<table>
<thead>
<tr>
<th>Time</th>
<th>Agenda Item</th>
<th>Presenter</th>
</tr>
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<tbody>
<tr>
<td>7:00-7:30</td>
<td>Networking</td>
<td></td>
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<tr>
<td>7:30-7:35</td>
<td>Welcome by CHIPP Kickoff Sponsor- Thriving Waukesha County</td>
<td><strong>Karen Tredwell,</strong> Executive Director of the FOOD Pantry of Waukesha County</td>
</tr>
<tr>
<td>7:35-7:40</td>
<td>Welcome by Waukesha County Executive</td>
<td><strong>Paul Farrow,</strong> Waukesha County Executive</td>
</tr>
<tr>
<td>7:40-8:20</td>
<td>Special Guest Speaker: Building a Healthier Waukesha County</td>
<td><strong>Susan Dreyfus,</strong> President and CEO for the Alliance for Strong Families and Communities</td>
</tr>
<tr>
<td>8:20-8:35</td>
<td>CHIPP Overview</td>
<td><strong>Ben Jones &amp; Jean Schultz,</strong> Co-Chairs for the CHIPP</td>
</tr>
<tr>
<td>8:35-8:55</td>
<td>Strategic Health Issue Overview: Opiate / Heroin Taskforce</td>
<td><strong>Kirk Yauchler,</strong> Director, Behavioral Health Services, ProHealth Care</td>
</tr>
<tr>
<td>8:55-9:10</td>
<td>Strategic Health Issue Overview: Nutrition &amp; Physical Activity</td>
<td><strong>Mike Glasgow,</strong> Nutrition and Transportation Services Supervisor, Waukesha County Aging and Disability Resource Center</td>
</tr>
<tr>
<td>9:10-9:25</td>
<td>Strategic Health Issue Overview: Mental Health</td>
<td><strong>Dr. Tanya Fredrich,</strong> Director of Student Services, Elmbrook School District</td>
</tr>
<tr>
<td>9:25-9:30</td>
<td>Close</td>
<td><strong>Ben Jones &amp; Jean Schultz,</strong> Co-Chairs for the CHIPP</td>
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</table>
Waukesha County
Dept. of Health & Human Services
CHIPP

CHIPP Kick-off
October 2, 2018
What is a CHIPP?

- Community Health Improvement Plan and Process
- A comprehensive method to gather data to determine community health needs .... AND.... To establish action plans to resolve those needs
Why does this matter?

- The CHIPP has determined Waukesha County’s health initiatives focus for the next four years!
- These initiatives impact:
  - Budgets
  - Partnerships
  - How assets/workforce within HHS are deployed
  - Impact on the economic vitality of Waukesha County
  - Outcomes

