



August 2015 Update of Activities for the *Green Lake County CHIP 2014-2018*

The goal of the Green Lake County *2014-2018 Community Health Improvement Plan (CHIP)* is to create a strategic framework for a comprehensive and focused approach to lead community partners toward the common goal of improving the health of Green Lake County residents. This plan fosters community partnerships as we assess, plan, implement and evaluate programs and activities to address the health needs of Green Lake County residents. Each focus area has specific objectives. This report lists some of the many activities from 2015 in each of those areas. Note that the Healthy Growth and Development focus area objectives are included within the other objectives. The five primary focus areas are:

- A. Healthy Growth and Development (Objectives B6, M5, P3, N3)
- B. Alcohol, Tobacco and Other Drugs (Objectives B1-B6)
- C. Mental Health (Objectives C1-C5)
- D. Physical Activity (Objectives D1-D3)
- E. Healthy nutrition (Objectives E1-E3).

The Green Lake County Wellness Coalition (GLCWC) which has been in existence for nine years, meets monthly and is comprised of many community members who want to improve the health of Green Lake County residents. In 2013, the Green Lake County Wellness Coalition (GLCWC) created 3 coalition action teams to address the 5 primary CHIP focus areas. Each team reports activities and progress at GLCWC meetings. Some of the many strategies and activities that have been implemented this past year are recorded below. We are excited to see progress in all areas. The website continues to be updated with new events and information (www.glcwc.org). This allows us to more effectively share information with members and residents. Each of the action groups has a specific tab for updated information. Meeting minutes and agendas can be found at this site as well as updated community resources. Action groups are encouraged to add events and resources regularly. The Health Department applied for a Southwest Area Health Education Center (SW-AHEC) student intern for the summer of 2015 to work on several Coalition projects. Action groups have submitted project ideas. The website has been updated with new activities and pictures.

A: Healthy Growth and Development

- Activities are reported from the three action groups via the objectives in their categories below (See objectives: B6, M5, P3, N3)
- The Health Unit has posted the Life Course model poster in the Nurses' Screening room to promote integration of this model for healthy growth and development in

all of our meetings and classes. Copies of the model are available for meetings and presentations, to promote healthy growth and development across the lifespan.

- The Life Course Model has been made part of all nursing student orientation and the Green Lake County Employee 2015Wellness visits.
- We continue to distribute the one-page multi-color Wellness Coalition flyer which was developed to educate about the county priority health issues: “How Can You Make Green Lake County One of Wisconsin’s Healthiest Places in Which to Live?” It includes several facts for each focus area with practical tips and realistic goals to help families and individuals in our county to make healthy choices and promote healthy relationships from birth on. It has been used for speaking and wellness events.

B: Alcohol, Tobacco and Other Drugs

Objective #B1: By 2018, we aim to reduce unhealthy use of alcohol and other drugs by implementing a county-wide prevention campaign.

- A new brochure has been developed, called “Strategies for Community Events to Prevent Excessive Alcohol Use”. It will be distributed throughout the county to inform community event organizers and servers about best practices for serving alcohol, reduce unhealthy use of alcohol in the community, limit availability of alcohol to underage youth, and decrease the number of alcohol-related accidents in the community. The city or municipal clerk will distribute this when an organization applies for an event license where alcohol is served.
- Green Lake County HHS holds quarterly Interagency Meetings with schools, local law enforcement, ASTOP, Domestic Violence Prevention Specialist, clergy, Human Services agencies, concerned citizens and community agencies. Meetings address a variety of current issues in our county, and promote information sharing, collaboration and creative problem-solving. Topics have included: heroin use in Wisconsin, parenting programs, children’s mental health, Youth Risk Behavior Surveys, current AODA programs in Berlin schools, LIFE (Lasting Impressions For Ever), addiction, treatment and recovery, prevention/treatment efforts and the continuum of care, Therapeutic Community Treatment, CESA 6 resources, Youth Mental Health First Aid-AWARE grant, how to improve teen health, the School Climate Transformation Grant, the Grass Roots Empowerment Consumer Decision Making Process, and Behavioral Health Partnership.
- Berlin School District continues to implement their grant programs: a Youth Mental health First Aid-AWARE grant, and a School Climate Transformation Grant. The staff hired through the grant have become active members of the Wellness Coalition. Some of the areas of focus are the prevention of risk taking behaviors, creating a positive school environment and mental health first aid. Mental Health First Aid courses continue to be offered. New instructors have been trained.
- April 15, 2015: Over 200 residents and professionals attended an evening Heroin Summit sponsored by Agnesian, CHN, Markesan Police Dept. and Green Lake Area Wellness Coalition at Markesan Middle School. Exhibits and information were provided by HHS, Wellness Coalition, Agnesian Behavioral Health, Christine Ann Center, Rise Together, ThedaCare Behavioral Health, Mahala’s Hope, Narcotics Anonymous, Green Lake Crime Stoppers, GL Co. Coroners office, Markesan EMS, and

