

2023-2025 COMMUNITY HEALTH IMPROVEMENT PLAN

MCLEAN COUNTY/ILLINOIS
2023 PROGRESS REPORT



 **Carle**
BroMenn Medical Center


CHESTNUT
HEALTH SYSTEMS™


McLean County
Health Department
Healthy People • Healthy Places

 **OSF HEALTHCARE**
St. Joseph
Medical Center

Executive Summary

Carle BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department and OSF St. Joseph Medical Center, with the guidance of the McLean County Community Health Council, collaborated to produce two joint reports: the 2022 McLean County Community Health Needs Assessment (CHNA) and the 2023 – 2025 McLean County Community Health Improvement Plan (CHIP). The 2022 joint CHNA resulted in the identification of three health priorities: 1) behavioral health, including mental health and substance use; 2) access to care and, 3) healthy eating/active living. Previous efforts also resulted in joint CHNAs in 2016 and 2019 and joint CHIPs for 2017 – 2019 and 2020 – 2022.

The purpose of the 2023 - 2025 McLean County CHIP is to improve the health of McLean County residents by developing and maintaining partnerships to implement community health improvement plan interventions, working together to encourage health and healthcare access awareness and fostering systemic approaches that will improve the health and well-being of county residents and the community.

The development and implementation of the 2023 – 2025 McLean County CHIP was due in large part to the three priority action teams, one team for each of the three health priorities identified in the 2022 CHNA: behavioral health, access to care, and healthy eating/active living (HEAL). Each priority action team has between approximately 20 and 40 members representing key stakeholders for the identified health priority.

Throughout 2023, McLean County stakeholders worked together to implement the improvement plan and to support related efforts. This progress report reflects progress made on implementing the intervention strategies and achieving the process indicators outlined in the plan in 2023.

The 2023 progress report for the 2023 – 2025 McLean County Community Health Improvement Plan that follows, identifies the progress for the strategies and interventions outlined in the improvement plan for all three health priorities.

2023 – 2025 McLean County Community Health Improvement Plan 2023 Progress Report: Access to Care

HEALTH PRIORITY: ACCESS TO CARE

GOAL: Advance and advocate for equitable and affirming access to care and other resources, which address social determinants of health, to improve the health and well-being of our diverse community by 2026.

Related Social Determinants of Health: Access to Care; Housing Instability/Quality of Housing; Transportation, Employment

OUTCOME OBJECTIVE: By 2026, reduce the percentage of individuals utilizing McLean County hospital emergency rooms for non-emergent conditions.

Baseline

- 16% of McLean County residents identified as “at risk” (Medicaid Population) reported the emergency department as their choice of medical care (McLean County Health Survey, 2021).

State Health Improvement Plan (SHIP) 2021 Alignment

- *Build upon and improve local system integration.*
- *Improve the opportunity for people to be treated in the community rather than in institutions.*
- *Assure accessibility, availability, and quality of preventive and primary care for all women, adolescents, and children, including children with special health care needs, with a focus on integration, linkage, and continuity of services through patient-centered medical homes.*
- *Increase community-clinical linkages to reduce chronic disease*

| THREE YEAR MEASURES | STRATEGIES and INTERVENTIONS | ANNUAL EVALUATION MEASURES | PROGRESS IN 2023 |
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| <p>IMPACT OBJECTIVE #1:</p> <p>By 2026, decrease the number of McLean County residents identifying the emergency department as choice of medical care.</p> | <p>STRATEGY 1: SUPPORT ASSERTIVE LINKAGE NAVIGATION/ENGAGEMENT PROGRAMS WHICH LINK LOWER INCOME COMMUNITY MEMBERS WITH A MEDICAL HOME AND INSURANCE COVERAGE.</p> | | |

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| <p>BASELINE DATA</p> <ul style="list-style-type: none"> 16% of the at-risk population identified the emergency room as their primary choice of medical care (McLean County Community Health Survey, 2021) 4% of the general population identified the emergency room as their primary choice of medical care (McLean County Community Health Survey, 2021) | <p>Intervention 1.1: Coordinating Appropriate Access to Comprehensive Care (CAATCH) Program</p> <p>The CAATCH program is an emergency room navigation program for navigators and/or care coordinators to engage those without a primary care home.</p> <p>Evidence: http://www.healthycommunityalliance.org/promisepractice/index/view?pid=30259 https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/medical-homes</p> | <p>Intervention 1.1: Process Indicators</p> <ul style="list-style-type: none"> # of patients served through the CHCC CAATCH Program (baseline: 248 patients in CY 2021) | <p>Intervention 1.1 Outcomes:</p> <ul style="list-style-type: none"> Not Available | |
| | | <p>Intervention 1.1: Outcome Indicators</p> <ul style="list-style-type: none"> 30-day hospital readmission rate for CAATCH patients (baseline: zero for CY 2021) | <ul style="list-style-type: none"> Not Available | |
| | | <ul style="list-style-type: none"> CAATCH patient emergency department use (baseline: 89% reduction in CY 2021) | <ul style="list-style-type: none"> Not Available | |
| | | <ul style="list-style-type: none"> Yearly estimated cost savings from CAATCH (baseline: \$1,116,000 in CY 2021) | <ul style="list-style-type: none"> Not Available | |
| | | <p>Intervention 1.2: Medicaid Innovation Collaborative's (MIC) Medicaid Transformation Project.</p> <p>This project introduces a community health worker training curriculum and funds community health workers who will focus on reducing health equity barriers in the community via proactive field engagement and providing connection to primary care medical homes, assistance with Medicaid or Marketplace enrollment and increased access to digital health interventions.</p> | <p>Intervention 1.2: Process Indicators</p> <ul style="list-style-type: none"> # of patients connected with a medical home (baseline: to be established) # of community members receiving SDOH screening and intervention (baseline: to be established) | <p>Intervention 1.2 Outcomes:</p> <ul style="list-style-type: none"> 54 patients 49 community members |
| | | | <p>Intervention 1.2: Outcome Indicators</p> <ul style="list-style-type: none"> Not Available | <ul style="list-style-type: none"> Not Available |

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| | <p>Intervention 1.3: Utilize trained professionals and community health workers to assist McLean County residents who have no insurance coverage in enrolling in either Medicaid, Medicare or a Marketplace product.</p> | <p><u>Intervention 1.3: Process Indicators</u></p> <ul style="list-style-type: none"> # of community members receiving assistance with Medicaid, Medicare or Marketplace enrollment (baseline: to be established) # of community members enrolled in Medicaid, Medicare or Marketplace (baseline: to be established) # of community members who have completed the CMS and State of IL Certified Application Counselor trainings and obtained certification. (baseline: to be established) <p><u>Intervention 1.3: Outcome Indicators</u></p> <ul style="list-style-type: none"> Not Available | <p><u>Intervention 1.3 Outcomes:</u></p> <ul style="list-style-type: none"> 55 community members 47 community members (26 -Carle Health, 21 – Chestnut Health Systems) 4 community members (Chestnut Health Systems) Not Available |
| <p>IMPACT OBJECTIVE #2:</p> <p>By 2026, increase the number of McLean county residents indicating they have access to a dentist.</p> <p>BASELINE DATA</p> <ul style="list-style-type: none"> 45% of respondents reported “no insurance” as their reason for inability to access dental care | <p>STRATEGY 2: INCREASE THE CAPACITY OF ORGANIZATIONS PROVIDING DENTAL SERVICES TO LOW-INCOME RESIDENTS OF MCLEAN COUNTY.</p> <p><u>Intervention 2.1: Increase the number of full-time equivalents (FTE) dentists and hygienists available to serve low-income McLean County residents. Note FTE includes volunteer dentists and hygienists.</u></p> | <p><u>Intervention 2.1: Process Indicators</u></p> <ul style="list-style-type: none"> # of clinical full-time equivalent (FTE) dentists and hygienists working with lower income McLean County | <p><u>Intervention 2.1 Outcomes:</u></p> <ul style="list-style-type: none"> 1 FTE dentist / .5 FTE hygienist – Chestnut Health Systems |

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| <p>(McLean County Community Health Survey, 2021)</p> <ul style="list-style-type: none"> 37% of respondents reported “could not afford co-pay” as their reason for inability to access dental care (McLean County Community Health Survey, 2021) | <p>Evidence:</p> <p>https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/allied-dental-professional-scope-of-practice</p> | <p>residents (baseline: 1.5 FTE dentist and 1.6 FTE hygienists established BY 2021)</p> | <ul style="list-style-type: none"> Not available – Community Health Care Clinic 0.7 FTE dentist / 0.95 hygienist – McLean County Health Department |
| | | <ul style="list-style-type: none"> # of patients served and unique visits through the Community Health Care Clinic (baseline: 604 patients and 1,466 visits in CY 2021) | <ul style="list-style-type: none"> Not Available |
| | | <ul style="list-style-type: none"> # of patients served and # of unique visits through the McLean County Health Department (baseline: 2,397 visits in CY 2021) | <ul style="list-style-type: none"> 1,178 patients / 2,721 visits |
| | | <ul style="list-style-type: none"> # of patients served and unique visits through Chestnut Family Health Center (baseline: to be established) | <ul style="list-style-type: none"> 0 patients / 0 unique visits. CY 2023 opening delayed by renovations. |
| | | <p><u>Intervention 2.1: Outcome Indicators</u></p> <ul style="list-style-type: none"> Not available | |
| | <p><u>Intervention 2.2: Expand performance of Fluoride application in Pediatric and Primary Care Settings serving low-income pediatric McLean County residents</u></p> <p>Evidence:</p> | <p><u>Intervention 2.2: Process Indicators</u></p> <ul style="list-style-type: none"> # of primary care/ pediatric practices performing fluoride applications in the primary care/ pediatric settings (baseline: 3 practices - Carle | <p><u>Intervention 2.2 Outcomes:</u></p> <ul style="list-style-type: none"> 3 practices (Carle Pediatrics Bloomington, Carle Family Medicine Bloomington and OSF Medical Group Pediatrics) |

