage:</p> <p>CHA Assessment – No health care coverage 19.4% compared to NE rate of 17.6%</p> <p>County Health Rankings: Baseline: 15.2% in 2012; 14.4% in 2014 people unable to obtain necessary health care</p> <p>Health people 2020: target: reduce to 9%</p> <p>Baseline 10% of people unable to obtain necessary health care. Increase the number of proportion of persons with Medical insurance from 89.4% to 100%. (AHS-6 & AHS-1)</p> <p>State Health Improvement Plan: _Priority Utilization and Access: Improved health outcomes...to increase utilization of preventive service, integration efforts, enhanced provider and system partnerships</p>	Referrals to qualified agencies who can assist with clients with enrolling in healthcare coverage.	Provide resource list to all clients who are uninsured, including information about Network of Care service directory website. Community Health Worker will follow-up with all uninsured clients to determine needs. Refer all uninsured clients to appropriate services.	Referral of those without insurance to other community resources	Number of referrals	Center for Disease Control, “Addressing Chronic Disease through Community Health Workers”, April 2015 Agency for Healthcare Research and Quality, “Outcomes of Community Health Worker Interventions”, June 2009

Report: The Public Health Clinic was available one day a week from June 1, 2016 to June 30, 2017, and then once monthly through May 2018, thanks to the commitment and services of volunteer physician, Dr. Emily Jones. At that time the focus of the clinic shifted to health care provided at special events—a day for school physicals at Arthur Public Schools and clinical breast exam events held bimonthly. At the school physical day, 38 students received sports physicals. In 2018, 34 women received clinical breast exams at three events. Of those women, 17 were referred on for mammograms.

Next Steps: West Central District Health Department plans to continue to host specialty clinics, including clinical breast exam events, cervical cancer screening, school physicals, and others as needs arise.

Telehealth

Program: Telehealth is recognized as a means of providing medical and mental health services for rural areas and others lacking access to care, including health care in school settings for students. The Nebraska Legislature affirmed the use of Telehealth with LB 92 requiring insurers to provide Telehealth coverage.

Community members: Ronda Hausman (WCDHD Board of Health), Dr. Ron Hanson (North Platte Public Schools), Lori Schoenholz (Great Plains Health, Molly O’Holleran (Nebraska Board of Education, WCDHD: Shannon Vanderheiden, Maria Lein, Janet Livingston

Community Health Assessment /Health People 2020/ Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators/Policy Change	Evaluation	Evidence-based Practice
<p>CHA – Forces of Change – Technology for access of delivery of information and treatment, including Telehealth</p> <p>Local Public Health Systems Assessment – Essential Service 1.2 – Use of technology-low performance score</p> <p>Community Health Status Assessment- Rate of primary care physicians to population 1719:1, dentists 1897:1</p>	<p>The workgroup will investigate the feasibility of the use of Telehealth for providing medical and mental health services for schools and rural areas.</p> <p>If Telehealth is found to be feasible, investigation will begin for the steps to implement the program.</p>	<p>By June 2018, the workgroup will investigate the feasibility for the use of Telehealth in school settings and rural settings.</p> <p>If the feasibility proves that the pursuit of Telehealth would be worthwhile in improving access to care, the workgroup will determine next steps to put Telehealth in place in schools and/or rural areas in the local area.</p>	<p>Document of discussions</p> <p>Other Indicators to be determined</p>	<p>A report on the feasibility of Telehealth use in both the school setting and in rural areas.</p> <p>A report on the establishment of Telehealth in schools and in rural areas.</p>	<p>Community Guide: “Promoting Health Equity through Education Programs and Policies in School-based health Centers”</p>

2018 Report: While Telehealth is recognized as a viable means of providing health care and is being used in some settings, no new provisions for Telehealth services for health care has been instituted at this time. Telehealth will, however, remain an option for future care.

Priority: Health Lifestyles and Well-Being

North Platte Area Wellness & Recreation Alliance

Program: The Alliance began meeting in 2016 as part of the Mayor’s wellness committee with the purpose of improving wellness opportunities in North Platte. Working committees were formed including: The Trails committee to complete gaps and improve trails in the Trails System, the Coordination and Awareness committee to work on publicity and information about activities and facilities, and a committee to review current facilities with steps to improve as needed. The goal of the Wellness & Recreation Alliance is to build a healthy community by studying, advocating, and recommending wellness and recreation enhancement and opportunities, while seeking collaboration of volunteer and financial support.

Involved community members: Mayor Dwight Livingston, Bob Barr, Lisa Burke, Shae Caldwell, Kevin Dodson, Ron Hanson, Jim Hawks, Brian Hope, Fiona Libsack, Megan McGown, Danielle Remus, Jim Nisley, Ray Morrissette, Doug Martin, Jamie Peters, Leland Poppe, Richard Raska, Amy Stefka, Eric Seacrest, Shannon Vanderheiden, Treg Vyzourek, Courtney Fegter, Doug Wallace