which impact the quality of life in Waukesha County
The long road

➡️ 18 months into a 5 year process
➡️ Led by a Steering Committee with *cross sector representatives and those with lived experience*
➡️ Supported by a data team to insure assessments were rooted in fact
➡️ Identified 6 major categories of concern AND 5 overarching factors that influenced multiple issues
<table>
<thead>
<tr>
<th>Sector</th>
<th>Representative</th>
<th>Organization</th>
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</thead>
<tbody>
<tr>
<td>FQHC</td>
<td>Kerri Ackerman</td>
<td>16th Street Clinic</td>
</tr>
<tr>
<td>Hospitals</td>
<td>Andy Dresang</td>
<td>Froedtert &amp; Medical College</td>
</tr>
<tr>
<td>Faith Based Organization</td>
<td>Linda Wetzel</td>
<td>Lutheran Social Services</td>
</tr>
<tr>
<td>Consumer</td>
<td>Susie Austin</td>
<td>Consumer</td>
</tr>
<tr>
<td>Law Enforcement</td>
<td>Joe Rieder</td>
<td>New Berlin PD</td>
</tr>
<tr>
<td>County Board</td>
<td>Christine Howard</td>
<td>County Board</td>
</tr>
<tr>
<td>Western Waukesha County</td>
<td>Angie Bolson</td>
<td>YMCA Pabst Farms</td>
</tr>
<tr>
<td>Workforce Development</td>
<td>Laura Catherman</td>
<td>WOW</td>
</tr>
<tr>
<td>Business Community</td>
<td>Mervyn Byrd</td>
<td>Business Alliance</td>
</tr>
<tr>
<td>Education</td>
<td>Ken Kassees</td>
<td>Kettle Moraine</td>
</tr>
<tr>
<td>Environmental Health</td>
<td>Sarah Ward</td>
<td>Environmental Health</td>
</tr>
<tr>
<td>Co-Chair</td>
<td>Jean Schultz</td>
<td>ProHealth Care (retired)</td>
</tr>
<tr>
<td>Health and Human Services</td>
<td>Laura Kleber</td>
<td>Waukesha County Health and Human Services</td>
</tr>
<tr>
<td>Co-Chair</td>
<td>Benjamen Jones</td>
<td>Waukesha County Public Health</td>
</tr>
<tr>
<td>Technical Support</td>
<td>Linda Wickstrom</td>
<td>Communications Coordinator</td>
</tr>
<tr>
<td>Facilitator</td>
<td>Terri Phillips</td>
<td>SJD Consulting, LLC</td>
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# CHIPP Data Committee

<table>
<thead>
<tr>
<th>Representative</th>
<th>Organization</th>
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<tbody>
<tr>
<td>Ben Jones</td>
<td>Health Office, Waukesha County HHS</td>
</tr>
<tr>
<td>Jean Schultz</td>
<td>Director, Community Benefit (retired) ProHealth Care</td>
</tr>
<tr>
<td>Jerry Braatz</td>
<td>Dept. Head, Community Resource Development Educator, UW-Waukesha Extension</td>
</tr>
<tr>
<td>Ron Pupp</td>
<td>Manager, Adolescent &amp; Family Services, Waukesha County</td>
</tr>
<tr>
<td>John Schiraj</td>
<td>Director, Community Partnerships, United Way of Greater Milwaukee &amp; Waukesha County</td>
</tr>
<tr>
<td>Kristin Silva</td>
<td>Community Development Manager, Waukesha County</td>
</tr>
<tr>
<td>Sarah Ward</td>
<td>Environmental Health Division Manager, Waukesha County</td>
</tr>
<tr>
<td>Terri Phillips</td>
<td>SJD Consulting, LLC</td>
</tr>
</tbody>
</table>
Six major categories of concern

**Alcohol**
- Consequences of local impacts on driving in Wisconsin County, Wisconsin
- 39% of all traffic accident fatalities involved alcohol
- Average number of adults per month who report drinking

**Communicable Diseases**
- An increasing concern in Waukesha County, Wisconsin
- 5,362 School-age children not fully immunized
- 30% increase in communicable diseases reported, 2013 to 2016

**Healthcare Navigation**
- Including Chronic Diseases
- Consequences of low cost and other barriers can affect use of healthcare in Waukesha County, Wisconsin
- Number of Reported Sexually Transmitted Diseases (STDs)

**Mental Health**
- Consequence of increasing mental health issues in Waukesha County, Wisconsin
- Suicide has risen to be one of the Top 10 causes of death among adults, averaging more than 5 suicides per week

**Nutrition and Physical Activity**
- Consequences of local public health in Waukesha County, Wisconsin
- 70% of adults who met the Recommended Moderate or Vigorous Activity Levels

**Opioids**
- Consequences of heroin use and drug use in Waukesha County, Wisconsin
- Opioid-related hospital visits have nearly doubled 2006-2014
- 5 to 1

**Drug Use**
- Ages group with the highest number of heroin overdose deaths
We discovered several overarching concerns

These factors influence multiple issues:

- Access and transportation issues
- Aging population
- Culture and societal changes
- Impact of poverty
- Workforce gaps and challenges
We solicited community feedback

