



Healthy People Portage County



Community Health Improvement Plan
and Process
2014-2018

Invitation to the Community

This plan is a result of a community assessment process that brought together a broad representation of Portage County constituencies as a part of the 2012 Portage County Local Indicators For Excellence Report (LIFE Report). This process involved many community partners and agencies with a common interest in improving the health and wellbeing of Portage County residents and visitors. The purpose of the LIFE Report is to identify community strengths, challenges, and priorities that help guide and mobilize action to improve life in Portage County. This process also involved identified five priorities, or “calls to action” to be addressed.

Two of the five calls to action, obesity and alcohol/drug abuse and misuse, are identified as health priorities in the 2014-18 Community Health Improvement Plan (CHIP) for Portage County. The third health priority is mental health for the 2014-18 Portage County CHIP. Although not identified as a call to action in the 2012 Portage County LIFE Report, mental health is still prevalent in Portage County and therefore remains a priority.

A plan is most valuable if action is taken, improvement is measured and evaluated and a new health status is achieved and celebrated. Community change and the resulting health improvements, is a difficult process that requires dedication, commitment and community collaboration to achieve. In order to meet the health status goals for Portage County, collective action is necessary among all residents as well as community and business sectors. I invite all Portage County residents to use this plan to improve individual, family and community health.

I would like to express my appreciation to all members of the 2012 Portage County LIFE Report Steering Committee, contributors, indicator subcommittees as well as the members of the community who participated in the health priorities community engagements.

Anyone wishing to participate in Healthy People Portage County or implementation teams addressing the health priorities identified in this document can contact me at (715) 345-5745 or garskeg@co.portage.wi.us.

Sincerely,



Gary Garske, RS, MPH
Division of Public Health Coordinator/Health Officer
Portage County Health and Human Services

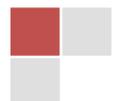
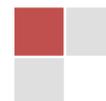


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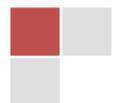


Executive Summary

In this report the health improvement priorities for Portage County over 2014-2018 are named and the specific goals and strategies to improve them outlined. Based on state and national health priorities and assessments of Portage County specifically, obesity and lack of physical activity, alcohol and other drug abuse and mental health are addressed. Other community health priorities are listed near the end of this document along with what community members can do to participate in the growing health of Portage County.

Why Does the Community Need Assessments and Improvement Plans?

- Since 1993 Wisconsin State Statutes have required communities throughout Wisconsin to develop and implement local health plans to address health conditions impacting their residents.
- Assessment is a core function of public health. Through evaluating health data and working with community partners, we are able to develop effective strategic plans to improve the overall health of the community.
- Successful partnerships with community members are fostered allowing for a continuous planning process for identifying and addressing health needs in Portage County.
- Recent IRS requirements on non-profit hospitals to complete community health needs assessments at least every three years will create national linkages for partnering on community health in Portage County.



Healthiest Wisconsin 2020

Healthiest Wisconsin 2020 is a state-wide health improvement plan meant to provide background information leading to collective action and results. It serves as a guideline for county health improvement plans such as this one. The top priorities identified by the state of Wisconsin are as follows:

- a. Tobacco Use
- b. Diet and exercise
- c. Alcohol use
- d. Sexual activity
- e. Access to care
- f. Quality of care
- g. Education
- h. Income
- i. Environmental quality
- j. Built environment
- k. Travel and home life

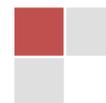
What is the LIFE Report of Portage County?

The Portage County Local Indicators for Excellence (LIFE) Report is a comprehensive overview of the quality of life in Portage County, providing a picture of the many complexities within our community. Its purpose is to inform, enlighten, and empower residents and local leaders to gain a greater understanding of current community strengths, challenges and trends.

Efforts such as this allow residents and local leaders to work together with more creativity, collaboration, and understanding in addressing the challenges that lie before them. (LIFE Report, 2012) Below are priorities identified by the LIFE Report of 2012 that Portage County Health and Human Services is focusing on and why.

Portage County Focus Areas

The Healthy People of Portage County Initiative, in partnership with Portage County Public Health, has created the Community Health Improvement Plan (CHIP) to mobilize action through community partnerships by addressing the health issues that are most greatly affecting Portage County. This plan will lead to positive change and help us meet the state and national goals for health and quality of life.



Healthy People Portage County

- Obesity is a chronic, or long-lasting, disease. There is a strong correlation between obesity and other chronic diseases such as heart disease, stroke and diabetes which all contribute heavily to mortality rates across the United States. (CDC Leading Causes of Death) Consequently, there is a large benefit to reducing obesity rates. Costs of treating obesity and related diseases are also of concern. In 2014, the average charge for hospitalization for heart disease was \$45,457, stroke was \$29,162, and diabetes was \$25,753. (2016 Profile for Portage County)
- Alcohol and Drug Abuse and Misuse impacts individuals, families, and the community. Some of the problems that are associated with alcohol and drug use include domestic violence, teen pregnancy, and suicide. In 2014, there were 206 hospitalizations and 94 deaths from misuse of alcohol and other drugs in Portage County. (2016 Profile for Portage County)

The third priority of Mental Health was identified through community need:

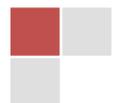
- Mental health is a prevalent issue across the United States, with many people lacking access to the care they need. Wisconsin in general does not rank well in overall mental health, reaching only number 35 of the 2014 Mental Health America list. Although access to care has improved 42% from 2013 to 2015, the prevalence of mental health disorders has not. (County Health Rankings)

Portage County



<http://www.flickr.com/photos/uwspcps>

Located in central Wisconsin, Portage County has a population of 70,765. The county seat is in the City of Stevens Point and is governed by a County Executive along with a 25-member Board of Supervisors that are elected by the one city, nine villages, and 17 townships.



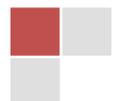
The Process

Healthy People Portage County started in 1999 as a community-wide initiative with the goal of establishing an ongoing process for identifying and addressing health needs in Portage County. Health plans were developed as a part of the ongoing planning process to meet health concerns in our community.

In 2012, the United Way of Portage County released the Local Indicators For Excellence (LIFE) Report for Portage County, which replaced other previous community health assessment surveys.

Community input was obtained through a community survey and key stakeholder surveys which included over 50 key Portage County business leaders in 2012. The LIFE Report identifies top priorities for improving public health and serves as the Community Health Assessment (CHA). The community was encouraged to engage around these issues with the goal of further improving the quality of life in Portage County.

Additional community engagements to address the health focus areas were completed in the fall of 2014. Feedback from community engagements, county and state health data, in addition to priorities established through the *Wisconsin State Health Plan: Healthiest Wisconsin 2020*, were used to formulate logic models and subsequent goals and objectives for each of the health focus areas. Collaboration with community partners will be key in addressing each of the focus areas. Partners are listed on page 48.



Being a Healthier Portage County

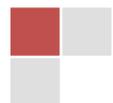
Creating change through a socio-ecological model



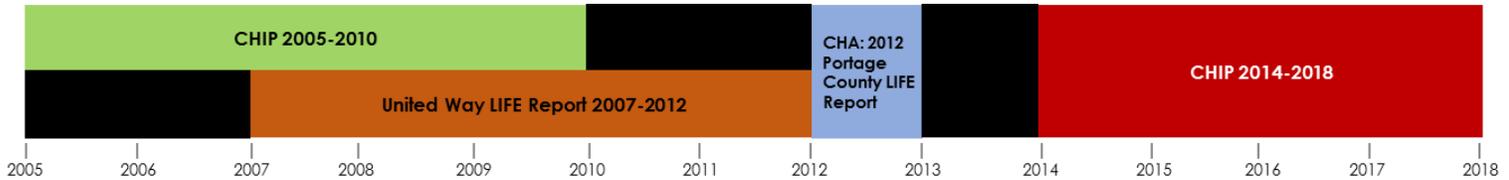
The Community Health Improvement Plan is based on the socio-ecological model, which focuses on community. Using this model helps Portage County further the understanding of the dynamics among various personal and environmental factors that contributes to the health of the community. Since there are so many factors that influence health, this model helps to better address the health priorities listed in the Community Health Improvement Plan by examining how to make changes on the individual, interpersonal, organizational, community, and public policy level.

Partners of the Portage County community and key stakeholders have worked together to implement the plans outlined in this Community Health Improvement Plan to ensure the needs of each health priority are being met.

In this plan, you will find an in-depth review of the goals, objectives and strategies for the health priorities of reducing Obesity in Portage County through Nutrition and Physical Activity, reducing Alcohol and Other Drug Abuse (AODA), and improving Mental Health.



Timeline of the Community Health Improvement Planning Process 2005-2018



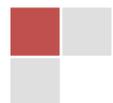
Accomplishments from 2005-2010 Community Health Improvement Plan

Overweight, Obesity and Lack of Physical Activity

Portage County has taken many strides in this health priority over the past five years. In the CHIP from 2005-2010, this health priority focused on obesity and the lack of physical activity.

In 2013, obesity was officially classified as a chronic disease and is a growing epidemic across the nation. The Centers for Disease Control and Prevention estimates that "More than one-third of U.S. adults (over 72 million people) and 17% of U.S. children are obese." Although the health priority has shifted, Portage County did see the following successes from the 2005-2010 CHIP:

- The percentage of Portage County adults and adolescents who were overweight/obese declined by 5 percent.
- You Can Eat Smart campaign encouraged the community to make more nutritious choices.
- Community Physical Activity and Healthy Eating calendar was created.
- School, church, university, shopping mall, and community center facilities were made fully available to the public for physical activity.
- The Portage County County-wide Bicycle and Pedestrian Plan was developed.

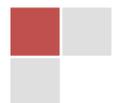


- Portage County businesses which employ 50 to 100 employees adopted strategies to promote healthy food/snack choices through implementing healthier vending machine options.
- Central Wisconsin Worksite Wellness Network (CWWWN) was formed and the Worksite Wellness Toolkit was developed.
- The collaboration expanded between businesses and students/faculty from the University of Wisconsin-Stevens Point Health Promotion/Wellness Program.
- Two Portage County public schools sponsor one program per year targeted for families that promotes physical activity and healthy food choices.
- The Hunger Free Healthy Kids Act was successfully implemented in local schools and is being maintained.
- All primary care providers universally screen patients for overweight and obesity and counsel for healthier lifestyles.

Alcohol & Other Substance Abuse Use & Addiction

Although Portage County has seen some success with the goals for this health topic, this remains a health priority on the 2014-2018 CHIP. A large factor that contributes to this health concern is the heavy culture of drinking that is entrenched in Wisconsin. Below are some of the key successes from 2005-2010 that will assist Portage County in seeing more improvement during 2014-2018.

