

## Sioux County Community Health Improvement Plan 2023-2026

### Need #1: Mental Health

<b>Goal</b>	<b>Sioux County children, adolescents, and adults will experience improved mental health and wellbeing</b>	
<b>Objective</b>	<b>Implement trauma-informed practices, with 100% of CHP direct service staff receiving trauma-informed training/education by January 2024</b>	
	<b>Strategies:</b>	CHP direct service staff will receive trauma-informed training and implement trauma-informed practices
		Encourage schools and early childhood providers to implement trauma-informed practices
<b>Objective</b>	<b>Reinforce positive family functioning by attaining re-accreditation of Healthy Families of America home visitation program by December 2025</b>	
	<b>Strategies:</b>	Provide long term and accelerated home visitation and family support through nationally accredited Healthy Families of America (HFA) program
		HFA staff will maintain infant mental health endorsement and ongoing continuing education
		Screen all post-partum moms in the HFA program for depression
		Provide short term parenting support through Steps to Success program to families who do not qualify for HFA long term or accelerated programs
		Implement and promote Escuelita Familiar (Family Literacy) classes and Summer Boost sessions to support non-English-speaking parents' involvement in their child's education
		All CHP direct service staff will receive ongoing training in cultural diversity, health equity, and social determinants of health
<b>Objective</b>	<b>Promote education on high-risk behaviors and positive coping mechanisms as a way to improve mental health by providing a minimum of 15 presentations to youth/adolescents per fiscal year</b>	
	<b>Strategies:</b>	CHP's Health Educator and bilingual Community Health Worker will provide education to students, teachers, and community on the relationship between high-risk behaviors and mental health

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		CHP’s bilingual Community Health Worker will collaborate with Sioux County schools to provide workshops to EL Newcomer students to assist in their transition to a new culture as a means to promote completing a high school diploma
		Develop a system to monitor 4-year Cohort Graduation rate as a measure of progress of Newcomer’s program
<b>Objective</b>	<b>Facilitate multidisciplinary community coalitions focused on mental health and wellbeing that meet at least quarterly through FY25</b>	
	<b>Strategies:</b>	Facilitate four Joint Provider meetings per year
		Facilitate five Healthy Sioux County Coalition meetings per year <ul style="list-style-type: none"> <li>• Coalition members will help to plan, promote, and participate in Chalk the Walk for Mental Health Awareness in May</li> <li>• Facilitate conversations between schools and Sioux County resource providers around youth mental health needs &amp; gaps; initiate plans to address gaps and support schools</li> </ul>
		Increase the number of faith-based community members (pastors, youth group leaders) who participate in either of the county coalitions
		Increase the number of healthcare systems who participate in either of the county coalitions
<b>Objective</b>	<b>Reduce stigma of and normalize treatment of mental health by releasing at least 12 coordinated messages on mental health education and resources on various media platforms by 2026</b>	
	<b>Strategies:</b>	Work with community partners to promote 988 Suicide & Crisis Line via social media and PSAs
		Work with Sioux County Schools and other community partners to support mental health in youth
		Work with community partners to create strategies to address mental health in the farming community
		Maintain up-to-date information on mental health providers and resources on CHP’s Community Resources page