- Almost 1,000 Waukesha County residents provided feedback on the 6 identified issues
- Residents were asked to invest “dollars” to be used to solve major health issues in our community
- Advisory in nature, it was clear that the opiate issue and mental health led the community’s concerns
Narrowing issues to a precious few

- The Steering Committee used criteria-based assessments and discussions to identify priorities that
  - Had a likelihood of positive impact
  - Could be addressed in a collaborative manner
  - Were supported by data and public & expert opinion
  - Enjoyed community readiness for action and change
CHIPP CHAT - Community Health Action Team

Mental Health

Nutrition & Physical Activity

Opioid Use
# General schedule of work - CHATs

<table>
<thead>
<tr>
<th>TASK</th>
<th>Suggested due date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision and affirmation workshop</td>
<td>1/11/18</td>
</tr>
<tr>
<td>Review data; conduct root cause analysis</td>
<td>3/1/18</td>
</tr>
<tr>
<td>Determine actionable causes</td>
<td>3/16/18</td>
</tr>
<tr>
<td>Conduct community asset review</td>
<td>4/06/18</td>
</tr>
<tr>
<td>Research best practices</td>
<td>5/04/18</td>
</tr>
<tr>
<td>Identify approaches, identify partners</td>
<td>6/01/18</td>
</tr>
<tr>
<td>Work with data team to define goals, metrics</td>
<td>6/26/18</td>
</tr>
<tr>
<td>Submit action plan</td>
<td>7/6/18</td>
</tr>
<tr>
<td>Tri-Chairs present plan to Steering Committee</td>
<td>7/18/18</td>
</tr>
</tbody>
</table>

**IMPLEMENTATION OF PLAN**

fall/2018 – 9/2021
A debt of gratitude

- To the Steering Committee for their dedication, time and guidance
- To the CHAT Tri-Chairs and action teams for their countless hours of work, tremendous passion and perseverance
- To our County Executive and HHS leadership, including the HHS Committee & Board for their support and encouragement
INTRODUCING...
Live Well Waukesha County
Introducing the Opiate Action Team
Opiate Action Team

Background Information

- CHIPP Steering Committee selected the Opiate crisis as one of the key strategic health priorities (September 2017)
- CHIPP Steering Committee recommended aligning the CHIPP with the Heroin Task Force
- Provided momentum for the Heroin Task Force for 2018
Waukesha County’s Response to the Opioid Epidemic

Waukesha County Heroin Task Force

CHIPP Community Health Improvement Plan and Process
Heroin Task Force Structure

- Heroin Task Force Steering Committee
  - Christine Howard and Chuck Wood
- Working with consultant, Dorothy Chaney to guide process
- Six Heroin Task Force Pillars
  - Law Enforcement
  - Harm Reduction
  - Drug Affected Infants
  - Treatment
  - Prevention
  - Workforce
Heroin Task Force Pillar Co-Chairs

- Law Enforcement: Rebecca Luczaj, Lamont Strandberg & Sue Opper
- Treatment Pillar: Kirk Yauchler & John Kettler
- Workforce Pillar: Laura Catherman & Robyn Ludtke
- Prevention Pillar: Jean Schultz & Mary Smith
- Drug Affected Infants (DAI): Linda Wetzel & Colleen Allen
- Harm Reduction: Patrick Reilly
Process

- Each Task Force Pillar utilized data to identify focus
- Pillar Teams created action plans and are beginning to mobilize for action
- Heroin Task Force Steering Committee provides coordinated effort among the six pillars
THE OVERARCHING GOAL: The overall goal of the Heroin Taskforce of Waukesha County is to reduce the impact of the opioid epidemic in Waukesha County through implementing a collective impact approach across three priority areas:

- Despite our efforts, the opioid epidemic in Waukesha County continues to worsen
- Opioid use among older adults is a concern in Waukesha County
- Too many children are impacted by prenatal drug use in Waukesha County
Despite our efforts, the opioid epidemic in Waukesha County continues to worsen

