

ASHTABULA COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN CHIP QUARTERLY REPORT-Q3 2023



Prepared by

Quarterly Review Process Structure

The goal of the quarterly report is to allow CHIP participants, health department stakeholders, boards of health, district advisory councils, our communities and the public see the agency's impact by reviewing its performance. These documents give insight into the agency's work throughout the previous quarter and will be posted to the ACHD website and social media, as well as partner sites.

During Q3, Priority Teams met regularly to evaluate progress, consider adjustments, and create action steps.

The Healthy Ashtabula County website is under development, and Ashtabula County Health Department's new and improved website is up and running featuring CHIP and HAC features.

Each year, an annual review of the CHIP will be completed and posted in the Administration section of [Community Health Improvement Plan \(CHIP\) – Ashtabula County Health Department](#) and distributed on the ACHD Facebook page.



CLAS IN THE COMMUNITY: EMPLOYING INDIVIDUALS WITH LIVED EXPERIENCE
WHO REPRESENT THE COMMUNITIES SERVED BY ASHTABULA COUNTY HEALTH
DEPARTMENT-AND OTHER ORGANIZATIONS LISTED BELOW-REDUCES STIGMA
AND EMPOWERS COMMUNITIES

Culturally & Linguistically Appropriate Services “CLAS”

CHIP Overview

Q3 2023 Summary

Achievements from Q3 2023:

We continue making strides in the areas of concern facing our county: Obesity; Anxiety & Depression Prevention & Treatment; and Access to Care. The Priority Teams meet regularly and communicate frequently and forge new partnerships to address these challenges. Obesity Highlights: participating in Harvest in the Harbor; more in Obesity Report | Anxiety & Depression Highlights: P.A.R.T. Conference; more in Anxiety & Depression report | Access to Care Highlights: School public-private partnerships; more in Anxiety & Depression report |

Challenges:

Goals for Q2 2023:

Each team is accountable to their timelines and workplans and this CHIP cycle will be on track to meeting their objectives.

2023 Q3 Participants:

Ashtabula County Health Department
Ashtabula County Board of Health
Ashtabula City Health Department
Conneaut City Health Department
Ashtabula County Commissioners
Ashtabula County Educational Service Center
Ashtabula County Medical Center
Ashtabula County Mental Health & Recovery Services Board
Ashtabula County Metroparks
Brightview Health
Community Action Agency
Community Counseling Center
Kent State University - Ashtabula
Lake Area Recovery Center
Leadership Ashtabula County
Northwest Ambulance District
Substance Abuse Leadership Team (S.A.L.T.)
Signature Health
Signature Health/Family Planning
University Hospitals

Work Plans & Q3 2023 Updates

Depression & Anxiety Treatment & Prevention



Prevent and promote treatment of depression and anxiety across the lifespan

Consideration of social determinants of health or health inequities and vulnerable populations: The work group discussed social isolation, poverty, and lack of prison re-entry programs as social factors that contribute to substance abuse and addiction. This is especially true for low SES residents, while it was noted that mental health issues, including depression and anxiety are non-discriminatory spanning across SES groups.

Indicator(s) to measure impact:

- % of youth, ages 18-34, who experienced a major depressive episode within the past year (35%; 2022 CHNA)
- % of adults, ages 18 and older, who have every been diagnosed with a depressive disorder (Baseline: 20%; 2022 CHNA)
- # of deaths due to unintentional drug overdose (Baseline: 105 deaths; 2019 data, as cited in 2022 CHNA)

Objective 1: By 2026, implement an anti-stigma mental health awareness, informational and educational campaign.

