

2024 Implementation Goals & Implementation Strategies

Behavioral Health and Substance Abuse

· **Seek, support and establish community partnerships that enhance and expand behavioral health and substance abuse services.**

1. **Increase outpatient mental health services for our community:** Embed a licensed mental health professional into the primary care offices of Independence Health System in Clarion.
2. **Promote education of hospital staff**
 - a. Organize and implement monthly/quarterly education for ED physicians, providers, nurses, and other hospital staff about the ARMOT program through the AICDAC.
 - b. Support and implement training for the nursing staff on referral processes for AICDAC services.
3. **Enhance Emergency Dept. Services at Clarion Hospital:** As part of the Emergency Department renovation project, treatment rooms have been designed for increased privacy for those in a mental health or drug and alcohol related crisis.

Food Insecurity

· **Provide education and access to community resources that promote well-balanced nutrition and health eating habits.**

1. **Provide Monthly Lifestyle Coaching Classes:** Focuses on healthy eating, reading labels, meal prep, etc.
2. **Continue to support and promote the Food Institute:** patients who are identified as “food insecure” will be screened through the physician offices and referred to the Food Institute for nutrition education, healthy foods, cooking utensils and other resources as needed.
3. **Organize Outreach Events** at area schools and other community organizations for “high risk” families, providing education, cooking demonstrations and food distribution for those that attend.

Healthy Lifestyles

· **Support and enhance physical activity and nutrition programs to better manage chronic disease within our communities.**

1. **Promote and organize Lifestyle Coaching classes:** These are offered virtually and in person at the IHS Health and Wellness Center. This would include a facilitator to assist with the Zoom platform, cooking demonstrations and food tasting. Also included are the implementation of marketing and promotion strategies for the community.
2. **Attend and organize health fairs:** provide education and resources to promote wellness in community health fairs. Will offer information on healthy eating and cooking as well as the benefits and importance of physical activity.
3. **Offer multiphasic Blood Screening Events:** organize biannual blood screening events for the community to identify risk factors for chronic diseases and other medical diagnoses.