- **Objective 1.1: Workforce Pillar** - Increase awareness among key stakeholders related to the opioid epidemic, specifically with employers and the business community

- **Objective 1.2: Treatment Pillar** - Increase access to Medication Assisted Treatment (MAT) and improve quality of MAT services provided in Waukesha County

- **Objective 1.3: Law Enforcement Pillar** - Reduce barriers to prevent overdose, focusing on the increased utilization of Naloxone

- **Objective 1.4: Law Enforcement Pillar** - Promote the use of Act 33 where applicable, where successful completion of a deferred prosecution agreement (DPA) results in reduced charges for those who have been “aided” in a drug overdose. Utilize pre-charge diversion to target low-risk offenders with opioid use disorders
Despite our efforts, the opioid epidemic in Waukesha County continues to worsen (continued)

- **Objective 1.5: Law Enforcement Pillar** - Promote education and training on the Prescription Drug Monitoring Program (PDMP) for law enforcement, prosecutors, and DOC agents

- **Objective 1.6: Law Enforcement Pillar** - Support ongoing Crisis Intervention Team (CIT) training for law enforcement

- **Objective 1.7: Harm Reduction Pillar** - Establish a needle exchange program in Waukesha County

- **Objective 1.8: Prevention Pillar** - Identify and promote strategies and interventions to help individuals, families, schools and businesses recognize, avoid and cope with the current opioid epidemic
Opioid use among older adults is a concern in Waukesha County

- **Objective 2.1: Prevention Pillar** - Reduce the number of older adults who are impacted by misuse of medications
Too many children are impacted by prenatal drug use in Waukesha County

- **Objective 3.1: Drug Affected Infants Pillar** - Increase awareness, education, and quality care for pregnant and newly-parenting women, infants, and families struggling with substance use disorders and recovery

- **Objective 3.2: Drug Affected Infants Pillar** - Increase community support services for pregnant and newly-parenting women

- **Objective 3.3: Drug Affected Infants Pillar** - Expand Screening, Brief Intervention and Referral to Treatment (SBIRT) for pregnant women in Waukesha County

- **Objective 3.4: Drug Affected Infants Pillar** - Increase access to Medication Assisted Treatment (MAT) and other services for incarcerated pregnant and newly-parenting women

- **Objective 3.5: Drug Affected Infants Pillar** - Implement a peer coaching program for pregnant and post-partum women
Final Thoughts…

- Heroin Taskforce has great energy and momentum
- Get engaged! Where can you make a difference!
- Must keep working together on this critical, complex health issue
Introducing the Nutrition & Physical Activity Team
Waukesha County
Dept. of Health & Human Services
CHIPP

Nutrition & Physical Activity Action Team
October 2, 2018
Introducing the Nutrition & Physical Activity CHAT (Community Health Action Team)

- Sarah Butz, ProHealth Care
- Holly Glainyk, Waukesha County Parks
- Mike Glasgow, ADRC
- Carly Chicantek, Waukesha County Public Health
- Andy Dresang, Froedtert
- Tammy Foltz, Pabst Farms YMCA
- Karen Lied, Kettle Moraine School District
- Beth Lohmann, Easter Seals
- Hanna Misiak, YMCA Waukesha
- Jessica Osenbrugge, formerly with St. Joe’s Medical Center
- Ashley Rome, ProHealth Care
- Karen Tredwell, Waukesha Food Pantry
- Jennifer Whitty, UW-Extension
- Tyler Zwaggerman, Village of Menomonee Falls
Key statistics

- 70% of adults are overweight or obese with a BMI of 25+
- 54% of adults do not meet recommended moderate or vigorous activity levels
- Only 25% of adults consume the recommend 3+ vegetables/day
Overarching Goal

Improve physical activity and nutrition for Waukesha County Residents
Root cause analysis

Key findings

- Lack of awareness of community resources that promote and facilitate good nutrition and physical activity
- Conflicting/Unreliable Information
- Too many unhealthy options
- Pressure of limited time to make good choices (Nutrition/Activity)
- Wisconsin Culture (beer, cheese, cold and dark)
Community asset review (existing resources)

