



COMMUNITY HEALTH IMPROVEMENT ANNUAL REPORT 2016

**505 Broadway Street, Suite 372
Baraboo, WI 53913
Telephone: (608) 355-3290 Fax: (608)355-4329**



Introduction

The Sauk County Health and Wellness Steering Committee completed the Community Health Needs Assessment in 2015. All four of the partners created a Community Health Improvement Plan in 2016. This document represents the work completed within the county and surrounding service areas to improve health. Each partner has provided information on steps taken and progress made in 2016. Although we work as a group, each partner has individual priorities that are included in their respective improvement plan.

Throughout our data collection process, Alcohol or Drug Abuse was a clear top priority. It is an issue seen throughout all of our data. However, we did not select it as one of our three priorities because the Sauk County Department of Human Services was awarded a one million dollar grant in 2015 to address this issue. The grant is looking to expand the Vivitrol™ program and essentially create a model for addressing alcohol and drug problems throughout the county. The Health Department will explore opportunities to contribute to the efforts surrounding drug and alcohol abuse.

Since the Department of Human Services will be utilizing this grant, among other resources, to address Alcohol and Drug Abuse, the Health Department included documentation on initiatives within the county such as Tri-County MATRS and Community Justice Coordinating Committee work.

Mental Health

Goal for the Sauk County Health Department:

- **Decrease the average death rate due to suicide in Sauk County from 10 to 8 by December 31, 2018.**

Action Plan:

By December 31, 2017, develop three suicide prevention coalitions in different areas of Sauk County; Sauk Prairie (2015), Baraboo (2016), and Reedsburg (2017).

In 2016, HOPE Sauk Prairie Suicide Prevention Coalition continued to meet monthly.

The first annual Suicide Prevention community presentation and walk was held on September 25, 2016 at the River Arts Theater in Sauk Prairie. (September is Suicide Prevention month). It was attended by approximately 60 people and a resource fair was held after the event.

By December 31, 2017, develop a Question, Persuade, and Refer (QPR)/Mental Health First Aid training program for law enforcement, teachers, guidance counselors and clergy.

On April 26, 2016, five Sauk County community members attended a day long QPR Train the Trainer training. Grant requests were written by the SCHD and were received for all five trainers. QPR training have been offered, and attended, by varies community partners including schools, law enforcement, EMS and local businesses. In 2016, 323 people in Sauk County were trained in QPR and those trained could impact 7,346 youth in Sauk County.

Mental health was identified as a health outcome need during a disaster. Mental health first aid training was provided to 15 individuals. First responders, public health staff, law enforcement, emergency management, clergy

By December 31, 2016, the Sauk County Health Department will be a partner in the Youth Coalition for Mental Wellness and will participate in educational outreach events dealing with mental health, suicide, and alcohol and drug abuse awareness.

Suicide Prevention specific coalitions were not embraced by other communities, but they were interested in a Sauk County Mental Health Task force. Dani Scott from the Baraboo School District facilitated the first Collaborative Youth Mental Health Forum/Sauk County Mental Health task force on April 25, 2016. Partners

in attendance; Reedsburg , Sauk Prairie and Baraboo School Districts, SCHD, Sauk Prairie Police, The Psychology Clinic, Therapy Without Walls, Pathway to Wellness Community Clinic, Aspen Family Counseling, Reedsburg Police department, Baraboo Police Department and SCHS. This task force meets quarterly. On November 21, 2016 a screening of Paper Tigers was presented at the Baraboo Middle School by the task force.

The Sauk County Health Department has been working in conjunction with the Criminal Justice Coordinating Council to deal with alcohol and drug issues in the county. The Council consists of county law enforcement, county board members, Human Services, Health Department, Parole, Judge, Hope House, school districts, private attorney, UW Baraboo rep, public defender, local city law enforcement, and a citizen member. The CJCC has 5 objectives that are in various stages of completion. The objectives attempt to prevent recidivism in the jail and obtain required treatment for drug and alcohol abuse and mental health treatment. The first objective was to increase mental health care in Sauk County. Sauk County Human Services received a Medically Assisted treatment grant through SAMHSA. Tellurian provides community recovery specialists to case manage consumers involved in Tri-County MATRS grant program. There is public health representation on Prairie du Sac, Baraboo, Reedsburg, and Spring Green communities Tri-county MATRS monthly meetings.