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| | https://pediatrics.aappublications.org/content/15/1/e69 | Pediatrics Bloomington, Carle Family Medicine Bloomington and OSF Medical Group Pediatrics established in CY 2021). | |
| | | <ul style="list-style-type: none"> # of pediatric patients receiving fluoride applications in the primary care/pediatric settings (baseline: 776 patients – 501 Carle Pediatrics Bloomington and 275 OSF Pediatrics) established in CY 2021). | <ul style="list-style-type: none"> 460 patients |
| | | <u>Intervention 2.2: Outcome Measures</u> <ul style="list-style-type: none"> Not Available | <ul style="list-style-type: none"> Not Available |
| | <u>Intervention 2.3: Expand performance of Caries Risk Assessments in Pediatric and Primary Care Settings serving low-income pediatric McLean County residents</u> | <u>Intervention 2.2: Process Indicators</u> <ul style="list-style-type: none"> # of pediatric patients receiving Caries Risk Assessment in the primary care setting at Chestnut Family Health Center (baseline: to be established) | <u>Intervention 2.3 Outcomes:</u> <ul style="list-style-type: none"> 4 patients |
| | | <ul style="list-style-type: none"> # of primary care/ pediatric practices performing Caries Risk Assessments on pediatric patients (baseline: to be established) | <ul style="list-style-type: none"> 1 practice (Chestnut Family Health Center) |
| | | <u>Intervention 2.2: Outcome Measures</u> | |

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| | | <ul style="list-style-type: none"> TBD | |
| <p>IMPACT OBJECTIVE #3:</p> <p>By 2026, Decrease the number of McLean County residents indicating that they do not seek care.</p> <ul style="list-style-type: none"> 3% of survey respondents indicated that they do not seek care when asked to choose the type of healthcare they use when they are sick | <p>STRATEGY 3: INCREASE SERVICE DELIVERY MODELS OUTSIDE BRICK AND MORTAR, FACE-TO-FACE SERVICES, TO INCREASE ACCESS AND AVAILABILITY OF COMMUNITY-BASED SERVICES FOR LOW INCOME MCLEAN COUNTY RESIDENTS.</p> | | |
| | <p>Intervention 3.1: Continue providing patients with options for virtual visits to support community members in accessing care.</p> <p><i>Evidence:</i></p> <p>http://www.healthycommunityalliance.org/promisepractice/index/viw?pid=3230</p> | <p>Intervention 3.1: Process Indicators</p> <ul style="list-style-type: none"> # of organizations offering virtual health services (baseline: 4 established in CY 2021). | <p>Intervention 3.1 Outcomes:</p> <ul style="list-style-type: none"> 4 organizations (Carle BroMenn Medical Center, Chestnut Health Systems, Community Health Care Clinic, OSF St. Joseph Medical Center) |
| | | <ul style="list-style-type: none"> # of unduplicated patients and # of unique virtual visits provided through Chestnut Family Health Center for primary care services (baseline of 714 unduplicated patients received 1,036 virtual primary care services in CY 2021). | <ul style="list-style-type: none"> 19 patients / 23 visits |
| | <ul style="list-style-type: none"> # of unduplicated patients and unique virtual visits provided through The Community Health Care Clinic (baseline: 647 unduplicated patients received 1,627 virtual visits in CY 2021) | <ul style="list-style-type: none"> Not Available | |

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| | | <ul style="list-style-type: none"> # of visits for adults and pediatric patients provided through OSF Healthcare (baseline of 14,808 total virtual visits provided – 14,038 for adults and 770 for pediatric patients in CY 2021) | <ul style="list-style-type: none"> 6,427 virtual visits (6,041 - adults and 386 – pediatrics) |
| | | <ul style="list-style-type: none"> # of unique virtual visits provided by Carle Physician Group (baseline of 75% of the 4,351 visits at Carle BroMenn Family Health Clinic were provided virtually in CY 2020. Baseline for Carle West Physician Group is to be established. | <ul style="list-style-type: none"> 1,308 virtual visits |
| | | <p><u>Intervention 3.1: Outcome Indicators</u></p> <ul style="list-style-type: none"> Not available | <ul style="list-style-type: none"> Not available |
| | <p><u>Intervention 3.2: Expand the use of mobile health in McLean County.</u></p> <p><i>Evidence:</i></p> <p>The scope and impact of mobile health clinics in the United States: a literature review - PMC (nih.gov)</p> <p>Carle Foundation Hospital :: Promising Practices :: Care-A-Van Mobile Medical Clinic (thehcn.net)</p> | <p><u>Intervention 3.2: Process Indicators</u></p> <ul style="list-style-type: none"> # of organizations with mobile units (baseline: to be established) | <p><u>Intervention 3.2 Outcomes:</u></p> <ul style="list-style-type: none"> 3 organizations (Carle Health, Chestnut Health Systems, McLean County Health Department) |
| | | <ul style="list-style-type: none"> # of sites hosting mobile clinics (baseline: to be established) | <ul style="list-style-type: none"> 11 sites (6 – Carle Health, 5 -Chestnut Health Systems) |
| | | <ul style="list-style-type: none"> # of mobile clinics days in operation (baseline: to be established) | <ul style="list-style-type: none"> 40 mobile clinic days (25 – Carle Health, 15 – Chestnut Health Systems) |

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| | | <ul style="list-style-type: none"> # of patients connected with a medical home (baseline: to be established) | <ul style="list-style-type: none"> 23 patients (2 – Carle Health; 26 signed up for Medicaid), 21 – Chestnut Health Systems) |
| | | <p><u>Intervention 3.2: Outcome Indicators</u></p> <ul style="list-style-type: none"> Not available | <ul style="list-style-type: none"> Not Available |
| | <p><u>Intervention 3.3: Chestnut Health Systems, through their work as a partner of the Medicaid Innovation Collaborative (MIC), will proactively connect Chestnut patients and community members covered under IL Medicaid to the OSF On-Call suite of services focused on introducing use of supportive technology devices and services to compliment and supplement traditional services.</u></p> <p><i>Evidence:</i> Pilot project</p> | <p><u>Intervention 3.3: Process Indicators</u></p> <ul style="list-style-type: none"> # of Chestnut patients connected with an OSF On-Call product (baseline: establish). | <p><u>Intervention 3.3 Outcomes:</u></p> <ul style="list-style-type: none"> 3 patients |
| | | <ul style="list-style-type: none"> # of McLean County residents with IL Medicaid connected with an OSF On-Call product (baseline: establish). | <ul style="list-style-type: none"> 0 residents |
| | | <p><u>Intervention 3.3: Outcome Indicators</u></p> <ul style="list-style-type: none"> TBD | <ul style="list-style-type: none"> Not Identified |

RELATED IMPROVEMENT PLAN EFFORTS

The following organizations received grants in 2023 for implementation in 2023/2024 or FY24 (May 1, 2023– April 30, 2024) from the John M. Scott Health Care Commission. The grants are tied to the health priorities selected for the 2022 McLean County Community Health Needs Assessment and the 2023 – 2025 McLean County Community Health Improvement Plan. The data below is for May 1 – October 31, 2023.

- Lifelong Access (Marcfirst) received a category II capital grant for pediatric sensory plan and interactive equipment; zero people were served during the above timeframe.
- Lifelong Access received a category II program grant for pediatric therapy; 30 people were served during the above timeframe.
- The Community Health Care Clinic received a category II program grant for their dental clinic; 138 people were served during the above timeframe.

- Faith In Action received a category II program grant for senior transportation and support services; 120 people were served during the above timeframe.
- The Promise Council received a category II program grant for the Student Health Care Program; 61 people were served during the above timeframe.
- The McLean County Health Department received a category II program grant for dental equipment; 1,461 people were served during the above timeframe.

A leader from both Carle BroMenn Medical Center and OSF St. Joseph Medical Center continued to serve on the City of Bloomington’s John M. Scott Health Care Commission Grants Committee.

Other related accomplishments:

- In 2023, Carle Health had several system wide Diversity, Equity and Inclusion (DEI) related accomplishments:
 - Over 17,000 employees completed a learning module on health equity.
 - Carle Health leadership participated in 3,300 hours of education through inclusive leadership forums; 101 leaders were Carle BroMenn Medical Center and Carle Eureka Hospital leaders accumulating 411 hours of education.
 - Carle Health employees participated in twice monthly multi-cultural DEI forums for a total of 1,000 hours.
 - Enhanced EMR to better capture accurate and inclusive REAL (race, ethnicity, language) and SOGI (sexual orientation and gender identity) data from patients
 - Removed race-based eGFR equation from clinical testing
 - Began screening for the social determinants of health (SDOH) in the inpatient setting in October 2023.
 - Hosted five Health Equity Grand Round sessions with a total of 969 participants. Sessions were available to community members for continuing education credits.
- In 2023, Carle BroMenn Medical Center and Prairie Pride Coalition continued to provide support to Central Illinois Friends to expand access to HIV and sexual health services at the Community Health Care Clinic.
- In 2023, Carle Cancer Institute Normal was awarded a grant from the Kay Yow Foundation for a position that was intended to take effect in 2023. This position will primarily be responsible for coordinating, implementing, and evaluating outreach activities for breast cancer screenings in the underserved areas of our community. This individual will serve as the liaison with community service agencies and churches to provide education and promote awareness of breast cancer screening. Recruitment efforts continued throughout 2023 to fill this position.
- In 2023, Carle Health provided mobile health services at six sites in McLean County for 372 clients. OSF St. Joseph Medical Center distributed 93 Smart Meals at the clinics.
- Carle BroMenn Medical Center and OSF HealthCare St. Joseph Medical Center continued to provide support for the Community Health Care Clinic (CHCC) in 2023. The CHCC is a free clinic which provides services to the medically underserved population of McLean County to ensure that all populations in the community have access to healthcare. All emergency room visits, diagnostic testing and hospital services are provided free of charge

by Carle BroMenn and OSF St. Joseph. Carle BroMenn also owns the building where the clinic is located and provides maintenance for the clinic at no charge. OSF provides human resources support for the clinic.