Community Health Assessment /Health People 2020/Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators/ Policy Change	Evaluation	Evidence-based Practice
<p><i>CHA-Forces of Change</i> – Rising rates of obesity a concern, Affordable wellness/recreation a way to reinforce health equity.</p> <p><i>CHA-Community Themes and Strengths</i> – Exercise, physical well-being, family- and child-friendly activities, bike/walking trails, Fitness Series, healthy activities, outdoor activities important to the community</p> <p><i>Healthy People 2020: PA-2</i> Increase the proportion who meet current federal physical activity guidelines for aerobic physical activity and for muscle-strengthening activity</p>	<p>Improve the North Platte Trails System</p>	<p>1. Identify and fill gaps in the current trail system, prioritizing gaps with plans to complete the first 5 gaps by end of 2018.</p> <p>2. A connection will be created from the UNL Research Center to the outlet park at Lake Maloney by Sept. 2017.</p> <p>3. A connection will be created from Buffalo Bill/State Farm to the existing trail east of Indian Hills by Sept. 2017.</p>	<p>Driven by Trails System Committee</p> <p>Plans communicated to community partners</p>	<p>1. Gaps identified, work completed in filling the gaps, plans made to continue meeting priorities</p> <p>2. and 3. Completion and public use of trail connection.</p>	<p>The Community Guide, “Physical Activity: Creating or Improving Places for Physical Activity”, May 2001</p> <p>The Community Guide, “Physical Activity: Community-Wide Campaigns”, Feb. 2001.</p>
<p><i>CHA-Forces of Change-</i> Knowledge of services needed</p> <p><i>Community Themes and Strengths-</i> Communication/collaboration important to community</p> <p><i>Community Health Status Assessment</i>– Physical inactivity 28% for Lincoln Co, 25% for Nebraska, High blood pressure – 34.7% WCDHD area, 30.3% Nebraska. Obesity 32.5% Nebraska, 30.3% Nebraska</p> <p><i>SHIP – Priority – Obesity</i> – Reduction in obesity among children, adults, and minority populations, decrease in associated chronic diseases and related healthcare costs.</p>	<p>Publicize, promote, and provide information about activities and facilities to residents and visitors.</p>	<p>1. Set up the website www.playnorthplatte.com to publicize, promote, and provide information about activities and facilities to residents and visitors.</p> <p>2. Utilize a wide variety of social media to improve awareness of the website.</p> <p>3. Expand usage of the website by expanding the number accessing the website, adding information, increasing partnerships, and securing funding for efforts.</p>	<p>Developed by North Platte Area Sports Commission</p>	<p>1. Website developed and in use.</p> <p>2. Track website analytics to show growth in usage.</p> <p>3. Increased partnerships, use of website, information added, funds received.</p>	
<p><i>CHA: CTAS-Expanding</i> Cody Park and other parks important to community</p> <p><i>SHIP: Priority – Obesity</i> – Environmental supports that increase access to and promote physical activity and nutrition</p>	<p>Review current and potential facilities for building, improvement, and funding</p>	<p>1. Set plans to improve the Recreation Center</p> <p>a. Rec Center Tour by July 2017</p> <p>b. Visioning session with stakeholders by Oct. 2017</p> <p>c. Develop cost estimate by Sept. 2017</p> <p>d. Review funding options by Oct. 2017</p> <p>e. Create a plan and funding process by Jan. 2018</p> <p>f. Identify volunteer fundraisers by Jan. 2018</p> <p>2. a. Identify other recreational facility priorities by Dec. 2017 with needs prioritized.</p> <p>b. Follow above guidelines.</p>	<p>Driven by Parks and Recreation Board</p> <p>Plans communicated with community partners</p>	<p>1. a. Completed tours</p> <p>b. Meeting held</p> <p>c. Review of engineering study</p> <p>d. and e. Plan in place</p> <p>f. List created</p> <p>2. a. List of facilities needing improved and prioritized for need</p>	<p>The Community Guide, “Physical Activity: Creating or Improving Places for Physical Activity”, May 2001</p>
	<p>Build the financial resources for wellness and recreation enhancement and development through the</p>	<p>1. Establish a formal fundraising entity by establishing committee work assignments, filing paperwork to establish formal entity, and promotion of the Foundation by Qtr. 1 2017.</p> <p>2. Identify funding sources for potential projects</p> <p>a. Listing sources and volunteers ongoing</p>	<p>Solid fiscal foundation created by the North Platte Parks, Recreation and Wellness Foundation</p>	<p>1. Foundation formed and promoted.</p> <p>2. Listing of possible funding sources and volunteers</p>	

	North Platte Parks, Recreation and Wellness Foundation	through the project b. Consider ½ cent sales tax ballot measure by Qtr. 4 2017 c. Exploring partnerships with other entities, ongoing through the project 3. Establish a way for the Alliance to raise ongoing through the project and receive funds.		b. Sales tax inclusion on ballot c. Partnerships established. 3. Establishment of funds. Policy and procedure in place to deposit and access funds.	
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2018 Report:

North Platte Trails Network

People and organizations involved: Danielle Remus (Nebraskaland Bank), Shae and Jeff Caldwell (Whitetail Screen Print & Cycling, Kara Sandman (Sandhills Physical Therapy), Doug Wallace (community member), Judy Pederson (Pro Printing), Ann Dimmitt (Twin Platte Natural Resources District), Richard Darling (retiree), Leland Poppe (Great Western Bank)

The North Platte Trails Network (NPTN) has as its objective to find safe routes for residents and visitors to North Platte and Lincoln County when using trail systems. The NPTN will work to complete gaps in trails and connect all the trails to provide safe usage for those accessing trails. The North Plate Trails are used to host events that attract visitors from all over the state. Having a longer connected North Platte Trail system will allow for events to safely take place on the trails rather than usage of roads. Currently the NPTN is in the process of connecting the existing trail near the University of Nebraska West Central and Research Extension Center with Dodge Hill Road and along the NPPD canal, providing connected trails between Lake Maloney and North Platte. The NPTN is also conducting a fund-raising campaign to apply for a Game and Parks Commission 80%/20% grant. Once 20% of funds is raised, the Lincoln County Board of Commissioners will be asked to be the sponsor for this grant.

Next Steps: The NPTN plans to see the two key sections of trains constructed with crushed concrete by 2020, allowing for safer and increased use of the trail system.

North Platte Area Sports Commission

The goal of the North Platte Area Sports Commission is to provide one-stop shop information about sports in the North Platte area. The Commission is a non-profit advocacy organization which endeavors to identify, pursue, and foster a positive economic impact for North Platte and Lincoln County by attracting, hosting, and supporting amateur sporting events and also to promote healthy behaviors through the promotion of a wide variety of sporting events and activities. The commission hosts a webpage www.playnorthplatte.com and a Facebook page Play North Platte. These sites host reports, team sign-up information, sports news, event information, and more. On November 27, 2018, a Sports Tourism Town Hall was held to provide information about the positive impact sports tourism can be to a community and to help grown sports organizations.

Next Steps: The North Platte Area Sports Commission will continue to promote sports and make efforts to host sporting events in the local area. The site’s administrator is available at sgeisler@visitnorthplatte.com

Review of current and potential facilities for building, improvement, and funding

An engineering study and review of city recreation facilities was held in the summer of 2017 with the goal of identifying facilities needing improvement as well as the possibility of adding recreation facilities. Facility

priorities were established, including an examination of possibilities for funding for improvements. A ½% sales tax proposal was placed on the November 2018 ballot. While the proposed sales tax increase was turned down by voters, the discussion and information shared through the process served to increase awareness within the community.

North Platte Parks, Recreation and Wellness Foundation

The North Platte Parks, Recreation & Wellness Fund is set up to assist youth recreation scholarships, park equipment and improvements, trail improvements, wellness programs and initiatives, and other wellness-related programs. The annual Lake to Lake Relay is one of the fundraisers, as well as the North Platte Giving Day held on May 2, 2018. The event is organized by the Platte River Fitness Series and sponsored by Great Western Bank. The Fund is administered by Mid-Nebraska Community Foundation.

