

2019 Community Health Improvement Action Plan for Pueblo County

The following objectives outline goals for groups and organizations in Pueblo County to address behavioral health in 2019. Progress to achieve activities will be tracked quarterly. A new work plan will be created for 2020. Activities will be modified based on progress, barriers, and opportunities.

Goal: Partner Engagement			
OBJECTIVE 1: By December 31, 2019, Pueblo Department of Public Health and Environment (PDPHE) will work with partners involved in behavioral health and youth issues in Pueblo County to plan a community-wide campaign addressing academic performance and clear standards for behavior of youth.			
STRATEGY BACKGROUND			
<p>Source: Substance Abuse and Mental Health Services Administration (SAMHSA). Prevention Approaches (2016)</p> <p>Evidence Base: Environmental strategies include communication and education strategies, which seek to influence community norms by raising awareness and creating community support for prevention.</p> <p>Policy Change (Y/N): No</p> <p>Lead Person/Organization: PDPHE, Public Health Planner</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Identify partners, obtain commitment to help create campaign and designate at what level partners be involved	January 1- March 31, 2019	<ul style="list-style-type: none"> • Community Health Assessment Steering Committee • Behavioral health organizations • Youth organizations 	<ul style="list-style-type: none"> • Diverse set of community partners commits to helping develop the campaign
2) Develop and implement pre-assessment	January 1- June 30, 2019	<ul style="list-style-type: none"> • CHA Steering Committee 	<ul style="list-style-type: none"> • Knowledge of the community's current efforts around increasing academic performance and setting clear standards for behavior for youth • Knowledge of community members' awareness of the role they play in academic performance and setting clear standards
3) Begin to seek funding and determine sustainability plan	January 1- December 31, 2019	<ul style="list-style-type: none"> • CHA Steering Committee 	<ul style="list-style-type: none"> • Anticipated project costs determined • Potential funding streams identified • Applications submitted as appropriate • Sustainability plan is developed
4) Hire consultant/contractor to create campaign	April 1- September 30, 2019	<ul style="list-style-type: none"> • CHA Steering Committee 	<ul style="list-style-type: none"> • Individual/group with necessary graphic design and mass communication expertise is secured
5) Test campaign materials	October 1- December 31, 2019	<ul style="list-style-type: none"> • CHA Steering Committee • Consultant/contractor 	<ul style="list-style-type: none"> • Necessary adjustments to materials made
6) Develop implementation plan	October 1- December 31, 2019	<ul style="list-style-type: none"> • CHA Steering Committee • Consultant/contractor 	<ul style="list-style-type: none"> • Plan for campaign dissemination finalized