Key Findings

- There is an opportunity to educate community residents on the value of meal prepping/planning to improve nutritional outcomes in Waukesha County.
- There are opportunities to provide education on recreational resources throughout the county.
- Many health systems and organizations are doing health and wellness programs.
- County demography leads to each community being somewhat separated. Very few county-wide programs.
Best practice review - Nutrition & Physical Activity CHAT

Key findings

- Washington and Ozaukee Counties' Harvest of the Month program
- Fit in the Park. Done very successfully in Green Bay
- “Walk with a Doc”. Too expensive and must be a “member”
- Mobile market. Would require vast resources (Milwaukee County does with Roundy’s and Hunger Task Force)
- Fresh fruit and vegetable prescription program. Requires significant funding. Also, already being done by some health systems
Nutrition and Physical Activity
Consequences of a lack of healthy diet and exercise in Waukesha County, Wisconsin

70%

adults that are overweight or obese with a BMI of 25+

Waukesha County Community Health Survey, 2015

Adults Who Meet the Recommended Moderate or Vigorous Activity Levels

54% 46%
No Yes

Waukesha County Community Health Survey, 2015

31,270
People reported they did not have access to a reliable source of food

Only 25% of adults consume the recommended 3+ vegetables a day

Waukesha Community Health Survey, 2015

County Health Rankings, 2017

June 2017
The community challenge we are trying to solve is:

- **Increase** the percent of adults who consume the recommended *3+ vegetables/day* from 25% to 30% by December 31, 2021

- **Increase** the percent of adults who meet the recommended moderate or *vigorous activity levels* from 46% to 50% by December 31, 2021

- **Reduce** the percent of adults who are *overweight or obese* with a BMI of 25+ from 70+% to 68% by December 31, 2021
Nutrition & Physical Activity CHAT Action Plan

**Live Well Waukesha County**

**Eat Well**
- Highlight vegetable of the month
- Engage with local business community to engage in campaign
  - Grocery Stores, Schools, Businesses, Health Care, etc.
- Vehicles: FB Live, Website, e-mail campaigns

**Move Well**
- Fit in the Parks
  - (June - August)
- Walking for Wellness
  - (April, May, September, October)
- Winter Wellness
  - (November - March)
To be successful, we may need...

- Resources from Public Health
- Engagement
  - Community Partners
  - Public
  - Stakeholders
  - YOU!
Introducing the Mental Health Team
Waukesha County
Dept. of Health & Human Services
CHIPP

Mental Health Action Team
October 2, 2018
Introducing the MH CHAT (CHIPP Action Team)

Dr. Tanya Fredrich, MH CHAT Tri-Chair, Elmbrook School District
Mary Madden, MH Chat Tri-Chair, NAMI Waukesha
Joan Sternweis, MH Chat Tri-Chair, WCDHHS

Adam Boldt, Arrowhead School District
Dr. Bob DuBois, Waukesha County Technical College
Laura Cherone, Family Service
Terry Findley, Certified Peer Specialist
Carla Friedrich, ADRC Committee
Mike Johannes, County Veteran Services Officer
Barb Jones, Froedtert Health
Kathy Gale, Eras Senior Programs
Dr. Jon Marschall, ProHealth Care
Sue McKenzie, Rogers InHealth/Wisconsin Initiative for Stigma Elimination (WISE)
Lexi Sandoval, Certified Peer Specialist
Dr. William Seymour, WCDHHS
Key Statistics

- Suicide has risen to be one of the Top 10 causes of death among adults, averaging more than 1 suicide/week in Waukesha County (Waukesha County Vital Stats, 2015)

- In 2016, there were 1,788 calls to 2-1-1 for mental health concerns

- Over 9,000 people did not receive mental health services when they needed it (Waukesha County Health Survey)
Mental Health CHAT
~Community Challenge~