Reduction of Consumption of Sugary Beverages

Policy: With child and adult obesity rates on the rise locally and nationally, exploration of ways in encourage people to reduce their intake of sugary beverages was to be explored. While no steps have currently been taken on this suggested program and possible policy changes, the objective remains valid and may be addressed in the future.

Community Health Assessment /Health People 2020/Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators/ Policy Change	Evaluation	Evidence-based Practice
<i>CHA-Local Public Health System Assessment- Essential Service 3 – health education, promotion, and communication identified as area of need. Community Health Status Assessment- Adult obesity – 32% Lincoln County, 29% Nebraska. Child obesity- Nebraska 29.2% SHIP – Priority – Obesity reduction</i>	Education will be provided to the public about the value of reducing consumption of sugary beverages	A publicity campaign utilizing social media will be developed by March 2018 and implemented by July 2018.	Advocate for Policy change	A publicity work plan developed and implemented. Examples of ads, press releases, and social media postings will be provided.	The Community Guide, “Health Communication and Social Marketing: Campaigns That Include Mass Media and Health-Related Product Distribution”, Dec. 2010
<i>CHA-Community Themes & Strengths-Community identified community support as essential to good health. Forces of Change – Barriers – Lack of funding, Trends – rising rates of obesity SHIP: Priority – Obesity – Statewide coordinated approach for strategies, systems, policy and environmental level to promote a healthy lifestyle is desired.</i>	Avenues will be explored for governmental support of changes in policy concerning sugary beverage consumption. Some avenues to be considered: removing the tax exemption from sugary beverages, funding support of media campaigns, restricting the availability of sugary beverages in locations such as schools, recreation centers, etc.	Governmental support will be sought on an ongoing basis.	Advocate for Governmental	A plan in place to address sugary beverage consumption	
<i>CHA: Local Public Health System Assessment – Essential Service 3 – Health education, promotion, communication is an area needing improving. Healthy People 2020: Nutrition and Weight Status 2.1 – Increase the proportion of schools that</i>	Work with local school superintendents and their Board of Education to address sugary beverage consumption through a variety of avenues—education, restricting use on school campuses and school sporting events, and other school-driven recommendations	1. Educate superintendents and Boards of Education about obesity and sugary beverage consumption by March 2018. 2. Encourage and assist, as	To be determined	1. Education and support offered to local school systems 2. Programs and policies in place.	The Community Guide, “Obesity: Meal and Fruit and Vegetable Snack Interventions to Increase Healthier Foods and Beverages provided by Schools”, Dec. 2016

do not sell or offer calorically sweetened beverages to students – Baseline 9.3% of schools, Target 21.3%		necessary, superintendents and Boards of Education in setting policies and/or programs with a goal of having a program/policy prior to the 2018-2019 school year.			The Community Guide, “Obesity: Supporting Healthier Snack Foods and Beverages Sold or Offered as Rewards in Schools”, Dec. 2016 The Community Guide, “Obesity: Increasing Water Access in Schools”, Dec. 2016
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North Platte Fit Kids

Program: The Fit Kids program was begun in 2016 to improve physical fitness awareness for children and families. Goals included opportunities to set and achieve goals, increasing parental support for physical activity, teaching the value of physical activity, and celebration of accomplishments. Trudy Merritt and other North Platte Recreation Center staff have worked together with the Kids Klub staff during the summer Kids Klub programs. The program has gained popularity with 101 children participating in 2016, increasing to 132 in 2017 and 140 in 2018. The participating children receive training assistance and through grant funding and local donations are offered shoes, t-shirts, and medals.

Community members: Trudy Merritt (North Platte Recreation), North Platte Recreation Center staff, Kids Klub staff

Community Health Assessment /Health People 2020/Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators /Policy Change	Evaluation	Evidence-based Practice
<p><i>Community Themes & Strengths</i> – Families value affordable recreation, place a high value on parks and recreation</p> <p><i>Local Public Health Systems Assessment</i> – Health education, promotion, and communication were rated as areas needing improvement.</p> <p>Forces of Change assessment – pointed to need for affordable wellness and recreation</p> <p><i>County Health Rankings</i> – Obesity rate is 32% for local area, compared to state rate of 29%, Physical inactivity is 28% compared to state rate of 25%.</p>	The North Platte Recreation Center and North Platte Kids Klub will collaborate to provide training, shoes, and free registration for the North Platte Fit Kids Run to be held in June 2016.	Children will recognize the importance of physical activity for good health.	Driven by North Platte Recreation Center and communicated to community partners	At least 100 children will take part in the Fit Kids run.	“Physical Activity: Creating or Improving Places for Physical Activity”, The Community Guide, May 2001

2018 Report: 140 children participated in 2018 in the third annual North Platte Public Schools Kids Klub 5K, held in conjunction with the Platte River Fitness Series. The 2018 event featured a color run for the participating children.

Substance Abuse

Program/Policy: The goal of the Substance Abuse program is to reduce substance abuse in the community, especially for adolescents aged 12 to 17 years of age. Education will be key for both youth and adults but will include other opportunities such as monthly prescription drug collections, the provision of Narcan for victims of opioid drug overdose, promotion of the Tobacco Quitline, and increasing the number of smoke-free zones.

Community members: George Haws, Ashley Vak, Nickie Kroon, Judy O’Neill, Jeff Steinbeck, Janelle Higgins, Brandi Lemon, Sandee Kroon, Jayna Schaaf, Greg Vandenberg, Amy Wolfskill, Robert Lindemeier, Courtney Hoeft, Kim Riley, Shannon Vanderheiden, Catiana Urrutia, Will Cleveland, Michelle McFarland, Jennifer Schlager, Linda Logsdon, Janelle Sellers, Rich Hoaglund, Dan Newton, Kathy Seacrest, Shannon Sell, Dan O’Neill, Jerome Kramer, Martin Denton, Brian Flanders, Shane Belgum, Dan Hudson, Angela Franz, Lora Bevington, Gbadero Yerokun, Anne Power, James Smith, T.J. Williams, George Lewis