others. Evaluations from the previous summit were used in planning this event. Evaluations from this event will help us in future planning. Speakers included a local ER physician, law enforcement, a mother of a child lost to Heroin, Rise Together guest speakers and a panel of community partners/agencies. The moderator was a local radio host. The radio and newspaper media supported the event before, during and after the event. Grades 9-12 of Markesan and Green Lake High School also attended an afternoon session geared towards teens.

- Partnered with Nick Zupan, MPH student to research Opioid prescribing practices in Green Lake County.
- Green Lake County Heroin Task Force and the Green Lake Area Wellness Coalition gathered information about local initiatives addressing the 5 pillars outlined in *Wisconsin's Heroin Epidemic: Strategies and Solutions*. The results continue to guide our ongoing projects as we work to strengthen all pillars in our prevention efforts.
- Green Lake County Health and Human Services is partnering with Grassroots Empowerment Project to bring community members together to address mental health and substance use challenges through participatory group facilitation at the Neshkoro Community Center. Their first meeting was held October 21, 2014.
- All communities now have a drug drop box in their police departments. The Sheriff's Department recently established a drug drop box at the Green Lake County Government Center that is available 24/7. Numerous press releases have been in local papers to get the word out. It continues to be a success.
- The Foundation for Ripon Medical Center helped to fund and place new drug boxes in all of our county cities. An article was mailed to households in the Agnesian newsletter.
- The county continues to promote the services of the Wisconsin QuitLine.
- ADRC offers MedWise, an evidence-based medication education program for seniors (5 participants, 10 units).
- Narcotics Anonymous group has started at Berlin Memorial Hospital weekly.
- A day long health and economic summit is being planned for August 2015, including health professionals, business leaders, faith community leaders, educators and concerned citizens. Event is sponsored by the Central WI Health Partnership, called "Wellness with Health in Mind." Many Coalition members serve on the planning team.

Objective #B2: By 2016 the Drug Endangered Children Group will host two table top reviews per year, including all stakeholders, to discuss process improvement and implement recommended changes to the process.

- Many drug events have occurred this year in our county, so stakeholders have had many opportunities to utilize their skills and training to help families impacted by drugs in our community.
- Committee reports are given at quarterly Interagency meetings to include: Coordinated Community Response (CCR), Sexual Assault Response Team (SART), Drug Endangered Children (DEC), Family Resource Council and the Green Lake Area Health & Wellness Coalition.

Objective #B3: By 2018, decrease the number of Green Lake County residents arrested for operating while intoxicated and driving while under the influence to fewer than 378 per 100,000 (With population of 19,000-goal is under 72)

- A review of 2014 Statistics shows: Underage drinking citations-44, Alcohol OWI-104 adults and 2 under aged 21, Both drugs and alcohol-6, Drugs only-12. We continue to be above the evidence-based rate, so will continue to consider new strategies.
- Public Health continues to be active in WPHA/WALHDAB which advocates for policy to support non-use and healthy and safe lifestyles in Wisconsin.
- New brochure will be distributed to those who apply for liquor licenses, including temporary/event licenses: "Strategies for Community Events to Prevent Excessive Alcohol Use".
- The ATODA action group received a WAHLDAB grant to assist them in working on Alcohol-related Community Health Improvement. The minimal funding (\$1,000/yr. for 2 years) comes with requirements for trainings and implementation of evidence-based strategies. The Health Officer, a PHN and two community partners have attended seminars to learn about evidence-based strategies.

