HOWARD COUNTY LOCAL HEALTH IMPROVEMENT COALITION

September 27, 2018

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Howard County Health Department

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Howard County Local Health Improvement Coalition

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Howard County LHIC
Local Health Improvement Coalition

PURPOSE, AGENDA & APPROVAL OF MINUTES

GOAL: Provide coalition members with an overview of Chronic Disease Self-management initiatives in Howard County and generate strategies for work group member action and engagement to support the implementation of identified Coalition CDSMP objectives.

AGENDA:

A. Member Announcements
   - 2018 HCLHIC Outcome Highlights
   - Howard County Health Department Suicide Prevention Initiative
B. CDSMP Presentation
C. Healthy Meeting Stretch Break
D. CDSMP Discussion

MEMBER ANNOUNCEMENTS

HCLHIC members are encouraged to provide event information for inclusion on the HCLHIC Community Calendar, social media and HCLHIC Digest.

Please send information to lhic@howardcountymd.gov

THE HEALTH DEPARTMENT AND YOU

YOUTH SUICIDE PREVENTION PLAN

Howard County Health Department
Local Health Improvement Coalition
September 27, 2018
Maura J. Rossman, MD

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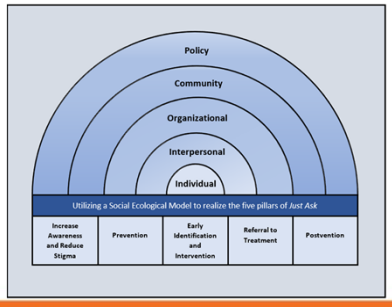
THE PROBLEM:

- Suicide was the leading cause of death among Howard County youth between the ages of 15 – 19 years of age between 2014 – 2016

OVERARCHING CONSIDERATIONS

- Cultural
- Ethnic/Race
- Language
- Socioeconomic
- Religious
- Gender

CONCEPTUAL FRAMEWORK



PROPOSED STRATEGY – FIVE PILLARS

1. Increase Awareness and Reduce Stigma	Social Marketing
	Targeted Outreach
2. Pre-vention	Promote Connectedness
	Strengthen Coping and Problem Solving Skills
	Create Protective Environments
3. Early Identification and Intervention	Screening
	Gatekeeper Training
	Crisis Intervention
4. Referral to Treatment	Community Providers
	School Based Programs
	Navigators
5. Post-vention	Faith Based Organizations
	Community Based Organizations
	Support Groups

PILLAR 1: INCREASE AWARENESS

Social Marketing	Targeted Outreach
Social/digital media	High risk groups (LGBTQ, Hispanic, AA)
print material	Providers
PSA's	
You Tube	

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PILLAR 2: PREVENTION

Promote Connectiveness	Strengthen Coping Skills	Create Protective Environments
Sources of Strength	Life Skills Training program	Safe Storage Practices (Reduce access to lethal means)
Good Behavior Game	Mind – body interventions (emotional regulation)	Guiding Good Choices (Reduce excessive alcohol use)
Strengthening Families	Support seeking	

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PILLAR 3: EARLY IDENTIFICATION & INTERVENTION

Screening	Gatekeeper Training	Crisis Intervention
ASQ	QPR	Hotlines
PHQ-9 (modified)	ASIST	Mobile Crisis Team
HEADSSS	safeTALK	
	YMHFA	

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PILLAR 4: REFERRAL TO TREATMENT

Increase Access	Systems Change
Community Providers	Improve coverage by insurers
School Based Programs	Improve reimbursement to providers
Navigators	Reduce cultural, ethnic, religious, financial barriers

PILLAR 5: POST-VENTION

Lessen harms and prevent future risk

- Faith based organizations
- Community based Organizations (NAMI)
- Support Groups

OUTCOMES

- Reduced Suicidal Ideation (YRBS, SIP)
- Reduced Suicide Attempts (YRBS, HSCRC, CRISP)
- Reduced Suicide Completion (Vital Statistics)
- Reduction in sad and hopeless (YRBS)
- Increase participation in Screening, Gatekeeper Trainings
- Decrease ED visits (HCSRC)

FY 18 HCLHIC OUTCOME HIGHLIGHTS-PARTICIPATION

HEALTHY AGING:
- Stepping On increased from 72% capacity in FY 17 to 86.7% in FY 18. +14.7%
- Alzheimer's and Other Dementia education programs (Powerful Tools for Caregivers, Virtual Dementia Tours) increased from 82.8% capacity in FY 17 to 93.4% in FY 18. +10.6%

Key Partners: Office on Aging and Independence, HCHD

HEALTHY WEIGHT:
- HCPSS increased weekend/summer food service from 50,982 meals in FY 17 to 66,276 meals in FY 18. +30%

Key Partners: HCPSS, Howard County Local Children's Board

BEHAVIORAL HEALTH:
- Mental Health First Aid increased from 52.2% capacity in FY 17 to 59.6% in FY 18. +7.4%
- Suicide prevention programs (QPR, Asist) increased from 57.4% capacity in FY 17 to 72.5% in FY 18. +15.1%

Key Partners: Grass Roots, HCHD, HCGH, Humanim, Mental Health Association of MD, Child and Family Services, HCPSS-Transportation, Neighborride

ACCESS TO CARE:
- Participation in Chronic Disease Self-Management Programs increased from 56.1% capacity in FY 17 to 64.4% in FY 18. +8.3%

Key Partners: HCHD, HCGH, Office on Aging and Independence, MAC, Inc.,

ENGAGEMENT:
- Website engagement increased by 158.63% over baseline in FY 18.