Community Health Assessment /Health People 2020/ Nebraska State Health Improvement Plan Need Addressed	Goals	Objectives	Indicators / Policy Change	Evaluation	Evidence-based Practice
<p><i>CHA – Forces of Change</i>– Rising rates of smoking a concern <i>Community Health Status Assessment</i>- A drug-free community and lower smoking rates important to community members <i>Local Public Health Systems Assessment</i> – Essential Service 3.1, “Health education/promotion” indicated as area needing improvement <i>CHSA – NRPFS</i> 8th grade: Alcohol-Lincoln County (LC) 22.9%, NE 18.4% Tobacco use – 12.9% LC, 11.9% NE Marijuana use 6.6% LC, 5.8% NE Illicit drugs – 8.2% LC, 7.4% NE 10th grade: Alcohol use – 39.3% LC, 40.5% NE Tobacco use- 32.2% LC, 25.5% NE Marijuana use 23.5% LC, 17.7% NE Illicit drugs 15.2% LC, 11.9% NE 12th grade: Alcohol use – 60.4% LC, 60.0% NE Tobacco use- 47.4% LC, 41.2% NE Marijuana 41.1% LC, 30.3% NE Illicit drugs 0 21.9% LC, 18.0% NE</p> <p><i>Healthy People 2020</i>: The substance abuse rates in Nebraska are higher than the national rates. <i>County Health Rankings and Roadmaps</i>; The alcohol abuse rates in Lincoln county are higher than in Nebraska. <i>BRFSS</i> -Adult Cigarette smoking 24.5% (compared to Nebraska rate of 17.4%) <i>Healthy people 2020</i>: SA-13.1 Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days. Baseline 18.4% ages 12-17 reported use during past 30 days – 2008. Target 16.6% TU -2.1 Reduce use of tobacco products by adolescents. Baseline 19.5% grades 9-12, target 16.0% <i>Healthy People 2020</i>: Substance Abuse 14.4 Reduce the proportion of adults who drank excessively in the previous 30 days. Baseline 28.2%, Target 25.4%</p>	<p>Improve substance abuse rates in youth and adolescents</p>	<ol style="list-style-type: none"> Increase the number of education events held annually by 20% each year. Provide community support groups for families held (i.e. monthly, quarterly, etc.) by end each year. Provide community resources and role models for youth and adolescents during support groups and at activities Decrease the substance abuse rate within WCDHD’s jurisdiction by 10% by July 1, 2019. 	<p>Advocate for Alcohol tax increase</p> <p>Advocate for Tobacco tax increase.</p> <p>Advocate for Increase in the age for tobacco sales, to 21.</p>	<p>Short term: Create education for substance abuse, support groups, and family activities</p> <p>Mid-term: Increase</p> <ul style="list-style-type: none"> the number of participants being educated for substance abuse, the number of support groups being provided and participants attending, resources available and role models for youth and adolescents <p>Long term: Decreased substance abuse</p> <p>Short term: To be Determined Mid-term: To be Determined Long term: To be Determined</p> <p>Needs identified: More public education on drug related issues.</p> <p>Detox Center locally.</p> <p>Holding Center for Youth with serious alcohol and/or drug abuse.</p> <p>Call Center for public information on drug related issues (e.g., coupled with WCDHD Web site and/or Boys Town National Hotline, 1-800-448-3000).</p>	<p>Oxford and Platte Valley: 3/4 houses provide accountability for men recovering from alcohol addiction.</p> <p>Lincoln County Court: partners with NE Health & Human Services and North Platte Police Dept. to provide family-focused solutions to drug convictions.</p> <p>Great Plains Health provides free tobacco cessation classes.</p> <p>Nebraska Tobacco Quit Line Provides free counseling.</p> <p>Community Connections Substance Abuse Prevention System (SAPS) has organized a task force to address methamphetamine use prevention and is working to raise awareness about marijuana issues.</p> <p>SAPS partners with local law enforcement to conduct a free monthly prescription drug collection. Community Connections Tobacco Free Lincoln County Coalition partners with agencies and volunteers to reduce secondhand smoke exposure and reduce youth access to tobacco.</p>

2018 Report: Several programs and policies were implemented to reduce substance abuse.

Monthly prescription drug collection Community Connections holds a monthly collection event the third Saturday of each month at the Platte River Mall for the purpose of encouraging the community to bring in their old or unused prescription drugs for proper disposal. The goal is to keep prescription drugs out of the hands of those who may abuse the use of the drugs. The program also serves to educate the community on the dangers of prescription drug abuse. In 2017, 291.3 pounds of drugs were collected, with 289 pounds collected in 2018.

Not My Kid

The Not My Kid campaign offers free drug testing kits to parents for use with their children. The kits were made available in North Platte at Westfield Pharmacy beginning in September 2018. As of October 2018, twelve kits were provided free of charge to parents. A resource guide is also available to parents with guidance on speaking with children about the dangers of drug use and offering talking points for children to refuse drugs.

Narcan

Narcan can be administered to a person suffering from an opioid overdose to reverse the effects of opioids in the body. Narcan has been purchased and distributed to law enforcement and emergency responders in the area to treat victims of opioid overdose. One hundred units were provided to Region II, 25 to the Lincoln County Sheriff's office, and 20 to ten volunteers on the EMS squads as of October 2018. A Train the Trainer class was held on November 13, 2018 for those who may administer Narcan.

Nebraska Tobacco Quitline

The Quitline offers free counseling and coaching using a toll-free phone number, 1-800-QUIT-NOW, 24 hours a day, every day. The Tobacco Quitline also offers a free two-week supply of over-the-counter nicotine replacement therapy to participants. The Nebraska Tobacco Quitline is publicized throughout the community through the placement of flyers and through public service announcements and social media outlets.

Reducing second hand smoke exposure

A policy was enacted following a mandate from the U.S. Department of Housing and urban Development prohibiting smoking within 25 feet of public housing. As a result, the North Platte Housing Authority Board set a policy that all the North Platte Housing Authority's units would become completely smoke-free beginning October 2018.

Several other locations have been designated as smoke-free: North Platte baseball, softball, soccer, and football fields, Cody Park swimming pool area and Cody Park Rides, Memorial Park splash pad area, North Platte dog exercise areas, Great Plains Health campuses, some apartment complexes, Quality Brand campuses, Lincoln County property, and the Maxwell

village park and football field. City administrator Jim Hawks approved recommendations against the use of tobacco in the park and trail systems. All Lincoln County schools have policies prohibiting the use of both tobacco and e-cigarettes.

In other efforts, Community Connections youth leaders produced radio announcements encouraging people to have smoke-free vehicles. For other outreach, “Tender Lungs at Work” baby bibs and information are given to parents of newborns at Great Plains Health.

Positive Pulse Family Wellness

Program: Positive Pulse Family Wellness, in collaboration with community partners, was coordinated by WCDHD with a focus on family health and nutrition topics. Families were invited to attend together, with wellness topics on a variety of topics featured.