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Goal: Youth Substance Use (Communities That Care)			
OBJECTIVE 2: By December 31, 2020, the Pueblo Department of Public Health and Environment (PDPHE) will work with community partners to complete a review of risk factor, protective factor and problem behavior assessment data to refine youth substance abuse efforts being implemented in Pueblo County.			
STRATEGY BACKGROUND			
<p>Source: Monahan, K. C., Oesterle, S., Rhew, I. and Hawkins, J. D. (2014), The Relation Between Risk and Protective Factors For Problem Behaviors And Depressive Symptoms, Antisocial Behavior, and Alcohol Use In Adolescence. J. Community Psychol., 42: 621–638. doi:10.1002/jcop.21642</p> <p>Evidence Base: Findings indicate risk and protective factors for antisocial behavior and alcohol use are also associated with depressive symptoms, both concurrently and longitudinally. Prevention approaches that target risk and protective factors for externalizing problems may have crossover effects on depressive symptoms during adolescence.</p> <p>Policy Change (Y/N): N</p> <p>Lead Person/Organization: Communities That Care (CTC) Facilitator, PDPHE</p>			
ACTION PLAN			
Activity	Start/End Date (m/d/y)	Partner Organizations	Anticipated Product or Result
1) Recruit middle and high school schools to participate in Healthy Kids Colorado Survey 2019	January 1 – September 30, 2019	<ul style="list-style-type: none"> • Pueblo City Schools • District 70 • Online/alternative schools • CU Denver 	<ul style="list-style-type: none"> • Schools agree to participate in the survey
2) Obtain signed releases of information from Pueblo City Schools, District 70, and online/alternative schools to receive HKCS 2019 data.	January 1- March 31, 2020	<ul style="list-style-type: none"> • Pueblo City Schools • District 70 • Online/alternative schools • CU Denver 	<ul style="list-style-type: none"> • Signed releases from both school districts
3) Obtain HKCS 2019 data reports	July 1- September 30, 2020	<ul style="list-style-type: none"> • Pueblo City Schools • District 70 • Online/alternative schools 	<ul style="list-style-type: none"> • Reports obtained
4) Convene CTC Risk & Protective Factor Assessment (Data) Workgroup to review data from HKCS and other appropriate sources	October 1- December 31, 2020	<ul style="list-style-type: none"> • CTC Data Workgroup 	<ul style="list-style-type: none"> • Youth-related data updated
5) Key data from assessments are shared with youth, school personnel, civic leaders, business communities, religious communities, social service providers and the general public.	January 1, 2019- December 31, 2020	<ul style="list-style-type: none"> • PDPHE • CTC Data Workgroup 	<ul style="list-style-type: none"> • Reports, presentations, etc. on key data from HKCS 2017 and 2019 and other appropriate data sources generated and distributed
6) The Pueblo Community Action Plan is refined as needed based on assessment results.	October 1, 2020- December 31, 2020	<ul style="list-style-type: none"> • CTC Community Board 	<ul style="list-style-type: none"> • Community Action Plan detailing efforts to address youth substance use is updated as needed.

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		<ul style="list-style-type: none"> • CTC Key Leader Board 	
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Goal: Youth Substance Use (Communities That Care)			
OBJECTIVE 3: By December 31, 2020, Pueblo Department of Public Health and Environment (PDPHE) will work with community partners to oversee implementation of at least two recommended strategies under the Community Action Plan (CAP) to reduce youth substance use in Pueblo County.			
STRATEGY BACKGROUND			
<p>Source: Hawkins, J. D., Oesterle, S., Brown, E. C., Arthur, M. W., Abbott, R. D., Fagan, A. A., & Catalano, R. F. (2009). Results of a type 2 translational research trial to prevent adolescent drug use and delinquency: A test of Communities That Care. <i>Archives of Pediatrics and Adolescent Medicine</i>, 163(9), 789-798</p> <p>Evidence Base: Results from the first randomized experimental trial of Communities That Care demonstrate the success of this coalition-driven community prevention approach.</p> <p>Policy Change (Y/N): Yes</p> <p>Lead Person/Organization: Communities That Care (CTC) Facilitator, PDPHE</p>			
ACTION PLAN			
Activity	Start/End Date (m/d/y)	Partner Organizations	Anticipated Product or Result
1) Track implementation of strategies within Community Action Plan 2.0 Tier 1 (work plans for 2019)	January 1, 2019- December 31, 2020	<ul style="list-style-type: none"> • CTC Community Board • CTC Key Leader Board • Partners from the CAP Tier 1 	<ul style="list-style-type: none"> • Work plans kept updated with progress notes • Meetings with partners held as needed
2) Develop Community Action Plan 2.0 Tier 2 (work plans for 2020)	July 1 – December 31, 2019	<ul style="list-style-type: none"> • CTC Community Board • CTC Key Leader Board • Partners from the CAP Tier 1 	<ul style="list-style-type: none"> • Community Action Plan 2.0 Tier 2 is developed to include implementation and evaluation plans
3) Track implementation of strategies within Community Action Plan 2.0 Tier 2	January 1 – December 31, 2020	<ul style="list-style-type: none"> • CTC Community Board • CTC Key Leader Board • Partners from CAP Tier 2 	<ul style="list-style-type: none"> • Work plans kept updated with progress notes • Meetings with partners held as needed
4) Develop Community Action Plan 2.0 Tier 3 (work plans for 2021)	July 1 – December 31, 2020	<ul style="list-style-type: none"> • CTC Community Board • CTC Key Leader Board • Partners from the CAP Tier 2 	<ul style="list-style-type: none"> • Community Action Plan 2.0 Tier 3 is developed to include implementation and evaluation plans