Sauk County Drug Court was started in January 2016. The court's focus was to provide individuals arrested for drug offenses, with an alternative to incarceration. Research was done to establish an evidence based program model. The CJCC Coordinator participated in a National Drug Court Institute's best practice training. Program policies and procedures, including a participant manual were developed with special attention paid to appropriate literacy level. A Drug Court staffing team was established, applications were accepted, and supporting members' schedules were cleared to establish a consistent date and time for court.

Drug Court participants were having transportation issues getting to and from mandatory treatment. Research of criminal cases identified that 42% of the individuals were operating after driver's license revocation. The CJCC reviewed data and decided to create a diversion program that would help individuals get their driver's license reinstated.

The CJCC, through data collection, identified a large population of individuals who failed to appear in court. Researched notification programs were investigated and a pilot notification program was developed through the WI Circuit Court Access program. The Clerk of Courts office runs a report for failure to appear rates to compare people notified versus non notified.

The Community Connections program is collaboration with Public Health, UW Extension, CJCC, Law Enforcement to develop a system to get resources for children of incarcerated parents earlier in the system. A questionnaire was developed so officers at the jail could ask inmates questions pertaining to children and caretakers of children while incarcerated. Public Health nurse contacts the caretakers to explain services and resources for children in Sauk County.

By December 31, 2016, the Sauk County Health Department will partner with the Health and Wellness Coalition Steering Committee to identify local partners to build a mentor/role model program providing coaching on appropriate communication and other socially acceptable behaviors and skills.

Obesity

Goal for Sauk County Health Department

- Reduce the number of Sauk County residents who are sedentary from 27% in 2015 to 25% by 2018.

Action Plan

By December 31, 2016, Sauk County Health Department will partner with the Health and Wellness Coalition Steering Committee to expand the membership to include schools, citizen members, and philanthropic organizations.

Using the Healthy Wisconsin Leadership Institute's Community Health Improvement Toolkit, the Sauk Coalition for Activity and Nutrition (Sauk CAN) was developed. Sauk CAN's vision and mission is improving the health and quality of life of all Sauk County residents through education and advocacy. Sauk CAN is made up of various community partners including representation from: area hospital dietitians, county parks, gardening clubs, school district food service personnel, landscaping, health educator, WIC dietitians, food pantries, participants from the Wisconsin Nutrition Education Program, etc. The coalition's three focus points are to: promote healthy eating; increase access to healthy food options; and create opportunities for active living. Research is being conducted to find evidence based interventions.

By December 31, 2017, develop a county wide calendar of exercise and nutritional events available on social media outlets of the Health and Wellness Coalition Steering Committee.

The Health Department is exploring platforms to use and the cost of the platforms. The department will then be seeking funding to support the calendar.

Dental

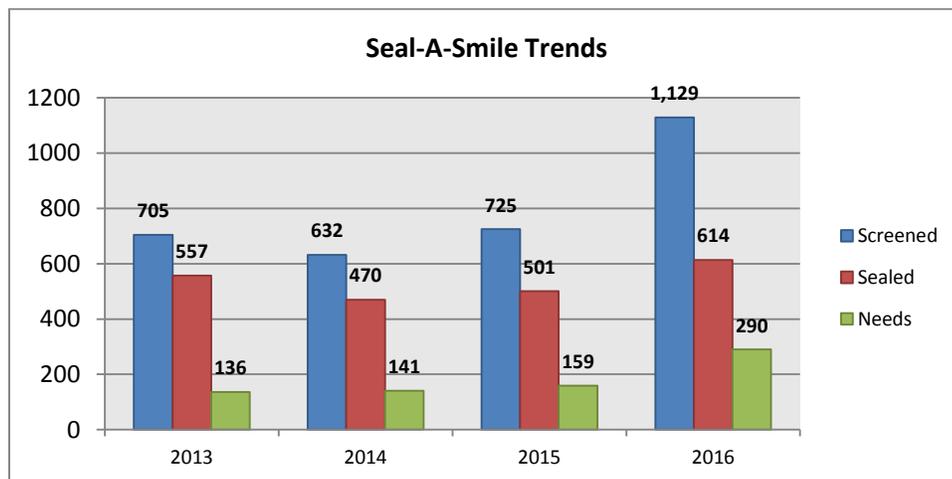
Goals for Sauk County Health Department

- Improve dental health of Sauk County residents by increasing the number of residents who receive dental care from 73% to 75% by December 31, 2018.

Action Plan

By December 31, 2017, expand the number of Seal-A-Smile participants by 10%.