Strategies	Timeline	Partners
Form a workgroup to address causes/stigmas preventing individuals from seeking care based on the results of our Rural County Stigma Survey completed in November 2021.	1/31/23	MHRSB, Lake Area Recovery Center, Signature Health, Ashtabula County Juvenile Court, ACCAA, Ashtabula County Educational Service Center, Community Counseling Center, Lake Erie Correctional, HDAC, and University Hospitals
Engage with those with lived experience/impacted/special populations who do not seek care due to stigma to develop several anti-stigma messages/slogans/phrases.	4/28/23	
Integrate anti-stigma messages/slogans/phrases into promotional messages (e.g., social media, billboards, videos/PSAs, etc.) into Healthy Ashtabula County's campaign.	5/31/23	
Implement anti-stigma campaign using multiple modes (e.g., social media, web, PSAs, billboards, etc.) to the public and targeting healthcare and criminal justice settings and circulate anti-stigma materials in healthcare and workplace settings. *	6/30/23-12/31/25	

Objective 2: By 2026, enhance linkage to treatment for engagement and retention from hospitals to treatment providers. HP2030

Strategies	Timeline	Partners
Develop strategies to embed linkages to behavioral health care treatment and retention from hospitals to treatment providers.	12/31/24	MHRSB, Lake Area Recovery Center, Signature Health, ACCAA, Ashtabula County Educational Service Center, Community Counseling Center, HDAC, and University Hospitals
Work with hospitals and treatment providers to embed linkages (implement the strategies developed), including implementing the HRSA RCORP grant focusing on hospital discharge planning and engaging hospital liaisons at the BH Providers.	12/31/25	

Objective 3: By 2026, raise awareness among health and social service providers about mental health to focus on meeting the needs of the whole person through four strategies. HP2030

Strategies	Timeline	Partners
Expand the number of non-behavioral health and social services providers trained in Mental Health First Aid, trauma-informed care or Question, Persuade, and Refer (QPR).	12/31/25	
Develop training on how to administer, score, and use screening tools (e.g., ACE's, GAIN-SS, SBIRT, etc.) with tip-sheets for providers (targeting primary care) to use to reinforce person-first language, better understanding of mental health, etc.	3/31/23	MHRSB, Lake Area Recovery Center, Signature Health, ACCAA, Ashtabula County Educational Service Center, Community Counseling Center, HDAC, and University Hospitals
Implement trainings and circulate the tip-sheet(s) developed among providers (e.g., embedding within EHRs/EMRs, websites, and/or social media).	6/30/23	
Utilize county-wide partnerships to enhance the distribution of Mental Health and SUD Treatment Resource Manuals.	8/31/23	
Provide monthly newsletters to Healthy Ashtabula County Partners that includes local resources, events and other helpful information.	2/31/25	

Obesity





Prevent Obesity and Chronic Conditions by Promoting Nutrition and Physical Activity

Consideration of social determinants of health or health inequities: The 2022 CHNA revealed that the likelihood of a variety of chronic diseases (e.g., coronary heart disease, diabetes, COPD) increased as household income decreased or as age increased. Members acknowledged that all individuals may not have equal access to information regarding how to prevent chronic disease, healthy eating and physical activity, especially among sub-populations such as children, older adults, and those with lower household incomes.


Indicator(s) to measure impact:

- % of youth who report consuming 0 servings of fruits or vegetables per day (Baseline: 12.8; 2022 CHNA)
- % of adults who did not participate in at least 60 minutes of physical activity at least once during the past 7 days (Baseline: 19.8%; 2022 CHNA)
- Ashtabula County Adult Obesity Rate (Baseline: 41.9%; 2022 CHNA)


Objective 1: By 2026, increase the percent of children ages 3-17 who eat 5 or more servings of fruits and vegetables per day by 2%.

Strategies	Timeline	Partners
Form a committee to examine policies, such as Good Food Here (from the Ohio Food and Beverage Guidelines Toolkit) and engage local resources (local farmers, 4H, etc.) to develop a program for healthy food taste testing and recipe cards in local grocery stores.  	2/15/23 (committee formed) 3/31/23 (hold 1st meeting)	4H extension office, A-Tech horticulture, Master Gardner Program, Ashtabula County Educational Service Center, HDAC, and University Hospitals
Develop a community permaculture for free fruits and vegetables working with schools and community members (possibly, integrating Veggie U and community gardening in school curricula) and implementing SODEXO provided in class nutrition counseling. CHC	12/31/25	

Objective 2: By 2026, increase child physical activity of 5 or more days per week by 2%.