Objective #B4: By 2018, fewer than 19.4% of high school students will use a tobacco product as reported by the Health Risks Survey.

- We have invited school administrators and school nurses to regularly attend Wellness Coalition meetings. It has been recommended that we consider moving our meeting locations to be more inclusive of school staff schedules.
- Green Lake School District was given a grant to implement the Y Screen program for youth mental health screening and suicide prevention.
- Berlin School District continues to implement their grants to decrease risks and improve resiliency among county youth.

Objective #B5: By 2018, the percentage of inmates with mental health and ATODA issues who participate in the Recidivism Reduction (RR) Program in the County Jail will increase.

- Green Lake County, is one of 2 counties in the State of Wisconsin receiving funding for the 5th fiscal year to continue the RR Program in the County Jail from July 2015-July 2016. From the beginning of the program, in Sept 2010, more than 506 people have been enrolled in the program. The program offers daytime and evening classes and group sessions for males and females.
- The *WI Dept. of Corrections Becky Young Community Corrections Recidivism Reduction Fiscal Year 2014 Report, Oct 2014*, highlighted the Green Lake Recidivism Reduction Project as "a prime example of the positive impact of such joint efforts," noting the collaboration between Law Enforcement, and Health and Human Services, as well as local education and service agencies. According to the report, "during FY14, Green Lake County Jail served a total of 125 offenders. On average, ten offenders received AODA and/or mental health services per month. In addition, 71 offenders participated in educational services, with four offenders earning their GED in FY14."

Objective #B6 By 2018, reduce the percent of low birth weight (5.5 pounds) babies to less than 5.2%⁴. (Healthy Growth and Development goal)

- All first time mothers receive new parent packets by mail that contain information about risks of smoking and of second hand smoke to children.
- WIC mothers also receive information about smoking cessation and the risks to unborn and small children of second hand smoke.

- Yearly tracking of percentages will continue.

C: Mental Health

Objective #C1: By 2018, all four Green Lake County School Districts will implement the Youth Risk Behavior Survey.

- Green Lake School District, Berlin School District and Markesan School District representatives have attended Coalition and Interagency meetings. Princeton School District representatives have been unable to attend meetings this year, but we will continue to try to include them in discussions to promote mental health and decrease the risk of substance abuse.
- Agnesian Health system has offered to provide Y-screen as a pilot in Green Lake High School.

Objective #C2: By 2016 assess mental health risk and wellness education in local schools, by conducting a survey of the curriculum used in K-12 to promote mental health and wellness, suicide prevention, drug, tobacco and alcohol education, bullying, child abuse prevention, sexual assault and violence.

- Berlin School District has written for and received a mental health first aide grant and a school climate Transformation Grant. They have hired two full time staff to plan and implement the grant.
- On April 15, all Markesan and Green Lake High School Students were given opportunity to participate in a heroin Summit with talks from Guest speakers from Rise Together, an ER physician, a mom who lost her daughter to heroin, and Law Enforcement.
- Spring 2015, the CHN “Read, Run, Reach” program was offered to 1100 students in our county, in 2 major school districts, including both the public and private schools. The program promotes positive acts of kindness, literacy and physical activity.
- Thedacare did “Good to Go” week at Clay Lamberton Elementary, in Berlin, offering 600 children health promotion messages.
- Federated Church in Green Lake is offering a faith-based sexuality class.

Objective #C3: By 2016, regionalize Comprehensive Community Services (CCS) for mental health with Marquette, Juneau, Adams, Waushara, Waupaca and Green Lake counties.