Community members: WCDHD, Families First Partnership, fitness instructors, Nebraska State Patrol, North Platte Fire Department, UNL Extension

Community Health Assessment /Health People 2020/Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators/ Policy Change	Evaluation	Evidence-based Practice
<p><i>CHA Community Themes and Strengths – Good health-involves exercise, Important in our community – child-friendly activities, opportunities for healthy activities, Improving health in our community-parks, healthier activities, more affordable for families, outdoor activities</i></p> <p><i>CHA Community Health Status Assessment – U.S. Census – Population under 18 years – 24.6% in Lincoln County, County Health Rankings – obesity 32.5%</i></p>	<p>1.Efforts will take place to encourage/promote the Positive Pulse Family Wellness Program. At least ten families will sign up for and participate in the program yearly.</p> <p>2.Encourage family time with health/wellness education and recreation provided monthly with a goal of eight classes a calendar year.</p> <p>3.Encourage positive family health and nutrition/exercise habits. Families will complete a goal setting plan at each class held in the 2017-2108 sessions of classes.</p>	<p>1.Many families will sign-up and attend this free program offered to promote healthy lifestyles.</p> <p>2.Participating families will express knowledge gained of health/wellness education and recreation provided.</p> <p>3.Participating families will implement at least one goal each meeting event correlating with healthy family nutrition/exercise habits.</p>	To be determined	<p>1.Track the number of families who sign-up; number of families who attend events</p> <p>2.Satisfaction surveys to evaluate knowledge gained</p> <p>3.Families will document their goal and completion dates to show progress.</p>	The Community Guide, October 2016, “Physical Activity: Family-Based Interventions”

2018 Report: A full year’s program was planned for October 2017-April 2018 with topics including screen time, oral hygiene, tobacco awareness, handwashing, exercise, menu make-overs, and winter weather safety. Families signed Tobacco-Free agreements, established goals for family nutrition and exercise, and received activity charts to document progress towards healthy goals. While the value of the program of family wellness was recognized and the program was widely publicized through social media and school surveillance, attendance at PPFW events was not sustained and classes were put on hold after the February 2018 class. For future planning, those involved in coordinating classes will endeavor to collaborate with an organization or organizations that would refer families, while still making the program available to the general public.

Mental Health

Program: Mental Health Awareness and Education

The goal of the program was to raise awareness about mental health thereby increasing the number of people who receive mental health trainings and those who access mental health care.

Community members: Brenda Petersen, Shannon Sell, Emma Petersen, Pete Johnson, Jamie Peters, Jenee Hill, Janet Livingston, Jill Falcon, Caroline Sabin, Pam Hicks, Carla Beck

Community Health Assessment /Health People 2020/Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators/ Policy Change	Evaluation	Evidence-based Practice
<p><i>CHIP Community Themes and Strengths</i> – Mental and physical well-being important to community members <i>CHIP Community Health Systems Assessment</i> – Poor mental health days – Lincoln Co. 3.2, Nebraska 2.7. Suicide 8th leading cause of death in WCDHD area. <i>SHIP – Priority – Depression and Suicide</i> – recommendations to focus on screen practices, training, and advocacy for preventive approaches <i>Healthy People 2020:</i> Mental Health and Mental Disorders 1: Reduce the suicide rate. U.S. baseline 11.2 per 100,000, Nebraska 11.7, Target 10.2 per 100,000</p>	<p>Support efforts that address depression, suicide and stigma through prevention and education</p> <p>Training for the public and for primary care</p> <p>Targets for training— schools, law enforcement, emergency personnel, parents, those who work with youth, veterans’ organizations and agencies, coaches, churches</p>	<p>Mental Health First Aid – At least 10 trainings will be held per year beginning in August 2017 through Dec. 2018 with at least 100 people trained by the end of 2018.</p> <p>QPR (Question, Persuade, Refer)– At least 10 trainings will be held per year beginning in Aug. 2017 through Dec. 2018 with at least 100 trained by the end of 2017.</p> <p>Other mental health education efforts – RDAP Prevention Education,</p>	<p>Trainings in place locally and across the state</p>	<p>Number of trainings held</p> <p>Number of people trained</p>	<p>Mental Health First Aid- http://nrepp.sahsa.gov/ProgramProfile.aspx?id=1229</p> <p>QPR – “QPR Gatekeeper Training for Suicide Prevention”, http://legacy.nr.eppadmin.net/ViewIntervention.aspx?id=299</p>
<p><i>CHA-Local Public Health Systems Assessment:</i> Essential Service 3 – Health education and promotion identified as a need</p>	<p>Development of a social media program to address mental health and promote mental health trainings</p> <p>Increased attendance at mental health trainings</p>	<p>A social media plan is developed and in place by October 31, 2017 outlining types of social media, dates, topics, and list of people responsible for posting on social media.</p>	<p>To be determined</p>	<p>Plan developed and being utilized.</p> <p>Tracking of survey results— how participants learned of the training</p> <p>Use Performance Management Dashboard for tracking of number of trainings and number of participants</p>	<p>Community Guide, “Health Communication and Social Marketing: Campaigns That Include Mass Media and Health-Related Product Distribution”, Dec. 2010. https://www.thecomcommunityguide.org/findings/health-communication-and-social-marketing-campaigns-include-mass-</p>

					media-and-health-related
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2018 Report:

Several steps have been taken to increase the number of people who receive mental health trainings and the number who have increased awareness about mental health. A variety of training programs are available to meet the needs of many populations.

One program is Mental Health First Aid, a training designed to provide community members with the basic awareness and insights to recognize when a person is beginning to enter a mental health crisis or develop a mental illness. These trainings provide tools for the participants to use when recognizing someone in need of assistance. The trainings were offered in various capacities to school staffs, law enforcement, emergency management, community college staff, hospitals and community-based support agencies. The training is an eight-hour class and provides certification for participants. Some classes are offered free of charge through grant funding, while others are paid for by donations or participants. The class offers options of several modules to meet the needs of various populations: veterans, public service, police/fire, elderly, and youth. At least one class has been offered per month with attendance ranging from small groups of 4 to 10 to larger groups of 30 to 100. The program will continue to be offered as needed.

QPR (Question, Persuade, Refer) is another training being offered. It is a 1.5-hour course used to train people about how to respond to persons who are in crisis or may demonstrate warning signs of suicidal ideation. With suicide prevention training required for all school staff, the program has been offered to school staffs in the area. "Be a Friend" is a related training for youth suicide prevention and is designed for students between the ages of 7-16. The training was provided as a topic for school assemblies and learning opportunities. The value of suicide prevention trainings was underlined by a local businessman, Russ Jones, covering the cost for 5 QPR training sessions for anyone wishing to attend.