The Sauk County Seal-A-Smile Program increased participation in 2016 by 36%. Of those children 26% had early and urgent dental needs compared to 22% in 2015. The number of children in the Sauk County Seal-A-Smile Program, who qualify for BadgerCare has increased by 9% in 2016.



By December 31, 2017 expand the contributing organizations for the Adopt-A-Smile program from 12 to 16 organizations.

Since 2013, letters are sent out yearly to various businesses and organizations asking for support of the Seal-A-Smile Program. This letter requests the adoption of a school for the program. It is called Adopt-A-Smile. In 2016, 14 organizations provided funding for Adopt-A-Smile in the amount of \$10,338.00.

By September 1, 2016 develop an MOU with Ho Chunk for school-based restorative care.

Ho-Chunk and Baraboo School District developed an MOU that allowed school based dental restorative care to children in Al Behrman Elementary School. Sauk County Health Department Seal-A-Smile Program did the initial assessments, identifying urgent and early needs. These students were provided with the Ho-Chunk consent forms. The Ho-Chunk dental team provided restorative dental care to 12 children, including x-rays, screenings, cleanings, and fillings.

By June 30, 2016 provide oral health education in Sauk Prairie (4K, K and 1st grade) classes.

The Sauk County Health Department obtained a grant from the Healthy Life Initiative of Sauk Prairie. This grant was to help increase the knowledge of oral healthcare and to reduce the incidents of acute dental needs, in 4K, K, and 1st grade children in River Valley and Sauk Prairie school district.

All 4K, K, and 1st graders in Bridges, Merrimac, Plain, Spring Green, and Tower Rock schools received a 30 minute long presentation. The key educational points consisted of identifying which food items are healthy for teeth, when one should brush teeth, how long one should brush teeth, and how many times a day one should floss. There was a pre-test and a post-test given in order to determine the short-term outcomes of the presentation. Results, on average, showed increased knowledge on the post-test versus the pre-test.

To determine the long range effect of the dental education, the Sauk County Seal-A-Smile Program will assess children for dental needs in qualifying schools.

In conclusion, this grant was presented to 622 children in the Sauk Prairie and River Valley School Districts and there were a total of 29 presentations given that spanned for 30 minutes on necessary dental hygiene.



Planning for Action and Monitoring Results

The purpose of the CHNA is to provide data and direction to drive our Community Health Improvement Plan (CHIP). The following information summarizes actions taken, or planned, by SPH to address the health needs identified in the CHNA.

Mental Health

- Decrease the number of poor mental health days in Sauk County from 2.7 in 2015 to 2.2 by 2018 and in Columbia County from 2.5 in 2015 to 2.0 by 2018
- Decrease the age -adjusted death rate due to suicide in Sauk County from 17.8 per 100,000 in 2015 to 15.9 by 2018 and in Columbia County from 17.7 in 2015 to 16.0 in 2018.

Mental Health First Aid	
Community	Sauk Prairie Healthcare communities
Goal	Provide the knowledge to staff and those in the community how to identify the signs of mental illness and know of the resources available for help. In addition, we want to create confidence among those trained to provide assistance if/when they identify individuals who may need mental health assistance.
Performance Measures	Conduct at least one, but as many as three Mental Health First Aid classes of 25 participants during 2017. Participants will include SPH staff, other healthcare providers, and interested community members. Update (February 2017): SPH Foundation will fund four 20-person classes (total of 80 participants) in 2017.
Description	Mental Health First Aid is an 8-hour classroom setting program designed to teach how to identify and spot the signs of mental illness, how to respond when identified, and provide the tools and resources to assist those who need assistance.
Hope Sauk Prairie	
Community	Sauk Prairie area
Goal	The mission of Hope Sauk Prairie is to prevent suicide and to share resources and education to lower the likelihood that our community will lose a member to suicide.
Performance Measures	Sponsor the membership of at least two SPH employees in Hope Sauk Prairie. Support promotion and education efforts as requested by Hope Sauk Prairie. Update (February 2017): SPH has three representatives on the Hope group and is the Foundation is currently discussing options around serving as fiscal intermediary.
Description	Being visible in Sauk Prairie Hospital restrooms and other private locations, the support number for Hope SP can be seen and taken for those who want to call for assistance.