- The Central Wisconsin Health Partnership (CWHP), which consists of six counties (Adams, Green Lake, Juneau, Marquette, Waupaca and Waushara) was regionally certified by the State to deliver Comprehensive Community Services via a “shared services” model. The certification period began September 1, 2014 for four of the counties with Marquette and Waupaca Counties expecting certification in 2015. This means the State picks up the 40% match counties had previously paid so that 100% of CCS services is now covered. The CCS Program offers a wide range of psychosocial rehabilitation services to Medicaid eligible consumers who need more support than outpatient services alone. This program covers the actual cost of delivering services to our rural and medically underserved population.

Objective #C4: By 2015, increase awareness of mental health resources in our county by distributing pamphlets to local care providers, schools and faith communities.

- The Alcohol and other Drug Abuse and Mental Health Resources pamphlet continues to be available on the GLCWC website.
- Mental health tips are included in many county agency newsletters, including GL County employee “Healthy Mondays”, “Head Start Connection”, and “The Senior Sentinel”.
- An Employee Assistance Program (EAP) is offered through Agnesian Healthcare for all employees of GL County. This resource has been promoted by email, in writing and at department visits with county employees.
- Resource boards and pamphlets have been part of the Green Lake County Employee Wellness Fair (May & July), Women’s Night Out for Health-200 attendees (CHN, Oct, 2005), Heroin Summit-700 attendees (Berlin and Markesan).
- Community Health Network offers support groups for patients with a history of Diabetes, Cancer and Stroke.
- Ripon Medical Center offers support groups: Diabetes Support Group, Cancer Support Connection, Life After Loss, Healing Hearts Club, and Alzheimer’s Caregiver Support Group.
- Other community support groups include: Survivors of Suicide Support Group, AA, Al-Anon and Narcotics Anonymous.
- ADRC continues to offer Healthy Living with Chronic Conditions, Healthy Living with Diabetes and Stepping On health promotion classes.
- ADVOCAP continues to offer a Fatherhood program. Information is included in the Health Unit new parent packets.
- The County Elderly Benefit Specialist meets with seniors at Senior Centers and Libraries throughout the county, to answer their questions and provide information and resources.
- Health and Human Services has explored adopting a *No Wrong Door Policy*, so that when a client has a question, anyone in the department who makes the first contact, helps that individual find the answer to their question or the right person to address their needs.

Objective #C5 By 2018, continue to participate in the Healthy Babies Coalition with Marquette and Waushara Counties. (Healthy Growth and Development goal)

- Green Lake County Public Health Nurse and Birth-to-3 Coordinator were represented at Healthy Babies Coalition meetings in 2015. The Coalition planned and hosted the following training.
- On April 17, the health unit and social services staff attended a training workshop in Neshkoro sponsored by the Healthy Babies Coalition, called “*Why do they Act that Way? Families Living with Addiction*”.

D: Physical Activity

Objective #D1: By 2018, we will decrease the percentage of Green Lake County adults who are physically inactive as measured by the County Health rankings from 26% in 2012, to 21%⁴.