- Stevens Point Area Senior High (SPASH) and Pacelli High School successfully implemented Social Norms projects that centered on changing the norm of alcohol. This initiative was successful for five years.
- The University of Wisconsin-Stevens Point updated policies that support alcohol-free events for students on campus.
- All taverns in Portage County have their bartenders participate in Responsible Beverage Server Courses.
- All grocery stores, convenience stores, and taverns enforced their policies to verify the age of anyone purchasing liquor and tobacco.
- Community events in Portage County adopted a wristband and ticketing strategy to promote the responsible use of alcohol and to prevent underage alcohol consumption.

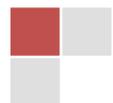


- Existing school curricula were inventoried in the areas of alcohol, other drugs, tobacco use, mental health, and nutrition.
- Community-wide events were implemented that focused on prescription take-back and drop-off to prevent the abuse of prescription drugs.

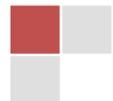
Mental Health

Through the successful implementation and maintenance of screening measures for mental illness, Portage County saw several accomplishments in the health priority of Mental Health and Mental Disorders. A few of these accomplishments include:

- Community organizations and institutions have participated and maintained involvement in Question, Persuade, and Refer (QPR) Training.
- There are two certified QPR Gatekeeper trainers available to do community wide training in Portage County.
- Participants of a QPR Gatekeeper training all reported being knowledgeable of who needs to be referred, how to refer, and more confident in how to act to prevent a suicide.
- All primary care providers in Portage County universally screen for depression.
- A community-wide protocol was developed to ensure mental health services and the continuum of care are maintained in Portage County.
- There are four drop-in mental health clinics now available at targeted community sites in Portage County.
- There was a significant increase in private mental health providers for Portage County.
- The number of Portage County middle and secondary schools that have program development for teens has increased.
- Successful maintenance and implementation of Portage County Alliance for Youth (PCAY).
- Successful implementation and maintenance of the Teen Leadership Program in Portage County.



- Community forums including “Suicide Awareness and Prevention Night” was established and has become an annual event on a variety of mental health topics.
- Walk of Hope was successfully established in 2005 and continues each year.
- Completion of two studies was accomplished: Suicide Prevention in Portage County and Portage County’s Response to Suicide Threats.



Community Health Priority Issues & Strategies

Health Priority: Reducing Obesity in Portage County through Nutrition and Physical Activity

Why is this important? In the CHIP for 2014-2018, the focus has shifted to include an emphasis on chronic disease prevention and management through improved physical activity and nutritional habits. This, in turn, will decrease the epidemic of obesity and related chronic disease.

- Chronic diseases decrease quality of life. Heart disease, stroke, diabetes and other complications of obesity are responsible for a large portion of the deaths in Portage County.
- They can also be prevented or reduced through adequate nutrition and physical activity.

The Impact Of Chronic Disease And Obesity:

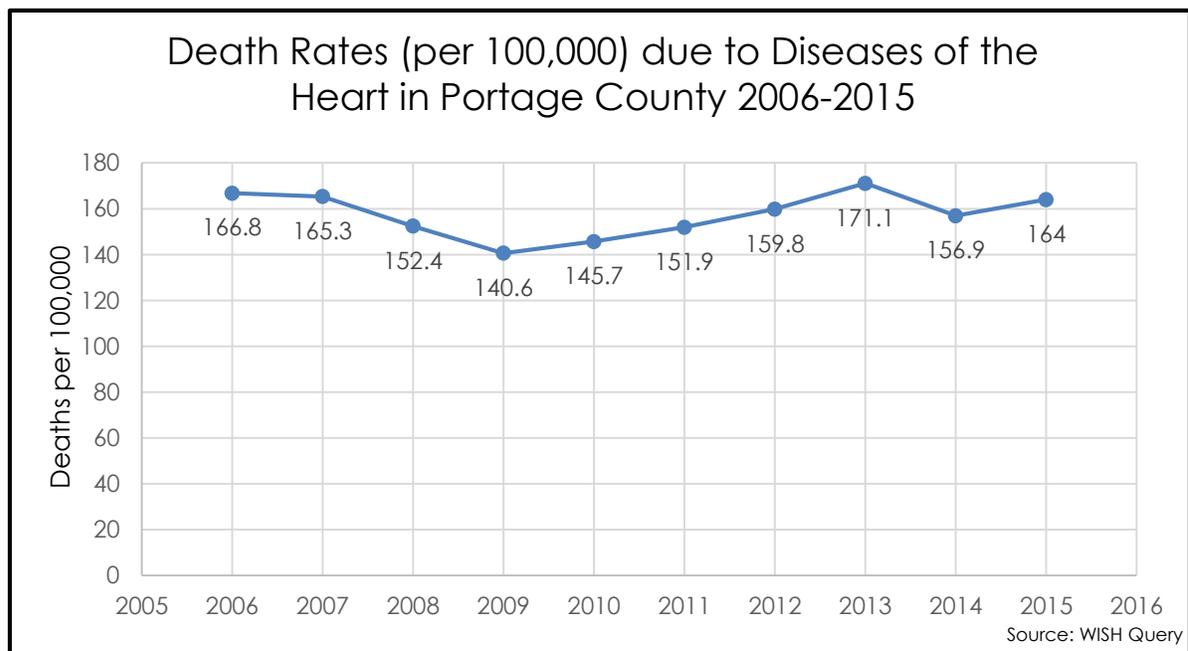
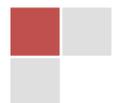


Fig. 1: Heart disease is the primary cause of death across in the US, and is a complication of obesity.



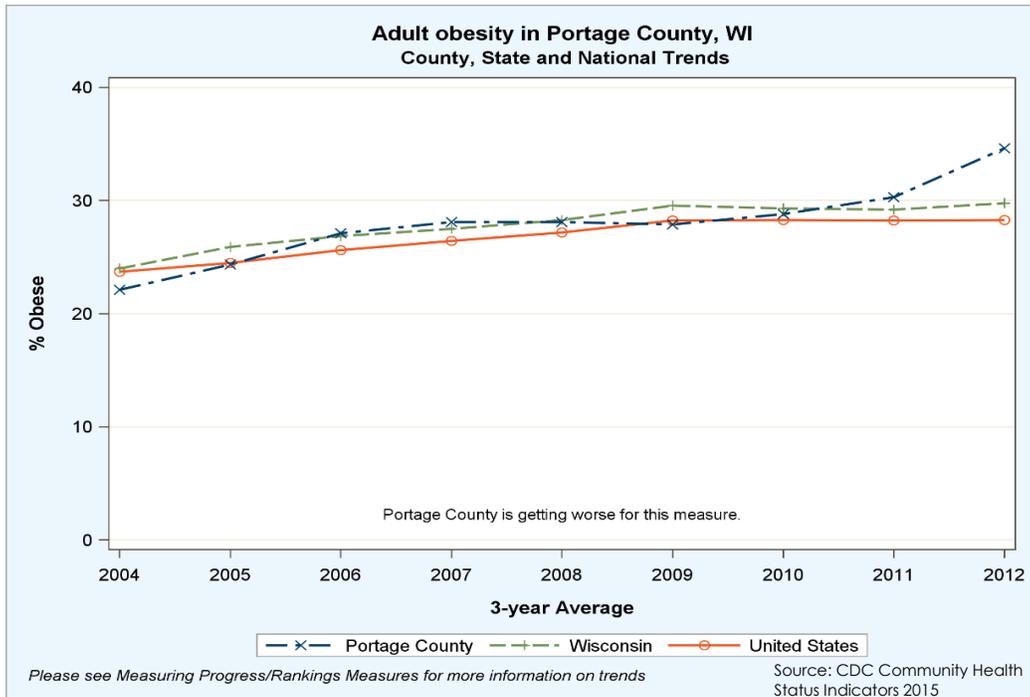


Fig. 2: Rates of obesity in Portage County compared to state and national rates.

Physical Activity:

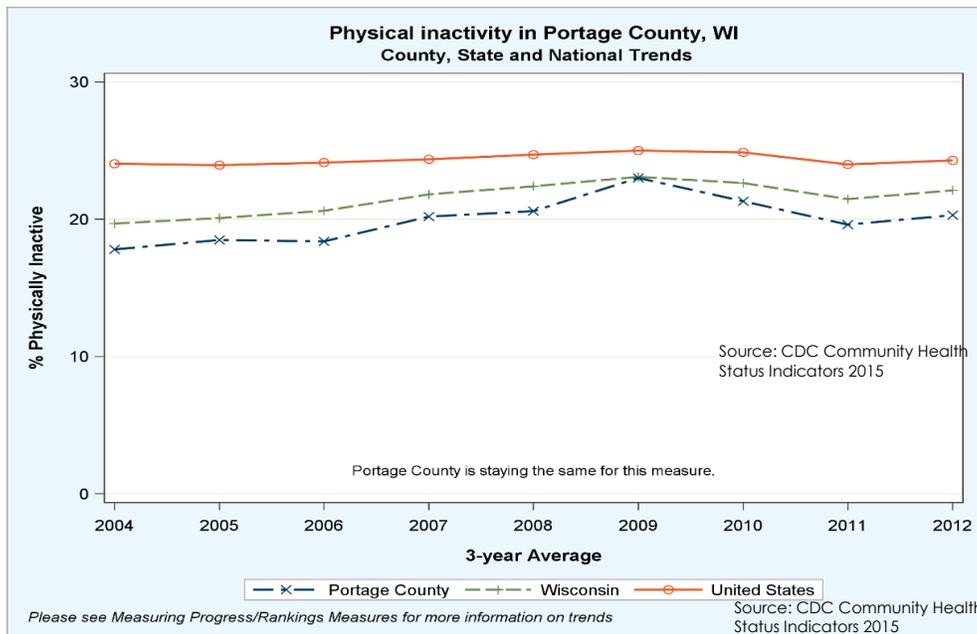
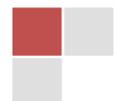


Fig. 3: Rates of physical inactivity in Portage County, compared to state and national rates.