- Carle BroMenn Medical Center continued to lead the LGBTQ+ Community Advisory Council for Carle Health. The council fosters increased access to care by giving voice to the LGTBQ+ community and allies in order to provide more sensitive and respectful care.
- Carle Health submitted an application for the Healthcare Equality Index (HEI) in October 2023. HEI is the national LGBTQ+ benchmarking tool that evaluates healthcare facilities' policies and practices related to the equity and inclusion of their LGBTQ+ patients, visitors and employees. As a part of this the application process, leaders at each Carle Health hospital completed a three -hour executive briefing session on LGBTQ+ inclusive healthcare, and staff at Carle BroMenn Medical Center (previously designated under Advocate) completed over 60 hours of LGBTQ+ inclusion education.
- In 2023, Carle BroMenn Medical Center partnered with Habitat for Humanity of McLean County to sponsor a Healthcare House.
- In 2023, Carle BroMenn Medical Center, Carle Cancer Institute Normal and the American Cancer Society (ACS) continued to partner on ACS's Breast Health Advocate (BHA) pilot program that launched in October 2022. Breast Health Advocates are volunteers that work within their communities to help connect Black women to local screening resources and reduce later stage breast cancer diagnoses. By the end of 2023 four BHA's were trained.
- Carle Health staff members worked with the health committee of the local National Association for the Advancement of Colored People (NAACP) and the American Cancer Society in 2023, speaking and presenting on breast health at several major community events, including the Juneteenth celebration. Carle Health also hosted a lunch and learn educational event on Saturday, Aug. 5 at the Carle Cancer Institute Normal with 13 community members in attendance.
- In 2023, OSF St. Joseph Medical Center began a family medicine residency program in July 2023 with six new residents. For outpatient care, the residency program partnered with Chestnut Health Systems to provide comprehensive care of patients and their families at the Chestnut Family Health Center.
- In 2023, OSF St. Joseph Medical Center partnered with Illinois State University athletes to provide access to athletic trainers, sports medicine providers, orthopedic surgeons and behavioral health professionals.
- In 2023, OSF St. Joseph Medical Center partnered with the Springfield Clinic to enhance surgery options in McLean County.
- In 2023, OSF St. Joseph Medical Center offered various clinics for Unit 5 and District 87 families to reduce first day of school exclusion. School physicals with immunizations and sports physicals were offered.
- In 2023, OSF HealthCare had the following related accomplishments:
 - Partnered with Medica – a non-profit health plan operating across 12 states – to offer Medicare Advantage plans for patients in the community.
 - Offered OSF OnCall to the community to enhance virtual health care options as well as opportunities to coordinate with the community health workers.
 - Offered quarterly leadership training institute retreats focused on DEIB (Diversity, Equity, Inclusion, Belonging) for all leaders. Additionally, education was provided to all 24,000 employees on DEIB as ongoing cultural competency.
 - Implemented a social determinants of health assessment for adult patients admitted into the hospital in the last quarter of 2023.

- In 2023, Chestnut Health Systems’ Diversity and Inclusion Program had several related accomplishments:
 - Thirty percent of the workforce completed “Equity, Inclusion, and Cultural Humility” training, and 28 percent completed Safe Zone Training, an introduction to LGBTQ+ identities, gender and sexuality.
 - More than 350 hours of education were accumulated through Empowered Service trainings focused on health equity and workplace inclusion topics.
 - A dedicated budget was established for the DEI program to ensure sustainability.
 - The Chestnut DEI Committee was restructured and granted responsibility for managing New Employee Orientation DEI training and reviewing the Diversity & Inclusion Yearly Action Plan.
 - Policies were implemented that place clients in units of their choice based on their identified gender for detox, and men’s and women’s residential substance use treatment services.
 - A guide entitled Gender Affirmative Services for Transgender and Gender Diverse People was prepared and publicized.
 - Chestnut Health Systems revised its Equal Employment Policy (PP 40) to ensure explicit protection of mental health conditions and substance use disorders and revised its Sick Leave Policy (PP 1220) to recognize behavioral health needs as an appropriate use of sick leave.
 - A multifaith religious holiday calendar was developed and distributed to be used by Chestnut Health System’s employees in planning meetings and events.
- In 2023, Chestnut Health Systems sought and was awarded approval from the Health Resources Services Administration to add both Preventive Dental and Additional Dental services under FQHC scope for the 720 West Chestnut, Bloomington, address.
- Renovations were completed on Chestnut Health Systems’ 4,000 square foot facility located at 720 West Chestnut Street, Bloomington, to accommodate the new dental program. Renovations resulted in 10 dental operatories, one lab, one panoramic x-ray room, one vitals station, a waiting area and multiple administrative offices.
- The addition of the OSF Family Medicine Residency located at Chestnut Family Health Center in July 2023 resulted in an increase in capacity to serve additional lower income McLean County residents through six family medicine residents and three faculty.
- In 2023, Chestnut Health Systems was selected to participate in an eight-month technical assistance project through the National Council for Wellbeing focused on increasing access across Chestnut’s federally qualified health center (FQHC) and certified community behavioral health clinic (CCBHC) service lines.
- In 2023, Home Sweet Home Ministries hosted two learning collaborative sessions regarding medical respite for people experiencing homelessness. A total of 20 individuals with lived experience participated in these sessions.
- In 2023, Home Sweet Home Ministries partnered with Chestnut Health Systems to engage clients at the Junction via a health navigator through the Medicaid Innovation Collaboration (MIC) program. The health navigator meets with community members at the Junction who are looking to sign up for Medicaid, connect to a primary care doctor, and receive treatment for behavioral health and wellness issues.

- In 2023, Home Sweet Home Ministries partnered with the Mennonite College of Nursing at Illinois State University to engage clients at The Junction. Nursing interns engaged community members at The Junction by completing blood glucose testing, blood pressure checks, and fielding general health questions.

****The Four Organizations comprising the McLean County Executive Steering Committee—Carle BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department and OSF St. Joseph Medical Center—are all implied resources/partners for Access to Care.***

McLean County 2023 – 2025 Community Health Improvement Plan

2023 Progress Report: Behavioral Health

HEALTH PRIORITY: BEHAVIORAL HEALTH

GOAL: Further equitable, inclusive, and integrated systemic community approaches to behavioral health and well-being for our diverse community by 2026.

Related Social Determinants of Health: Access to Care; Housing Instability/Quality of Housing

OUTCOME OBJECTIVES: By 2026, reduce the number of deaths due to suicide and emergency room visits due to suicide and intentional self-inflicted injury.
By 2026, reduce the death rate due to drug poisoning and emergency room visits due to alcohol use.

Baseline

- 28 deaths due to suicide, McLean County Coroner’s Office, 2021.
- 47.7 emergency room visits per 10,000 population ages 18 years and older due to suicide and intentional self-inflicted injury (Conduent Healthy Communities Institute, Illinois Hospital Association, 2018 – 2020).
- 151.5 emergency room visits per 10,000 population 10 - 17 years of age due to adolescent suicide and self-inflicted injury (Conduent Healthy Communities Institute, Illinois Hospital Association, 2018 – 2020).
- 18.6 deaths/100,000 population due to drug poisoning, Conduent Healthy Communities Institute, County Health Rankings, 2017 - 2019
- 47.8 emergency room visits per 10,000 population 18 years and older due to alcohol use (Conduent Healthy Communities Institute, Illinois Hospital Association, 2018 – 2020).

State Health Improvement Plan (SHIP) 2021 Alignment

- *Build upon and improve local system integration.*
- *Improve the opportunity for people to be treated in the community rather than in institutions.*
- *Increase behavioral health literacy and decrease stigma.*
- *Reduce deaths due to behavioral health crises.*

| THREE YEAR MEASURES | STRATEGIES and INTERVENTIONS | ANNUAL EVALUATION MEASURES | PROGRESS IN 2023 |
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| <p>IMPACT OBJECTIVE #1:</p> <p>By 2026, increase the percent of McLean County residents reporting good mental health and feeling less sad, depressed, stressed or anxious.</p> <p>BASELINE DATA</p> <ul style="list-style-type: none"> Residents reported that their mental health was not good 4.0 days in the past 30 days (County Health Rankings, 2018) 24% of survey respondents reported their overall mental health as good (McLean County Community Health Survey, 2021) 23% of survey respondents reported feeling depressed for 3 or more days in the 30 days prior to the survey (McLean County Community Health Survey, 2021) 19% of survey respondents reported feeling stressed or anxious for 3 or more days in the 30 days prior to the survey (McLean County Community Health Survey, 2021) | <p>STRATEGY 1: SUPPORT EDUCATIONAL PROGRAMS AND MEDIA CAMPAIGNS AIMED AT REDUCING BEHAVIORAL HEALTH STIGMA, INCREASING MENTAL HEALTH AWARENESS AND/OR IMPROVING MENTAL HEALTH STATUS.</p> | | |
| | <p>Intervention 1.1: Offer Mental Health First Aid (MHFA) Courses to the Community (evidence- based program)</p> <p>Evidence: https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/mental-health-first-aid</p> | <p>Intervention 1.1: Process Indicators</p> <ul style="list-style-type: none"> # of MHFA for Older Adults courses offered (baseline: 1 course, 2021) | <p>Intervention 1.1 Outcomes</p> <ul style="list-style-type: none"> 1 course |
| | | <ul style="list-style-type: none"> # of MHFA courses sponsored by Carle BroMenn Medical Center (baseline: 3 courses –McLean County MHFA Collaborative, 2021) | <ul style="list-style-type: none"> 3 courses |
| | | <ul style="list-style-type: none"> # of MHFA courses sponsored by OSF St. Joseph Medical Center (baseline: 3 courses– McLean County MHFA Collaborative, 2021) | <ul style="list-style-type: none"> 4 courses |
| | | <ul style="list-style-type: none"> # of McLean County community members trained in MHFA per year (baseline: 323 community members, McLean County MHFA Collaborative, 2021) | <ul style="list-style-type: none"> 313 total community members; 265 through MHFA collaborative and 48 through the Regional Office of Education (ROE) |
| | | <ul style="list-style-type: none"> # of instructors trained to teach MHFA (baseline: 16 instructors – McLean County MHFA Collaborative, 2021) | <ul style="list-style-type: none"> 1 adult trainer and 3 youth trainers (1 from Carle BroMenn Medical Center) |