Women's Health Adolescence Empowerment Program	
Community	Sauk Prairie Healthcare communities
Goal	Establish and carry out empowerment programming for at-risk teens throughout the primary service area. Lead by the SPH Women's Health Steering Team (WHST), we believe "Healthy Girls = Healthy Women = Healthy Communities."
Performance Measures	Establish and pilot-test program in 2017. Determine participation targets. Update (February 2017): The WHST will be meeting with representatives of three community-based programs to learn about what they are doing to promote youth empowerment. From that discussion, the WHST will evaluate opportunities to assist or build upon existing programs.
Description	This program aims to empower young women through journaling, cooking, and fitness programs.

Eat Smart, Move More (Reducing Obesity)

- Decrease the percent of the population with no leisure time physical activity of Sauk County adult residents from 26% in 2015 to 24% in 2018 and in Columbia County from 22% in 2015 to 21% in 2018
- Reduce the percentage of adults with a Body Mass Index (BMI)>30 in the SPH Service Area from 34.6% in 2015 to 32% in 2018

Heart Zone Monitor Program	
Community	Sauk Prairie School district with plans to expand to River Valley, Wisconsin Heights, and Lodi School districts
Goal	Create an environment of heart health awareness by implementing the Heart Zones program in every school district in the primary service area (Lodi, River Valley, Sauk Prairie, Wisconsin Heights).
Performance Measures:	Annual measurements in the following will be tracked annually. <ul style="list-style-type: none"> • Reduce school age childrens' resting heart rate • Increase the average school age active heart rate zone <p>Update (February 2017): SPH and the SPH Foundation have donated \$10K to River Valley School District to initiate the Heart Zones program. We have also developed a fundraising brochure for each school district to encourage additional giving to the program. Wisconsin Heights and Lodi School Districts have been contacted regarding this project. Lodi has expressed interest in using the system at the grade school levels, but Wisconsin Heights has not yet responded.</p>
Description:	In conjunction with Sauk Prairie Healthcare and the Sauk Prairie Healthcare Foundation, the Sauk Prairie School District hopes to have every student in the district wearing Heart Zone heart monitors while in physical education classes. The monitors, worn on the wrist, provide the students real-time feedback of their physical performance by allowing them to view their heart rate on the screen as it moves between the 4 different activity zones. The goal of each student is to have 20 minutes of activity within the "orange" zone during their classroom time.

WISCONSIN HEIGHTS COMMUNITY GARDEN MOVE	
Community	Wisconsin Heights School District (Black Earth and Mazomanie)
Goal	Assist with the transition of the Wisconsin Heights community garden governance to a gardener-led structure
Performance Measures	Garden is successfully relocated for 2017 planting season. Update (February 2017): SPH donated \$1,000 to help provide a permanent water supply to the relocated garden.
Description	The Wisconsin Heights Community Garden is located near the corner of Highways 78 and 14, two miles south of Mazomanie. In 2012, the garden covered 1 acre and hosted 28 active garden plots.
SAUK PRAIRIE FOOD PANTRY MOVE	
Community	Sauk Prairie Area Community
Goal	Providing needed equipment and donations to the Sauk Prairie Food Pantry so the pantry can provide cooking classes to community members who want to learn how to eat healthier.
Performance Measures	Update (February 2017): SPH has donated a large supply of kitchen resources, including walk-in chillers and ventilation units to the Sauk Prairie Food Pantry. The list of items and their value is still to be determined.
Description	The Sauk Prairie Food Pantry is relocating to a new building and is including a kitchen to teach the community basic and healthy cooking skills. Sauk Prairie Healthcare donated more than \$11,000 in items to their new building including shelving, appliances, and cabinetry.
RURAL SCHOOL AGE COOKING & NUTRITION LESSONS	
Community	Sauk Prairie area rural grade school, Tower Rock
Goal	Teach school age children a few basic, healthy recipes. They then share that knowledge with the rest of their class as well as their parents and family
Performance Measures	<ul style="list-style-type: none"> • Increase the number of preferred fruits and vegetables by 20% in 4th grade students at Tower Rock Elementary. <ul style="list-style-type: none"> ○ Results: 17.5% increase 2015/16 school year. • Educate students on the health benefits of fruits and vegetables evidenced by a knowledge gain of 50% or more from pre- to post-test. <ul style="list-style-type: none"> ○ (Update: February 2017) Results: Average of 43.7% improvement in 2015/16 school year. Average of 45.8% improvement year-to-date 2016/17 school year.
Description:	Sauk Prairie Healthcare's dietician travels to a rural grade school with a high population of ESL students. She teaches one or two children a basic recipe and those students go back to the classroom and teach the other children.
SAUK PRAIRIE BIKE TO SCHOOL DAY	
Community	Sauk Prairie School District
Goal	Using the bike to school day activities as a day to also teach middle school students the benefits of healthy snacking
Performance Measures:	To be determined.
Description:	During the Sauk Prairie School Districts Bike to School day, SPH sends our nutritionist to the middle school to provide healthy snacks for the kids