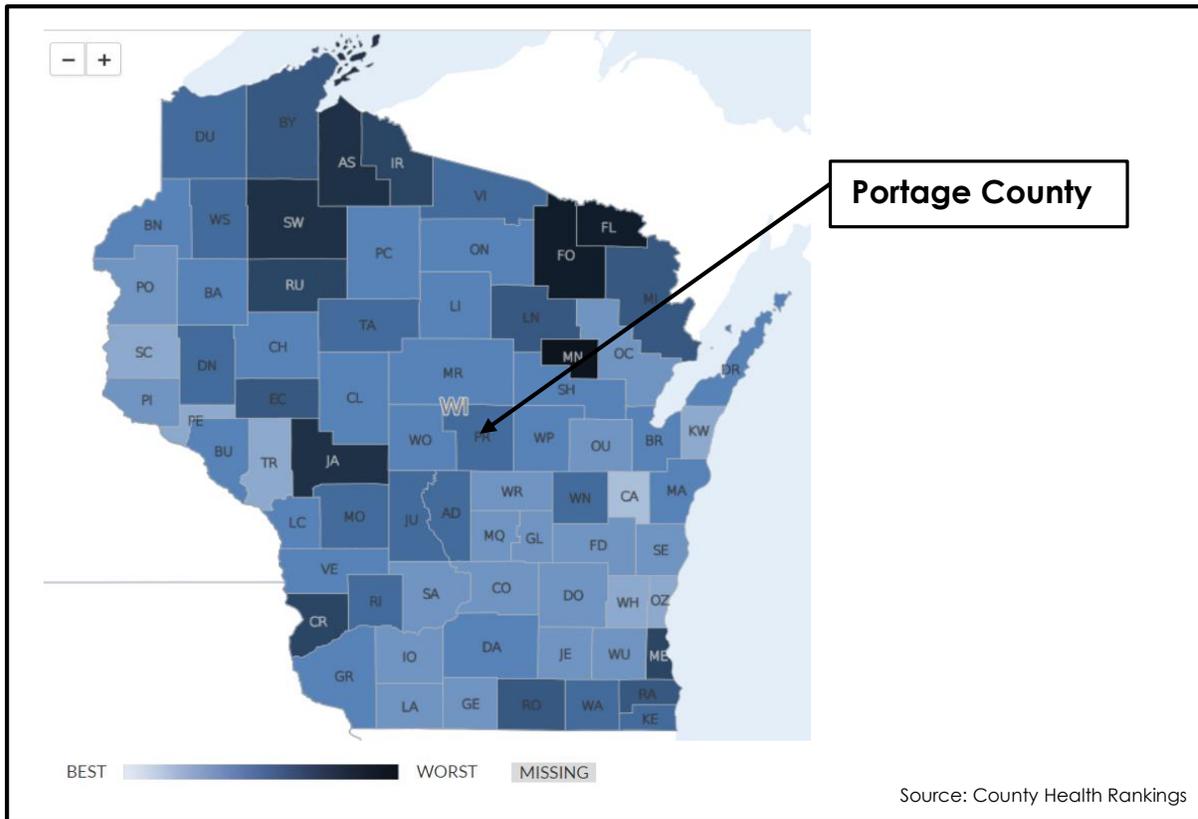
Nutrition:

Fig. 4: Food Environment Index by county in Wisconsin.

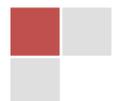
Below is our plan that will assist us, along with our community partners, in reaching our goals:

Goal 1: Improve nutrition of Portage County residents by improving access to healthy and nutritious foods as defined by County Health Ranking.

Objective 1: By December 31, 2018, increase the Food Environment Index by 0.5 points through increased access to fruits and vegetables, decreased access to sugar-sweetened beverages, and other less nutritious foods from birth through the entire life span.

How we will accomplish this:

- Increase community education to support healthy eating habits.
- Identify and optimize awareness of local resources and programs that support healthy and nutritious food consumption.
- Collaboration with community partners and key stakeholders will create a positive environment for programs and policies that enhance access to healthy and nutritious foods.



Objective 2: By December 31, 2018, support residents in Portage County to access nutritious, high-quality, affordable foods and beverages.

How we will accomplish this:

- Support additional development of Electronic Benefits Transfer (EBT) at area Farmers' Markets to increase the availability of locally grown fruits and vegetables.
- Advocate for worksite wellness programs, daycare centers, and after school programs in supporting healthy and nutritious food choices.
- Support and promote breastfeeding initiatives throughout Portage County.

Goal 2: Improve the physical activity of Portage County residents through active living.

Objective 1: By December 31, 2018, decrease the rate of physical inactivity to by 2 percentage points as measured by the County Health Ranking and Roadmaps.

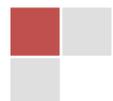
How we will accomplish this:

- Support programs that highlight non-vehicular transportation such as walking or biking.
- Promotion of local infrastructure and resources that support physical activity (parks, trails and programs).
- Support local school districts in adopting "Safe Routes to School" and related programs.

Objective 2: By December 31, 2018, work with communities to encourage, educate, and address safety issues to promote physical activity.

How we will accomplish this:

- Endorse CDC recommendations for physical activity, 60 minutes/day for children and 30 minutes/day for adults.
- Advocate for worksite wellness through work environments that encourage physical activity as part of the workday.
- Support local implementation of the Portage County Countywide Bicycle and Pedestrian Plan by supporting systems, environmental change, and policy development.



Goal 3: Increase the percentage of youth and adults in Portage County that have an optimal weight (Adults=BMI <30, Children=BMI at or below the 95th percentile).

Objective 1: By December 31, 2018, residents will demonstrate healthier lifestyles through consumption of healthy and nutritious foods and regular physical activity.

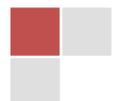
How we will accomplish this:

- Encourage collection of baseline data, which supports BMI, from schools, worksites and healthcare systems for areas that need improvement.
- Support initiatives that ensure children receive 60 minutes a day of physical activity in schools.
- Support programs and policies that enhance physical activity and nutrition in the community.
- Encourage environmental change supporting active communities.

Objective 2: By December 31, 2018, promote access to physical activity and healthy and nutritious food consumption to target in-need populations.

How we will accomplish this:

- Support community partners that help residents manage chronic disease appropriately through environments that support physical activity.
- Support programs for residents managing chronic disease by increasing awareness and access to affordable nutritious foods.
- Partner with senior living facilities and the Aging and Disabilities Resource Center (ADRC) of Portage County to ensure seniors have access to physical activity and healthy and nutritious foods.



Health Priority: Alcohol and Other Drug Abuse (AODA)

Why is this important? Alcohol-related deaths are the fourth leading cause of death in Wisconsin behind heart disease, cancer, and stroke. Consumers of alcohol tend to engage in risky behavior while under the influence, resulting in significant health and social consequences. In addition, the accessibility of alcohol is extremely high throughout Portage County and in Wisconsin in general. There is estimated to be one alcohol outlet (bar, tavern, liquor store, restaurant, grocery store, or gas station) for every 187 adults age 18 years and older in Portage County.

Abuse of illicit drugs including the non-medical use of prescription drugs inflicts tremendous harm upon individuals, families, and the Portage County community in addition to alcohol. Deaths as a result of illegal drug use has increased dramatically since 2004. Use of opioids during pregnancy is also on the rise, which can lead to neonatal abstinence syndrome in newborns.

Key Measure: Prevalence of Binge Drinking in Portage County, Wisconsin, and U.S.: 2001-2010

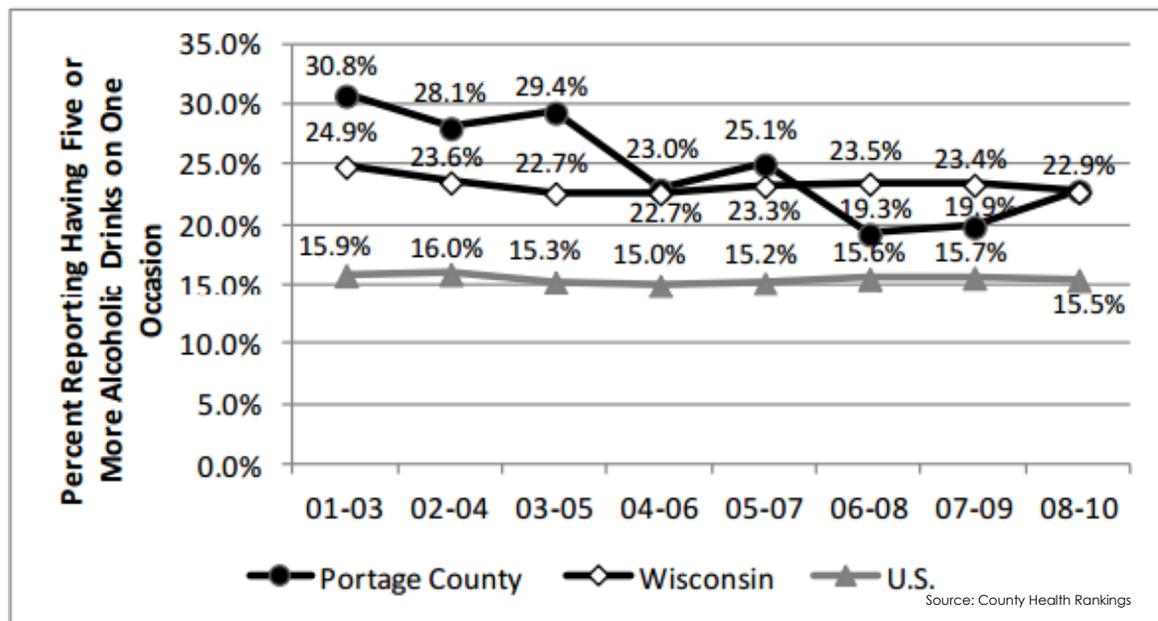


Fig. 5: The Substance Abuse and Mental Health Services Administration (SAMHSA), which conducts the annual National Survey on Drug Use and Health (NSDUH), defines binge drinking as 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion (i.e., at the same time or within a couple of hours of each other) on at least 1 day in the past month.

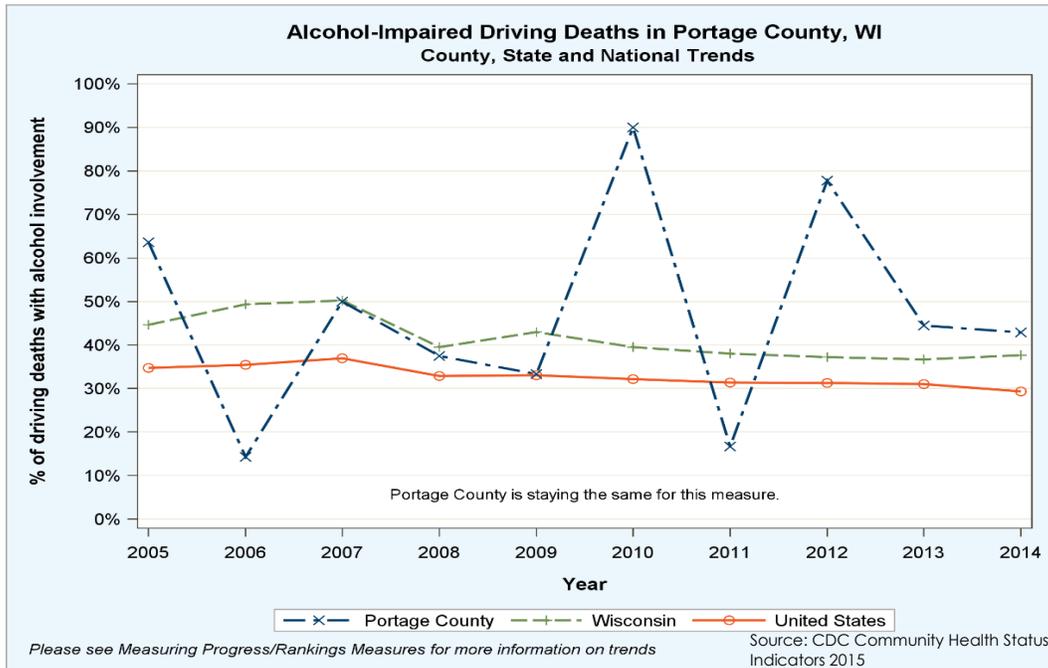


Fig. 6: Since 2005, Portage County has remained the same in rates of drunk-driving deaths.

