

2020 Community Health Improvement Plan Progress Report FY22

CHNA HIP Priority Health Issue: Mental Health Promotion

Goal: Integrate mental health/substance abuse support into community resources to improve access and remove barriers to care

Objective in CHIP	Strategy/action steps written into the CHIP	Strategy/Action Steps	Progress	Goal Met, Unmet, or In progress
Objective 1: Address the stigma of mental health care through community education for the community at-large and in healthcare settings.	Strategy 1: Implement a community-based education program to address stigma around mental health.	Make It Ok Campaign: Behavioral Health offered facilitated trainings throughout the community and to various professional and business groups.	Behavioral Health provided three Make It OK presentations in the community.	Strategy fully implemented.
	Strategy 2: Provide trauma-informed training and support via community and hospital-based trainings.	MMC Behavioral Health received a block grant to implement staff training using EMDR, TFCBT, WRAP, APT, Somatic Experiencing and Narrative Exposure Therapy. Trauma-informed training has been offered to the community, including EMS, AEA and Harlan School District	MMC Behavioral Staff training is completed annually to better meet client trauma needs in the community. There have been six Community-based trauma-informed trainings provided by Behavioral Health.	Strategy implemented for community-based trainings and staff training. Strategy in-progress to meet hospital-based trauma-informed training needs. Plan to provide Trauma-Informed Lunch and Learn opportunities for hospital staff and the community.
	Provide mental health promotional activities at community events.	Behavioral Health promotes mental health well-being in Shelby County through Myrtue's Wellness program, participation in the Prevent Child Abuse	MMC Behavioral Health has been very active in promoting mental well-being in the community. Thirteen events have been attended for this intended purpose.	Strategy fully implemented; will continue to provide mental health promotion education at community events.

		Coalition and the Shelby County Wellness Alliance, Myrtue Lunch and Learn Community trainings, at KidsFest, at the Teen Health Fair, through MMC BH movement therapy group, and foundation groups.		
Objective 2: Provide systems-based screenings to quickly identify and treat depression and substance abuse.	Strategy 1: Use primary care settings to implement systems-based depression screenings.	Primary (RHC) care settings implemented PHQ-2 screenings for RHC patients. If positive, a PHQ-9 screening tool is used to further assess depression.	All patients with a positive PHQ-9 receives a referral for Behavioral Health therapy or medication management or BOTH.	Strategy fully implemented.
Objective 3: Work with Shelby County or area businesses to provide EAP services for their employees.	Strategy 1: Increase utilization and business outreach for Employee Assistance Programs that include mental health services.	Revision: focused on providing more training and group therapy in addition to individual therapy. Brain Breaks trainings were offered to local business with the following businesses participating: Elm Crest, CDS, UBI, SCSB, and City of Harlan	MMC Behavioral Health has offered 75 client groups and are working through client needs as quickly as feasible. Six Brain Break classes were completed during the month of May 2022.	Revised strategy implemented with ongoing outreach offered.
Objective 4: Increase awareness of secondary trauma and available supports.	Strategy 1: Provide trainings to at-risk occupations to reduce the impact of secondary trauma.	Behavioral Health has presented two trainings on secondary trauma to Law Enforcement and First Responders in the Community and actively working with these	Work has been accomplished for first responders, but there is potential to provide education and supports for nursing staff providing direct care services.	Strategy implemented, with opportunities to reach additional healthcare providers in progress.

		entities to provide therapeutic supports.		
Objective 5: Explore ways to integrate Behavioral Health into primary care settings.	Strategy 1: Expand the Behavioral Health workspace with enhanced department proximity to the RHC/ER.	Revision: Expand the Behavioral Health workspace at a nearby location.	Due to the financial implications of the COVID-19 pandemic, the facilities expansion project for MMC was postponed. The revision strategy expanded the workspace for more therapists to meet community need.	Integration strategy revised to a capacity strategy. Revised capacity strategy fully implemented.
Objective 6: Increase mental health service capacity by connecting the community to additional resource supports.	Strategy 2: Enhance continuity of care and collaboration among support sources.	<p>Nine additional mental health support opportunities have been developed and promoted since June 2020 to meet community need. Those services include:</p> <ul style="list-style-type: none"> • A school-based resource officer at Shelby County Schools • Two school-based therapists, • Assistance in the form of gas and grocery cards for clients that keep mental health appointments • Interns to help increase the carrying capacity 	<p>Many services are available to meet an unprecedented need for mental health services following the COVID-19 pandemic. Many opportunities have been explored; yet there is still an unmet need for care.</p> <p>One additional opportunity Behavioral Health is exploring is to start up a Community Meeting to discuss community mental health collaborative opportunity.</p>	Strategy implemented, yet more opportunities are available to meet community need.