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Goal: Integrate Behavioral and Primary Healthcare and Educate Youth About Mental Health and Suicide.			
OBJECTIVE 4: By July 31, 2019, Pueblo Department of Public Health and Environment (PDPHE) staff members will improve Pueblo County’s behavioral health status through outreach, engagement, and community development designed to systematically integrate primary care and behavioral health services and improve awareness and understanding of behavioral health issues.			
STRATEGY BACKGROUND			
<p>Source: The Jason Foundation, Inc. 2010. Comprehensive Evaluation of “A Promise for Tomorrow”.</p> <p>Source: Substance Abuse and Mental Health Services Administration (SAMHSA). 2017. Health Care and Health Systems Integration.</p> <p>Evidence Base: A Promise for Tomorrow empowers students with information, tools, and resources to help identify at-risk youth, and become better able to make positive decisions for their collective future.</p> <p>Evidence Base: As behavioral health is essential to health, ensuring behavioral health care services are more accessible and connected to the broader health care system will improve health outcome and reduce costs.</p> <p>Policy Change (Y/N): No</p> <p>Lead Person/Organization: PDPHE, State Innovation Model (SIM) Program</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Implement Stand Up To Stigma presentations for high school classes.	August 1, 2018- May 31, 2019	<ul style="list-style-type: none"> • Health Department • District 70 (D70) • Pueblo City Schools 	<ul style="list-style-type: none"> • 20 presentations to middle and/or high school students provide information on mental health stigma including: what it entails, how to not stigmatize others, and not internalize mental health illnesses, and suicide prevention resources.
2) Develop and distribute toolkits and resource guide to integrate primary care and behavioral health. Follow-up to previous year’s partners to assess utilization of toolkit and level of integration. Toolkits contain information about various types of mental illnesses, maternal mental health, a guide on how to effectively implement integrated care.	August 1, 2018 - July 31, 2019	<ul style="list-style-type: none"> • Family practice clinics • Pediatric clinics • Internal Medicine clinics • OB/GYN clinics 	<ul style="list-style-type: none"> • At least 2 additional clinics receive toolkits. • 75% of previous year’s clinics provide follow-up
3) Plan and implement 1-2 community and 1 provider stigma-reduction campaign(s) each year; attend 4-6 community health fairs/events to educate the public regarding stigma reduction.	August 1, 2018- July 31, 2019	<ul style="list-style-type: none"> • State Innovation Model Local Public Health Agency Steering Committee • Local organizations who sponsor health fairs/other community events (varies based on event) 	<ul style="list-style-type: none"> • At least 500 community members and 50 providers attend a stigma-reduction campaign. • At least 250 community members receive mental health awareness educational materials at community health fairs/events.