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| <ul style="list-style-type: none"> 40% of 8th, 10th and 12th grader students reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (Illinois Youth Survey, 2020) | | <p>Intervention 1.1: Outcome Indicators</p> <ul style="list-style-type: none"> % of MHFA course participants that “Agree” or “Strongly Agree” that they are More Confident About Being Aware of Their Own Views & Feelings About Mental Health Problems & Disorders (baseline: 94% of survey respondents-McLean County MHFA Collaborative, 2021) | <ul style="list-style-type: none"> 89% (83 individuals submitted an evaluation) |
| | | <ul style="list-style-type: none"> % of MHFA follow-up survey participants that still feel prepared to assist a person who may be dealing with a mental health problem or crisis to seek professional help (baseline: 70.7%, McLean County MHFA Collaborative, 2022) * The survey went to individuals who took a MHFA course within the last 6 years. | <ul style="list-style-type: none"> Follow-up survey not conducted in 2023 |
| | | <ul style="list-style-type: none"> % of MHFA follow-up survey participants that feel prepared to ask a person whether s/he is considering killing her/himself (baseline: 90.9%, McLean County MHFA Collaborative, 2022) | <ul style="list-style-type: none"> Follow-up survey not conducted in 2023 |
| | <p>Intervention 1.2: Offer National Alliance on Mental Health (NAMI) Ending the Silence in McLean County Public Schools (evidence-based program)</p> <p>Evidence: https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/universal-school-based-suicide-awareness-education-programs</p> | <p>Intervention 1.2: Process Indicators</p> <ul style="list-style-type: none"> # of public schools in McLean County where Ending the Silence is implemented (baseline: 20 public schools, Project Oz, 2021) # of students in McLean County public schools participating in Ending the Silence (baseline: 3,317 students, Project Oz, 2021) | <p>Intervention 1.2 Outcomes</p> <ul style="list-style-type: none"> 20 public schools 3,256 students |
| | | <p>Intervention 1.2: Outcome Indicators</p> | |
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| | | <ul style="list-style-type: none"> • % of Ending the Silence student participants agreeing with the following statement, “As a result of this presentation, I know how to help myself or a friend if I notice any of the warning signs” (baseline: 89% of students, Project Oz, 2021) | <ul style="list-style-type: none"> • 92% |
| | | <ul style="list-style-type: none"> • % of Ending the Silence student participants agreeing with the following statement, “I know the early warning signs of mental illness” (baseline: 90% of students, Project Oz, 2021) | <ul style="list-style-type: none"> • 92% |
| | | <ul style="list-style-type: none"> • % of students reaching out for help as a direct result of Ending the Silence presentations (baseline: 12.2% of 2,476 students who completed an evaluation, Project Oz, 2021) | <ul style="list-style-type: none"> • 14.2% |
| | Intervention 1.3: Convene an annual Behavioral Health Forum for the Community | Intervention 1.3: Process Indicators | Intervention 1.3 Outcomes |
| | | <ul style="list-style-type: none"> • # of community members attending the forum (baseline: 142 community members for 7 virtual sessions, McLean County Government, Fall, 2021) | <ul style="list-style-type: none"> • 246 community members |
| | | Intervention 1.3: Outcome Indicators | |
| | | <ul style="list-style-type: none"> • Not available | |
| | Intervention 1.4: To support McLean County in creating a trauma-informed and resilience-oriented county through helping individuals and communities build resilience and organizations become trauma-informed. | Intervention 1.4: Process Indicators | Intervention 1.4 Outcome |
| | | <ul style="list-style-type: none"> • # of organizations on RISE (Resilience Inspires and Spreads to Everyone) core team (baseline: 17 organizations, 2022, McLean County Government) | <ul style="list-style-type: none"> • 17 organizations |

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| | <p>Evidence:</p> <p>Trauma-informed approaches to community building County Health Rankings & Roadmaps</p> <p>https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/trauma-informed-schools</p> | <ul style="list-style-type: none"> Establish a baseline for the # of community trainings conducted to increase trauma awareness | <ul style="list-style-type: none"> 7 presentations focused on increasing trauma awareness were held at the 2023 behavioral health forum |
| | | <ul style="list-style-type: none"> Initiate a trauma awareness social media campaign and online presence and establish a baseline for engagements and/or website utilization | <ul style="list-style-type: none"> Launched the RISE website on mcleancountyil.gov |
| | | <p>Intervention 1.4: Outcome Indicators</p> <ul style="list-style-type: none"> Not available | |
| | <p>Intervention 1.5: Conduct a Behavioral Health Social Media Campaign</p> <p>Bi-monthly social media messages will be posted with collaborating agencies being tagged to share the same message.</p> | <p>Intervention 1.5: Process Indicators</p> <ul style="list-style-type: none"> # of individuals reached on Facebook (baseline: 2,689 individuals, Chestnut Health Systems, January and October – December, 2021) | <p>Intervention 1.5 Outcomes</p> <ul style="list-style-type: none"> 86,903 individuals <p>Note: due to a technical glitch, collaborative organizations were not tagged on posts; data is only for Chestnut Health Systems</p> |
| | | <ul style="list-style-type: none"> # of Facebook engagements (baseline: 1,000 engagements, Chestnut Health Systems, January and October – December 2021) | <ul style="list-style-type: none"> 3,760 engagements |
| | | <ul style="list-style-type: none"> # of individuals reached on Twitter (baseline: 2,533 individuals, Chestnut | <ul style="list-style-type: none"> 717 individuals |

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| | | Health Systems, January, and October – December 2021) | |
| | | <ul style="list-style-type: none"> # of Twitter engagements (58 engagements, Chestnut Health Systems, January, and October – December 2021) | <ul style="list-style-type: none"> 7 engagements |
| | | <ul style="list-style-type: none"> # of individuals reached on LinkedIn (baseline: 1,057 individuals, Chestnut Health Systems, October – December 2021) | <ul style="list-style-type: none"> 1,430 individuals |
| | | <ul style="list-style-type: none"> # of LinkedIn engagements (59 engagements, Chestnut Health Systems, October – December 2021) | <ul style="list-style-type: none"> 18 engagements |
| | | <p><u>Intervention 1.5: Outcome Indicators</u></p> <ul style="list-style-type: none"> Not available | |
| <p>IMPACT OBJECTIVE #2:</p> <p>By 2026, decrease the percent of McLean County residents reporting heavy or binge drinking and the use of any type of substance.</p> | <p>STRATEGY 2: SUPPORT DRUG AND ALCOHOL EDUCATIONAL PROGRAMS and COLLABORATIVE COALITIONS TO INCREASE KNOWLEDGE AND DECREASE SUBSTANCE USE.</p> | | |
| <p>BASELINE DATA</p> <ul style="list-style-type: none"> 21.4% of adults reported heavy or binge drinking (County Health Rankings, 2018) 7% of survey respondents reported using marijuana one or | <p><u>Intervention 2.1: Offer Too Good for Drugs in McLean County Public Schools (evidence-based program)</u></p> <p>Evidence:</p> <p>http://www.toogoodprograms.org/too-good/evidence-base/</p> | <p><u>Intervention 2.1: Process Indicators</u></p> <ul style="list-style-type: none"> # of public-school districts in McLean County where Too Good for Drugs is implemented (baseline: 7 public school districts, Project Oz, 2021) # of students in McLean County public schools participating in Too Good for Drugs (baseline: 2,473 Project Oz, 2021) | <p><u>Intervention 2.1 Outcomes</u></p> <ul style="list-style-type: none"> 8 public school districts 2,986 students |
| | | <p><u>Intervention 2.1: Outcome Indicator(s)</u></p> | |

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| <p>more times/day (McLean County Community Health Survey, 2021)</p> <ul style="list-style-type: none"> • 21% of survey respondents reported having an alcoholic drink one or more times/day (McLean County Community Health Survey, 2021) • 1% of survey respondents reported the use of illegal substances one or more times/day (McLean County Community Health Survey, 2021) • 7% of survey respondents reported the improper use of prescription medication one or more times/day (McLean County Community Health Survey, 2021) • 53% of 12th grade students reported that they have used any type of substance in the past year (Illinois Youth Survey, 2020) • 26% of 12th grade students reported that they drank alcohol during the 30 days prior to the survey (Illinois Youth Survey, 2020) | <p>Intervention 2.2: Coordinate Recovery Oriented Systems of Care (ROSC) community-based recovery services in McLean County for the following behavioral health areas: Behavioral Health & Wellness, Sober Living, Spirituality, Recovery Recreation, Diversity in Recovery and various activities organized by the McLean County ROSC.</p> <p><u>Evidence:</u></p> <p>Strategic Prevention Framework SAMHSA</p> <p>William White Papers Chestnut Health Systems</p> | <ul style="list-style-type: none"> • Average improvement in student pre and post-test scores for Too Good for Drugs (baseline: +2.67, Project Oz, 2021) <p>Intervention 2.2: Process Indicators</p> <ul style="list-style-type: none"> • # of community sectors participating in ROSC council meetings. (baseline: establish) • # of recovery recreational activities offered (baseline: establish) • # of unduplicated participants attending recovery recreational activities (baseline: establish) <p>Intervention 2.2: Outcome Indicator(s)</p> <ul style="list-style-type: none"> • Not available | <ul style="list-style-type: none"> • +2.24 <p>Intervention 2.2 Outcomes</p> <ul style="list-style-type: none"> • 24 community sectors • 19 recovery recreational activities • 149 unduplicated participants |
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| <ul style="list-style-type: none"> • 16% of 12th grade students reported using marijuana 1 or more times in the past 30 days (Illinois Youth Survey, 2020) • 18.6 deaths/100,000 population are due to drug poisoning (Conduent Healthy Communities Institute, County Health Rankings, 2017 – 2019) | | | |
| <p><u>9IMPACT OBJECTIVE #3</u></p> <p>By 2026, increase access to behavioral health services in McLean County.</p> <p>BASELINE DATA</p> <ul style="list-style-type: none"> • 17% of McLean County residents reported that they needed counseling and were not able to get it (McLean County Community Health Survey, 2021) | <p>STRATEGY 3: INCREASE ACCESS TO BEHAVIORAL HEALTH SERVICES AT VARIOUS SITES WITHIN THE COMMUNITY.</p> <p><u>Intervention 3.1: Support on-site or integrated behavioral health at primary care offices</u></p> <p>Evidence:</p> <p>https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/behavioral-health-primary-care-integration</p> <p><u>Intervention 3.2: Support Telepsychiatry</u></p> <p>Evidence:</p> <p>https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/telemental-health-services</p> | <p><u>Intervention 3.1: Process Indicators</u></p> <ul style="list-style-type: none"> • # of organizations that have integrated or co-located behavioral health services at primary care locations (baseline: 2 organizations; Chestnut Family Health Center and OSF Medical Group Primary Care Offices, 2022) <p><u>Intervention 3.1: Outcome Indicators</u></p> <ul style="list-style-type: none"> • Not available <p><u>Intervention 3.2: Process Indicators</u></p> <ul style="list-style-type: none"> • # of sites where telepsychiatry is available (baseline: 6 sites, 2021) | <p><u>Intervention 3.1 Outcomes</u></p> <ul style="list-style-type: none"> • 3 organizations (Center for Youth and Family Solutions provides services at The Community Health Care Clinic) <p><u>Intervention 3.2 Outcomes</u></p> <ul style="list-style-type: none"> • 6 sites Carle BroMenn Medical Center, Center for Youth and Family Solutions (services ended in April 2023), Chestnut Health Systems, McLean County |