## Sioux County Community Health Improvement Plan 2023-2026

### Need #2: Heart Disease Prevention/Healthy Living

<b>Goal</b>	<b>Promote healthy living to decrease the prevalence of Heart Disease and other Chronic Diseases</b>
<b>Objective</b>	<b>Increase educational opportunities to promote healthy lifestyle choices in Sioux County by developing and implementing at least one <i>KEYS to Dementia Prevention</i> class each fiscal year and at least two <i>Choose Health NW Iowa</i> classes each fiscal year by FY25</b>
<b>Strategies:</b>	Partner with Sioux County health care systems to develop and implement <i>Choose Health NW Iowa</i> (diabetes prevention/healthy living) classes in communities throughout Sioux County
	Provide CHP employee incentive for completion of <i>Choose Health NW Iowa</i> or <i>Keys to Dementia Prevention</i> classes
	Partner with Sioux County businesses to offer <i>Choose Health NW Iowa</i> class at their worksite or to offer employee incentive for completion
	Develop <i>Choose Health NW Iowa</i> class for Spanish-speaking population in Sioux County
	Partner with health care systems to implement <i>KEYS to Dementia Prevention</i> classes in communities throughout Sioux County
	CHP will participate in Wellness Fairs hosted by Sioux County partners to promote key healthy lifestyle messages
	CHP staff will consider how the social determinants of health impact healthy living choices for people in Sioux County and look for ways to address these
<b>Objective</b>	<b>Promote physical activity among all age groups in Sioux County by engaging at least three community partners who will work with CHP on developing three physical activity initiatives by the end of FY25</b>
<b>Strategies:</b>	Population Health Team will develop coordinated messaging on the health benefits of physical activity and will use various media platforms to promote the messages
	Work with community partners to promote involvement in Healthiest State Annual Walk throughout Sioux County
	Work with community partners to increase the number of gyms that accept Silver Sneakers memberships in Sioux County and increase the number of adults who know about and use Silver Sneakers memberships
	Evaluate existing initiatives or messaging aimed at limiting screen time to reduce sedentary behaviors
	Look for opportunities to partner with employee wellness programs at Sioux County businesses/industries to promote increased physical activity

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### Need #2: Heart Disease Prevention/Healthy Living

<b>Objective</b>	<b>Support community members in preventing chronic diseases by increasing coordinated key health messaging on various media platforms to six per fiscal year</b>	
	<b>Strategies:</b>	Population Health Team will develop coordinated messaging on chronic disease prevention and will use various media platforms to promote the messages
		Increase Sioux County health care provider referrals to <i>Choose Health NW Iowa</i> and to <i>Keys to Dementia Prevention</i> classes
		Partner with Sioux County health care systems and promote their healthy living initiatives
		Look for opportunities to partner with employee wellness programs at Sioux County businesses/industries to promote healthy living
		Look for opportunities to partner with ISU Extension & Outreach on healthy living initiatives
		Include health lesson in each session of Escuelita Familiar (Family Literacy)
		Collaborate with Sioux County schools to provide workshops to EL Newcomer students to promote healthy behaviors and to promote completion of high school diploma or GED

## Sioux County Community Health Improvement Plan 2023-2026

### Need #3: Health Care Access

<b>Goal</b>	<b>Ensure that all who live in Sioux County have access to needed community and health care services</b>	
<b>Objective</b>	<b>CHP will evaluate policies and procedures to ensure planning, outreach and programming reflect social determinants of health, culturally and linguistically appropriate services, and health equity by the end of FY25</b>	
	<b>Strategies:</b>	CHP staff will maintain up-to-date education on social determinants of health, health literacy, ACEs, culturally and linguistically appropriate care, and trauma-informed care practices
		Review and revise CHP Policy Manual and obtain CHP board approval
<b>Objective</b>	<b>CHP will work with community partners to identify barriers to accessing health and wellness services and increasing access to the needed services through facilitating 4 Joint Provider meetings, 5 Healthy Sioux County meetings and 1 Population Health Team meeting in each fiscal year through FY25</b>	
	<b>Strategies:</b>	Promote community partner participation in Joint Provider and Healthy Sioux County meetings
		CHP Community Resource Specialists will record referrals made and resources needed (including those not available in the county) and the data will be shared at coalition meetings
		Population Health Team (CHP and Sioux County health care systems) will collaboratively evaluate how they address social determinants of health, health literacy and health equity within their systems and collaboratively
		CHP will maintain and continually update Community Resources Guide on their website and promote the Community Resources Guide among the public and among community partners
<b>Objective</b>	<b>CHP will continue to develop and support the roles of Community Resource Specialist and Community Health Worker through FY25</b>	
	<b>Strategies:</b>	CHP will support Community Resource Specialist and Community Health Worker staff through ongoing reflective supervision and promotion of self-care
		CHP Community Resource Specialists will connect individuals to needed community resources
		Community Health Worker will expand Preschool Navigation program to increase enrollment in preschool programs
		CHP staff will facilitate Escuelita Familiar (Family Literacy) classes and Summer Boost sessions to support non-English-speaking parents' involvement in their child's education



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		Community Health Worker will collaborate with Sioux County schools to provide workshops to EL Newcomer students to assist in their transition to a new culture and to promote completion of high school diploma or GED