MAZOMANIE SPLASH PAD	
Community	Wisconsin Heights School District (Black Earth and Mazomanie)
Goal	Sauk Prairie Healthcare has financially assisted with the building of the Mazomanie splash pad to help physical activity for community members during summer months
Performance Measures	To be determined by Splash Pad Coalition. Update (February 2017): SPH donated \$1,000 to this project.
Description	SPH assisted with the building of the Mazomanie splash pad by providing financial support of the construction project

Chronic Conditions

- Reduce the percentage of adults in the SPH Service Area who have been told by a doctor they have diabetes from 6.0% in 2015 to 5.0% in 2018
- Reduce the percentage of adults in the SPH Service Area who report they have high blood pressure from 20.0% in 2015 to 18.0% in 2018 and have high blood cholesterol from 26.0% in 2015 to 23% in 2018.

BREATHE EASY SMOKING CESSATION PROGRAM	
Community	Sauk Prairie Healthcare communities
Goal	Providing a classroom program for those in the community who want assistance quitting smoking.
Performance Measures	Train facilitators and offer six classes in 2017. Class attendance goal is 4 per class – 24 total. Update (February 2017): Six smokers enrolled year-to-date. One individual completed a course that began in 2016.
Description	Providing an American Lung Associates Freedom From Smoking in-person program that provides a step-by-step plan for quitting smoking in eight class sessions over seven weeks. The class format encourages participants to work on the process and problems of quitting, both individually and as part of a group.

LODI HEALTH FAIR	
Community	Lodi Area School District
Goal	Educate the community with information regarding diabetes risk and prevention as well as healthy eating tips and physical activity
Performance Measures	To be determined.
Description	SPH joined with Activate Lodi, the Lodi School District, and Reach Out Lodi to bring a morning of activities and informational booths to the Lodi community

DIABETES AWARENESS MONTH ACTIVITIES	
Community	Sauk Prairie Healthcare communities
Goal	Educate the community with information regarding diabetes risk and prevention as well as healthy eating tips and exercise.
Performance Measures	<ul style="list-style-type: none"> ▪ Conduct Diabetes Education Forums: Host three Fireside Chats with a max of 15 attendees. A total of 30 attendees were present (67% of target). ▪ Diabetes Pre-Diabetic Classroom Program: A 16 week classroom program with focus on taking pre-diabetic community members and educating them how to slow down or stop diabetes with eating habits, physical activity, and lifestyle choices. The maximum number of participants is 15. <p>Update (February 2017): The 16-week pre-diabetes program will be offered from August – November, 2017.</p>
Description	SPH participated in several diabetes awareness activities in an effort to help identify

those who may be pre-diabetic.

Activities included:

1. Hosting three evening Fireside Chats
 - One to help community members identify if they are at risk
 - One to inform community members of better eating habits
 - One to demonstrate indoor activities to do during winter months
2. SPH posted diabetic displays at all locations
3. Sauk Prairie Hospital lit blue lights to call attention to diabetes



St. Clare Hospital – Baraboo
Priority #1 Mental Health

Action Plan:

- Enhance community partnerships with key community organizations that provide mental health services to the community.
- Partner with Sauk County Health and Wellness Coalition and Boys & Girls Club to offer teen summit that addresses teen mental health issues. Following teen summit, work with local partners to establish a mentor/role model program providing coaching on appropriate communication and other socially acceptable behaviors.
- Create community awareness of mental health issues through radio and news programming opportunities.
- Provide community presentations and support groups that relate to mental health and wellness.
- Partner with Sauk County on drug, alcohol and suicide prevention programs.
- Build and pilot a mental health five point assessment tool into St. Clare Hospital's EPIC system by third quarter of 2017.
- Implement a new tele-psychology program that includes 16 hours of consult time per month for hospital and clinic use with advanced practice providers.