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Goal: Behavioral Health Training State Innovation Model Program			
OBJECTIVE 5: By July 31, 2019 State Innovation Model will recruit for, plan, and implement 6 Mental Health First Aid Training classes provided at no cost to attendees in an effort to prevent suicide and reduce stigma surrounding mental illness in the Pueblo community by teaching community members how to learn the signs of a person in mental distress and how to get the affected person the help they need.			
STRATEGY BACKGROUND Source: Hadlaczky G, Hokby S, Mkrtchian A, Carli V, Wasserman D. Mental Health First Aid is an effective public health intervention for improving knowledge, attitudes, and behavior: A meta-analysis. International Review of Psychiatry, 2014; 4; 467-475. Evidence Base: Evaluation results demonstrate that Mental Health First Aid “increases participants' knowledge regarding mental health, decreases their negative attitudes, and increases supportive behaviors toward individuals with mental health problems.” Policy Change (Y/N): Yes Lead Person/Organization: Pueblo Department of Public Health and Environment (PDPHE) , SIM Program			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Plan, organize, and recruit attendees for the 6 training sessions	January 1 – July 31, 2019	<ul style="list-style-type: none"> • PDPHE • Health Solutions • NAMI/Friendly Harbor • Parents Against Teen Suicide • CSU-Pueblo • Parkview Medical Center • Area Agency on Aging • SRDA/211 • PCHC • Pueblo City-County Library 	<ul style="list-style-type: none"> • Number of trainings provided • Number of participants • Number and types of agencies
2) Identify additional training opportunities for Mental Health First Aid session attendees	January 1 – July 31, 2019	<ul style="list-style-type: none"> • Health Solutions 	<ul style="list-style-type: none"> • Needs identified • Next steps determined
3) Work with organizations to pass agency-level policies mandating MHFA trainings for employees	January 1 – July 31, 2019	<ul style="list-style-type: none"> • Health Solutions 	<ul style="list-style-type: none"> • Number of policies put into place • Policies will include accountability measures

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Goal: Effectiveness of Substance Abuse Services (Regional Health Connector)			
OBJECTIVE 6: By December 31, 2019, the community task forces/coalitions/primary care providers's that address substance abuse will be connected to each other by the Regional Health Connector facilitating the Substance Use Response Ecosystem (SURE) which will enable improved coordination to avoid duplication of efforts and close gaps.			
STRATEGY BACKGROUND			
<p>Source: Kania, J., & Kramer, M. (2011). Collective Impact. <i>Stanford Social Innovation Review</i>.</p> <p>Evidence Base: "Large scale social change comes from better cross-sector coordination rather than from the isolated intervention of individual organizations."</p> <p>Policy Change (Y/N): Yes</p> <p>Lead Person/Organization: Regional Health Connector (RHC), Pueblo Department of Public Health and Environment (PDPHE)</p>			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Improve ecosystem infrastructure and standard reporting protocol	January 1 – December 31, 2019	<ul style="list-style-type: none"> • PDPHE • Parkview Medical Center • Pueblo Primary Care Providers • Communities That Care • Pueblo Triple Aim 	<ul style="list-style-type: none"> • Infrastructure and standard reporting protocol approved by ecosystem
2) Track accomplishments of each SURE pod	January 1- December 31, 2019	<ul style="list-style-type: none"> • Pod facilitators 	<ul style="list-style-type: none"> • Quarterly pod progress updates received • Updates will be used to identify and address gaps and plan next steps • Celebrate successes through ecosystem promotion
3) Overarching SURE priority areas will be addressed by each SURE pod	January 1 – December 31, 2019	<ul style="list-style-type: none"> • PDPHE • Parkview Medical Center • Pueblo Primary Care Providers • Communities That Care • Pueblo Triple Aim 	<ul style="list-style-type: none"> • Priority areas are represented in work plan
4) Recruit providers to the groups and keep providers informed of community efforts around substance abuse.	January 1 – December 31, 2019	<ul style="list-style-type: none"> • PDPHE • Parkview Medical Center • Pueblo Primary Care Providers • Communities That Care • Pueblo Triple Aim 	<ul style="list-style-type: none"> • Number of providers recruited • Number of providers receiving updates of SURE