Strategies	Timeline	Partners
Develop a community wide physical activity campaign containing health promotion messages on health risks * 	6/1/23	Star Beacon, Gazette, ACMC, University Hospitals, Radio Stations, Ashtabula County Educational Service Center, HDAC, Ashtabula City's Dragon Empowerment Center and Right Track (after school programs)
Address school programs to increase physical activity (e.g., in the classroom, recess, or study hall periods) among middle and high schools. HI-5	8/31/23	
Implement walking programs in parks and walks in schools throughout the school year.	12/31/25	

Objective 3: By 2026, reduce the overall adult obesity rate of the county by 3%.

Strategies	Timeline	Partners
Create or partner with non-profit organizations to create fitness and nutritional support/educational activities for residents that include online and in-person options for exercise and healthy eating lifestyles.	2/28/23	Jefferson Village Community Center, Planet Fitness, Premier Fitness, SNAP Fitness, Ashtabula County Educational Service Center, University Hospitals, YMCA, and Andover Methodist Church
Engage local fitness centers and schools to honor a 30- or 60-day free exercise subscription to the entire community.	2/28/23	
Develop a community wide physical activity campaign containing health promotion messages on health risks (e.g., high blood pressure or high cholesterol). * 	3/31/23	

Access to Care



Access to Care

Consideration of social determinants of health or health inequities: According to the 2022 CHNA, individuals of lower SES were more likely to experience barriers to care associated with lack of employment (and therefore, employer-based health coverage), lack of a personal vehicle to travel to/from medical appointments, and due to fear of copays or out-of-pocket costs. Individuals uninsured tended to be under the age of 65 (ineligible for Medicare). In terms of the availability of providers, geographic gaps were identified in the Southern quadrant and among specialty care providers, including labor and delivery.

Indicator(s) to measure impact:

- % of adults, ages 19-64, who are uninsured (Baseline: 10%; ACS, 1-year estimates, July 1, 2021)
- % living in a primary care health professional shortage area (Baseline: 100%; 2019 HRSA, as compiled by KFF with HPSA Primary Care Shortage area score of 8, designated as partially rural status)
- % living in a mental health professional shortage area (Baseline: 100%; 2019 HRSA, as compiled by KFF with HPSA Mental Health Shortage area score of 10 with designated rural status)

Objective 1: By 2026, conduct one collaborative assessment of access to health care in Ashtabula County.

Strategies	Timeline	Partners
Convene partners to assess access to care (including, at a minimum, primary care and behavioral health providers). (P)	1/31/23	Ashtabula County Health Department (lead) and Access to Care Committee
Host meeting(s) to identify data available on populations who lack access or experience barriers (data could be from the CHNA, surveys, ED/ER visits, etc.) and data on the availability and gaps in services (e.g. the number and geographic distribution of providers, or patient/provider ratios). (P)	3/31/23	
Collect data and host meeting(s) to draw conclusions about the causes of barriers to access to care (e.g., transportation or other social or structural determinants of health) and emerging issues (e.g., changes in the availability of services or providers, or reimbursement/insurance, legislative, or other changes) which could include conducting a SWOT/SOAR or Forces of Change Assessment. (P)	4/28/23	
Draft Access to Care Assessment Report specifically addressing access to primary care and behavioral health, which includes: An evaluation of access to care strategies implemented by gathering data directly from those experiencing barriers; populations who lack access or experience barriers; an assessment of the availability and gaps in services; conclusions drawn about the causes of barriers; and emerging issues related to access to care. (P)	6/30/23	
Review Access to Care Assessment Report findings with partners and identify 1-2 strategies that could be implemented related to achieving policy changes or additional resources to facilitate access. (P) (I)	8/31/23	


Objective 2: By 2026, increase the percent of Ashtabula County residents who have health insurance by 2% (targeting those between the ages of 18-65). HP2030






Strategies	Timeline	Partners
Identify under/uninsured individuals, including those who are un/under-employed and not receiving employer sponsored benefits, the Chamber of Commerce to identify the County's largest employers who do not offer health insurance, and/or small business associations to identify self-employed and un/under-employed individuals who are uninsured. (P)	10/31/23	Access to Care Committee, Chambers of Commerce, Small business associations, employers, insurance providers
Identify insurance enrollment/navigators/case managers available in Ashtabula County who are available to provide insurance enrollment assistance and eligibility criteria.	11/30/23	
Implement an educational campaign to create transparency in out of pocket, copay, and other medical expenditures that prevent individuals from not seeking care due to costs.	1/31/24	
Develop a program to integrate mobile insurance registration within EMS, targeting the Southern portion of the County.	1/31/24	


Access to care continued...