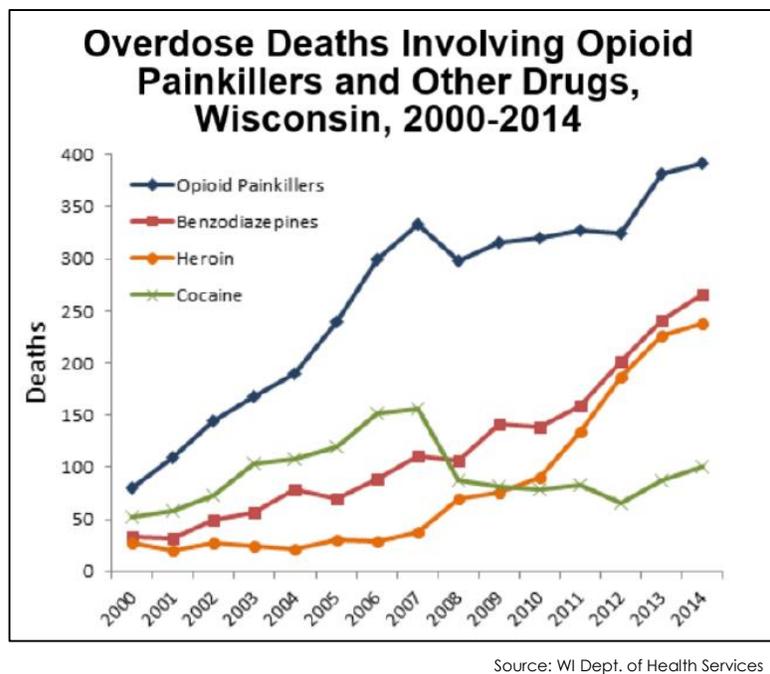
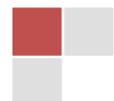
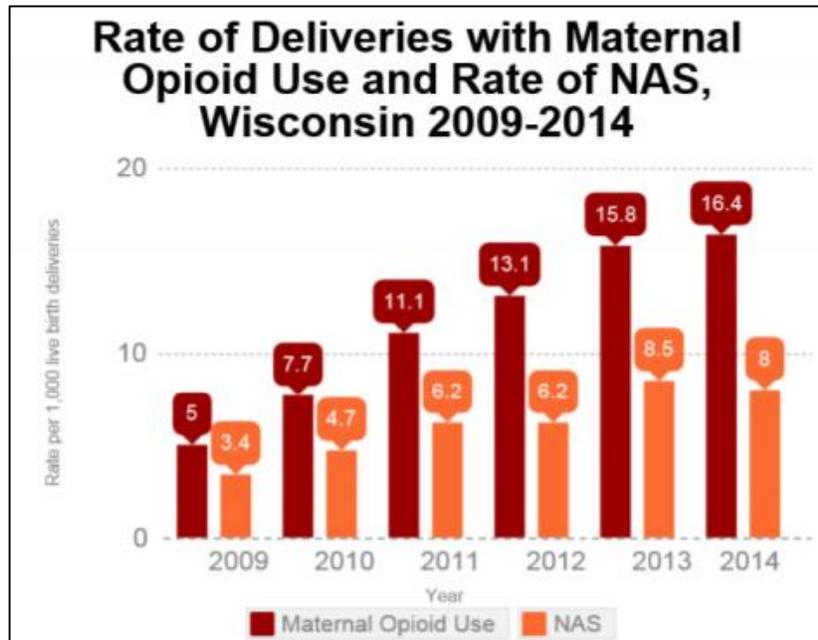


Fig. 7: Opioid and other illegal drug-related deaths are increasing in WI.





Source: WI Dept. of Health Services

Fig. 8: About 50% of the women using opioids during pregnancy also have infants affected by neonatal abstinence syndrome, otherwise known as infant narcotic withdrawal.

Below is our plan that will assist us along with our community partners in reaching our goals.

Goal 1: Collaborate with community partners to implement community based policy and environmental changes to reduce alcohol and other drug abuse in Portage County.

Objective: By December 31, 2018, reduce unhealthy and risky alcohol and other drug use among residents by 3 percent.

How we will accomplish this:

- Conduct evidence based community surveys, including Community Alcohol Personality (CAP) survey, implement Youth Risk Behavioral Surveys (YRBS) and support Behavioral Risk Factor Surveillance Surveys (BRFSS) in Portage County to assess strengths and weaknesses of the population.
- Create a multi-faceted strategic plan to address alcohol and other drug abuse utilizing evidence-based initiatives.
- Identify and share resources that support alcohol prevention, screening, intervention, and recovery.



Goal 2: Collaborate with community partners to decrease the acceptability of alcohol and other drug abuse among youth, adolescents and adults.

Objective: By December 31, 2018, decrease acceptability of adverse behaviors related to drug and alcohol abuse.

How we will accomplish this:

- Support state-wide campaigns to promote drug and alcohol abuse prevention.
- Endorse and implement evidence based strategies with a county-wide focus to prevent alcohol abuse.
- Support policies that encourage responsible use of alcohol and prescription medications.

Goal 3: Support cultural change with a focus on community systems, policies, and conditions that reduce substance abuse.

Objective 1: By December 31, 2018, develop stronger cross-coalition relationships through engagement to develop collective impact.

How we will accomplish this:

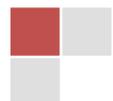
- Assess alcohol use among culturally diverse groups. *
- Increase mentoring programs at local schools to decrease delinquent behavior and drug-use among at-risk students.
- Support programs and policies that work to decrease acceptability of alcohol, drug, and tobacco abuse to achieve an environmental and cultural change.

*Populations of differing races, ethnicities, sexual identities, gender identities, and educational or economic status.

Objective 2: By December 31, 2018, create policy and resources to reduce alcohol and drug availability in the community.

How we will accomplish this:

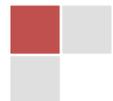
- Implement a uniform opioid prescribing policy to be used throughout the medical community.
- Decrease access to drugs and alcohol by community education of illegal drug use through implementing mass media campaigns.



Objective 3: By December 31, 2018, reduce the disparities in unsafe alcohol and other drug use among populations of differing races, ethnicities, sexual identities and orientations, gender identities, and educational or economic status.

How we will accomplish this:

- Implement and evaluate Community Anti-Drug Coalitions of America (CADCA) survey and develop a model of change for Portage County.
- Support efforts to provide family support resources for those affected by alcohol and drug abuse.



Health Priority: Mental Health

Why is this important? From 2000-2009, there were 67 Portage County residents with suicide listed as the primary cause of death, an average of 6.7 per year. Nationally, approximately 20 percent of the population experiences a mental health problem during a one-year period. Mental health issues go further than emotional health by having been found to impact areas of physical health as well.

Self-harm due to mental health negatively affects quality of life, whether it results in suicide or not, and Portage County aims to improve mental health and quality of life in this way.

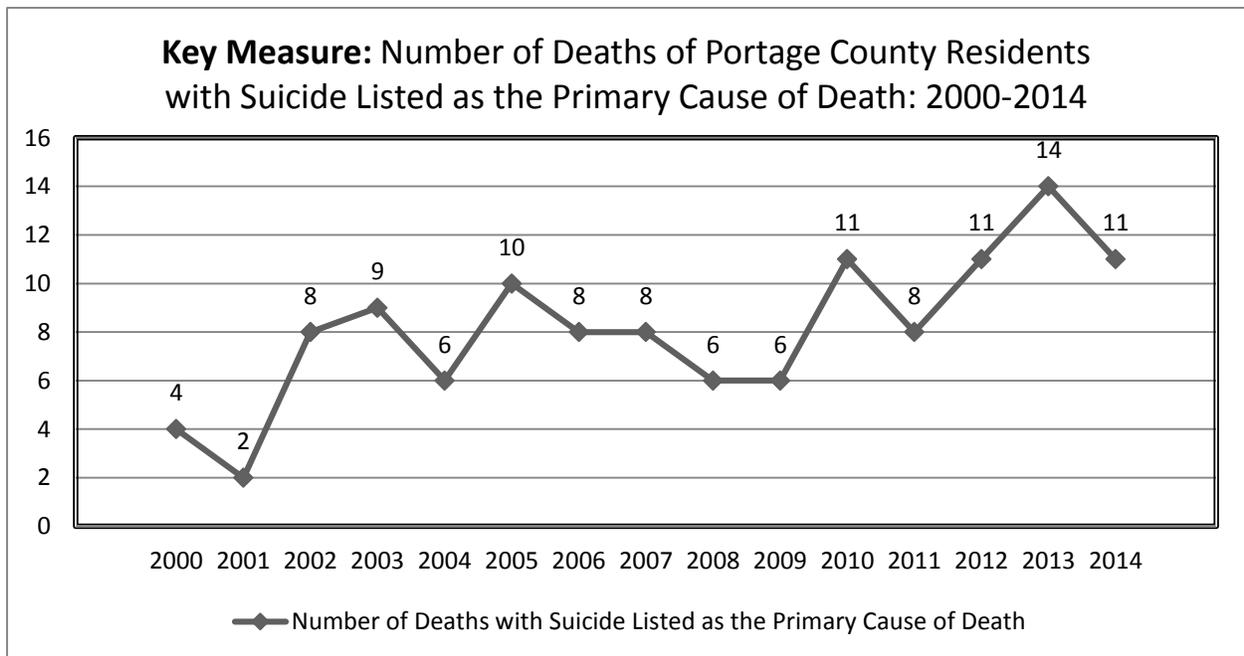
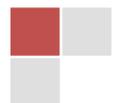


Fig. 9: Portage County number of deaths due to suicide have been increasing since 2000.



