

# Community Health Improvement Plan 2017 Projects

As of May 17, 2017, the UHA Board has approved eight community projects through the Community Health Improvement Plan (CHIP) funding stream. These projects seek to address at least one of the five main focus areas of the 2014 CHIP: access, addictions, mental health, parents & children and healthy lifestyles. While several projects from previous years have received repeat support, there are also new projects. The deadline for CHIP applications is June 30, 2017, and funding is still available.

## **Healthy Living Challenge:**

This project provides 12-week outcome-based wellness programs that provide participants with access to trained YMCA staff support surrounding nutrition, activity levels, and overall healthy living habits. Participation is free of charge, and only requires a physician referral. Project organizers have had meetings with UHA staff at Umpqua Health Harvard and Umpqua Health Newton Creek to let them know about the program, and providers have referral sheets on hand. This project allows for three separate 12 week series, so if someone missed the Healthy Living Challenge that's currently underway, they can apply for either of the subsequent two challenges.

## **Kick Start Douglas County**

Funding for this CHIP project allows for the collaboration and implementation of an array of health-oriented events throughout Douglas County. A calendar has not yet been finalized for this summer's events, but some events include a kick-off party June 7th from 6-7 pm at the Half Shell in Stewart Park, Zumba in the park every Wednesday from 6-7 pm, and four health and wellness fairs scheduled in June, July, August and September.

## **Kitchen Garden Project**

The CAC elected to fund this project again in 2017. Previously, UHA funding allowed for 11 families to receive their own raised garden beds. This year, funding has increased to allow for a total of 15 families to receive the seeds, starts, garden beds, gardening and nutrition education classes. There has already been a large demand for this project, but organizers say they still have space to accommodate more families in 2017.

## **Total Health Improvement Plan Classes**

A similar program was offered in 2016, but this particular project is offered through a different organization, UC VEG. The 12 week classes will be offered continuously throughout 2017. Classes that have already completed have seen audiences vary from 70-120 participants every week. These classes are free and open to the public. In addition to in-class cooking demonstrations and sampling, participants will also have free access to shopping tours, additional cooking classes, and supportive community gatherings. THIP classes are free of charge, and require no appointment or provider referral.

## My Path

Funding for this CHIP project provides a nicotine dependence treatment program that includes adult and adolescent tobacco cessation groups and one-on-one counseling. Services are available for Medicaid members age 13 and over. This project builds on an existing Adapt Community Quality Incentive Program, but extends services to adolescents.

### Alternative Groups

This project provides free classes and training on different ways to cope, manage symptoms and manage stress. The classes include topics on meditation, mindfulness, guided imagery, movement and more. Organizers say the program will provide participants with a way to learn new approaches to managing life's difficulties in a fun and supportive environment. Classes are open to the public: participants do not need a provider referral to take part. Organizers hope this will provide an alternative treatment methodology for patients without the stigma of a diagnosis. The Guided Imagery class will begin June 7th, and the Mindfulness Meditation classes begin June 8th. Yoga classes are currently being organized as well, dates and times to be announced. All three classes are scheduled for the Roseburg Professional Center at varying times.

### Case Management for Underserved Populations

Optimal Health Management plans to offer 24 case management service visits a month to individuals identified as falling through the gaps of existing case management services. These individuals include those who:

- Are not currently connected with an agency that offers case management
- Connected with agencies but only have Medicare
- Are experiencing poverty
- Have recently been released from the state hospital or jail where services were temporarily shut off
- Have Medicaid and are seeing private practitioners

This project aims to provide short-term assistance to help participants find a longer-term solution by offering a warm handoff to appropriate services within the county.

### Parents and Family Opportunities

This project offers one workshop and one series for parents and caregivers that supports overall parent education and kindergarten readiness. The workshop, Growth Mindset for Parents, provides participants with an opportunity to explore mindset and how mindsets affect interactions with children. The series is a guided play group for caregivers and their children called Play2Learn, and focuses on the five fundamental parenting behaviors. Both the workshop and the series are set to take place this fall.

## The CAC is still accepting applications for 2017 CHIP projects!

If you know of an entity that may be a good candidate for a CHIP project, please direct them to the UHA website. Applications can be found in under the Community Advisory Council tab.