		<p>for the Behavioral Health Department</p> <ul style="list-style-type: none">• 988 call line for urgent mental health care• MMC BH crisis phone line• Weekly availability of BH crisis appointments• Senior Life Solutions• Mental Health Telehealth at Behavioral Health and via the Emergency Department.		
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CHNA HIP Priority Health Issue: Increase Physical Activity in Shelby County

Goal: Adult obesity rates in Shelby County will reduce from 35% to 33%.

Objective in CHIP	Strategy/action steps written into the CHIP	Strategy/Action Steps	Progress	Objective Met, Unmet, or In progress
Objective 1: Promote physical activity by providing community-based opportunities for physical activity.	Promote, support, or provide interventions that increase active travel.	The Shelby County Trails Committee has taken the lead to develop a comprehensive plan to install the Park-to-Park bicycle trail by working with local community partners, Panama Transfer, and the Iowa DOT. The Trails Committee also hosts fund-raising events and applies for grants to move this project forward.	The Shelby County Trails Committee completed Phase 1, which includes the installation of a partial section of the bike path between Panama and Portsmouth. Phase 2 is underway, with an emphasis on fundraising and DOT planning.	Strategy in progress; ongoing work continues.
	Promote, support, or provide interventions that increase active travel.	Revitalize the Walking School Bus collaborative with the Harlan Community School District.	Discussion with Dr. Jenny Barnett regarding this project. She is taking to her administrative team to assess the viability/interest in this project.	Strategy initiated; ongoing work continues.
	Promote, support, or provide interventions that increase active travel.	Promotion of available transportation to local summer events.	Myrtue Medical Center, the Shelby County Health Foundation, and SWITA collaborated to provide a no-cost SWITA Fun Bus transportation program	Strategy met with a plan to increase access to children outside of Harlan in summer 2023.

			<p>for children living in Harlan, IA.</p> <p>In FY 21, 49 children used the FUN BUS. 20 participants used the Summer Fun Bus for daily activity needs; 29 participants only used the Fun Bus for transportation to the DNR Summer camp at Nishnabend.</p> <p>In FY22, 20 children used the Summer Fun Bus to meet their daily summer activity needs.</p>	
	Promote, support, or provide interventions that increase active travel.	Host a bike rodeo at the 2022 Shelby County KidsFest.	66 children participated in the Bike Rodeo and were taught how to properly adjust their bike for height, use traffic signals, wear helmets, and to properly and safely navigate traffic.	Strategy fully implemented and complete.
	Promote, support, or provide interventions that increase active travel.	Implement traffic calming measures that slow traffic and improve walkability.	Remove current on-street parking on Cyclone Avenue by JJ Jensen Ballfields. No parking signs have been placed along the road and more off-street parking availability is in place as of May 2022.	Strategy fully implemented.

	Promote, support, or provide interventions that increase active travel.	Promote Iowa Safe routes to School computer courses for 4-6 th grade students.	In 2020, the Shelby County Wellness Alliance provided Iowa Safe Routes to School computer programming to area schools for implementation.	Strategy fully implemented.
Objective 2: Improve access to tools that promote adult self-monitoring of activity leading to achievement of physical activity goals.	Seek grant opportunities to purchase activity monitors.	Consider AARP and/or LMC grant funding as funders for this project.	Plan to invest time in FY23 to seek grant funding for this project.	Strategy not yet implemented.
	Recruit and recognize a healthcare champion to promote monitoring physical activity.	Identify potential healthcare champions in the Myrtue Healthcare System.	Active recruitment of HCP if grant funding for this project is obtained.	Strategy not yet implemented.
Objective 3: Collaborate with community partners to promote physical activity.	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Complete an ADA-compliant walkway in the Elk Horn City park via community	ADA-compliant walkway was installed in October 2021.	Strategy fully implemented.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Promote walking buddies or walking group programs at Myrtue Medical Center and other community employers.	Walking buddies program implemented at MMC.	Strategy partially met. Plan to encourage area businesses to adopt the walking buddy program.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Promote exercise challenges with area businesses.	Plan to implement this strategy in FY23.	Strategy not yet implemented.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Sponsor 5k/10k community races.	A 5k Color Run was held at the Harlan Community Schools in May 2022. Explore a Halloween 5k	Strategy partially met.