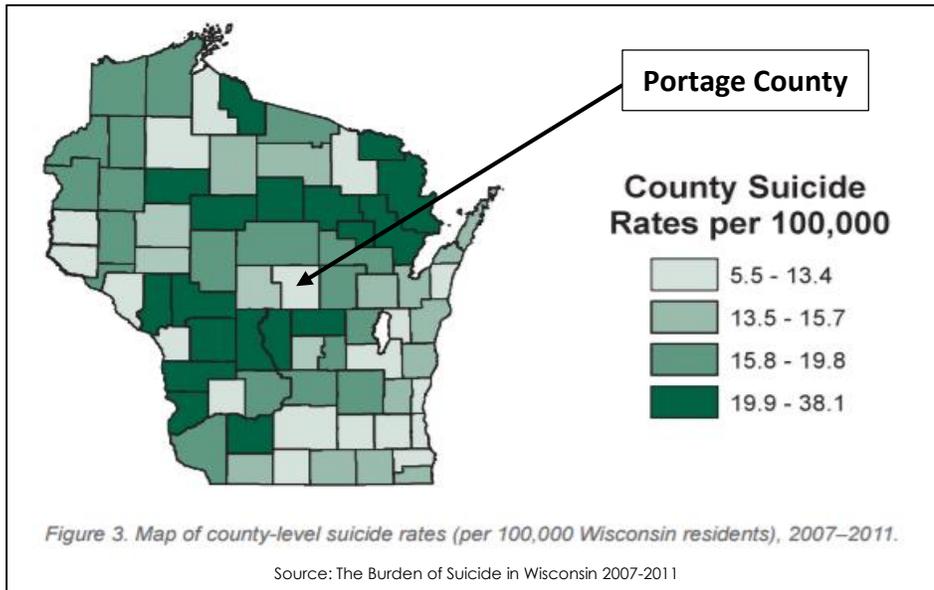


Fig. 10: Portage County Suicide Rates are low in comparison to surrounding counties in Wisconsin, but further lowering of these rates is still needed.

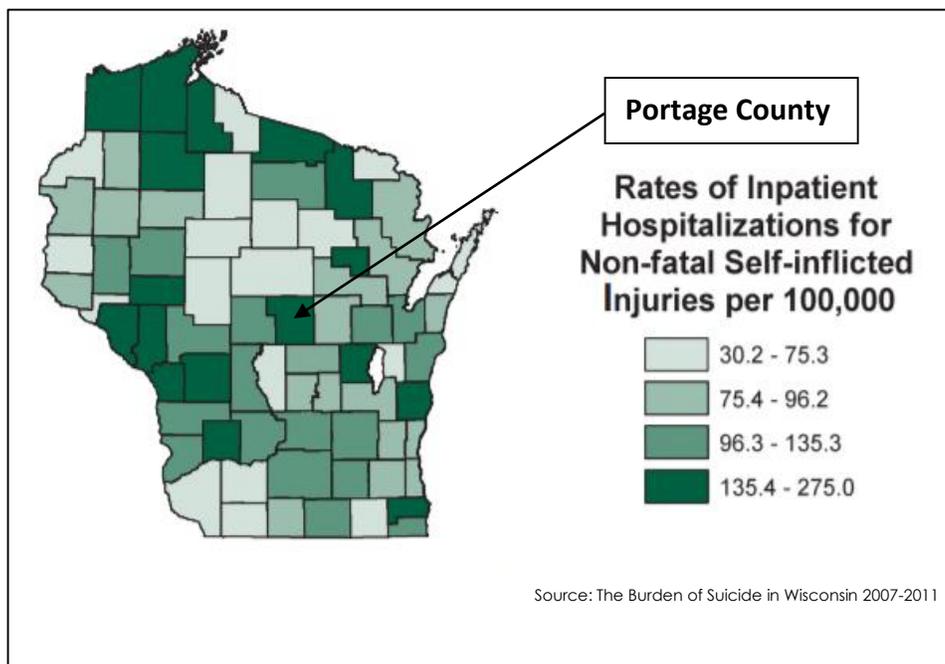
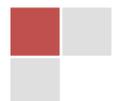


Fig. 11: Self-inflicted injuries that do not result in death are a strong indicator of overall mental health in addition to suicide rates. Portage County's hospitalization rates for self-harm are poor.



Below is our plan that will assist us, along with our community partners, in reaching our goals.

Goal 1: Collaborate with community partners to decrease the negative mental health stigma in Portage County.

Objective: By December 31, 2018, support services that reduce stigmas associated with mental health by establishing three educational campaigns that support a positive mental health environment.

How we will accomplish this:

- Implement promotional and educational efforts that decrease the stigma of mental illness while identifying resources that support mental health.
- Increase community awareness to mental health support services and resources.
- Support programs such as, Question, Persuade, and Refer (QPR), to train corporate organizations, school districts, health care, and other community groups in mental health procedures.

Goal 2: Reduce the rate of suicide in Portage County through increased awareness and access to mental health services.

Objective: By December 31, 2018, work to reduce the current rate of suicide by 9 percent for all disproportionately affected populations.

How we will accomplish this:

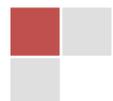
- Support utilization of Employee Assistance Programs (EAP) through Portage County businesses.
- Increase implementation of Question, Persuade, and Refer (QPR) in community businesses and organizations.
- Promote available community resources.

Goal 3: Sustain and apply evidence-based programs to resolve gaps in the mental health service delivery system.

Objective 1: By December 31, 2018, implement two evidence based school and/or community interventions to improve access to care and reduce gaps in mental health services.

How we will accomplish this:

- Increase the amount of community institution staff (schools and shelters) that receive mental illness training to make them more effective.

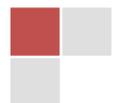


- Support accessibility to mental health services for those who are in need, regardless of income or employment.
- Increase access to the amount of mental health related resources for community institutions that support mental health.

Objective 2: By December 31, 2018, improve the amount of poor mental health days related to depression, anxiety and emotional problems from 2.3 days out of 30, to 1.3 out of 30.

How we will accomplish this:

- Support more screening and community outreach opportunities to address depression, anxiety and emotional problems.
- Collaborate with local mental health providers to address the current needs of at-risk populations.



Other Community Health Priorities

The LIFE Report project was guided by a 19 member steering committee made up of Portage County community leaders from local business, government, education, public safety and health, and social service organizations. Additionally, over 60 volunteer leaders served on committees, developing community indicators that reflect Portage County data, statistics, and community perspectives. Community input was obtained through household and key stakeholder surveys (key stakeholders included over 50 key Portage County business leaders). We thank the residents and community leaders of Portage County for taking time to complete these surveys as well as those who served as resources for the data collected in this project.

<http://www.unitedwaypoco.org/sites/unitedwaypoco.oneeach.org/files/B.%20Executive%20Summary.pdf>

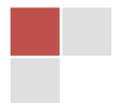
Health and Wellness Indicators Identified from the LIFE Report include (as listed in the Health and Wellness Section of the LIFE Report)

Early Prenatal Care

Prenatal care is medical care given to pregnant women and their developing child. This care is an opportunity to test the mother for any conditions that may have been present before conception. Increases in quality care after conception reduce the risk of an unhealthy pregnancy for mother and child. The 2012 Life Report highlights this notion by stating that women who seek early prenatal care are more likely to be referred to community programs and services that support them and their families.

Teenage Pregnancy and Childbirth

Pregnancy between the ages of 15-19 years is considered teen pregnancy and has fallen 9% since 2013, reported by the Centers for Disease Control and Prevention. Early pregnancy is a pressure on financial resources causing an increased rate in low socioeconomic status for parents, impacting children. Low birth weight is at an increased risk when teen pregnancy occurs. Issues follow the child throughout life with an increased risk of mental health disorders and making \$3,500 less yearly than those who wait until their 20's to have children, reported by the 2012 Life Report.



Low Birth Weight Babies

Low birth is defined by weighing less than 5 pounds, 8 ounces or 2,500 grams. These children have an increased risk of health deficiencies including infant mortality, mental disorders such as cerebral palsy and learning disorders, and vision and hearing loss. Medical advances have increased the chance of survival of these babies in recent decades. Birth weight may relate back to the health of the mother, and she should always keep herself healthy.

Childhood Immunizations

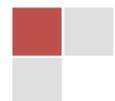
There are 17 vaccines that are recommended for infants, children, and adults throughout life by the Centers for Disease Control and Prevention. These vaccines have helped to curb mortality from many once deadly diseases. The 2012 Life Report states that immunizations are among the most cost effective prevention measures in health care. Low income families and those in rural communities have lower rates of vaccination across the board raising some concern. It is important to vaccinate yourself even if you are a healthy adult, to insulate those who may be susceptible to diseases such as the flu. Populations at an increased risk include youth, the elderly and immunocompromised individuals.

Oral Health

Oral health is a significant factor contributing to our overall health. The health of your mouth, gums, and teeth can have far reaching effects on perception and communication between individuals. Serious oral conditions such as gingivitis, cavities, and tooth loss can disable an individual supporting the need for oral health. Prevention methods have been taken in Portage County including fluoridation of the water supply and access to providers. Portage County is ahead of the curve for oral health initiative and ability to offer care in the region.

Injury/Falls

Injuries are the leading cause of death in Wisconsin according to Healthiest Wisconsin 2020. Injuries/Falls are a concern for all age groups and have potential for prevention. Many cases seen in emergency room and urgent cares are from falls. Falls are also of great concern to the elderly because of their frailty. With elderly injury comes an increase in cost due to hospital and recovery time. These falls and injuries can be caused by vision impairment, medication side effects, and lack of appropriate assistive devices.



Tobacco Use

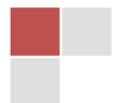
Tobacco has been linked to many forms of cancer making it a public health concern. Some conditions tobacco can cause include, heart disorders, lung cancer, and low birth weight for newborns. Cigarettes are important to focus on because contact with someone who smokes can be detrimental to your health through secondhand smoke. Smokeless tobacco is also associated with many oral and digestive health issues including mouth and esophageal cancer. Infants are at risk of birth defects and side effects when in contact with secondhand smoke. Many strategies are in place and have been proven to work that reduce the tobacco epidemic

Access to Health Care Services

Medicine has had many advances in the previous decades. These advances cannot meet the needs if affected individuals do not have access to health care. It is defined by affordability, high quality health care, and is a priority on a national level. Access to health care services impacts a person's career, because one illness can cause disability, especially if it goes untreated. Healthiest Wisconsin 2020's objective is to provide individuals with comprehensive, patient-centered health care. These types of efforts are advantageous because they improve quality of life, economic status and ensure health care access for all.

Quality of Health Care Services

Quality of care is measured as preventable hospitalizations where how fast care is provided and how often expected outcomes are met. Achieving quality of care allows those inflicted by preventable and treatable diseases to leave treatment centers sooner allowing them to return to their normal lives. It also keeps them from contracting other disorders such as *Clostridium difficile*, an opportunistic bacterium that causes diarrhea. These preventable hospitalizations occur mostly in the elderly, defined as 65 and older. Improvement will occur mainly in chronic disorder care because those individuals affected spend the most time in care facilities.



What's Next?