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CHRONIC DISEASE SELF-MANAGEMENT EDUCATION PROGRAMS

September 27, 2018

CDSMP Action Group

Tara Butler, Howard County General Hospital

Nicole Becerra, Howard County Office on Aging and Independence

Liesele Wood, Howard County Health Department

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PURPOSE & OVERVIEW

GOAL: At the end of this presentation, Coalition members will understand the purpose, availability and value of CDSME courses offered in Howard County by HCLHIC organizations. Members will additionally learn the challenges related to program implementation and will be engaged to commit to support strategies to overcome these challenges.

AGENDA:

A. Organizational Partnerships
B. Suite of Evidence-Based Offerings
C. Value of CDSME- ROI
D. Identified Challenges
E. LHIC Support

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Organizational Partnerships

HOWARD COUNTY HEALTH DEPARTMENT

HOWARD COUNTY GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

Howard County LHIC
Local Health Improvement Coalition

MARYLAND Living Well CENTER of EXCELLENCE

Howard County Office on Aging and Independence

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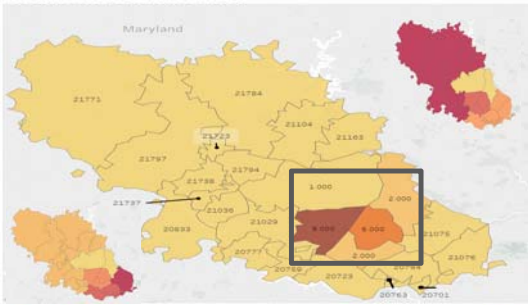
SUPPORTING ACCESS TO CARE GOAL 1.1A

CDSMPs in Howard County



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SUITE OF PROGRAM OFFERINGS

- **Chronic Disease Self-Management Programs**
  - Living Well
    - Spanish
    - Korean
    - Chinese (Spring 2019)
  - Living Well With Diabetes
    - Spanish
    - Korean
    - Chinese (Spring 2019)
  - Living Well with Hypertension
  - Living Well with Chronic Pain

Other Self-Management Education

- Stepping On
- Stepping Up Your Nutrition
- Powerful Tools for Caregivers
- Cancer Self-Management

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LIVING WELL

- This **six-week** workshop is for those living with or at risk for any chronic condition such as heart disease, diabetes, cancer, obesity, depression, chronic pain, arthritis, lung disease and any other health concerns. Caregivers are also welcome to register.
  - Nutrition and healthy eating
  - Learn exercises to maintain and improve strength, flexibility, and endurance
  - Communicating effectively with family, friends and providers
  - Techniques to deal with pain, fatigue, frustration, isolation
  - Making informed treatment decisions
  - Developing skills to problem solve everyday challenges
  - Action Planning / Goal Setting

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LIVING WELL WITH DIABETES

- Similar to Living Well but also covers information specific to Diabetes:
  - Glucose monitoring
  - Healthy eating and prevention of low blood sugar
  - Preventing or dealing with complications specific to diabetes
  - Medication usage
  - Exercise and maintaining a balance of blood sugar
  - Skin and foot care

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LIVING WELL WITH HYPERTENSION

- This **one time 2.5 hour** session is used as a session zero or introductory class into our 6 week workshops. It uses the foundational self management skills to support an individual living with or at risk for hypertension and their caregivers. Covers topics specific to managing high blood pressure such as:
  - High Blood Pressure Risk Factors
  - Nutrition and Food Label Guidance
  - Sodium Content in Common Foods
  - Medication Management

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LIVING WELL WITH CHRONIC PAIN

- This **six-week** workshop is designed for those living with chronic pain and their caregivers. Similar to Living Well, it also includes topics specific to pain management, such as:
  - Managing symptoms and challenges
  - Exercising for strength and flexibility
  - Balancing activity and rest
  - Achieving goals
  - Appropriate use of medications
  - Effective communications with family, friends, and health professionals

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IMPACT ON MARYLAND (2018)

Potential healthcare cost savings per person	*$1,154.32*
MD Program delivery cost	*$219.00*
Net Cost Savings	*$935.32*
2017 Number of CDSME 65+ completers	*1,018 X $935.32*
Estimated savings in Maryland healthcare cost	***= $1,764,020.69***