Access to healthcare

Objective 3: By 2026, implement at least two multi-sector strategies to expand access and coordination of community services available to support the needs of the whole person. 

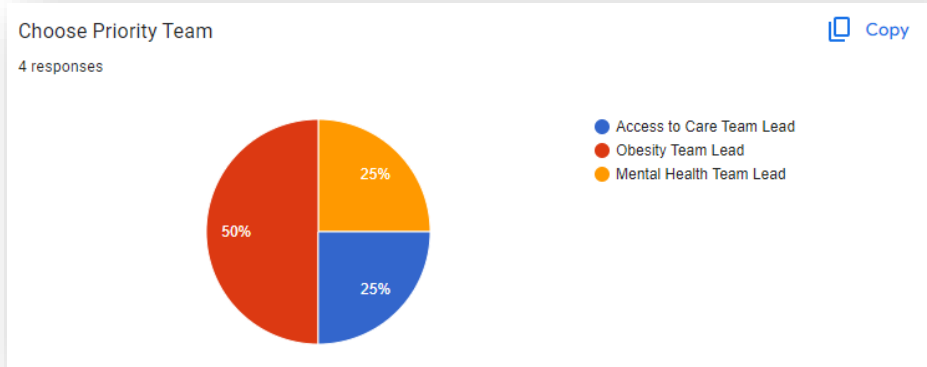
Strategies	Timeline	Partners
Identify for comparison, nurse advocate programs successfully implemented in other communities which assist with insurance enrollment, navigation, and cost transparency. 	12/31/23	Access to care committee, health and social service providers, 211
Meet with social service and health care providers and establish signed Memoranda of Understanding (MOUs) to link or coordinate care. The MOUs will list activities, responsibilities, scopes of work, and timelines to integrate social services and health care.  	1/31/24	
Advocate for legislation to expand affordability, coverage, or cost transparency to increase access, focusing on preventative care and barriers faced among the working poor.  	12/31/25	

Objective 4: By 2026, increase utilization of telehealth services by 15% to promote preventative care. **HP2030** 

Strategies	Timeline	Partners
Assess telehealth options available based on insurance coverage/provider to determine if there are gaps in service eligibility or coverage. 	10/31/23	Access to care committee, 211, ACP, health and social service providers
Meet with insurance providers to explore options to expand telehealth service coverage. 	11/30/23	
Promote the Affordable Connectivity Program (ACP) by advertising in churches, senior centers, public housing, lobbies and other public places to increase broadband access among 6,800 households in Ashtabula County (targeting the Southern portion).	12/31/23	
Develop and promote a directory/tri-fold of available telehealth services and providers based on insurance provider and instructional materials to assist individuals in using telehealth services.	12/31/23	
Circulate the tri-fold and informational materials on how to access tele-health services through 211, ACP services providers and community health centers (such as, the resource center in Conneaut) by providing information to those gaining access to broadband.	12/31/25	
Host educational session(s) for individuals on how to access telehealth and record sessions to post links to Healthy Ashtabula County partner pages for community members to access for future viewing.	12/31/25	
Embed community health resource centers to conduct preliminary screenings (e.g., blood pressure, blood sugar, O2 (oxygen) levels, etc.) prior to telehealth visits with telehealth technology available to assist those without computers or who are less tech-savvy (locations include: Andover library, SCAD, community centers, etc.). 	12/31/25	

Q3 CHIP Progress Survey

Priority Team Leader Responses



(1 and 4 are both responding for Obesity group)

Name & Title

4 responses

Dave Shumate DON
Peggy Ducro/Nichele Blood
Kaitie Hart Assistant Director of the Ashtabula Co. MHRB Board
Jessica Cusano - Public Health Support Specialist

List any agencies, groups, or organizations that have been involved in creating and implementing the strategies used to address this priority.