- The Green Lake County worksite wellness program continues to be a model program for other counties throughout the state. Group Health Trust Insurance funds the health department to provide a Worksite Wellness program for employees and families. Several health-related challenges and weekly Healthy Monday wellness tips are ongoing. This summer, 91 Green Lake County employees participated in the 6-week GHT Fitness Challenge.
- Agnesian and Thedacare Berlin continue to reach out to local businesses to offer worksite wellness resources.
- Diabetes Education at Thedacare-Berlin (CHN) offers monthly diabetes support groups to promote healthy activity. Individual and group Diabetes Self-management Education classes are also taught at 3 CHN locations (20-40 per month), focusing on being active, healthy eating, decreasing risks, taking medications, testing blood sugars and asking for help when needed. Their Diabetes Health Fair each November, at City Inn in Berlin, has about 200 attend.
- County Health Unit signed an MOU with the Grapevine project, which offers health education and wellness classes especially for women with information on healthy exercise and nutrition. A prediabetes education session is planned for the Green Lake County Fair.
- A children's wellness activity, called a Twist of Health, will be offered in August by UW Ext. Agent, GL Co Health Educator, and UW Oshkosh nursing student for children at the Green Lake County Fair. The focus will be healthy nutrition & snacks, physical activity and fun conversations about health. Creative snack and craft included.
- ADRC continues to offer "Stepping On", a 7-week evidenced-based fall prevention and exercise class throughout the county.
- The Wellness Coalition helped to disseminate information via emails and the website, promoting participation in county walks and runs, including the CHN 5K Run/Walk, the Green Lake Half Marathon, Movin' on the Mascoutin and others.
- Town Square, in Green Lake, offers classes such as Yoga, Pilates, Zumba, and fitness.
- Many of the local high schools offer free dual-use opportunities to walk and use exercise equipment.
- Berlin High School pool is available for community member use for a small fee.
- Strong Women Strong Bones classes are offered by Pam Alf and Nancy Vandervelde.
- Strong Women Healthy Hearts, a 12 week health promotion program was offered by Pam Alf from CHN.
- ADRC offered Tai Chi Exercise Program for seniors (16 participants, 95 units).
- Green Lake County Wellness Works offered Tai Chi exercise during lunch.
- Green lake County Wellness Works offered golfing after work at Lawsonia.
- Green Lake County Wellness Works offers yoga after work.
- Green Lake County Wellness Works has a library of exercise and walking videos and books that can be loaned out at the front desk.
- The new paved bike path from Green Lake to the Green Lake Conference Center running parallel to Hwy 23 has heavy use especially on weekends from bikers, walkers, families and individuals.

- Green Lake Greenways worked with the community, Town of Brooklyn and City of Green Lake to resolve issues about rebuilding South Lawson Ave. The new plan left the lane width at 10' and preserved most of the trees, but add 3' paved shoulders for safer pedestrian bike access to the Hwy 23 multi-use path. It is expected that this will increase healthy activity of young and old in our community by increasing the number of people walking and biking on a regular basis.
- The GLCWC website contains information about becoming active, stretching and outdoor health. It also includes an interactive question to engage viewers. The calendar contains local physical activity events for individuals and families. As part of an employee wellness challenge, Green Lake County employees were asked to go to the GLCWC website and answer a physical activity question (more than 40 people accessed the website). This summer new pictures and information were updated with links to other sites and flyers from upcoming events.
- On March 24, PHN spoke with 31 families at the Berlin Child Development Days about being active every day. "Walk, Dance, and Play" brochures were given.

Objective #D2: By 2018, we will make presentations to each of the 4 major City Councils and County Board about how changes in the built environment and overall environment of Green Lake County can support safe physical activity for a healthier community.

- The County Board is implementing the "Health in All Policy", that was approved in 2014. The purpose of the policy is to consider the impact of public policies on health determinants in our county, to realize health-related rights and to improve population health.
- The physical activity action group continues to make presentation utilizing their power point, "Considering Health in Public Policy", which can be presented to public authorities, encouraging them to consider policies that will increase physical activity in their communities. They are working on a schedule of presentations to be done. They presented the powerpoint to the Wellness Coalition for feedback. Since that time they have made presentations to Green Lake School District and the Green Lake City Council. They will continue to work with the schools to support physical activity among students and families.

Objective #D3 By 2018, the Green Lake County Wellness Coalition will conduct an assessment of all four Green Lake County school districts, and develop a plan for how to best support them in the promotion of physical activity among their students. (Healthy Growth and Development goal)

- Green Lake Greenways has done community assessments of Safe Routes To School (SRTS) throughout our county. They have initiated the Walking School Bus in all county school districts. Media coverage and press releases have promoted regular activity and the benefits of safe walking for children and adults.
- Green Lake School District revitalized its wellness committee last fall. The Health Department and the Wellness Coalition have representation on this committee.
- In winter of 2014-2015 school year, Marian University students worked with the Green Lake Schools on 2 evidence-based strategies: activity breaks and organized recess.
- Berlin School District has an active wellness coalition. Members have attended wellness committee meetings at both Green Lake and Berlin Schools.