This document outlines our county's course of action with attainable goals achievable by the end of 2018. This document will allow groups and coalitions to use evidence-based need and goals to focus efforts for improvement. These coalitions will begin evaluating, planning, and implementing ways to achieve the goals outlined in the Community Health Improvement Plan and Process.

For this document to be effective it will take support from the residents of Portage County. Portage County Health and Human Services cannot create this document without help from community members due to the far reaching nature of the Community Health Improvement Plan and Process. The health areas outlined above cause distress to many individuals annually. This stress affects the community as a whole, whether it is a family member who's affected or allocation of tax dollars to preventable disease. We all pay the price for our community. It is all of our responsibilities to improve our own health and become healthier together.

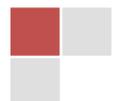


To be a part of the Healthy People Portage County Initiative, please contact Gary Garske, Public Health Officer, Portage County Health and Human Services - Division of Public Health, 817 Whiting Ave, Stevens Point, at (715) 345-5745 or garskeg@co.portage.wi.us.

What you can do

We invite you to support Portage County's Community Health Improvement Plan by being involved with the Healthy People Portage County Initiative!

To be a part of the Healthy People Portage County Initiative, please contact Gary Garske, Public Health Officer, Portage County Health and Human Services - Division of Public Health, 817 Whiting Ave, Stevens Point, at (715) 345-5745 or garskeg@co.portage.wi.us.

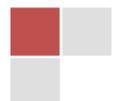


Appendix

i. Obesity Engagement Survey

Name one, two or three strengths that can be applied to decreasing obesity in Portage County. This could include any type of strength – financial, cultural, educational, environmental, programmatic, etc.

1. Environmental - park system, Schmeeckle etc. Cultural - wellness model in the community.
2. Environmental- bike trails, recent growth in and support for local food system that can provide food cans support
3. Educational- resources, wellness leadership, program support
4. Programmatic- Recreational programs for youth, leadership
5. Financial- Less expensive health care/reduction in diabetes, Cultural- More productive lives, improved self-concepts
6. Cultural- size of community, small enough to implement change, Programmatic- Social network, Environmental- Availability of green space
7. Educational materials (UWSP resources), educated population with a desire (maybe) to get hands on experience (UWSP students), free space for summer activities (green circle, parks)
8. Our green space (walking, biking, running, family activities)
9. Financial - this will take money to make it happen, Educational - people need more education on the topic, Environmental - look at number of vending machines in any building - can these be removed.
10. Culture of activity-more people are getting out and getting active, High education level of the community in general, Cultural- "Can do attitude" and people excited to rally around an effort
11. Environmental changes, Programmatic- policy changes within organizations
12. Policy
13. Environmental- Quantity of parks, trails, etc. geared towards active lifestyles, Community gardens/farmers market
14. Environmental- Accessible parks and trails, Community support, financial and physical
15. Several high-quality organizations in the area who are all doing great work but aren't in communication with each other, The National Wellness Institute has a strong tradition of wellness efforts established in the County already
16. Programmatic- Variety of ways to be active- facilities, outdoor recreation, etc.



17. Cultural- Portage County has a great environment for recreation (Green Circle Trail, Parks, Recreational Activities), Educational- Strong health facilities in Portage County, Programmatic- Community Weight Race has over 1,000 register each year

18. Cultural- Portage County/City of Stevens Point has a higher rate of bicyclists that commute year round.

19. Already have multiple pieces and programs started - Community Weight Race, walks, runs, triathlon, duathlon, Resources such as UWSP-Health, Wellness and promotion, National Wellness, SMH, Sentry, etc., Already have strong youth athletic programs-SPYPA, PCYS, SPARC, Boys/Girls club, YMCA, etc.

20. The Walk Wisconsin Event (programmatic), Fit Kids (educational and programmatic), Walking/running/biking trails are well developed (environmental)

Name one, two or three challenges that Portage County will encounter as it tries to decrease obesity in the next three years.

1. Changing cultural norms, changing lifestyle habits for individuals, financial barriers to offering services/support programs - lack of public funding for efforts

2. History of poor "urban" planning (too much sprawl into the potato fields), lack of synergy and continuity between stakeholders in community to provide residents with consistent messages and info on no- and low-cost resources that support active living and healthful dietary habits, lack of skill-building behaviors, change programming (more action-based programming so residents go home having experienced what to do instead of getting home and feeling unsure about how to "do what they were told")

3. Poor cultural norms, lack of adult wellness programs and education

4. Financial, leadership, programming

5. Understanding root causes, finding ways to make regular exercise fun, Getting people to buy good foods that are sometimes more expensive

6. Climate, Resources - time, money, personnel

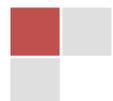
7. Financial burden of positive change, reaching the target population without stigmatizing, changing lifestyle habits that have been ingrained for decades

8. Families/people are over scheduled.

9. High fat content & carb heavy food are much cheaper than leafy greens & fresh fruit. White bread is cheaper than whole wheat etc., People don't know how to prepare nutritious food to make it tasty. To many people it tastes like cardboard, exercise is lacking in our daily routines

10. Love of unhealthy food, Love of beer/alcohol, Disconnect between nutrition/exercise choices and long term health risks

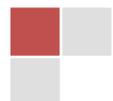
11. Lack of resources, political environment, and community engagement



12. Financial support for effort
13. Connecting with all demographics
14. Awareness, developing the right programs, key leader- who is the "face"
15. A strong tradition of eating rich food, the caloric impact of alcohol for Central Wisconsin residents, something that we don't talk about much. Challenging to get exercise in Stevens Point in the winter if you don't do outside sports
16. Culture of drinking predominant in area which leads to unhealthy consumption habits. Median income level is low; Culture is to think that it is more expensive to eat healthy
17. Engaging people who are not normally active
18. Poor attitudes toward healthy eating and exercise, Difficulty doing exercise during the winter, Lack of funding
19. Economy, the cost of a healthy diet may be prohibitive for some individuals, Employers unwillingness to support healthy activities for their employees and give incentives to participate in these types of activities

Now, please think of the next three years – the action period for your community health improvement plan. Name ONE or TWO actions you would like to see taken to reduce the obesity in Portage County.

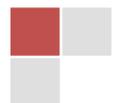
1. Develop a coalition between the university and the community to provide opportunities for lifestyle education and change
2. Policies that shift the culture by supporting and incentivizing individuals and organizations to engage in and role model physically active living (e.g., walking meetings, no questions asked if employee takes 10 minutes to walk outside, discounts for entry fees and memberships in active events) and healthy food habits (e.g., low kcal, nutrient dense foods only, if any food at all, at meetings -- who "needs" a cookies at 3pm?; guidelines for catering contracts, policies on outside food in the classroom or workplace, etc.), a county-wide non-motorized transportation system (built infrastructure: dedicated paths, wider sidewalks/shoulders) and necessary promotional and support structures (maps, bike racks, signs, employer or business incentive programs, etc.) to increase the number of residents who commute, recreation, and do errands by foot, bike, stroller, skate, scooter, whatever
3. Encouragement for worksite wellness programs with established fitness screenings/opportunities, policy for food and drink at work including worksite meetings
4. Programming for recreational activities
5. Support for the YMCA pre-diabetes program, More wide spread education of healthy foods / inexpensive recipes
6. Organized social networks



7. Free, local, winter programming involving exercise, free kitchen programming (how to set up a kitchen, skill building, tools needed, shopping skills)
8. More activities in parks
9. Tax incentive for employers to offer exercise facilities or memberships to get adults moving and giving their employees information on making exercise manageable. Work with local grocery stores to highlight nutritious & affordable food in their stores.
10. Increased physical education for elementary, junior high and high school students. Financial incentives for employees to maintain health levels
11. Increased farm to school participation with local schools, increase EBT usage at the farmers market
12. Cohesive forward movement for collective impact
13. Educating youth in the community on healthy lifestyle choices and more local foods served in schools, More community events such as walk/runs, demonstrations, info fairs
14. Exercise availability and programming, Weight management education
15. Easy access online and through social media to find resources that match your interests when you want to try to lose weight and get healthy, Use of tablet and smart phone apps to help people get healthy and maintain healthy habits
16. Programs need to go to the neighborhoods and individuals.
17. Build upon the Community Weight Race within the County, Build upon the Workplace Wellness initiatives throughout Portage County.
18. More work based programs
19. Implement a strong coordinated program with multiple community resources targeting kids/families, hopefully attain solid grants to fund ongoing programming, and also look for other funding such as sponsors
20. Further development of safe bike/pedestrian routes to promote physical activity

Are you, or an organization in which you are involved, currently taking specific community level actions to reduce obesity in Portage County? If yes, please share the name of your organization and a very brief (one or two sentences) summary of that action(s).

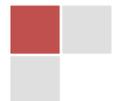
1. UWSP's School of Health Promotion & Human Development provides expertise and human capital to implement programs in partnership with Ministry (Community Weight Race), Adventure Tours (Cyclovia), PC Planning & Zoning (bike/pedestrian plan data collection), Farmshed (Greenhouse Project), school district (developed nutrition curriculum and support food service advancements), among others Portage County Can coalition is currently unfunded, but trying to serve as community resources to connect individuals and organizations to community resources that support physical activity, healthy food systems, worksite wellness, and breastfeeding.



2. Yes. Ministry Medical Group Occupational Medicine. Asses' worksite wellness cultures, and develops and implements worksite wellness programs.
3. Yes, daily physical activity for all students.
4. Active Portage County: We produce/promote aerobic distance type events that cause people to exercise on a regular basis in order to finish the events/distance walks, runs, cycling tours, etc. We believe simply walking is an important step that anyone can do inexpensively.
5. The YMCA works to promote physical activities for adults and children.
6. Active Portage County-Walk Wisconsin, Moon Walk Wisconsin, grant support for new activities promoting health
7. I am employed at the YMCA, where we strive to provide an encouraging and welcoming atmosphere in which community members of all walks of life can make positive choices regarding their health and wellness. We promote healthy living with events like the FrostBite Run and programs such as the Diabetes Prevention Program.
8. Yes, Ministry Health Care
9. Portage County CAN, trying to get organizations who are doing great things to share their work, Marshfield Clinic, new in town. We want to have easy access to names, phone numbers and website for our patients to tap into all the great healthy things going on in town when a patient requests it or when we advise them that these resources could help them.
10. YMCA- Diabetes Prevention Program, Diabetes Management Program, LIVESTRONG at the YMCA, 6 Week Fit.
11. Ministry Saint Michael's Hospital: We coordinate the Community Weight Race as well as sponsor the YMCA's Diabetic Prevention Program to assist in healthier lifestyle training for patients who are pre-diabetic. Both programs result in positive metrics for community members. Additionally, Ministry works with Workplace Wellness through our Occupational Health Department.
12. I am the Director of Saint Michael's Hospital Rehabilitation Services. We already have the Community Weight Race in place and currently evaluating how to bring multiple community resources together to provide programming to increase physical activity and provide wellness education to kids.
13. Portage County Health and Human Services. We are involved in various physical activity and nutritional awareness activities

Do you have any other comments or suggestions regarding obesity reduction to share with the community health planning groups that will meet on Sept 25 and 26? If so, please briefly note here...