4 responses

achd, cchd, acityhd, osu ext, acmc, esc, edgewood high school, snap fitness, fhitt, metroparks; premier fitness; Ash county metroparks; Inner Hero Gym

HDAC, UH, ACMC, County Commissioners, Ashtabula Co. Board of Health, Ashtabula City Council, ACCAA, Signature Health, Ashtabula County ESC, Northwest Ambulance, Catholic Charities,

Ashtabula Co. Community Action, BrightView Health, Ashtabula co. MHRS Board, Ashtabula City Health Dept., University Hospitals, Signature Health, LEADERShip Ashtabula County, Ashtabula County Medical Center, Community Cousening Center, Kent State Ashtabula

HDAC, ACMC, Metroparks, Ashtabula Local Food, WIC, ACESC, Various county gyms/fitness organizations

Who is the person and/or organization taking the lead for each activity?

4 responses

various - achd/acmc for schools; cchd for festivals; achd and metroparks for walk a thons;

Objective 1.4 Access to Care Report - lead Conneaut City Health Department, Objective 1.5 Access To Care Committee, Objective 2.1 Access To Care Committee, Objective 4.3 Broadband Access - lead Ashtabula County Commissioners

Kaitie Hart

See report

Please describe the activities planned to address the strategies you've listed.

4 responses

Monthly in-school healthy lifestyle classes; participation in community wellness events; certification in-progress for Pilates instructor; meal and fitness tips research; advertising of all planned events on social media and websites; eventual creation of a rolling monthly healthy living calendar

Access To Care Report completed 08/2023 and NOA expected in 10/2023 for broadband project

We are working on a website that consists of a wellness wheel of information around health—physical, mental, financial, spritual, social... that will list various resources.

We are also working on a training video featuring people in recovery (from SUD and MH) that are willing to tell their story on how words that were used toward them helped or hindered their recovery journey. Right now we are looking for people willing to tell their story, and we will be working with the Ashtabula County District Library to record the videos.

See report

Please cite any evidence-based or best practices for this strategy, if known.

4 responses

Using the HP2030 evid based practice but applied to teachings at the high school level:
<https://health.gov/healthypeople/tools-action/browse-evidence-based-resources/obesity-prevention-and-control-meal-or-fruit-and-vegetable-snack-interventions-combined-physical-activity-interventions-schools>

NIH NLM - Whitepapers "Telehealth: Mapping the Evidence for Patient Outcomes from Systematic Reviews" and "Telehealth for Acute and Chronic Care Consultations"

n/a

See report

Please list any resources needed to complete this activity. What are any issues or roadblocks that are preventing you from completing the activity?

4 responses

None at this time

contact information for the private cellular service providers to help promote telehealth; funding to support a telehealth hub at the Ashtabula County Health Department, funding to support school based healthcare clinics

n/a

Funding for signage, physical activity campaigns, more committee member volunteer hours.

Please describe progress and efforts made (describing services provided and activities undertaken) to date toward reaching the goals of the project. Please include which goals have been accomplished.

4 responses

Initial classroom pilot was completed for Edgewood healthy lifestyle class; soliciting local gyms for free intro dates and advertising them complete

Objective 1.1 met, 1.2 ongoing, 1.3 ongoing, 1.4 Access To Care Report completed 08/2023, 1.5 met
 Objective 2.1 some areas met, others are ongoing, 2.2 ongoing, 2.3 not completed yet, 2.4 not completed yet
 Objective 3.1 ongoing, 3.2 not completed yet, 3.3 not completed yet
 Objective 4.1 not completed yet, 4.2 not completed yet, 4.3 ongoing, 4.4 not completed yet, 4.5 not completed yet, 4.6 not completed yet, 4.7 not completed yet

We have completed a Treatment and Recovery Resource Manual and are working on updating/printing the 2nd round of them.

See report

What types of service are you providing?