- Read, Run, Reach ran for the second year in Green Lake County schools from 2/27/2015-5/15/2015 which reached 1200 elementary aged kids.
- Met with Berlin School Wellness Committee on April 8, 2015 about their current activities in preparation for the School Board presentation.
- Berlin Park & Rec runs a summer activity program for children.
- Green Lake runs a summer activity program for children.
- Employees from the newly opened Boys and Girls Club of the TriCounty Area have joined the Wellness Coalition. The new building features a full size gym, lots of green space in which play equipment will be added, and a garden. A new staff position was also added: Teen and Physical Activity Director.

E: Nutrition

Objective #E1: By 2018, Green Lake County Wellness Coalition will implement a multimedia campaign to increase awareness of ways to access nutritious, high quality and affordable foods and beverages, weight-loss resources, and nutrition support groups for chronic conditions.

- GLCWC website has a nutrition tab that includes updated information for families, farm markets, food pantries, breastfeeding, weight management, diabetes resources and the Women Infants and Children (WIC) Program.
- UW Extension has an Americore Intern, to address food poverty in our county.
- In 2015, UW Ext. Family Living Agent has done many presentations to youth and adults at the Boys and Girls Club, Green Lake Senior Center, GL County Jail, Princeton School Wellness Fair, and Prairie View Head Start. She also published newspaper articles on Gluten free diets, and sodium. She attended the Farm to School Summit.
- ADRC promotes healthy nutrition through their Elderly Nutrition Program and regular Senior Sentinel newsletter articles. They coordinate home delivered meals, dining at congregate sites, and county food pantry operations. An average of 246 households received food each month. The department provides nutritional information monthly to home delivered meal recipients and disseminate nutrition information via bi-monthly senior newsletter to 2700 households. On average, they serve over 220 homebound meals and 366 congregate meals per month. During June-July they distributed 103 farm market vouchers to seniors and adults with disabilities.
- Green Lake County Food Pantry hours are listed in the Senior Sentinel and on the GLCWC website. They promote access by offering morning and evening hours during each month.
- PHN presented to Markesan TOPS group re: Good vs Bad fats, Simple and Healthy Italian Recipes, and recruitment for senior nutrition class at annual senior picnic.
- CHN Diabetes Support Group holds 2 sessions monthly Feb-Oct.
- Green Lake County Wellness Works offered healthy nutrition Lunch n Learn: Japanese Cuisine on July 20.

Objective #E2: By 2018, GLCWC members will provide two nutrition education programs each year to Green Lake County residents.

- In April & May, PHN taught a 6-week session of “Healthy Eating for Successful Living in Older Adults”, an evidenced-based nutrition class for seniors. Next class scheduled to begin 9/9/15.
- Oct 16, PHN taught a healthy nutrition class on calcium and protein to a local TOPS group. 25 women from the Princeton, Green Lake, and Neshkoro area were in attendance.
- UW Extension has provided nutrition education in 2015, as noted under Objective #E1. They are currently offering monthly Food Preservation Demos at the evening Berlin Farmer’s Market. Topics include Strawberry and Raspberry Freezer Jams, Salsa (Freezing and canning), Pickles (Canning) and Applesauce (Freezing and Canning).
- UW Extension partnered with Green Lake County Wellness Works to offer several Lunch N Learn monthly sessions on food preservation.

Objective #E3 By 2018, all first time moms in the county will receive information about the benefits of breastfeeding and available support services. (Healthy Growth and Development goal)

- Each month, all first time moms as reported on birth certificates, are mailed a packet of information including injury prevention, health promotion, breastfeeding, smoking risks, immunizations, healthy family relationships, WIC and post-partum depression.
- CHN offers monthly breastfeeding instruction classes and regular prepared childbirth education.
- The Health Department is working with BFAN (Breastfeeding Alliance of Northeast Wi) to designate Breastfeeding Friendly Childcare centers and make them accessible to residents.

These are just some of the many ways that we are working with our partners to help Green Lake County to be more healthy.