Psychological First Aid is a training for people who may be dealing with trauma and behavioral health crisis following a disaster or traumatic event. The 8-hour course is offered to residential advisors at local colleges to prepare them to deal with traumatic events while on campus.

Next steps: All of the above trainings will continue to be offered. In addition, new programs CERT, a debriefing program for first responders following traumatic events, and WHAM (Whole Health Action Management), for use with students and adults in various situations such as students and adults with traumatic brain injury, veterans re-entering civilian life, church groups, and new mothers, have begun and will have expanded offerings in 2019.

PRIORITY: Community Ownership

Community Collaboration

Program: Community Ownership/Collaborative Partners

The program serves to provide improved communication and coordination between agencies that serve residents. The community collaborative partners meet monthly to address issues to improve the use and coordinator of resources. Some of the goals for 2018 included enlisting more coaches for at-risk families, pursuing 501c3 status, and increasing partnerships in the community.

Involved community members: Beth DeFreece, John Hales, Ashley Mathers, Megan Harwager, Michelle Grier, April Christensen, Ashley Perlinger, Sara White, Mona Tarin, Vicki Collins, Bruce Piercy, Jacqueline Deacon, Irene Britt, Health Tjaden, Maria Reeves, Dean Dye, Ashley Lewis, Jennifer Sukup, Jaime Blevins, Jaymie Hilliard, Aspen Shirley, Penny Parker, Kristen Yonker, Margot Dainowski, Bonnie Bauer, Calida Olguin, Kendra Leonhardt, Caroline Sabin, Janet Livingston

Community Health Assessment/Health People 2020/Nebraska Community Health Improvement Plan Need Addressed	Goals	Objectives	Indicator/ Policy Change	Evaluation
<i>CHA: Forces of Change – Declining housing stock a concern</i>	Reduce barriers to access affordable quality rental properties.	1.Talk with landlords about quality of housing, deposit requirements 2.Invite NP Housing Authority, Gateway reps, Coldwell Banker reps, local landlords	To be determined	Written plan for housing improvement
<i>CHA: Forces of Change – Declining pool of resources a concern. Community Themes & Strengths– Community support important to community. Communication and collaboration between agencies and organizations can improve health. Community Health Status Assessment – Inadequate social support – Lincoln county 20%, Nebraska 17% SHIP – Priority-Integrated health systems—It is recommended that the public health system, the primary care system and other health systems establish connection and interweave partnerships for a solid foundation of standards and practices for individual and population health. SHIP Priority- Depression and suicide – Increase protective factors among youth, collaboration between service delivery systems</i>	1.Establish grant writing hub or outreach to seek funds to fill gaps. 2.First priority is “life coaches” for at-risk families.	1.Check with current funders for other monies available and/or populations that can be served. 2.Invite Family Focus (DHHS) and Early Development Network	To be determined	1.Grant writing guidelines in place. Qualified grant writing individuals/organizations listed. 2. List of life coaches compiled. System of referrals established.
<i>SHIP – Priority – Establish connections and interweave partnerships for individual and population health,</i>	Continue to bring in new partners to	Collective continuous sweep to address barriers to meeting needs for successful healthy	To be determined	List of partnerships established and continuously updated.

Priority – Healthcare Utilization and Access – Enhanced provider and system partnerships.	collaborative group.	hopeful living. Invitation of integral stakeholders to address barriers.		
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2018 Report: The Community Collaborative Partners continued to meet monthly through 2018. Through collaboration, the group met several of its goals. More coaches were enlisted for working with at-risk families. DHHS Family focus, Independence Rising, and Early Development Network are now providing coaching. The group also collectively contributed to the writing of by-laws and the IRS 1023 application to achieve 501c3 status. The group also contributed to the success of Project Connect.

Next Steps: Future plans for the group include bringing in new partners, looking for gaps or barriers to services in the community, and addressing those gaps or barriers, to include applications for grants.

Community Response

Program: Community response agencies’ primary focus is the prevention of child abuse and child neglect. Through Central Navigation, families or agencies may seek out resources for those at risk of children being removed from the home due to safety, shelter, living conditions, or family stability. A Central Navigator will refer families to resources within the community to provide the most appropriate assistance.

The Connected Youth Initiative works with youth 14 to 24 who have been in foster care, facing homelessness, or coming out of juvenile justice. Enrolled youth are provided coaching support to assure sufficient housing, basic needs, transportation, medical care, education, employment, and community engagement. Youth are offered Opportunity Passport as a means of financial literacy and establishing short-term investments. Community engagement is introduced through youth leadership opportunities.

Community members: Salvation Army, Community Action Partnership, Rape and Domestic Abuse Program, The Connection Homeless Shelter, Boys Town, L2 for Kids, Families First Partnership

Community Health Assessment /Health People 2020/ Nebraska Community Health Improvement Plan Need Addressed	Goals	Objectives	Evaluation	Indicators/ Policy Change	Evidence-based Practice
CHIP – Forces of Change - Knowledge of services and more consistent collaboration and cooperation are needed among service organizations. Local Public Health Systems- Essential Service 4, mobilizing	1. Use of central navigation to link families to local services.	1. Screen families and individuals who are in crisis to determine best fit for support by community organizations. Refer family or individual to agency for	1. Use of protective factors surveys or Family Thrive survey for determination of progress in their stability.	Surveys and database in use	“Community Response, 2015 Nebraska Children and Families Foundation, http://www.nebraskachildren.org/our-approach/evidence-based-strategies/community-response.html

<p>partnerships, is a need to be addressed. <i>SHIP</i> – Priority – Integration – “Recommended that the public health system, the primary care system and other health systems to establish connections and interweave partnerships for a solid foundation of standards and practices for individual and population health.”</p>	<p>2.Reduce duplication of services</p> <p>3. The Connected Youth Initiative will be used to serve youth who are foster children, facing homelessness, or former wards of the state</p>	<p>financial support, coaching, or additional needed services.</p> <p>2. Increased communication between agencies to prevent duplication of services and recurrent patterns of crisis. Team meetings of community response agencies will be convened for wrap-around services for clients.</p> <p>3.Youth will be offered Opportunity Passport for financial literacy and establishment of savings development accounts.</p>	<p>2. Use of database developed by Families First Partnership to monitor client needs, level of assistance, and hours and degree of coaching.</p> <p>3. A bi-annual youth transitional services survey will be administered to youth in the program.</p>		<p>California Evidence-base Clearinghouse, “Opportunity Passport”, http://www.cebc4cw.org/program/opportunity-passport-sup-tm-sup/detailed</p>
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2018 Report: Families receiving assistance are completing the protective factors surveys; as well, community organizations involved in assisting families have begun receiving Families Thrive training. The first training was held in 2018 with further training dates set for 2019.