4 responses

education on fitness and healthy eating at the high school through older adult level; created opportunity for gym memberships; walking and bp checks in local metroparks; health education at fairs, festivals, and fitness events

n/a

education

Educational services for overall health and nutrition.

How many tangible goods have been given?

4 responses

none

n/a

1000 Treatment & Recovery Resource Manuals have been distributed.

None

Please give an estimate of staff or volunteer hours provided.

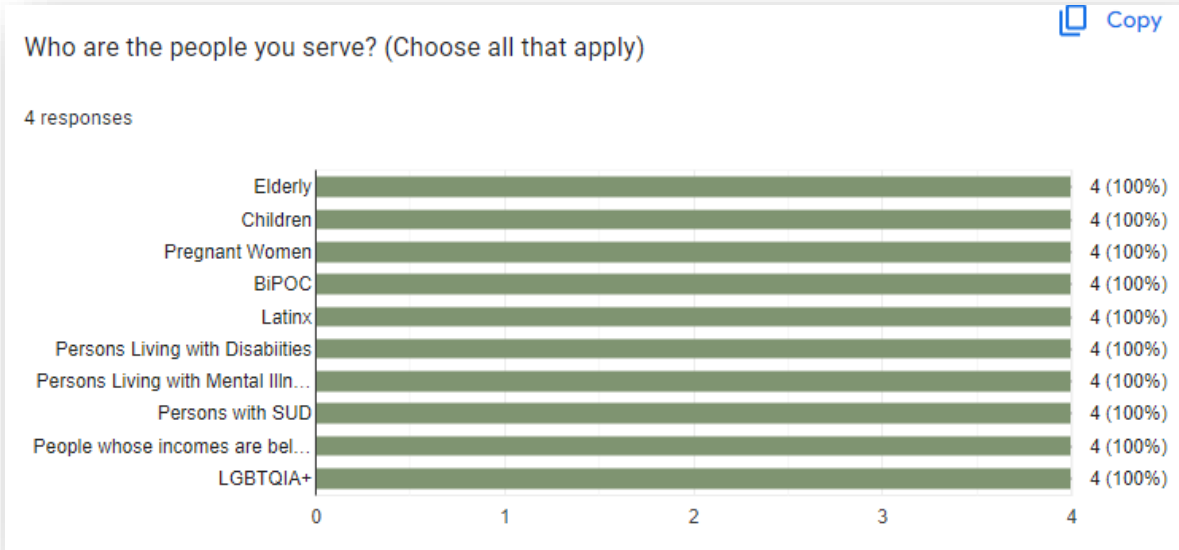
4 responses

80-100

20+

10 hours

Approximately 50-60 hours.



Use this space to identify how progress was measured or to share a brief description of the project and any successes, or needs you have.

4 responses

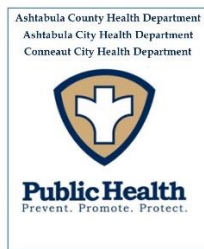
Too early in implementation phase

August Meeting - Catholic Charities promoted Parent Cafe' which provides concrete support for housing, bills, transportation/vehicle repairs, food, childcare, technology and accessibility. Ashtabula City informed the group about partnership with Kent State to train and utilize two Community Health Workers. Ashtabula County Health Department exploring becoming an FQHC.

September Meeting - Signature Health now has case workers and nurse navigators on their mobile van to facilitate healthcare enrollment, New school based healthcare center opening at Braden Jr. High. Exploring funding opportunities for expanding to additional school sites. Currently AACS has Dragon Empowerment Center, Grand Valley has Mustang Stable and now the new EDGE at Braden Jr. High.

n/a

See report



Ashtabula County Health Department

12 W. Jefferson St.
Jefferson OH 44047
440-576-6010
Jay Becker, Commissioner

Ashtabula City Health Department

4717 Main Ave.
Ashtabula OH 44004
440-992-7122
Chris Hill, Commissioner

Conneaut City Health Department

327 Mill St.
Conneaut, OH 44030
440-593-3087
Nichele Blood, Commissioner

For more information on the Ashtabula County Community Health Improvement Plan, contact Jennifer Cleveland, Director of Quality & Performance at jcleveland@ashtabulacountyhealth.com