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Goal: Opioid Provider Education			
OBJECTIVE 7: By August 30, 2019, Pueblo Department of Public Health and Environment (PDPHE) will actively participate in a local coalition with at least ten community partners to address prescription drug misuse, abuse, and overdose prevention in Pueblo County.			
STRATEGY BACKGROUND			
Source: Kania, J., & Kramer, M. (2011). Collective Impact. <i>Stanford Social Innovation Review</i> .			
Evidence Base: “Large scale social change comes from better cross-sector coordinator rather than from the isolated intervention of individual organizations.”			
Policy Change (Y/N): No			
Lead Person/Organization: PDPHE, Opioid Provider Outreach and Education Program			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Provide guidance on prescriber education activities	January 1 – August 30, 2019	Coalition members including: <ul style="list-style-type: none"> • Law enforcement • Treatment • Behavioral Health • Federally Qualified Health Center • Hospitals • Harm Reduction groups • Impacted individuals 	<ul style="list-style-type: none"> • Efficient and effective education activities and methods will be identified • Activities will increase provider knowledge and improve attitudes around prescribing practices and Center for Disease Control Opioid Prescribing Guidelines
2) Identify existing or planned efforts related to drug misuse and organizations involved in those efforts	January 1 – August 30, 2019	<ul style="list-style-type: none"> • Coalition members 	<ul style="list-style-type: none"> • Areas of alignment and coordination identified • Knowledge or resources and referral processes increased
3) Develop action plan to increase provider education	January 1 – August 30, 2019	<ul style="list-style-type: none"> • Coalition members 	<ul style="list-style-type: none"> • Plan developed outlining provider outreach and education efforts, methods, timelines, etc.

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Goal: Opioid Provider Education			
OBJECTIVE 8: By August 30, 2019, Pueblo Department of Public Health and Environment (PDPHE) will outreach to providers with a specific focus on reaching at least 30% of dental and medical providers in Pueblo County to promote the use of Center for Disease Control Opioid Prescribing Guidelines and drug misuse prevention strategies.			
STRATEGY BACKGROUND			
Source: Center for Disease Control and Prevention: CDC Guidelines for Prescribing Opioids for Chronic Pain			
Evidence Base: Improving the way opioids are prescribed through clinical guidelines can ensure patients have access to safer, more effective chronic pain treatment while reducing the number of people who misuse, abuse, or overdose from these drugs.			
Policy Change (Y/N): Yes			
Lead Person/Organization: Pueblo Department of Public Health and Environment, Opioid Provider Outreach and Education Program			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Assess dental and medical community to obtain feedback on appropriate and interesting educational activities	January 1 – August 30, 2019	<ul style="list-style-type: none"> • PDPHE • Colorado Department of Public Health and Environment (CDPHE) • Pueblo Community College Dental Hygiene program • Local Dentists 	<ul style="list-style-type: none"> • An understanding of what dental providers’ educational needs and desires are and willingness to participate
2) Outreach to providers regarding CDC Opioid Prescribing Guidelines and drug misuse prevention strategies	January 1 – August 30, 2019	<ul style="list-style-type: none"> • PDPHE • CDPHE • Coalition 	<ul style="list-style-type: none"> • Education provided to at least 30% of dental providers • Increased use of strategies by providers
3) Evaluate additional needs of providers	January 1 – August 30, 2019	<ul style="list-style-type: none"> • PDPHE • CDPHE • Coalition 	<ul style="list-style-type: none"> • Additional needs identified • Plan to address needs created
1) Evaluate knowledge of providers in their use of CDC Guidelines for prescribing, prescription drug management program (PDMP) and proper disposal of opioids	January 1 – August 30, 2019	<ul style="list-style-type: none"> • PDPHE • CDPHE • Coalition 	<ul style="list-style-type: none"> • Increase in knowledge • Increased use of CDC Guidelines and strategies

