



Health & Human Services Agenda Request

2A
Agenda Item #

Requested Meeting Date: November 22, 2022

Title of Item: Maggie Rothstein Presentation

<input checked="" type="checkbox"/> REGULAR AGENDA	Action Requested:	<input type="checkbox"/> Direction Requested	
<input type="checkbox"/> CONSENT AGENDA		<input type="checkbox"/> Approve/Deny Motion	<input checked="" type="checkbox"/> Discussion Item
<input type="checkbox"/> INFORMATION ONLY		<input type="checkbox"/> Adopt Resolution (attach draft) <i>*provide copy of hearing notice that was published</i>	<input type="checkbox"/> Hold Public Hearing*

Submitted by: Paula Arimborgo	Department: H&HS Administration
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Presenter (Name and Title): Maggie Rothstein, CHB Administrator	Estimated Time Needed: 20-30 minutes
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Summary of Issue:
Aitkin-Itasca-Koochiching Community Health Board Presentation

Alternatives, Options, Effects on Others/Comments:

Recommended Action/Motion:

Financial Impact:
Is there a cost associated with this request? Yes No
What is the total cost, with tax and shipping? \$
Is this budgeted? Yes No *Please Explain:*



Aitkin-Itasca-Koochiching
Community Health Board

Community Health Improvement Plan



Community Health Board Membership

Aitkin:
Commissioner Laurie Westerlund
Ihleen Williams

Itasca:
Commissioner Leo Trunt
Betsy Johnson
Lester Kachinske

Koochiching:
Commissioner vacant
Donita Ettestad



Mandated Core Services



- 1 Assure an adequate public health infrastructure
 - 2 Promote healthy communities and healthy behaviors
 - 3 Prevent the spread of infectious disease
 - 4 Protect against environmental health hazards
 - 5 Prepare for and respond to disasters and assist communities in recovery
 - 6 Assure the quality and accessibility of health services
- * The community health board must conduct a community health assessment every 5 years



Community Health Assessment



Reviewed Data, Identified Missing Data



Developed Community Health Survey



Shared Results with Community Stakeholders, Stakeholders Identify Top 9 Priorities



County Fair Participants Prioritized Areas



Found Commonality within the Community Health Services Area



1. Affordable Healthcare



2. Mental Health



3. Liveable Wage Jobs



4. Drug Abuse



5. Early Preventative Education



6. Healthy Food Access



7. Access to Transportation



8. Dental Health Promotion and Access



9. Healthy Weight



Top Areas of Concern



CHB Priorities:

Mental Health

+

Sustance Abuse



Community Health Improvement Plan



Goal 1: All residents in Aitkin - Itasca - Koochiching service area will experience positive mental wellbeing

Aitkin Objectives

Decrease adults in Aitkin County reporting suicidal thoughts in the last year by 5% by 2025.

Decrease 9th grade students who have seriously considered attempting suicide in the last year by 3% by 2022.



Strategies Implemented:

Community outreach and conversations. Mental health focused articles in newspaper. Promoted MDH's #StayConnected.

Adverse Childhood Experiences trainings (HHS, Advisory Board, county board).

Facebook Posts & Aitkin County Family Newsletter - mental health focus.

Health Promotion team: activities able to complete virtually for county staff for self-care.

SHIP website: wellbeing materials, mainly directed at farmers. Hill City Community Garden, increasing social connections.

WIC new mom baby - ask about baby blues and postpartum depression, Mental Health screening (3 weeks and 3 months), follow-up with moms if needed.

Child & Teen Checkup introduction letters add mental health provider listing. Child & Teen Checkup billboard focus on mental health.

Home Bound VA helping with mental health.

Make it OK presentation for community and Riverwood Townhall on mental health. Public Health and Riverwood psychiatric nurse practitioner mental health planning.

Behavioral Specialist joined Public Health staff to discuss mental health.

Rivers & Lakes Fair: Public Health had a mental health/suicide prevention booth.

McGregor and Aitkin Community Connection: focus on safe driving, end of life, and opioid addiction presentation for seniors with booths with community resources including brochures on suicide. Aitkin staff

involved in state Suicide Prevention Plan development. Aitkin staff participating in Arrowhead Behavioral Health Initiative, increasing awareness of resources in the area. De-escalation training offered by MDH.

Mindspring Mental Health Alliance provided free webinars for staff on suicide and depression, Bipolar, seasonal affective disorder, obsessive compulsive disorder

Riverwood has broadened their Behavioral Health department to encompass a social worker, 3 therapists, and a nurse practitioner, and support groups



Senior population:

COVID mental health outreach with schools, long term care, staff, group homes, 65+ population sent regularly (behavioral health, family based workers).