			walk/run for the community.	
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Seek opportunities to fund and install exercise equipment that is practical and accessible to all residents.	Free Fitness for All grant awarded with installation of fitness equipment in Pioneer Park.	Strategy fully implemented.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Promote exercise incentive programs within the organization and the community.	Implemented Charity Miles at Myrtue Medical Center.	Strategy partially met; encourage local employers to promote exercise incentive programs.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Explore opportunities to increase access to water activities in Shelby County.	Establish designated Water Trails in Shelby County.	Strategy in progress—documents for water trail completed.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Provide an exercise program for seniors to improve strength and balance.	Implement a Fall Prevention program that emphasizes balance and strength exercises and instruction that reduces individual fall risk.	Strategy fully implemented — funding obtained, facilitators trained and community has participated in three sessions thus far.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Install child-safe neighborhood playground equipment and adult recreational opportunities in neighborhood parks.	Grain bin shelter/playground installed at Little George Park. Frisbee Golf and horseshoe pits installed at North Park.	Strategy fully implemented—new effort to replace the Dream Playground at Pioneer Park.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Increase walkability opportunities for residents of various physical abilities.	Install ADA compliant curb cuts on Durant, Baldwin, and Willow Streets in May 2022.	Strategy fully implemented.

2020 Community Health Improvement Plan Progress Report FY22

CHNA HIP Priority Health Issue: Address Social Determinants of Health in Shelby County

Goal: Provide resources and support to all community members that encourage healthy lifestyles, environments, and access to care.

Objective in CHIP	Strategy/action steps written into the CHIP	Strategy/Action Steps	Progress	Objective Met, Unmet, or In progress
Objective 1: By 2023, improve access to nutrition education, support, & resources that reduces food insecurity in Shelby County.	Collaborate with the Shelby County Wellness Alliance and community partners to increase access to healthy food.	Provide volunteer support of the Mobile Food Pantry.	Among other community partners, Myrtue Medical Center has provided 46 volunteers in the past two years to deliver 1,670 boxes of food to reduce food insecurity in Shelby County.	Strategy successful. Assists in meeting community goal.
	Collaborate with the Shelby County Wellness Alliance and community partners to increase access to healthy food	Support local food bank through food donation and promotion of this resource.	The West Central Food Bank continues to offer nutritional support to the community through community partnerships—including Myrtue Medical Center, which donated 1,036 pounds of food in 2021.	Strategy successful; continued ongoing need related to community food security.
	Collaborate with the Shelby County Wellness Alliance and community partners to increase access to healthy food	Provide nutrition education at community health fairs and events.	The Shelby County Wellness Alliance Eat Well Committee provided healthy snacks, education, and cooking supplies at the Teen Health Fair and Kidsfest to promote healthy meals and snacks.	Strategy implemented and successful; ongoing educational need to meet community goal.

	Collaborate with the Shelby County Wellness Alliance and community partners to increase access to healthy food.	Provide nutrition education at community health fairs and events.	Offer taste testing of fruits and vegetables at schools and at local community events.	Strategy fully implemented.
	Collaborate with the Shelby County Wellness Alliance and community partners to increase access to healthy food	By 2023, enhance food access by acquiring and placing a community refrigerator in the Harlan Trailer Park stocked with community food donations.	Ongoing efforts made by the Shelby County Wellness Alliance to purchase and install a community refrigerator.	Strategy in progress.
	Collaborate with the Shelby County Wellness Alliance and community partners to increase access to healthy food	Promote milk bank donation initiative to ensure that optimal nutrition is available for all infants.	As of June 2022, 13 grocery sacks full of breast milk have been donated from multiple donors to Myrtue Medical Center's dispensary.	Strategy fully implemented.
Objective 2: Increase access to transportation for health care and community activities.	Strategy 1: Partner with SWITA to provide transportation to improve access to healthcare.	Collaborate with SWITA to provide transportation for COVID vaccine administration.	Advertise and facilitate connection to SWITA to meet community vaccine access needs.	Strategy implemented, but limited use.
	Strategy 2: Promote information regarding insurance, SWITA, and hospital system vouchers to meet community transportation needs.	SWITA Fun Bus access and hospital vouchers provision; advertisement of transportation assistance provided by Medicaid insurance.	69 children received transportation assistance via the SWITA Fun Bus in 2021-2022. 2,578 SWITA transportation vouchers provided by MMC to meet healthcare transportation needs in 2020-2022.	Strategy partially implemented; insurance-provided access to be advertised in FY23.