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Goal: Capacity Building			
OBJECTIVE 9: By December 31, 2019, Pueblo Department of Public Health and Environment (PDPHE) will meet with leadership of the Regional Accountable Entity (RAE) to determine levels of collaboration and ways to align and support organizational efforts.			
STRATEGY BACKGROUND			
Source: Colorado Department of Health Care Policy and Financing: Regional Accountable Entity for the Accountable Care Collaborative . 2017.			
Evidence Base: Activities outlined are detailed within the requirements for the Regional Accountable Entity for the Accountable Care Collaborative request for proposal.			
Policy Change (Y/N): Possible			
Lead Person/Organization: PDPHE, Operations and Health Promotion Director			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Meet with RAE leadership to explain the Community Health Improvement Plan and Community Health Assessment Steering Committee	January 1- June 30, 2019	<ul style="list-style-type: none"> • PDPHE • CHA Steering Committee • RAE 	<ul style="list-style-type: none"> • Mutual understanding of areas of overlap with the RAE population health plan and the Community Health Improvement Plan • RAE presentation to Steering Committee is tailored to areas of focus
2) Arrange a presentation from the RAE to the Steering Committee	July 1- September 30, 2019	<ul style="list-style-type: none"> • PDPHE • RAE 	<ul style="list-style-type: none"> • Steering Committee members are knowledgeable and feel informed regarding the RAE
3) Meet with RAE affiliated staff to determine collaboration and support of programs/efforts	July 1- September 30, 2019	<ul style="list-style-type: none"> • PDPHE • CHA Steering Committee • RAE 	<ul style="list-style-type: none"> • Determine common programs/efforts • Methods and processes for collaboration and alignment determined for applicable programs or efforts

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Goal: Behavioral Health Coordination and Oversight			
OBJECTIVE 10: By December 31, 2019, representatives from Pueblo Department of Public Health and Environment (PDPHE) including leadership from Communities that Care (CTC), State Innovation Model (SIM), Opioid Provider Grant, and Substance Use Response Ecosystem (SURE) will meet at least 6 times throughout the year to ensure effort alignment and coordination, resource development and deployment, and a unified effort to address behavioral health in Pueblo County.			
STRATEGY BACKGROUND			
Source: Kania, J., & Kramer, M. (2011). Collective Impact. <i>Stanford Social Innovation Review</i> .			
Evidence Base: “Large scale social change comes from better cross-sector coordination rather than from the isolated intervention of individual organizations.”			
Policy Change (Y/N): N			
Lead Person/Organization: PDPHE, Operations and Health Promotion Program Manager			
ACTION PLAN			
Activity	Start/End Date	Partner Organizations	Anticipated Product or Result
1) Assess and determine common training needs for PDPHE behavioral health programs	January 1- March 30, 2019	<ul style="list-style-type: none"> • PDPHE Internal Behavioral Health Committee • PDPHE Public Health Planner 	<ul style="list-style-type: none"> • Capacity development needs determined along with who needs the training and timing of the training
2) Implement training to address identified needs	April 1- December 31, 2019	<ul style="list-style-type: none"> • PDPHE Internal Behavioral Health Committee • PDPHE Public Health Planner • PDPHE leadership 	<ul style="list-style-type: none"> • Increase capacity and skills of CTC, SIM and SURE committee members to ensure effective implementation of efforts to address behavioral health
3) To ensure alignment, discuss and determine areas of collaboration and cross-promotion	January 1 – December 31, 2019	<ul style="list-style-type: none"> • PDPHE Internal Behavioral Health Committee • PDPHE Public Health Planner • PDPHE leadership • PDPHE Public Information Officer 	<ul style="list-style-type: none"> • Shared understanding of CHIP, SIM, CTC and SURE efforts • Improved communication regarding efforts and events
4) Gather feedback from businesses regarding content and method of delivery for future messages	January 1 – June 30, 2019	<ul style="list-style-type: none"> • PDPHE Internal Behavioral Health Committee • Business leaders 	<ul style="list-style-type: none"> • Information gathering sessions • Program specific outreach efforts are tailored based on feedback
5) Promote ways for business leaders to support and be involved in behavioral health efforts	July 1 – December 31, 2019	<ul style="list-style-type: none"> • PDPHE Internal Behavioral Health Committee • PDPHE Public Health Planner • PDPHE leadership • PDPHE Public Information Officer 	<ul style="list-style-type: none"> • Educate business leaders on health department led efforts and ways to support efforts • Business leaders will understand their role and will support efforts to ensure maximum impact

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