Dementia: Public Health and Aitkin County BOLD promoting support for caregivers including BCBS Ceresti- have had good uptake, one act play illuminating the ripple effects of dementia.

Aitkin County CARE- contact phone calls, checking in with Seniors, free and healthy food, connecting seniors with students in schools (Community Ed).

Aitkin County CARE brought Music in the Park.

Aitkin County CARE presented Fortune Cookie Documentary, a one act play on memory loss and the first signs of dementia.

CARE Memory Lane Café every second Tuesday of the month at Mary Hill Manor. An education program, Healthy Living for Your Brain and Body, presented by the Alzheimer's Association.

Information session on What is Dementia? By Aitkin County CARE.



In the schools:

Youth Mental Health First Aid training in all three schools- Long Lake. Aitkin School District
Mental Health inKognito for staff.

Rippleside Friend to Friend program for 6th graders, in conjunction with inKognito.

Aitkin County Schools brought in a speaker on self-worth.

Senior parents brought in Smiles for Jake.

More intentional conversations with schools about public health aiding in mental health
discussions/events/curriculum.



Awareness and Prevention of Suicide (CAPS):

CAPS membership revitalized with virtual meetings. CAPS expanded participation to include Mille Lacs Band of Ojibwe, Veterans Affairs, Nystrom Associates, Northern Pines, Assembly of God, Smiles for Jake, additional areas of Riverwood Healthcare: Behavioral Health Division representative, community members including a suicide survivor and a family of death by suicide.

CAPS billboard transitioning to banners to increase exposure.

CAPS promoted Spiritual Wellness event . The Spiritual Wellness Dimension is a broad concept that represents one's personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace. It includes, recognizing our search for meaning and purpose in human existence; and developing an appreciation for life and the natural forces that exist in the universe.

CAPS promoted Financial Wellness event . Financial Wellness Dimension involves things such as income, debt, and savings, as well as a person's understanding of financial processes and resources. A person's satisfaction with their current financial situation and prospects also comes into play.

CAPS offered 3 showings of My Ascension, documentary film to spread hope and fight suicide, with discussion from Emma and local experts in the City of Aitkin, McGregor, and Hill City.



Goal 2: All residents in Aitkin - Itasca - Koochiching service area will abstain from alcohol, tobacco, and other drug misuse.

Aitkin Objective

Aitkin County 9th grade students reporting use of any tobacco, including e-cigarettes and hookah, in the last 30 - days will decrease by 3% by 2022.



Strategies Implemented:

COVID messaging did speak to substance use and self medicating.

SAMSHA grant- focusing on nutrition for recovery and financial freedom. Partner with UMN, community corrections, 12 -week program + 6 weeks. MAC - Making a Change.

MECSH (Maternal Early Childhood Sustained Home -Visiting program) targets high risk families and gives them the support to prevent ACEs in the children and support for parents to abstain from drug, alcohol and tobacco use.

Article and flier to families on opioids.

SHIP website has up-to-date resources for substance use.

Home Bound VA helping with substance use.



Tobacco:

Tobacco 21 workshop, stakeholders (county commissioners, city officials, community partners)-educational workshop on tobacco laws in MN and follow-up. Reviewing ordinances and update.

E-cig and nicotine presentations to schools (high school students- 7-12).

7th grade orientation packets: basics about vaping and nicotine, how to talk to your kids about avoiding and mental health resources, identifying depression.

Vaping Education event in McGregor.

McGregor School District received a Youth E-Cigarette Prevention and Cessation Initiative grant for tobacco education for parents and students including a student group.

2022 Congratulate and Educate tobacco checks and planning for compliance checks.

Cessation training offered through American Lung Association, Freedom from Smoking, 2 staff from Aitkin and 1 from Riverwood.

Public Health staff participated in a SOPHE (Society for Public Health Education) script training: smoking cessation for pre-natal women. Purchased a Smokerlyzer to aid in cessation, measures secondhand smoke exposure.

BCBS flier on quitting smoking brought to 65+ clients during assessments.

City of Aitkin to have discussions on updating Tobacco Ordinance.



Contact

Maggie Rothstein, MPH

1209 SE 2nd Ave

Grand Rapids, MN 55744

Maggie.Rothstein@Aitkin-Itasca-KoochichingCHB.org

Website: www.Aitkin-Itasca-KoochichingCHB.org



Thank you!