Objective 3: Collaborate with community partners to promote physical activity.	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Complete an ADA-compliant walkway in the Elk Horn City park via community	ADA-compliant walkway was installed in October 2021.	Strategy fully implemented.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Promote walking buddies or walking group programs at Myrtue Medical Center and other community employers.	Walking buddies program implemented at MMC.	Strategy partially implemented. Plan to encourage area businesses to adopt the walking buddy program.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Promote exercise challenges with area businesses.	Plan to implement this strategy in FY23.	Strategy not yet implemented.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Sponsor 5k/10k community races.	A 5k Color Run was held at the Harlan Community Schools in May 2022. Explore a Halloween 5k walk/run for the community.	Strategy not yet implemented.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Seek opportunities to fund and install exercise equipment that is practical and accessible to all residents.	Free Fitness for All grant awarded with installation of fitness equipment in Pioneer Park.	Strategy fully implemented.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Promote exercise incentive programs within the organization and the community.	Implemented Charity Miles at Myrtue Medical Center.	Strategy partially implemented; encourage local employers to promote exercise incentive programs.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Increase access to water activities in Shelby County by establishing designated water trails.	Official documents to establish a water trail on the Nishnabend River in Shelby County completed.	Strategy in progress.

	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Provide an exercise program for seniors to improve strength and balance.	Implement a Fall Prevention program that emphasizes balance and strength exercises and instruction that reduces individual fall risk.	Strategy fully implemented—funding obtained, facilitators trained, and the community has participated in three sessions thus far.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Install child-safe neighborhood playground equipment and adult recreational opportunities in neighborhood parks.	Grain bin shelter/playground installed at Little George Park. Frisbee Golf and horseshoe pits installed at North Park.	Strategy fully implemented.—ongoing effort to replace the Dream Playground at Pioneer Park.
	Provide opportunities, education, and support to help people stay active throughout the lifespan.	Increase walkability opportunities for residents of various physical abilities.	Install ADA compliant curb cuts on Durant, Baldwin, and Willow Streets in May 2022.	Strategy fully implemented.
Objective 4: Promote lead testing and lead education to reduce long-term lead poisoning implications for children 0-6 years of age.	Purchase a Lead Care II Analyzer to do gap-filling lead testing at WIC, community events, and satellite clinics as needed.	Lead Care II Machine recalled for false negatives until March 2023—order placed.	Lead Care II Analyzer purchased in May 2022 and is available for testing. Policies and protocols written to support appropriate use.	Strategy partially met; more testing is needed at community events and WIC.
	Host a community Lunch and Learn to educate the public on the need to test young children for lead.	Work with Public Health intern to present facts about lead poisoning to the public.	On June 28, 2022, a lead poisoning lunch and learn was held and recorded for future review/use.	Strategy fully implemented.
	Promote community grants available to help remediate lead-based paint in homes built before 1960.	Via the Lunch and Learn, social media posts, and individual education: share information about available grant funding.	Ongoing outreach through SWIPCA and Myrtue Medical Center to share grant information for lead paint remediation.	Strategy in progress; continue to promote grant availability.

	Provide health education to parents of young children with lead levels >3.50 ug/dL.	Utilize EPIC reports to identify children with elevated lead levels, provide nutrition, and lead paint remediation information to reduce additional exposure.	Some issues with lead levels being reported to Public Health with kits in short supply due to Lead Analyzer recall. Catch-up work is needed to provide education and opportunities for remediation.	Strategy in progress—more intentional work is needed.
Objective 5: Provide education on financial assistance available at Myrtue Medical Center.	Promote PH programming that helps meet healthcare needs for financially eligible residents.	Via social media, radio, newspaper, resource group meetings, and flyers—provide community education regarding available programming for economically disadvantaged.	Care for Yourself, Vaccine for Children Eligibility, Presumptive Eligibility for pregnant women, and home health services for seniors promoted via Myrtue Medical Center Marketing Department messaging, resource team meetings, and via referrals.	Strategy in progress; ongoing need for promotion of no-cost services through Public Health.
	Promote hospital-based financial supports via employee forums and community outreach.	Share resources available at MMC that help reduce access to healthcare barriers.	Planning in progress.	Strategy not yet implemented.
Objective 6: Collaborate with service agency partners to share and recognize available community resources.	Attend monthly resource meetings to understand and share local community resources with individuals/families in need.	Dedicate staff time for monthly resource meetings.	Monthly resource meetings attended; PH activities shared with attendees. New resources shared at bimonthly staff meetings with entire staff.	Strategy in place; ongoing plans to continue this partnership.
	Collaborate with the Shelby County Chamber to promote Myrtue Medical Center services	Provide monthly updates to the Shelby County Chamber to share	MMC Marketing is in regular contact with the Shelby County Chamber	Strategy in place; ongoing plans to continue this partnership.