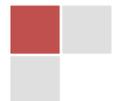
1. People need to understand, as we move toward national health programs that we have a responsibility to one another to remain fit in order to hold costs down for all.
2. It is very easy to say that people need to buy healthier food and forget about the relationship between poverty and obesity. Healthy food is often more expensive. The cost of a bag of apples as



opposed to the cost of cheap generic potato chips; white bread vs whole grain etc. And while addressing this, don't be condescending about it.

3. This meeting is a great next step. Thank you for organizing it. Make the work in progress easily accessible to local news media and on the web so people can view it and comment on it.

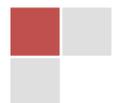
4. Something that we have learned through Community Weight Race is that we need participation of the entire family, not just one person. We also have a lot of great resources in our community. We will have much more success if we can coordinate many of these resources and work together.



ii. AODA Engagement Survey

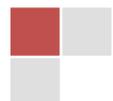
Name one, two or three strengths that can be applied to decreasing abuse and misuse of alcohol and other drugs in Portage County. This could include any type of strength – financial, cultural, educational, environmental, programmatic, etc.

1. Culture: Stevens Point/Portage County has a University. There is a culture of education, Programmatic: Community awareness-Coalitions/Teams are already in place addressing concerns
2. Educational - getting information out to the community about the cost and risk of AODA issues, commitment of resources from various groups, agencies and businesses interested in working together to address the issue, financial - talking about the financial costs associated with AODA to the community, individuals and families
3. Programmatic: Ministry Behavioral Health AODA programs currently have Suboxone groups at Ministry Behavioral Health, Have all levels of care in county for AODA
4. Cultural: UWSP's ongoing efforts to deter binge drinking; use of Social Norms on campus; Annie Hoffman!, Growing awareness of problem by community
5. Cultural: We have dedicated citizens working to make a difference, Law Enforcement is working with local coalitions
6. Good treatment programs to prevent recidivism
7. AODA Coalition and programs, Strong educational system in our public schools., an environment of health and wellness in our community
8. Programmatic strengths - many helpful programs and helpful resources within those programs
9. Increased self-esteem, increased coping skills, education
10. People who have had to quit completely (like me) - anecdotes of tragedies suffered during their lives with drugs, Non-judgmental church based support groups. I know - pretty rare.
11. Cultural Change/Influence, Addiction Education, Intervention Counseling
12. UWSP, Good health is valued; Wellness, Sense of community; Generosity; Level of education
13. Existing education and prevention efforts by community coalition, Decreases in youth access to alcohol as documented through compliance checks, Prescription drug drop boxes and twice a year Take Back events
14. Culture, financial
15. AA and NA, MBH counselors, there are a lot of agencies that will help an individual who is trying to get help.



Name one, two or three challenges that Portage County will encounter as it tries to decrease abuse and misuse of alcohol and other drugs in the next three years.

1. Alcohol is part of the culture-there are few events that don't offer/involve alcohol, Harder/Street drugs appear to be making a comeback in the community, Prescription drug abuse is hard to monitor/control/impact
2. Culturally acceptable beliefs and practices associated with alcohol use/abuse - changing these norms, accessibility to drugs and alcohol seems to be increasing
3. MA and Medicare will not pay for Residential services, AODA programs closing, Funding issues
4. Long-time tradition of drinking in Wisconsin, not just Portage County, Passivity or resistance by community members to address the issue
5. Money to put into programming is always a challenge, Getting Schools on board with the partnership
6. Proliferation of drugs into the county by non-residents (recent arrest of out of area dealers in local residences), Drinking culture for youth in Downtown area
7. Deep-seated cultural acceptance of alcohol abuse/misuse
8. Changing the "culture" and mindset of drinking/alcohol use in our community, Changing social norms
9. Culture - our community shows little interest in changing use/ change in general, Coalitions have not been interested in changing approach to prevention issues
10. Availability of substances, lack of coping skills, social acceptance
11. Educating parents who think it's OK for their kids to use drugs because the parents do., Educating parents who use drugs while telling their kids not to. Mixed messages. Identifying underlying issues (ADD, depression, abuse, low self-esteem) that lead to drug use and abuse.
12. Cultural Resistance, Financial Profit Reduction, Personal Denial
13. Money, Acceptance by the community of the cultural norm of binge drinking/Or those who don't accept it, don't speak out or do anything. Traditions related to sports, age, celebrations, college life, entertainment, Hesitancy to educate, come out strong, because "we'll hurt someone's feelings" After the deaths of four young men due to alcohol, for example, the response from the AODA Coalition and the community was shameful.
14. Funding, Culture of drinking
15. Drunkenness is accepted, culture of drinking
16. Financial, Alcohol is so accepted in Portage County., a community center where all these services could be at.

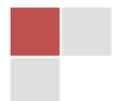


Now, please think of the next three years – the action period for your community health improvement plan. Name ONE or TWO actions you would like to see taken to reduce abuse and misuse of alcohol and other drugs in Portage County.

1. More coordination/education and strategies for medical providers to use when Rx drug abuse is suspected in a patient, More 'in your face' community education/awareness about alcohol/drug abuse and its consequences
2. See the schools address alcohol and drug usage through education and partnerships with community organizations - stricter adherence to athletic codes, no drinking sports facilities where youth are playing
3. Look at MA and Medicare funding to include residential services
4. The end of drink specials that encourage binge drinking, Alcohol contained at community events
5. Youth deterrent and intervention programs, Stronger controls or laws on dispersing prescription medications.
6. More programs for youth and young adults
7. Limit the amount of prescribed prescription drugs by ER's, physician clinics, etc., Improve communication between all providers to decrease prescription drug abuse (some kind of "watch dog" approach
8. Increased and more effective work coming out of Coalitions related to Drug and Alcohol use, Increased collaboration and understanding of stakeholders
9. Increase of general coping skills, substance free events
10. Discontinue the Panacea Beer festival, discontinue selling alcohol at Plover Youth Sports Events
11. Discussion of alcohol use in dorms. Flood the community with information on alcohol, BAC levels, etc. Use wallet cards, bookmarks, and placemats
12. Ordinance review, decrease in alcohol sponsorships at events
13. Advertising of sober lifestyle, more money [beer tax] for prevention and treatment
14. Easier access AODA counseling, Bar owners should be held accountable for clients who enter their bars and what is sold in the bars.

Are you, or an organization in which you are involved, currently taking specific community level actions to reduce abuse and misuse of alcohol and other drugs in Portage County? If yes, please share the name of your organization and a very brief (one or two sentences) summary of that action(s).

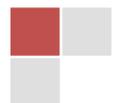
1. I am part of the Child Death/Fatality Review Team in Portage County. Many of the deaths we review involve alcohol and drug abuse. The team brainstorms ideas for community action/prevention in those areas.
2. Ministry Behavioral Health AODA services to include all levels of care.



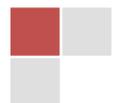
3. I'm on the Portage County AODA Coalition. We hold 2x yearly community compliance checks, provide education on drinking and driving, and community have a large campaign on Prescription Drug abuse.
4. Yes - PCHHS - changed Rx policies for controlled substances for clinic prescribers to reduce abuse and misuse of Rx meds
5. Yes, Suicide Prevention and Mental Health Awareness of Portage County. We provide resource materials on where to find help and how to help others. Also, educate the community and try to reduce stigma.
6. Not aware of any.
7. Portage County Alcohol and Drug Abuse Coalition: 1. Compliance Checks of bartenders. 2. Drug Take Back. 3. Safe-serving training for bartenders
8. PC Coalition for Alcohol and Drug Abuse Prevention- community education campaigns, compliance checks, community festival best practices survey and compliance checks, Prescription Drug Take Back events; Responsible Beverage Service refresher training, school round tables. Currently 80 community members are a part of our group which has been working together for 10 years.
9. Ministry Behavioral Health both inpatient and outpatient treatment hospital detox
10. At the Salvation Army we have both NA and AA groups. A lot of community members are at these meetings. We will also get people on probation and we have a very good relationship with probation here in Portage County.

Do you have any other comments or suggestions regarding alcohol and other drugs abuse and misuse reduction to share with the community health planning groups that will meet on Sept 25 and 26? If so, please briefly note here...

1. It is a challenging and worthwhile venture to improve the health and wellbeing of our community. It may be helpful for individuals not familiar with the costs of AODA issues to sit in court during an intake session - the majority of crimes/ offenses involve either drugs or/and alcohol.
2. I'd like to see one strategic direction, determined by data and proven methods, supported through the efforts of all the groups trying to decrease the abuse and misuse of alcohol and other drugs. No "silo building" - this needs to be a collaborative effort.
3. I would like to see a standard assessment tool that all of the schools use to get an accurate measurement of AODA issues in the County.
4. Restricting over the counter medications that are being abused by teens (placing behind the counter) at pharmacies would help. Educate teens/preteens by panel discussion of abusers describing REAL consequences of abuse to their lives would enhance prevention. Prevention needs to be interdisciplinary approach.
5. I'm a rookie. I'll need to educate myself (get up to speed) before I offer any worthwhile assistance to the effort.



6. We need to de-stigmatize alcoholism through education and help people understand the disease factor of addiction and create a positive peer influence in our community.
7. Please avoid duplication of efforts
8. For long term change we may need to take a longer view-- prevention in schools now to change in 10 to 20 years
9. All the different agencies here in Portage County do work together.



iii. Mental Health Engagement Survey

I. When you think about mental health in our community, what kind of a community do you want to live in?

II. Why is this important to you?

1) CONTINUUM OF CARE

- Can make referrals that are reliable
- After a patient leaves your office, can ensure that patient is being referred to a reliable source
- For example: if an adolescent is suicidal, can seek immediate and reliable care
- Continuum of care also increases worksite wellness

2) AVAILABILITY OF SERVICES

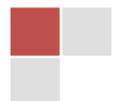
- Medicare
- Immediate care
- Personal care
- Crisis center

3) ACCESSIBILITY OF SERVICES

- Want everyone to get services when they need it
- Small private clinics can get reimbursed
- Even patients with insurance can't afford co-pay
- Timeframe of appointment process:
- Need to know if patient has insurance
- There are 6 therapists but each of them has their own certifications and specialties
- Need to determine who can do it
- The patient may get in on the same day or it may be weeks
- With the ACA, patients can now get coverage but unsure about the reimbursement rates yet

4) CRIME

- Is medication provided in jail?
- There is a medication verification process.
- How long does this process take? It depends.
- If there is verification (usually medication bottle) then the person receives medication right away
- If individual is not on medication and needs it then must get permission from a doctor, then they get on medication and is stabilized.
- May or may not make bond depending on probation officer
- Take a while for steam to build up □ need prevention
- Currently, this is a national issue because the police are called and the individual with mental health is taken to jail.
- This is also seen at the Salvation Army shelter.
- Can't handle situation with individual with mental health and can't risk the safety of others in the shelter so law enforcement has to take over.