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| | | | Government, McLean County Jail, OSF St. Joseph Medical Center |
| | | <ul style="list-style-type: none"> # of individuals receiving services via telepsychiatry (baseline: 1,979 individuals, 2021) | <ul style="list-style-type: none"> Total of at least 1,545 individuals 25 youth with 83 hours from January – April 30, 2023. Services ended in April- <i>Center for Youth and Family Solutions</i> 121 individuals and 171 services – <i>McLean County Center for Human Services</i> 20.5 hours - <i>Carle BroMenn Medical Center</i>; # of individuals not available 97 individuals with 317 visits <i>McLean County Jail</i> 11 individuals with 73 visits <i>McLean County Government</i> 1,012 unique individuals with 3,337 visits <i>Carle BroMenn Behavioral Health Bloomington</i> |

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| | | | <p>279 individuals received 501 remote/virtual psychiatry visits– <i>Chestnut Family Health Center</i></p> <p>2,222 remote visits – (2,054 adults, 168 pediatrics) <i>OSF Medical Group Behavioral Health.</i></p> |
| | | <p>Intervention 3.2: Outcome Indicator(s)</p> <ul style="list-style-type: none"> • Not available | |
| | <p>Intervention 3.3: Support Frequent Users System Engagement (FUSE)</p> <p>FUSE is a program designed to break the cycle of homelessness and crisis among individuals with complex medical and behavioral health challenges who are intersecting the justice, homeless or emergency systems of care frequently.</p> <p>Evidence:</p> <p>https://www.csh.org/fuse/</p> | <p>Intervention 3.3: Process Indicators</p> <ul style="list-style-type: none"> • # of FUSE participants (baseline: average of 10 participants, McLean County Government, 2021) <p>Intervention 3.3: Outcome Indicators</p> <ul style="list-style-type: none"> • Decrease in mental health emergency room visits pre-FUSE (18 months prior to joining FUSE) versus post-FUSE (baseline: 60 mental health emergency room visits pre-FUSE versus 13 visits post-FUSE, McLean County Government, 2021) • Reduction in # of justice contacts (baseline: 46 justice contacts pre-FUSE (18 months prior to joining FUSE) versus 8 justice contacts post-FUSE, McLean County Government, 2021) • Decrease in shelter bed days (baseline: 2,502 shelter bed days pre-FUSE (18 months prior to joining FUSE) versus 62 shelter bed days post-FUSE, McLean County Government, 2021) | <p>Intervention 3.3 Outcomes</p> <ul style="list-style-type: none"> • 23 FUSE participants • 3.7 contacts/visits pre-FUSE versus .55 contacts/visits post-FUSE • 3.22 contacts pre-FUSE versus .43 post-FUSE • 1.7 shelter bed days pre-FUSE versus .22 shelter bed days post-FUSE |

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| <p>Intervention 3.4: Support Behavioral Health Urgent Care (formerly the Triage Center)</p> <p>Behavioral Health Urgent Care is a walk-in option for individuals experiencing a behavioral health crisis.</p> <p>Evidence:</p> <p>https://www.nlc.org/resource/triage-centers-as-alternatives-to-jail-for-people-in-behavioral-health-crisis/</p> <p>https://www.gicpp.org/pdfs/2013-007-final-20130930.pdf</p> | <p>Intervention 3.4: Process Indicators</p> <ul style="list-style-type: none"> # of clients served (baseline: 296 clients, McLean County Government, 2021) | <p>Intervention 3.4 Outcomes</p> <ul style="list-style-type: none"> 64 clients |
| | <ul style="list-style-type: none"> Total # of client services | <ul style="list-style-type: none"> 347 services |
| | <ul style="list-style-type: none"> Average number of services per client (baseline to be established) | <ul style="list-style-type: none"> 4.4 services |
| | <p>Intervention 3.4: Outcome Indicator(s)</p> <ul style="list-style-type: none"> % of clients sent to the emergency room (baseline: .7%, McLean County Government, 2021) | <ul style="list-style-type: none"> 3% sent to ER (does not mean clients were admitted) |
| | <ul style="list-style-type: none"> % of client interactions that do not result in a psychiatric hospitalization (baseline: 99.3%, McLean County Government, 2021) | <ul style="list-style-type: none"> 97% |
| | <ul style="list-style-type: none"> % of client interactions that do not result in law enforcement involvement post initial hand-off (98.9%, McLean County Government, 2021) | <ul style="list-style-type: none"> 100% |
| <p>Intervention 3.5: Offer PEARLS to McLean County Older Adults in the home</p> <p>The Program to Encourage Active, Rewarding Lives (PEARLS) is a national evidence-based program for late-life depression.</p> | <p>Intervention 3.5: Process Indicators</p> <ul style="list-style-type: none"> # of persons served (baseline: 54 older adults, CCSI Case Coordination LLC, FY2021) | <p>Intervention 3.5 Outcomes</p> <ul style="list-style-type: none"> 0 people CCSI Case Coordination LLC was unable to hire a geriatric counselor in 2023 |

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| | <p>PEARLS brings high quality mental health care into community-based settings that reach vulnerable older adults.</p> <p>Evidence:</p> <p>https://depts.washington.edu/hprc/evidence-based-programs/pearls-program/pearls-evidence/</p> | <ul style="list-style-type: none"> # of units/hours for individuals in PEARLS (657 units/hours, CCSI Case Coordination LLC, FY2021) | <ul style="list-style-type: none"> 0 units/hours |
| | <p>Intervention 3.6: Support Embedded Behavioral Health in Schools</p> <p>Defined as a community agency providing services through a school setting in McLean County. Community agency can bill Medicaid or Medicare.</p> | <p>Intervention 3.5: Outcome Indicator(s)</p> <ul style="list-style-type: none"> Average PHQ-9 score pre-PEARLS versus six months post PEARLS (baseline to be established) | <ul style="list-style-type: none"> Not available |
| | | <p>Intervention 3.6: Process Indicators</p> <ul style="list-style-type: none"> Number of school districts with embedded behavioral health in schools (baseline: 5 school districts, Center for Human Services and Chestnut Health Systems, 2021) | <p>Intervention 3.6 Outcomes</p> <ul style="list-style-type: none"> 5 school districts <p><i>Chestnut Health Systems - Ridgeview CUSD#19</i></p> <ul style="list-style-type: none"> -Ridgeview Jr/Sr. High School -Ridgeview Elementary School <p><i>McLean County Center for Human Services – Bloomington District 87</i></p> <ul style="list-style-type: none"> -Bloomington High School -Bloomington Junior High School -Bent Elementary School -Irving Elementary School -Oakland Elementary School -Sarah Raymond Early Childhood Preschool -Sheridan Elementary School |

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| | | | <ul style="list-style-type: none"> -Stevenson Elementary School -Washington Elementary School <u>McLean County Unit</u> <u>District #5</u> -Normal West High School -Chiddix Junior High School -Evans Junior High School -Kingsley Junior High School -Parkside Junior High School -Fox Creek Elementary School -Oakdale Elementary School <u>Olympia CUSD #16</u> -Olympia High School - Olympia Middle School - Olympia North Elementary School - Olympia South Elementary School - Olympia West Elementary School <u>Lexington CUSD #7</u> -Lexington Elementary School -Lexington Junior High School |
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| | | | -Lexington High School |
| | | <ul style="list-style-type: none"> Number of students receiving counseling services in school setting through Embedded Behavioral Health in Schools (baseline: 928 students, Center for Human Services and Chestnut Health Systems, 2021) | <ul style="list-style-type: none"> 829 total students; 64 students (<i>Chestnut Health Systems</i>), 765 students <i>McLean County Center for Human Services</i> |
| | | <p><u>Intervention 3.6 Outcome Indicators</u></p> <ul style="list-style-type: none"> Not available | |
| | <p><u>Intervention 3.7: Support Central Illinois Bridge Academy</u></p> <p>Central Illinois Bridge Academy is a specialized alternative educational program under ROE #17 to serve adolescents in 7th through 12th grade with internalizing mental health concerns at risk for hospitalization, returning from hospitalization, or utilizing significant resources that exceed their school's ability. Students attend for full days, meet state standards for their academics through project based learning, with full access to case managers, therapist and sensory room on-site, as well as community connections for ongoing resources.</p> <p><i>Evidence:</i></p> | <p><u>Intervention 3.7: Process Indicators</u></p> <ul style="list-style-type: none"> The number of students served by Bridge Academy (baseline to be established) | <p><u>Intervention 3.7 Outcomes</u></p> <ul style="list-style-type: none"> 2022-2023 school year: 32 students served. 2023-2024 school year: 30 students served (as of January 8, 2024) |
| | | <ul style="list-style-type: none"> The number of school districts and/or schools served within ROE (baseline to be established) | <ul style="list-style-type: none"> 11 districts served as of January 8, 2024; 12 total districts served since opening Fall 2022 |
| | | <p><u>Intervention 3.7 Outcome Indicators</u></p> <ul style="list-style-type: none"> The average percentage of full-day attendance pre-Bridge Academy enrollment versus post Bridge Academy enrollment (baseline to be established) | <ul style="list-style-type: none"> 63% pre-Bridge Academy versus 77% post-Bridge Academy; 21 students have a current increase in attendance compared |