	and Public Health (population health) activities.	community-based health information.	to share services and PH events with the public	
	Promote access to COVID-19 vaccinations for all eligible community members.	Reduce access disparities for those wanting COVID-19 vaccinations.	<p>Public Health allocated and transferred COVID-19 vaccine to area providers upon request to increase access points in Shelby County.</p> <p>Public Health provided a mobile COVID-19 vaccine clinic to all towns in Shelby County during the summer of 2021.</p> <p>Public Health provided COVID-19 boost dose vaccines to LTC facilities and group homes.</p> <p>Public Health was the initial access point for COVID vaccine and administered over 6,795 COVID-19 vaccines.</p>	Strategy met; There are now many access points for COVID-19 vaccines to meet community need.
	Share community resources through an updated Resource Directory specific to Shelby County.	The last Community Resource Directory completed in Spring of 2019 in collaboration with the Resource Team and Public Health outreach.	Plan to update the Community Resource Directory in Spring of 2023 with help from Public Health interns/Resource Team.	Strategy in progress; not yet met.

2020 Community Health Improvement Plan Progress Report FY22

CHNA HIP Priority Health Issue: Health Education

Goal: Formalize a comprehensive plan to address best practice methods and Opportunities to provide education to the community.

Objective in CHIP	Strategy/action steps written into the CHIP	Strategy/Action Steps	Progress	Goal Met, Unmet, or In progress
Objective 1: Provide health promotion education to the community through a variety of media sources.	Strategy 1: Collaborate with current community resources to increase community education on vaping and tobacco use.	Develop a vaping education and cessation program for teens.	<p>Harlan Community School-HOSA program developed a vaping curriculum for students by their peers.</p> <p>Tobacco cessation products were given away at Kidsfest to 200 families.</p> <p>The Board of Supervisors passed a vaping ordinance in Shelby County to limit sites where vaping is allowed.</p>	Strategy in progress.
	Strategy 2: Collaborate with current community resources to increase community education on chronic health conditions.	Provide chronic health education messaging using Facebook social media messaging, newsletters, newspaper press releases, radio interviews, and Myrtue Medical Center videos.	<p>Newsletters: Health coaches do a quarterly newsletter to education the community on chronic health conditions (diabetes, congestive heart failure, COPD).</p> <p>MMC Website: Quarterly newsletter with chronic disease information; Promotion for and</p>	Strategy in progress.

			<p>sponsors of the Alzheimer’s walk.</p> <p>Planned activities include: 10 class session of Alzheimer’s prevention through Public Health; Video with pulmonologist for COPD management and prevention; Lunch and Learn diabetic management class with Jan Hastert, and pre-diabetes screening through the RHC.</p>	
Objective 2: Increase community outreach capacity through use of social media platforms	Strategy 1: Explore opportunities to share information on various social media sites.	Marketing uses Facebook, Instagram, and Twitter to increase reach to youth and those that use internet-based communication resources to find health information. .	MMC Marketing has released 179 social media messages from June 2020-June 2022. Marketing has dramatically increased their use of social media messaging. Going forward, QR codes will be used to link services to satisfaction.	Strategy fully implemented and still evolving.
Objective 3: Use the power of community collaboration to share health messages to the community.	Strategy 1: Seek out marketing opportunities by building relationships within the community.	Connect with community partners to amplify messages through information sources in the county.	MMC works with the Shelby County Wellness Alliance, the Shelby County Prevention Child Abuse Council, Shelby County Emergency Management, and the Shelby County Chamber to share health	Strategy fully implemented and still evolving.

			<p>information in the community. Along with these collaborative partnerships, health information is shared through relationships with the Harlan Tribune, KNOD, Shelby County area schools, Community Schools, Midstates Bank, and the Shelby County Health Foundation. Looking to use the Harlan Resource Team to share events and new services with this community-based group.</p>	
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