ROI for CDSME = 427%

MARYLAND Living Well CENTER of EXCELLENCE

Information in the National CDSME Database as of August 21, 2018

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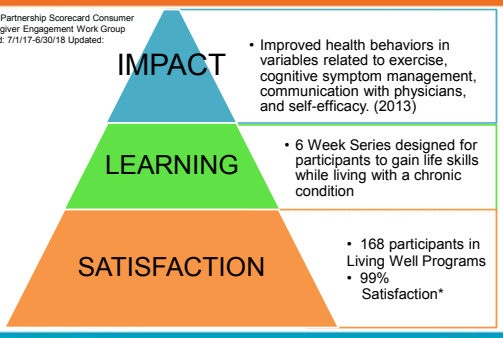
IMPACT ON HOWARD COUNTY

*Howard Health Partnership Scorecard Consumer and Family/Caregiver Engagement Work Group Reporting Period: 7/1/17-6/30/18 Updated: 8/7/2018



- Improved health behaviors in variables related to exercise, cognitive symptom management, communication with physicians, and self-efficacy. (2013)
- 6 Week Series designed for participants to gain life skills while living with a chronic condition
- 168 participants in Living Well Programs
- 99% Satisfaction*

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IMPACT ON THE INDIVIDUAL

"I participated in the Living Well program because I wanted to find out if I was doing everything possible to help my mom with her chronic conditions. I also ended up learning valuable information about addressing my health issues as well. The program addresses all the areas of living a healthy lifestyle - social, emotional, physical, nutritional, etc. Each class was organized so that we shared experiences, learned helpful information, and developed solutions. Our teachers, Suzanne and Lauren, were good presenters and moderators. Even though the program is over, I can still refer back to the book if needed. This is definitely a program that everyone in the community can benefit from."

Shawni Paraska, Columbia Association

DATA REPORTING FOR FY18

Living Well			
Host Site Type	Total Classes	Total Capacity	Total Enrollment
50 + Centers	1	16	10
Faith Based Communities	3	48	32
Wellness Center	3	48	31
Senior Living Facilities	1	16	10
Work Place Wellness	1	16	13
Living Well with Hypertension			
Host Site Type	Total Classes	Total Capacity	Total Enrollment
50+ Centers	2	30	24
Work Place Wellness	1	15	10
Wellness Center	1	15	9
Non-Profit	1	15	11
Senior Living Facilities	1	15	16
Living Well with Diabetes			
Host Site Type	Total Classes	Total Capacity	Total Enrollment
Wellness Center	1	16	13
Tomando Control de su Salud			
Host Site Type	Total Classes	Total Capacity	Total Enrollment
Faith Based Communities	1	16	16
Totals	**17**	**266**	**168 (63%)**

LEADERS

Class Type	# of Leaders
Living Well	31
Tomando (Spanish)	1
Korean	4
Chinese (Spring 2019)	2
Living Well with Diabetes	21
Manejo (Spanish)	2
Korean	4
Chinese (Spring 2019)	2
Living Well with Hypertension	11
Living Well with Chronic Pain	3

CHALLENGES

- Reaching program capacity for all available programs
  - Referrals to classes (# people referred vs. # who register)
  - Class cancellation due to leader availability
- Commitment from 2 leaders for 6 consecutive weeks
- Identifying subs for language specific classes
- Leader base to reflect the diverse demographics in Howard County
- Implement sufficient classes to uphold certification standards for each leader

HCLHIC SUPPORT

- **All HCLHIC Members are asked to:**
  - Provide Referrals
- **Mid Level**
  - Referrals and Host Site
- **HCLHIC Members with the Facilities and Staff are asked to:**
  - Referrals, Host Site, and Embedded leader(s) in Organization
- **Other Types of Support (Financial, In-Kind, Sponsorship)**
  - Covering cost of materials ($30 per participant)
  - Incentives
    - Snacks
    - Giveaways (product promotion)
  - Leader stipend support

REFERENCES

- Eagle, L. A.(2018). *7th Annual Maryland Living Well Center of Excellence Living Well Training Academy*. Retrieved from https://macinc.org/wp-content/uploads/2018/09/Living-Well-Academy-2018-Part-1.zip
- Ory MG, Ahn S, Jiang L, Smith ML, Ritter PL, Whitelaw N, Lorig KL. (2013) *Successes of a national study of the chronic disease self-management program: Meeting the triple aim of health care reform*. Med Care: 51(11), 992-8. Retrieved from https://www.selfmanagementresource.com/resources/bibliography/cdsmp

CONTACTS

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HEALTHY MEETING STRETCH BREAK

TAKE A HEALTHY MEETING WALK & TALK CHALLENGE AND MOVE TO THE LOCATION FOR OUR GROUP DISCUSSIONS!

POTOMAC ROOM
- Referrals
- Chronic Pain Self-Management

SEVERN ROOM
- Host Site
- Embedded CDSMP Leaders

NEXT STEPS & FUTURE MEETINGS

2018-19 Full HCLHIC Quarterly Meeting Dates

January 24, 2019	8:30 am - 10:30 am (HCHD)
April 25, 2019	8:30 am - 10:30 am (HCGH)
June 27, 2019	8:30 am - 10:30 am (HCHD)

Please note calendar invitations will be sent two weeks prior so please mark your calendars now to save the dates.