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| | <p>https://safesupportivelearning.ed.gov/sites/default/files/13-ImpSchMnHlthSprtBtPrt-508_0.pdf</p> <p>https://store.samhsa.gov/sites/default/files/d7/priv/pep19-school-guide.pdf</p> <p>https://oschool.org/</p> | <ul style="list-style-type: none"> GAD-7 scores and PHQ data upon enrollment at Bridge Academy versus one-year post-Bridge Academy enrollment (or upon 9 transition back to the referring school, whichever one comes sooner) (baseline to be established) | <p>to prior year attendance</p> <ul style="list-style-type: none"> Bridge Academy transitioned in the 2023 - 2024 school year to the Behavioral Assessment System for Children 3rd Edition (BASC-3) for a more comprehensive assessment. In future reporting years, Bridge Academy will provide BASC-3 comparisons. |
| | <p>Intervention 3.8: Improve collaboration and close service gaps for residents 18+ with significant mental health related service needs.</p> <p>Chestnut Health Systems and the Center for Human Services will use SAMHSA Certified Community Behavioral Health Clinic (CCBHC) funding to improve collaboration between the two organizations and close service gaps for 305 unduplicated adults over the next four years.</p> | <p>Intervention 3.8: Process Indicators</p> <ul style="list-style-type: none"> # of unduplicated patients served through the collaboration (baseline: establish) | <p>Intervention 3.8 Outcomes</p> <ul style="list-style-type: none"> 65 patients |
| | <p>Evidence:</p> <p>https://www.samhsa.gov/section-223/quality-measures</p> | <p>Intervention 3.8: Outcome Indicators</p> <ul style="list-style-type: none"> Within six months of funding, establish Consumer/Family Committee comprised of clients from both organizations to | <ul style="list-style-type: none"> Established and ongoing |

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| | https://www.thenationalcouncil.org/program/ccb-hc-success-center/ | meaningfully involve consumers in service development and provision. | |
| | | <ul style="list-style-type: none"> • Creation and implementation of shared care team and clinical model to support patient-centered and coordinated provision of core CCBHC services. | <ul style="list-style-type: none"> • Established and ongoing |

2023 RELATED ACCOMPLISHMENTS

The following organizations received grants in 2023 for implementation in 2023/2024 or FY24 (May 1, 2023– April 30, 2024) from the John M. Scott Health Care Commission. The grants are tied to the health priorities selected for the 2022 McLean County Community Health Needs Assessment and the 2023 – 2025 McLean County Community Health Improvement Plan. The data below is for May 1 – October 31, 2023.

- The Center for Youth and Family Solutions received a category II program grant for child, adolescent, and family behavioral health services; 274 people were served during the above timeframe.
- Project Oz received a category II program grant for the Transitional Living Program for Homeless Youth; 37 people were served during the above timeframe.
- INtegrity Counseling, Inc. received a category II program grant for a counseling program; 242 people were served during the above timeframe.
- YouthBuild of McLean County received a category II program grant for mental health services and interventions; 63 people were served during the above timeframe.
- Girl Scouts of Central Illinois received a category II program grant for a social emotional learning program; 16 people were served during the above timeframe.

A leader from both Carle BroMenn Medical Center and OSF St. Joseph Medical Center continued to serve on the City of Bloomington’s John M. Scott Health Care Commission Grants Committee.

Other related accomplishments

- In 2023, the Center for Youth and Family Solutions began accepting referrals for the provision of care coordination services for youth eligible for the Pathways to Success program, building on the already existing CAT team care coordination services. This program provides wraparound care coordination to publicly funded youth with more intensive behavioral health needs.
- In 2023, 19 students completed the Certified Recovery Support Specialist (CRSS) program at Heartland Community College. The CRSS program prepares students for entry-level positions as behavioral health workers, specifically in the areas of substance abuse and mental health disorders recovery. Recovery Support Specialists work in a variety of capacities, such as outpatient drug and alcohol treatment, sobriety maintenance settings like sober houses, and

behavioral health. Five students completed a (minimum) 300-hour internship in 2023 at the following sites: Chestnut Health Systems, UnityPoint Healthcare and McLean County Center for Human Services.

- In 2023, OSF HealthCare implemented a new evidence-based program called COPE (Creating Opportunities for Personal Empowerment) to help teens utilize cognitive behavior skills to improve stressful situations. Four classes were held and there were 37 visits.
- In 2023, an employee of OSF St. Joseph Medical Center became trained in COPE (Creating Opportunities for Personal Empowerment) which focused on implementing invention strategies for teens who struggle with depression, anxiety, and stress. This evidence-based program was founded by Dr. Bernadette Melnyk.
- Brightpoint's The Butterfly Project is an in-home counseling and case management program for youth ages 0 - 18 years who have been exposed to domestic violence. In 2023 The Butterfly Project secured funding through an existing grant to offer additional case management services and individual counseling for caregivers of the program. The hope is that this wrap around approach of case management, dyadic/family counseling, and individual counseling for the caregivers can honor all of the family's needs as they heal from abuse.
- In 2023, The Center for Youth and Family Solutions embedded two Spanish-speaking counseling interns at the Community Health Care Clinic (CHCC) to provide behavioral health services to primarily Spanish-speaking clients. The partnership will continue with a full-time therapist co-located at CHCC in 2024.
- In 2023, CCSI Case Coordination LLC expanded Caregiver Advisory Services to include healthy aging programs for *Stress Busters for Caregivers of loved ones with Dementia* and *Bingocize*. Under the Reducing Social Isolation Pilot Project, CCSI also expanded the *Brain Train* program to two additional locations, Leroy Living Well United, and Chenoa Public Library. In addition to the already offered services of Case Management, Community Care Program, Senior Health Insurance Program Counseling, Senior Information Services and Outreach, Choices for Care Screens, Health Aging Programs, Caregiver Advisory and Geriatric Counseling, expansion of Brain Train and Caregiver services will continue to ensure independence for adults over the age of 60 and those adults under 60 with disabilities in McLean County.
- In 2023, Bloomington School District 87 had the following related accomplishments which are outlined below:
 - Secured the Healing IL Grant which will be utilized to hold listening circles for staff, students, and families at Bloomington Junior High School in the spring of 2024.
 - Developed and trained Bloomington High School students in Peer Mediation which will begin as an alternative to punitive consequences in 2024.
 - Established a partnership with Cartwheel, a telehealth mental health provider, which will help service the district's multilingual population since there are limited Spanish-speaking therapists in McLean County.
 - Bloomington School District 87's internal Mental Health First Aid (MHFA) instructors held three Youth Mental Health First Aid courses for 46 staff. The district has four MHFA trainers.
- In 2023, McLean County Unit District #5 had the following related accomplishments which are outlined below:
 - Formed a Suicide Prevention and Mental Health Awareness Committee to enhance professional learning for staff, provide education for students, improve identification and referral processes and increase interventions.
 - Added an additional Youth Mental Health First Aid trainer to better serve the needs of staff.
- In 2023, Carle Behavioral Health Bloomington had the following related accomplishments which are outlined below:

- A Carle Behavioral Health Bloomington psychiatrist provided onsite psychiatry visits for adults for a brief period at two local homeless shelters. The psychiatrist also worked with a medical student and a master’s in social work student to pilot a dialectical behavioral therapy (DBT) group at Home Sweet Home Ministries (HSH). This is a specific type of clinical therapy group that gives people actionable steps and resources to manage mental health. The psychiatrist continues to provide services at HSM.
- A Carle Behavioral Health Bloomington psychiatrist provided educational sessions on psychopharmacology for local Carle primary care physicians. Eight sessions were conducted for approximately 30 primary care physicians and family medicine residents.
- On May 5, 2023, a Carle Behavioral Health Bloomington psychiatrist, in partnership with University of Iowa Stead Family Children’s Hospital and Child Health Specialty Clinics, conducted an eight-hour virtual training entitled, *Reviewing Up-to-Date Child Psychiatric Information for a Post-Pandemic World* to approximately 500 participants.
- In June 2023, the Coordinator of Faith Community Relations/Senior Chaplain at Carle Health became a certified Youth Mental Health First Aid instructor.
- As part of a grant through LifeLong Access, a Carle psychologist was provided free training and certification in Parent-Child Interaction Therapy in 2023 and began providing those services at Carle.
- In 2023, Carle Behavioral Health Bloomington and United Way of McLean County continued their partnership entitled *ThriveMind* to increase rural access to behavioral health services for kindergarten through twelfth grade students, who do not readily have access to these services, at Olympia, Ridgeview and Lexington schools. As a part of the collaboration, 22 students received counseling services at no charge and without a limit on the number of services received.
- In September 2023, the McLean County Center for Human Services received a four-year Certified Community Behavioral Health Clinic (CCBHC) planning, development, and implementation grant from the Division of Substance Use Prevention and Recovery. The grant aims to assist clinics to establish and implement new CCBHC programs. The purpose of this program is to transform community behavioral health systems and provide comprehensive, coordinated behavioral health care.
- In 2023, the McLean County Center for Human Services (CHS) received a grant from the Division of Substance Use Prevention and Recovery to develop a recovery community center to provide peer led support services to community members with substance use disorders and their family members/support system. A New Horizon at CHS opened in October 2023 and provides group and individual support.
- In 2023, the Regional Office of Education #17 had the following related accomplishments:
 - Secured county funding to pilot embedded child psychiatry services at two area schools. The services will start in winter 2024 and will be provided by Carle Behavioral Health Bloomington child psychiatrists.
 - Resumed Behavioral Health in Schools group.
 - Hosted professional development (PD) sessions for educators and community members in 2023.
 - Hosted six Youth Mental Health First Aid (MHFA) courses with McLean County Board of Health funding July through December 2023.
 - Began process to implement universal screening tool in McLean County schools as part of SAMHSA System of Care grant through McLean County government.
 - Bridge Academy had 9 students attend a 2-week June summer camp voluntarily.
- In 2023, McLean County Government had the following related accomplishments:

- Funded the Behavioral Health Urgent Care Center through its first full year and the Bridge Academy through its last phase of a successful step-down process.
- Issued a Professional Service Request for FUSE Psychiatric Prescriber Services and held the Behavioral Health Forum at Illinois State University to keep taxpayer funds local.
- Received a \$2.1 million dollar SAMHSA System of Care Grant for Youth Services.
- Facilitated five reoccurring Mental Health Action Plan Workgroups across various priority areas.
- Hired a Grant Specialist to assist with community-wide grant identification and application.
- Continued expansion of the FUSE program with the addition of a new case manager and started a FUSE Data Analysis Project with Dr. Frank Beck and the Stevenson Center.
- In 2023, McLean County Recovery Oriented System of Care (ROSC) had the following related accomplishments:
 - Partnered with four organizations, Center for Human Services, LifeCil, ISU police and Chestnut Residential Treatment for collection of professional clothing items.
 - Developed a “One Stop and Shop” app and The McLean County Sober Social Guide for resources in McLean County that serves as a tourist guide to fun activities and events that support sobriety and recovery.
 - Hosted six community presentations on topics such as trauma informed care and stigmatizing language.
 - Hosted six sober social events and participated in seven resource/health fairs at various locations.
- In November, 2023, six individuals from the Invest Health team attended a national convening in Nashville. The individuals represented the following organizations; Carle BroMenn Medical Center, Chestnut Health Systems, City of Bloomington, Home Sweet Home Ministries, McLean County Government and McLean County Regional Planning Commission. Invest Health is an initiative through the Robert Wood Johnson Foundation and the Reinvestment Fund which includes 50 small to mid-size cities. The purpose of Invest Health is to bring multi-sector partners together to bridge the gap between community development and health and to provide an opportunity to transform the way local leaders work together to make changes to the built environment in low-income neighborhoods to improve resident health and well-being.
- In 2023, Project Oz had the following related accomplishments:
 - Received new funds from the Illinois Department of Human Services to expand services for runaway and homeless youth. These grants will double the transitional living capacity, provide new prevention services to justice-involved youth, and expand outreach to homeless youth.
 - Continued to offer the Youth Empowered Schools (YES) program. With counselors in six schools last year, the YES staff offered individualized support for over 900 students. At the high school level, 100% of students on the intensive caseload graduated and 82% were promoted to the next grade on-time at the end of the year. To help support an inclusive and equitable school climate, Project OZ staff also facilitated 155 restorative circles or mediations to resolve conflicts, had over 200 classroom coaching contacts to support the use of restorative practices in the classroom, and offered 11 formal trainings on restorative practices for school staff.
 - Expanded the capacity of Ending the Silence through the addition of a second staff member. This increased the sustainability of the program by providing staff time for tasks related to providing the program.

- Provided mental health education for approximately 150 community members. This included a presentation of NAMI Ending the Silence for Families at the Annual Behavioral Health Forum, a presentation for the Juvenile Detention Center, multiple sessions of Mental Health First Aid and Youth Mental Health First Aid, and participation in panel discussions hosted by the McLean County Health Department, Illinois Wesleyan University, and Illinois State University.
- Created a virtual resource packet with content that supplements classroom instruction. The packet includes a frequently asked questions guide, links for educational videos, information about resources, and a virtual self-care package that contains journal prompts, positive affirmations, instructions for practicing coping skills, and more. It also includes a mental health reading guide that features book recommendations from the Normal Public Library. The resource packet is shared with students, teachers, and school counselors.
- In 2023, OSF HealthCare added two new embedded therapists in primary care offices in Bloomington. Patients are being seen for behavioral health services at Ft. Jesse, College Avenue (Internal Medicine and Family Medicine), St. Joseph Drive, and Bradford Lane locations.
- The affiliation with Illinois State University Athletics was finalized in 2023, leading to OSF HealthCare being the provider of behavioral health services for ISU Athletics.

****The Four Organizations comprising the McLean County Executive Steering Committee—Carle BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department and OSF St. Joseph Medical Center—are all implied resources/partners for Behavioral Health.***

2023 – 2025 McLean County Community Health Improvement Plan

2023 Progress Report: Healthy Eating/Active Living

| HEALTH PRIORITY: HEALTHY EATING/ACTIVE LIVING (HEAL) | | | |
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| GOAL: Promote equitable opportunities to access healthy eating and active living to strengthen the health and wellbeing of our diverse community by 2026. Social Determinants of Health Areas of Focus: Food Insecurity, Social Isolation | | | |
| Related Social Determinants of Health: Food Insecurity, Transportation | | | |
| OUTCOME OBJECTIVE: By 2026, maintain or increase the percentage of people living at a healthy body weight in McLean County. | | | |
| Baseline <ul style="list-style-type: none"> Adults: 32% of McLean County adults are classified as obese (County Health Rankings, 2022) Adolescents: 11% of 8th graders, 9% of 10th graders, 6% of 12th graders in McLean County are obese (Illinois Youth Survey, 2020) | | | |
| <u>State Health Improvement Plan (SHIP)</u> <ul style="list-style-type: none"> Increase opportunities for healthy eating. Increase opportunities for active living. Increase opportunities for chronic conditions prevention and wellness. | | | |
| THREE YEAR MEASURES | STRATEGIES and INTERVENTIONS | ANNUAL EVALUATION MEASURES | PROGRESS IN 2023 |
| IMPACT OBJECTIVE #1: By 2026, increase opportunities for healthy eating. | STRATEGY #1: SUPPORT, PROMOTE, AND EDUCATE THE COMMUNITY ABOUT THE AVAILABILITY AND ACCESSIBILITY OF FRUITS AND VEGETABLES IN MCLEAN COUNTY. | | |
| BASELINE DATA | <u>Intervention 1.1: Develop and share educational tools and programs to assist in</u> | <u>Intervention 1.1: Process Indicators</u> | <u>Intervention 1.1 Outcomes:</u> |

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| <ul style="list-style-type: none"> 32% of adults (18+) are obese; 34.6% of adults (18+) are obese in the 10 High Health Equity Needs ZIP codes with a 4-5 ranking (Conduent Healthy Communities Institute, County Health Rankings, 2022 and CDC – Places, 2019) 94% of McLean County residents do not consume 5+ servings of fruit and vegetables per day; citing transportation issues or “don’t like”. (McLean County Community Health Survey, 2021) 9.5% of people in McLean County experience food insecurity (Conduent Healthy Communities Institute, Feeding America, 2019) An average of 30 percent of 8th, 10th and 12th graders ate fruit two times per day | educating the community about healthier food choices | <ul style="list-style-type: none"> # of free programs that help identify how healthy foods are prepared (baseline: 83 free programs, 2021) # of participants who attend free programs on preparing healthy foods (baseline: 967 participants, 2021) # of paid programs that help identify how healthy foods are prepared (baseline: 3 paid programs, 2021) # of participants who attend programs (with a fee) preparing healthy foods (Baseline: 166 participants, 2021) | <ul style="list-style-type: none"> 227 events (OSF, Illinois Extension) 2,542 participants (OSF, Illinois Extension) 0 paid programs 0 participants | |
| | | <u>Intervention 1.1: Outcome Indicators</u> | <ul style="list-style-type: none"> Not available | |
| | | <u>Intervention 1.2: Promote awareness of local resources for healthy eating and access to healthy foods</u> | <u>Intervention 1.2: Process Indicators</u> <ul style="list-style-type: none"> # of promotional activities taking place to encourage healthy eating (QR code, newsletters, websites, chat boxes, social media, etc) (baseline: 6 activities, 2021) | <u>Intervention 1.2 Outcomes:</u> <ul style="list-style-type: none"> 7 activities (OSF, Illinois Extension) |
| | | | <u>Intervention 1.2: Outcome Indicators</u> | |
| | | | <ul style="list-style-type: none"> Not available | |
| | | <u>Intervention 1.3: Promote healthy food accessibility</u> | <u>Intervention 1.3: Process Indicators</u> Veggie Oasis: <ul style="list-style-type: none"> # of pounds of produce donated to the community | <u>Intervention 1.3 Outcomes:</u> <ul style="list-style-type: none"> 5,200 pounds |
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| <p>in the last seven days and an average of 12 percent ate three or more vegetables per day in the last seven days (Illinois Youth Survey, 2020)</p> | <p>Evidence: https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/community-gardens https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/healthy-food-initiatives-in-food-banks</p> | <p>OSF SmartMeals:</p> <ul style="list-style-type: none"> # of meals given (baseline: 1,637 meals, 2021) | <ul style="list-style-type: none"> 1,072 meals |
| | | <p>Midwest Food Bank:</p> <ul style="list-style-type: none"> # of cases of healthier foods donated (baseline: 200,784 cases, 2021) | <ul style="list-style-type: none"> 342,589 cases |
| | | <ul style="list-style-type: none"> # of organizations reached (baseline: 74 organizations, 2021) | <ul style="list-style-type: none"> 127 organizations |
| | | <p>Food Farmacy</p> <ul style="list-style-type: none"> # of members in program (baseline: 0 members, 2021) | <ul style="list-style-type: none"> 75 members |
| | | <ul style="list-style-type: none"> # of visits (baseline: 0 visits, 2021) | <ul style="list-style-type: none"> 260 visits |
| | | <p>Soup Kitchen:</p> <ul style="list-style-type: none"> # of participants who consume a salad (baseline: 7.986 participants, 2021) | <ul style="list-style-type: none"> 5,300 participants |
| | | <ul style="list-style-type: none"> % of healthier foods offered (baseline: 75% healthier foods offered, 2021) | <ul style="list-style-type: none"> 80% healthier foods |
| | | <ul style="list-style-type: none"> # of meals given: <ul style="list-style-type: none"> Lunch Dinner Sack Lunches (baselines to be established) | <ul style="list-style-type: none"> 6,740 meals 8,571 meals 10,200 meals |
| | | <p>Bread for Life Co-op:</p> | |