Using central navigation, each individual or family is referred to the appropriate service or organization that will best meet their needs. Communication between referral agencies has improved, with a network of service agencies in place and the sharing of information an essential part of the network. Trainings continue to be provided for agencies, such as Families Thrive and Circle of Security for professionals.

The youth transitional services survey was administered. With changes in staff at the Connected Youth Initiative, the survey will be used to re-evaluate and improve services.

Families First Partnership

Program: Families 1st Partnership is a collaborative of human service organizations whose primary services are to support positive child development and parenting skills for stable self-reliant families. Nebraska Children and Families Foundation is the primary source of grant funds to support these efforts. Since 2010, a total of \$688,424.48 has come into Lincoln County to financially support the work of prevention of child abuse and neglect, thereby preventing children and families’ entry into higher systems of care. The primary goal is the direct support and services to families, but that is more effectively implemented when the local agencies feel properly equipped. A secondary goal for the use of grant funds is to engage various local agencies in prevention work by providing trainings for workers, bringing organizations together to network, and seeking ways to prevent duplication of services.

Families 1st Partnership has an advisory board that meets on a quarterly basis to review data, advise on future plans, and approve budgets. Members of the advisory board are also involved in workgroups that address concerns or make decisions on specific prevention strategies. A total of 44 agencies have participated at some point in time in either implementation of a grant effort, services to children or families, or in an advising/planning capacity.

Community members: Bruce Piercy, Ashley Perlinger, Ashley Mathers, April Christensen, John Hales, Beth DeFreece, Sarah White, Margot Dainowski, Janet Livingston, Crystal Vigil, Megan Harwager, Aspen Shirley, Ashley Lewis, Caroline Sabin

Community Health Assessment /Health People 2020/Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators/ Policy Change	Evaluation	Evidence-based Practice
<p><i>CHA-Community Themes & Strengths-</i> Community support, communication and collaboration between agencies and organizations important. <i>Local Public Health Systems Assessment –</i> Essential Service 4 – Mobilizing partnerships area of concern <i>SHIP – Priority –</i> Utilization/Access</p>	<p>Promote Families 1st Partnership as a cooperative of agencies.</p>	<p>Brand associated agencies as cooperating, networking, available resources for the community through monthly meetings beginning in March 2015 and continued to present.</p>	<p>Monthly and quarterly meetings scheduled. Information shared.</p>	<p>Facebook outreach, likes, page following Referrals</p>	<p>“Health Communication and Social Marketing”, The Community Guide, Dec. 2010</p>
<p>Same as above</p>	<p>Provide opportunities for agencies to become acquainted with other’s services and outreach.</p>	<p>Sponsor local “resources fairs” to gather organizations and provide opportunity to community to access local resources. Examples include: Hope Happens Here, Project Connect, WCDHD Health Fair, and Community Baby Shower. Originating with Hope Happens Here in June 2015, each outreach event is planned as an annual recurring event.</p>	<p>Attendance and communication as events occur</p>	<p>Increase in participation of agencies.</p>	<p>Rural Assistance Center, “Evidence-base Toolkits for Rural Community Health”</p>
<p>CHIP – <i>Local Public Health Systems Assessment –</i> Essential Service 8 – assuring a competent workforce was identified as a recognized asset for building community health</p>	<p>Increase human services workers’ skills in addressing needs of clientele</p>	<p>Sponsor trainings for agency workers-financial literacy curriculums, trauma awareness, and personal development. These trainings have included: Family Approach Team Meetings (June 2014 & June 2015), Managing Challenging Behaviors in Children (Aug. 2014 & August 2015), Collective Impact (November 2014 & November 2016), Trauma Informed Care (Dec. 2016, Feb. 2017, Aug. 2017, Oct. 2017), Your Money, Your Goals (Jan. 2017, May 2017), Getting Ahead in a Just Gettin’ By World (June 2016), Rent</p>	<p>To be determined</p>	<p>Surveys from participants.</p>	<p>“Collective Impact”, Stanford Social Innovation Review, 2011.</p>

		Wise (May 2017). Continued trainings will be determined based on a survey of local human service workers in selecting priorities. Local agencies will also be screened to determine what trainings they offer in order to fill classes and not duplicate offerings in the community.			
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2018 Report: The Community Collaborative Partners have continued to meet on a monthly basis through 2018. The group facilitated the formulation of the Families First Partnership 501c3, working to set by-laws, finances, roles and responsibilities, and other criteria for becoming a separate entity. The Partners continued to set training options for community partners including Trauma 101, Circle of Security classes, Circle of Security for professionals, and Families Thrive. With Families First Partnership outgrowing space available at West Central District Health Department, the group aided in the move of FFP to its own office.

The Community Collaborative re-formed itself into three workgroups: 1.) Early Childhood Social-Emotional to support parents and families in programs such as Parent/Child Interactive Therapy, Parents Interacting with Infants, Pregnancy Assistance program for prenatal care at at-risk teens, and Communities for Kids to support early care and education programs; 2.) Community Response with the responsibility of working with families, systems of care, and behavioral health; and 3.) Connected Youth Initiative, working with programs and services for youth. Each workgroup will report back to a quarterly Community Collaborative Partners meeting. Of special interest is a separate workgroup, the Dusty Trails group, which designs and holds monthly activities for special needs children and families.

The collaborative group continued to provide resources in a variety of means, including Project Connect held on April 5, 2018. The Project Connect report is detailed below. With Hope Happens Here and a Health Fair not occurring in 2018, other means were sought to share information about resources and services. The monthly North Platte Interagency serves as a platform for sharing information about programs and services.

Next steps: The group will continue to seek and provide a variety of services, programs, and trainings to better assist children, families, youth, and individuals. Work will continue with a number of community partners. Training offerings will be chosen to best meet the needs of professionals serving members of the community.

Multi-Priority Programs

Health Fairs

Program: Health Fairs provide a means to promote healthy lifestyles and well-being in an easily accessible one-day event involving a number of community partners involved in health.