By scaling up evidence-based mental health practices in prevention, stigma reduction and access, we have the opportunity to reduce death by suicide and improve the economic, social & overall health across generation in peoples, and well being in Waukesha County for strong families & connected communities.
Root cause analysis- MH team

Key findings

- Structural Barriers: Navigating the “system” - system of care vs silos of care
- Financial Barriers: Provider shortages, insurance restrictions/underinsured, no $$ for prevention activities
- Cognitive Barriers: Stigma, cultural beliefs, lack of knowledge of mental wellness vs mental illness, lack of insight/self awareness
Community asset review of existing resources - MH team

Asset Review

- We all know where the assets are in the community, what we learned is that we need to find a different way to work with those assets.

- **New linkages, partnerships and collaborations** that we either have not explored nor thought about in the past will give us the best chance of success in dealing with the “wicked problem” of suicide.
Best practice review-MH team

There are many best, and evidence based, practices being utilized in the community already but there needs to be a cohesive movement in the same direction for suicide awareness and prevention.

- Question, Persuade, Refer (QPR) Suicide Gatekeeper Training
- CSSRS - Columbia Suicide Severity Rating Scale
- Mental Health First Aid
- Crisis Intervention Training (CIT and CIP)
- Ending the Silence
- Hope Squad Student Group
- Peer Support
- Parent Peer Support
MH Team Action Plan

The community challenge we are trying to solve is: Scaling up evidence-based mental health practices in prevention, stigma reduction, and access to reduce death by suicide and improve the economic, social, and overall health across generations in Waukesha County.

1. Lack of knowledge & skills regarding mental health and wellness versus illness
2. Lack of assistance with system navigation to connect people to services
3. Services that do not promote hope, resiliency & recovery
MH Team Action Plan - Outcome 1

Increase hope and knowledge of recovery

- Pilot project with Arrowhead, Elmbrook and Oconomowoc School Districts and NAMI Waukesha

- Hire a Parent Peer Mentor who will assist school based families in crisis with system navigation

- Develop best practice in system navigation for expansion with other target populations
MH Team Action Plan - Performance Measures for Outcome 1

**Short term Indicator**
80% of families referred will engage with the parent peer mentor

**Intermediate Indicator**
65% of families that engage with the parent peer mentor will be connected to support and services that meet their needs

**Long Term Indicator**
80% of participating families are confident that they can access ongoing support and effective services that will assist with continued stabilization and address crisis as it happens
MH Team Action Plan - Outcome 2

Increased efficacy: Comfortable accessing help for themselves or others.

Provide Education Opportunities for the Community:

- Question, Persuade, Refer (QPR)
- Mental Health First Aid
- Crisis Training
- Ending the Silence
MH Team Action Plan - Performance Measures for Outcome 2

**Short term Indicators**
90% of people participating in education will understand the available resources for Waukesha County residents for mental health services

75% of people participating in education will feel confident offering help to someone at risk of suicide

**Long Term Indicator**
60% of survey respondents were able to utilize what they learned when interfacing with someone in a mental health crisis/at risk of suicide
MH Team Action Plan- Outcome 3

Strengthen access and delivery of suicide care

• Expand Education Opportunities for 540 Waukesha County Department of Health and Human Services personnel

• Establish Zero Suicide Planning Team

• Survey Workforce regarding Suicide Awareness and Prevention

• Roll out of Zero Suicide Initiative
MH Team Action Plan- Performance Measures for Outcome 3

**Short term Indicators**
60% of WCDHHS staff complete workforce survey

**Intermediate Indicators**
100% of mobile crisis team members will be trained in Columbia Suicide Severity Rating Scale

**Long Term Indicator**
100% of WCDHHS Clinical Therapists will be trained in Collaborative Assessment and Management of Suicidality (CAMS)
To be successful, we will need...

- An active Suicide Awareness and Prevention Task Force
- Cross Sector representation on the task force.
- Funding
- Facilities
- Program Participants
- Certified Trainers for evidence based and best practice education
Back to the CHIPP Co-Chairs…

Questions & Next Steps