- This type of situation is seen more often around 10PM, but the mental health unit won't come at 10PM.
- This puts law enforcement in a hard situation because they have to arrest the individual, which is not helping their mental health situation if they are arrested.
- The mental health population at the shelter just goes to the shelter but doesn't meet the requirements for medication.
- Once individual is introduced to the justice system, it's a vicious cycle.
- Law enforcement can't keep up with the influx but it's a bigger problem that's beyond the control of law enforcement because the justice system is involved.
- So if the individual is not cooperative then the recourse is jail and maybe for a long time.
- Don't have enough staff to respond to mental health situations

5) SCHOOL RESPONSIBILITY

- Schools teach young people how to take tests but what about problem solving and physical activity?
- Need to learn healthy communication
- Need to teach students about mental health
- Need to create awareness of services and how to cope with themselves
- Need safe space for students (defusing rooms in school)
- Should increase education among staff so they understand mental health. Should start this in middle school

6) WORKSITE RESPONSIBILITY

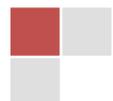
- Need to better address mental health at work: behaviors, provide services, barriers and struggles for mental health
- Maybe cultural barrier of worksite
- Need emotional intelligence

7) NARROW VIEW OF MENTAL HEALTH

- Should view mental health as a lifestyle
- Need to promote wellness with mental health
- Promote prevention
- Example: (Adolescent depression)
- There was a girl who was depressed so looked at her nutrition intake. Suggested that the girl eat more protein and eat healthier. Afterwards the girl didn't feel depressed anymore.
- Lack of nutrition can lead to depression. Once eats healthier, then people feel better.
- It is happening less/more because we are locked into technology. It's not that the services aren't there. It's just not happening.
- Is stigma an issue?
- Steadily declining because of the exposure of school shootings
- Is there an increase of mental health?
- Yes, nationally

8) ASSESSMENT ISSUES

- Assessments lead to taking medication at school
- Should look at other factors



- Need coping mechanisms for kids
- Example: There was a parent that hoped there was something wrong with her child that can't sit still.
- Example: A child was taking medication for the wrong mental health condition. There was a misdiagnosis.

9) FUNDS/RESOURCES DECREASING

- There is a decrease in systems for mental health
- Community still needs community systems and programs
- Need commitment at national, state, and county level
- Replace County services with voucher but there are barriers and it's hard for mental health population to navigate because there is a lot of back and forth. A lot fall through the cracks.
- Need to be more proactive!

10) MENTAL HEALTH ADVOCATES

- Need individuals who will be willing to work with clients through processes
- Clients don't have food stamps because they don't know about it
- Even if they know about resources, they may have literacy issues or talk to an unfriendly person on the phone

11) BETTER CONNECTIONS WITHIN COMMUNITY

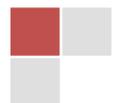
- Need to be better connected with community stakeholders
- Be better connected with each other
- Lengthy processes
- Limited staff hours
- Need to look at the whole picture of mental health
- Need to look at the research = best practices, evidence based interventions

III. How is this different from how you see things now?

IV. What are some of the things that could be done that would make a difference?

1) INCREASE CRIME PREVENTION

- If there were mental health advocates or mentors to help patients then we can prevent individuals from going to jail. This can help with relapse too.
- This is important because:
- When police gets to them, mental health population is needy
- Some prisoners are model prisoners. Others take advantage of the situation because they've gotten away with it for so long.
- Need to better distinguish between behavior and true mental health
- Once in criminal justice system, can't get out.
- Need something bigger to be done at the upper Justice System Level
- Need a safety net before going to jail and even before going to the Salvation Army because these places are not mental health clinics



- Medication compliance is a problem. Unless there is a court order, person with mental health can't be forced to take medication.
- If you build it, will they come?
- But too simplified. We think medication will fix it. Some medications work for a while then need to get a different one. We need both medication and to change behavior.

2) INCREASE FUNDING/RESOURCES

- Many places are short staffed
- Example: Mental health navigator from CAP Services is a part-time employee
- Issue with access to mental health services
- Example: If a person is not a Portage County resident, then they can't get services here.
- Wood County doesn't want to deal with their mental health population so they let their mental health population into Portage County because they don't have a Salvation Army. The Salvation Army has asked for Wood County to reimburse them for costs.
- Salvation Army feels they are stuck in the middle with tough decisions and dealing with the safety of their clients.
- Issue with funding mental health services or activities

3) ADDRESS PARENT RESPONSIBILITY

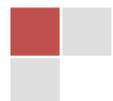
- In the past parents seemed to be more responsible and responsive to taking care of their children's mental health condition.
- Now, parents are dropping children with mental health here and there or cutting them loose on the streets
- Do parents lack the skills?
- Yes. They don't know about prevention either.
- By the time they get to the intervention, it's already really bad.

4) NEED COMMUNITY SYSTEMS CHANGE

- Need support services
- Need more than just providing medication
- Need reliable follow up with patients
- Need these services because crisis doesn't always occur from 8AM-5PM
- Rockpoint – near Jefferson School
- A drop in for individuals with mental health day place
- Learn how to cook
- Look for support – talk
- Need a walk in clinic that provides information (similar to 211 but is physically present)
- Can be mental health related or other (physical activity/nutrition)
- Is there a walk in clinic strictly to provide information?
- Portage County has good services but need to learn from counties that are doing better than us
- Look at best practices from other counties
- Example: How is their law enforcement dealing with mental health population?

5) NEED SCHOOL SYSTEMS CHANGE

- If a child can't sit still:
- Parent suggested yoga ball, but school said no because other students would want to do it too.



- Exercise balls have worked.
- Teacher responsibility
- Teachers are stressed and teachers don't understand mental health
- Are there mental health services in schools?
- No therapy, and inadequate therapy for mental health
- Teachers need to better understand what mental health is
- But often times students with mental health are disruptive
- Example: One teacher's biggest concern is that they're not teaching the rest of the children. This is challenging when you're focusing too much of your time on the disruptive children, but what about the rest of the children?
- Health Class
- Some teach mindfulness
- Mental health is a skill set, not just medication or psychiatric
- Teach skills such as coping, and breathing skills
- There is a disconnect with wellness and mental health
- Nutrition and diet should be included in mental health education too
- School nutrition leads to increase performance (See the same thing with worksite.)
- Need all-encompassing, multi-dimensional model/system

6) INCREASE PARENT INVOLVEMENT

- Many times, child's behavior issues can be corrected at home, but parents are not receptive so that's a barrier then teachers are left to deal with it.
- Law: If a child is 14 years or younger, a parent has to approve mental health services, but they don't have to participate.
- Counteract (a program similar to DARE)
- Found that it's essentially a parenting issue
- Parents expect kids to be taught manners and self-respect but there is no guidance at home
- Schools are overwhelmed
- These kids end up in jail
- Track kids performance
- In the boys and girls club, recognized 6 kids
- Need to start with premises (Parents), but do recognize that it's not always the parents fault.

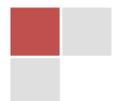
7) NEED BETTER ASSESSMENTS

- Current assessments lead to misdiagnoses

8) BULLYING

- Happens a lot in buses
- Happens younger now and notice it more now
- Bullies' home life is not so great. They want to receive attention and any kind of attention will suffice even negative attention.
- Should provide a positive reaction to bullies
- Show them kindness
- Example: A young girl was being bullied and told her bully that she forgave him. He does not bully her anymore.

9) INCREASE COMMUNITY CONNECTION



- Many individuals with mental health think a lot about themselves
- Should increase community connection with those with mental health
- Provide them with meaningful engagement outside of themselves (volunteer opportunities)
- Need to identify resources and how they function and distribute it to everyone. This will help with continuum of care.

Resources

Reducing Obesity in Portage County through Nutrition and Physical Activity

Centers for Disease Control & Prevention:

<http://198.246.124.29/chronicdisease/resources/publications/aag/obesity.htm>

Centers for Disease Control & Prevention:

http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/

Portage County Women, Infants, & Children (WIC)

<http://www.co.portage.wi.us/department/health-and-human-services/division-of-health/wic-nutrition-services/women-infants-children-wic>

Nutrition, Physical Activity, and Obesity Program

<https://www.dhs.wisconsin.gov/physical-activity/program/overview.htm>

Alcohol and Other Drugs

Portage County AODA Coalition

<http://portagecountyaodacoalition.org/>

Centers for Disease Control & Prevention Youth Risk Behavior Surveillance System (YRBSS)

<http://www.cdc.gov/healthyouth/data/yrbs/>

Portage County Treatment Centers

<http://www.drugrehabexchange.com/Wisconsin/PortageCounty/DrugAlcoholTreatmentCenters>

Wisconsin Epidemiological Profile on Alcohol and Other Drug Use

<https://www.dhs.wisconsin.gov/library/P-45718.htm>

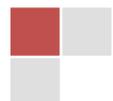
Mental Health

The Burden of Suicide in Wisconsin

<https://www.dhs.wisconsin.gov/publications/p0/p00648-2014.pdf>

Portage County Adult Mental Health Services

<http://www.co.portage.wi.us/department/health-and-human-services/division-of-community-programs/adult-mental-health-services>



Centers for Disease Control & Prevention

<http://www.cdc.gov/mentalhealth/>

Ministry Behavioral Health Science

<http://ministryhealth.org/MinistryHealth/Services/BehavioralHealth.nws>

Salvation Army Hope Center

http://www.salvationarmywi.org/wum/stevens_point_programs_services

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We would like to thank the following community partners and agencies for their assistance in the development of the 2014-2018 Community Health Improvement Plan for Portage County.

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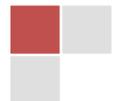
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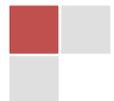
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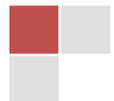
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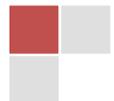
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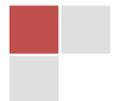
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Portage County LIFE Report

To view the full 2012 Portage County LIFE Report, visit,

<http://www.unitedwaypoco.org/activities/life-report>

Healthiest Wisconsin 2020

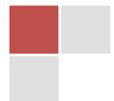
To view more information and resources on the State Health Plan, visit,

<https://www.dhs.wisconsin.gov/hw2020/>.

Healthy People 2020

To view more information and resources on the National Health Plan, visit,

<http://www.healthypeople.gov/>.



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