Community partners and supporting resources:

Boys & Girls Club of Central WI
Hope House
Sauk County Health and Wellness Committee
Sauk County Health Department
Local Sherriff Departments

St. Clare Hospital – Baraboo
Priority area #2 Chronic Disease

Action Plan:

- Collaborate with area ambulance services to create and implement a Mobile Integrated Health program using community paramedics.
- Create community awareness of chronic disease and proactive programming through radio and news stories.
- Host annual diabetes seminar, open to the community.
- Partner with local food pantry to stock shelves with healthy, diabetic-friendly options.
- Work with Second Harvest to expand Diabetes Wellness program in to Sauk County in 2017.
- Create personalized telephone follow up programming to heart failure patients after discharge from St. Clare Hospital.

Community partners and supporting resources:

Sauk County Health Department
Baraboo District Ambulance Service
Central WI Community Action Council
Second Harvest

St. Clare Hospital – Baraboo
Priority area # 3 Obesity

Action Plan:

- Partner with WI Dells School District Kidz Klub and St. Clare Hospital dietitian to offer nutrition education through after school program.
- Continue to support and implement a childhood fitness program “Fit & Fun” in collaboration with local school districts.
- Help create public awareness of healthy eating options and nutrition topics by radio and newspaper ads as well as health fair attendance.
- Enhance partnerships with key community organizations including the Aging and Disability Resource Center and Sauk County Public Health.
- Partner with area businesses to provide for enhanced health and wellness technology options.
- Create and implement a plan addressing obesity and potential morbid obesity in pregnant women that provides resources, including nutrition and exercise, leading to improved obstetrical health and childbirth outcomes.
- Conduct a faith based 10 week weight loss program through parish nursing program.

Community partners and supporting resources:

WI Dells School District
Baraboo School District
Sauk County Health and Wellness Committee
Sauk County Health Department
Sauk County Aging and Disability Resource Center



Reedsburg Area Medical Center (RAMC) has been working in collaboration with our community partners, to address the 3 priorities chosen through our CHNA. Those 2016-18 priorities are:

- **Access to Mental Health**
- **Drug Use & Abuse**
- **Obesity**

In order to achieve these goals, we have collaborated to form the Sauk County Health & Wellness Coalition. This group consists of representatives from:

- Sauk County Health Department
- UW-Extension, Sauk County
- St. Clare Hospital, Baraboo
- Reedsburg Area Medical Center
- Sauk Prairie Healthcare

Obesity

- Move It! Club (family run/walk program)
- HEALTH 4U (health program for those with co-morbidity factors).
- Seniors on the Go (chair exercise)
- Strong Women (strengthening program for older women)
- Work collaboratively to bring a Boys and Girls Club to Reedsburg. Scheduled to open 9/1/2017
- Participate in community-based and business-specific health fairs.
- Speak at community organizations about healthy lifestyles.
- Partner with the Reedsburg School District in continuing their School Garden during the school year and summer time, as well as providing healthy options and recipes for families.
- Continue to support and fund the school district's walking program titled "Walking Club" for all school children at all 5 elementary schools.
- Continue to provide a free Summer Walking program for families.
- Continue to host RAMC's annual Kids Fit & Safe Day-a free program for area families.

Drug & Alcohol Abuse -Proposed Action Plan

- Continue to partner with the Sauk County Health & Wellness Coalition to bring speakers, treatment & recovery information to our community, especially our schools
- Partner with the Sauk County Department of Human Services, which was recently awarded a one million dollar grant to address the issue of drug abuse in Sauk County. The grant expands the current Vivitrol™ program and is a model for addressing alcohol and drug problems throughout the county. RAMC serves as a meeting site for the Reedsburg branch of the Tri-County MATRS – which the CARE (Community Activated Recovery Enhancement) program expanded to, and now serves 3 counties.
- We now have 5+ RAMC employees serve on the MATRS/C.A.R.E coalition and attend monthly meetings.
 - The mission of C.A.R.E. is a collective group of agencies, organizations and individuals that assist those suffering from addictions with becoming clean and sober and establishing lifestyle skills in order to become a sustainable member of the community.

Access to Mental Health

- Partner with Sauk County in local suicide prevention coalitions.
- Partnering with Baraboo Hospital, Sauk Prairie Healthcare, Hope House & Sauk County Health Dept for the "Teen Summit 2017-BBU (building a better you) to be held April 22 at Baraboo High School. Topics/speakers to be addressed include: bullying & consequences, leadership, mental wellness, relationships & sex in the media, beyond social media and hearing from a former addict.
- Create community awareness of mental health issues with radio, newsletter & print articles.
- Work collaboratively to bring a Boys and Girls Club to Reedsburg. Scheduled to open 9/1/2017