WCDHD and Pathology Services, P.C. collaborated to hold a community health fair in November 2017. While WCDHD did not organize or conduct a health fair in 2018, several health fairs were held in the community, with WCDHD and other community partners involved.

Community Health Assessment/Health People 2020/ Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators policy change	Evaluation	Evidence-based Practice
<p><i>CHA Community Themes and Strengths</i> – Important in our community – child-friendly activities, opportunities for healthy activities, healthier activities affordable for families, rising rates of obesity a concern, affordable wellness/recreation a way to reinforce health equity CHA Community Health Status Assessment – U.S. Census – Population under 18 years – 24.6% in Lincoln County, County Health Rankings – obesity 32.5%</p>	<ol style="list-style-type: none"> 1. Encourage community to engage in an annual health fair. 2. Encourage collaboration within our communities regarding organizations involved in the health fair. 3. Provide free health education and health services connections to the community. 	<ol style="list-style-type: none"> 1. There will be an increase by at least 5% of the number of participants at the health fair annually. 2. There will be at least 25 health fair vendors annually. 3. Linking and connecting the participants to free health education and health services. 	<p>To be determined</p>	<ol style="list-style-type: none"> 1. Track the number of health fair participants annually. 2. Track the number of health fair vendors annually. 3. Survey the participants on health education and health services knowledge gained by attending the health fair. 	<p>The Community Guide, “Community Health Workers” The Community Guide, “Fired Up for Prevention”</p>

2018 Report: Several health fair events were held in 2018, including some organized by Great Plains Health, local schools, a fitness center, and Union Pacific Railroad. Health fairs provide the benefit of providing a wide variety of health information in a casual environment. While WCDHD participated in some of the events, WCDHD was not part of the organizational group and thus no data is available concerning dates, participants, and types of health information and resources made available. The value of the events is recognized with events continuing on a regular basis and made available to a large number of participants.

Project Connect

Program: Project Connect seeks to connect people in the community to vital resources and services, providing a one-stop shop approach for individuals to link them to services, information, and resources. Project Connect began in 2016 under the auspices of Community Action Partnership and with the title Project Homeless Connect. The program continued in 2017 and 2018 with the new title Project Connect under the leadership of a variety of local organizations and with the purpose of moving beyond homelessness to connecting any member of the community who might be need of resources and services. The three CHIP priorities are met in this event through the collaboration of 40-50 service organizations and agencies (Community Ownership) working together to provide the program’s easily accessible one-day event (Affordable and Equitable Access to Care and Services) to link with a multitude of services and resources. Services include mental, behavioral, and physical health, while also

providing services including housing, employment, veterans’ assistance, education, youth services, and more, meeting the priority of Healthy Lifestyles and Well-being. Donations and volunteers are also drawn from the community and business partners.

Community partners: WCDHD, Salvation Army, Community Action Partnership. Supportive Services for Veterans and Families, Department of Health and Human Services, WellCare, Total Care, United Health Care, Migrant Education, The Connection, Nebraska Department of Labor, Legal Aid, Boys Town, Families 1st Partnership. Fifty organizations were involved in the 2018 Project Connect.

Community Health Assessment /Health People 2020/ Nebraska State Health Improvement Plan Need Addressed	Objectives	Goals	Indicators policy change	Evaluation	Evidence-based Practice
<p><i>CHA – Community Themes & Strengths-</i> Community support, access to needs, collaboration to ensure access to services important <i>Local Public Health Systems-</i> Link to health services is a strength to be tapped. <i>Healthy People 2020-</i> Access to care a priority – Access to Health Services 6.1 – Reduce the proportion of persons who are unable to obtain or delay in obtaining necessary care – Baseline 10.0%, target 9.0%</p>	<p>Project Connect will work to connect the most vulnerable populations in the local area to resources, services, and information in the community. The one-stop shop approach will serve to link individuals in one location to better provide services needed.</p>	<p>Provide an annual Project Connect event to North Platte and surrounding communities. Services that will be available to clients include housing and employment assistance, veteran services, Substance abuse, rape/domestic abuse, child abuse/neglect, car seat inspections, legal aid, minority health, medical, dental, vision and hearing, nutrition, transportation, and haircuts. By mobilizing community members and agencies, we are attempting to ensure that our participants receive the best care in an easily accessible setting.</p>	<p>Annual regularly scheduled event Services coordinated and made available to clients</p>	<p>Services provided in multiple health services available. Project Connect held annually. Project Connect publicized for participation for the local area; attendance 100+ annually</p>	<p>“Interventions to Improve Access to Primary Care for People Who Are Homeless”, Healthy Quality Ontario, 2016. (Healthy People 2020)</p>

2018 Report: The 2018 Project Connect was held on April 5, 2018 at the D & N Event Center with 122 adults and 66 youth served. With participants accessing an average of 10 or more services each, an estimated 1250 or more services were provided. While Project Connect is open to anyone in the community, 80% of those completing surveys had yearly household incomes of \$20,000 or less. Fifty-four agencies and organizations were present offering services and resources. Those present provided services in the areas of health, employment, legal assistance, substance abuse, housing, clothing, public benefits, education, and mental health. Free haircuts, dental care, food boxes, bedding, and bicycles were also provided. A Stand Down was held in conjunction with Project Connect to provide services and resources to veterans and family members. At least 24 veterans were served, as well as family members.

Next steps: The Project Connect Committee began meeting in 2018 to begin planning for the 2019 event, which will be held on April 17, 2019 at the D & N Event Center.

Conclusion

This 2018 Annual Report does not reflect all that is done in our community toward health improvement. The report includes those programs addressed by workgroups set up following the CHA and during the development of the 2016-2020 CHIP. As noted in the community members listed for each project and policy, community health improvement is a collaborative effort involving a great number of community partners. The knowledge, expertise, experiences, and resources of a great many community partners contributes to the work of improving lives. We wish to thank all of those who have contributed reports, time, and resources to those efforts.

Community health improvement is an ongoing process. Programs and policies included in the 2018 Annual Report will continue through 2019 and, as needed, in future years. New partners and new programs related to the priorities of the 2016-2020 CHIP are welcome and encouraged. Feedback for future community health improvement can be reported through the survey link on the WCDHD website or by contacting WCDHD staff. For more information concerning the CHA or CHIP, please contact West Central District Health Department, 111 N. Dewey, North Platte, 308-696-1201. The website www.wcdhd.org also has links for the 2015-2016 Community Health Assessment, 2016-2020 Community Health Improvement Plan, other health-related data, and health information.