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| | | <ul style="list-style-type: none"> • # of visits | <ul style="list-style-type: none"> • 1,142 visits |
| | | <ul style="list-style-type: none"> • # of shopping carts (baselines to be established) | <ul style="list-style-type: none"> • 1,269 carts |
| | | <p>Community Gardens:</p> <ul style="list-style-type: none"> • # of pounds of produce donated (baseline: 2,722 pounds, 2021) | <ul style="list-style-type: none"> • 425 pounds (OSF) |
| | | <ul style="list-style-type: none"> • Establish a baseline for the locations of and number of community gardens | <ul style="list-style-type: none"> • 4 community gardens (OSF, Mid Central Community Action, Bloomington School District 87) |
| | | <p>Community Food Drives</p> <ul style="list-style-type: none"> • # of healthy food drives (baseline: 2 food drives, 2021) | <ul style="list-style-type: none"> • 3 events |
| | | <ul style="list-style-type: none"> • # of partnerships (baseline: no < 10 partnerships, 2021) | <ul style="list-style-type: none"> • 8 partnerships |
| | | <p>Farmer's Market</p> <ul style="list-style-type: none"> • # of Double Snap participants (baseline: 282 unique participants, 2021) | <ul style="list-style-type: none"> • 378 participants |
| | | <p>Prepared Food Boxes:</p> <ul style="list-style-type: none"> • # of boxes donated (baseline: 3700 boxes, 2021) | <ul style="list-style-type: none"> • 1,160 boxes |

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| | | <p>“Screen and Connect” tool in OSF Medical Group Offices</p> <ul style="list-style-type: none"> # of patients identified who are food insecure and referred to local entity (baseline to be established) | <ul style="list-style-type: none"> 998 patients (27,940 screened) |
| | | <p>OSF Peace Meal Senior Nutrition Program:</p> <ul style="list-style-type: none"> # of meals served (baseline: 112,846 meals, 2021) | <ul style="list-style-type: none"> 135,149 meals |
| | | <p><u>Intervention 1.3: Outcome Indicators (Peace Meal only)</u></p> <ul style="list-style-type: none"> % of clients who can stay home because meals are being delivered (baseline: 89.6%, 2021) | <ul style="list-style-type: none"> 98% stay at home |
| | | <ul style="list-style-type: none"> % of clients who are eating healthier due to the meals served (baseline: 88.9%, 2021) | <ul style="list-style-type: none"> 95% eat healthier |
| | | <p><u>Intervention 1.4: Process Indicators</u></p> <ul style="list-style-type: none"> # of free meals provided to students (baseline: 572,933 meals) # of reduced priced meals provided to students (baseline to be established) | <p><u>Intervention 1.4 Outcomes:</u></p> <ul style="list-style-type: none"> 618,900 free meals 23,363 reduced priced meals |
| | | <p><u>Intervention 1.4: Outcome Indicators</u> Not available</p> | |
| | <p>STRATEGY #2: PROMOTE ACTIVE LIVING IN THE WORKPLACE AND COMMUNITY.</p> | | |

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| <p>IMPACT OBJECTIVE #2: By 2023, increase opportunities for active living.</p> <p>BASELINE DATA:</p> <ul style="list-style-type: none"> Access to exercise opportunities <i>Adults:</i> 83.9% have access (Conduent Healthy Communities Institute, County Health Rankings, 2020) Physical Activity: <i>Adults:</i> 19.9% did not participate in any leisure-time physical activities in the past month (Conduent Healthy Communities Institute, County Health Rankings, 2019) 86% of McLean County residents are not meeting exercise guidelines (150 minutes per week); 28% report being too tired to exercise, 23% report they don't like to exercise (McLean County) | | | |
| | <p>Intervention 2.1: Promote access to wellbeing programs in the workplace</p> <p><i>Evidence:</i></p> <p>https://www.thecommunityguide.org/finding-s/obesity-worksite-programs</p> <p>https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/community-fitness-programs</p> | <p>Intervention 2.1: Process Indicators</p> <ul style="list-style-type: none"> # of employers offering at least 3 worksite wellbeing opportunities in the workplace per year (EAP, Employee Surveys, education programs) (baseline to be established) | <p>Intervention 2.1 Outcomes:</p> <ul style="list-style-type: none"> 15 employers |
| | | <p>Intervention 2.1: Outcome Indicators</p> <ul style="list-style-type: none"> Not available | <ul style="list-style-type: none"> Not available |
| | <p>Intervention 2.2: Promote access to wellbeing programs in the community</p> | <p>Intervention 2.2: Process Indicators</p> <ul style="list-style-type: none"> # of free programs/events promoting physical activity in the community | <p>Intervention 2.2 Outcomes:</p> <ul style="list-style-type: none"> 88 programs (OSF, Carle, Project Oz, Fleet Feet) |
| | | <ul style="list-style-type: none"> # of community members participating in free programs/events promoting physical activity | <ul style="list-style-type: none"> 7,625 community members (OSF, Carle, Project Oz) |
| | | <ul style="list-style-type: none"> # of visits at a local fitness center | <ul style="list-style-type: none"> 600,504 (Carle, Project Oz, OSF, YMCA) |
| | | <ul style="list-style-type: none"> # of participants who utilize the Constitution Trail | <ul style="list-style-type: none"> Not available |
| <p>Intervention 2.2: Outcome Indicators</p> <ul style="list-style-type: none"> Not available | | | |
| <p>Intervention 2.3: Offer A Matter of Balance to older adults</p> | <p>Intervention 2.3: Process Indicators</p> <ul style="list-style-type: none"> # of people participating in the A Matter of Balance course. | <p>Intervention 2.3 Outcomes:</p> <ul style="list-style-type: none"> 92 participants | |

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| <p>Community Health Survey, 2021)</p> <ul style="list-style-type: none"> An average of 22% of 8th, 10th and 12th graders were physically active for at least 60-minutes for 5 days, during the past 7 days (Illinois Youth Survey, 2020) An average of 27% of 8th, 10th and 12th graders reported being physically active for a total of 60 minutes per day for 7 days a week (Illinois Youth Survey, 2020) 140.6 hospitalizations/10,000 population 18+ years due to unintentional falls (Conduent Healthy Communities Institute, Illinois Hospital Association, 2018-2020) | <p>Evidence:</p> <p>https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-017-0509-8</p> | (baseline: 58 participants, 2021) | | | |
| | | <ul style="list-style-type: none"> # of Matter of Balance courses offered (baseline: 1 course) % of participants reported “feeling improved strength” (baseline: 55%, 2021) | <ul style="list-style-type: none"> 8 classes 88.3% | | |
| | | <p>Outcome Indicators 2.3:</p> <ul style="list-style-type: none"> % of participants reported “feeling a reduction in a fear of falling” (baseline: 94%, 2021) | <ul style="list-style-type: none"> 94.1% | | |
| | <p>Intervention 2.4: Offer Partnership in Health to individuals with developmental and intellectual disabilities and to their support workers</p> <p>Evidence:</p> <p>https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-10-18</p> | <p>Intervention 2.4: Process Indicators</p> <ul style="list-style-type: none"> # of people participating in the Partnership in Health program (baseline: 33 participants, Carle Health & Fitness Center, 2021) <p>Outcomes Indicators 2.4:</p> <ul style="list-style-type: none"> % of participants who decreased their blood pressure (baseline: 50%, Carle Health & Fitness Center, 2021) % of participants who improved or maintained their waist circumference (baseline: 47%, Carle Health & Fitness Center, 2021) % of participants who improved their BMI | <p>Intervention 2.4 Outcomes:</p> <ul style="list-style-type: none"> 29 participants 48% of participants decreased their systolic pressure, 52% of participants decreased their diastolic pressure 48% of participants improved their waist circumference 34% of participants | | |
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| | | (baseline: 59%, Carle Health & Fitness Center, 2021) | improved their BMI |
| | Intervention 2.5: Promote the 5-2-1-0 Campaign amongst school-aged kids <i>Evidence:</i> https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/community-wide-physical-activity-campaigns https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/screen-time-interventions-for-children | Intervention 2.5: Process Indicators <ul style="list-style-type: none"> Track # of facilities who promote the 5-2-1-0 campaign (baseline: 5 facilities, 2020) | Intervention 2.5 Outcomes: <ul style="list-style-type: none"> 2 facilities |
| | | <ul style="list-style-type: none"> Track # of children educated on the 5-2-1-0 Campaign amongst school-aged kids (baseline: 995 children, 2020) | <ul style="list-style-type: none"> 683 children |
| | | Intervention 2.5: Outcome Indicators <ul style="list-style-type: none"> Not available | <ul style="list-style-type: none"> Not available |
| | Intervention 2.6: Increase physical activity access in the pediatric population through Healthy Kids University <i>Evidence:</i> https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/policies/multi-component-obesity-prevention-interventions | Intervention 2.6: Process Indicators <ul style="list-style-type: none"> # of participants (baseline: 24 kids, 2021) | Intervention 2.6 Outcomes: <ul style="list-style-type: none"> 22 participants |
| | | Outcome Indicators 2.6: <ul style="list-style-type: none"> % of individuals who report feel healthier (baseline to be established) | <ul style="list-style-type: none"> 100% of individuals |
| | | <ul style="list-style-type: none"> % of individuals that adopted healthier behaviors (baseline to be established) | <ul style="list-style-type: none"> 100% of individuals |
| | Intervention 2.7: Promote and implement Girls on the Run program in McLean County <i>Evidence:</i> | Intervention 2.7: Process Indicators <ul style="list-style-type: none"> # of participants (baseline: 20 girls) | Intervention 2.7 Outcomes: <ul style="list-style-type: none"> 67 participants |
| <ul style="list-style-type: none"> # of programs offered in McLean County | | <ul style="list-style-type: none"> 5 programs/sites | |

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| | Our Impact Girls Empowerment Program Girls on the Run | (baseline: 2 sites) | |
| | | Intervention 2.7: Outcome Indicators | |
| | | <ul style="list-style-type: none"> % of participants who increased physical activity (baseline to be established) | <ul style="list-style-type: none"> 84% of participants (4.2 out of 5) |
| | | <ul style="list-style-type: none"> % of participants who improved confidence and connection. (baseline to be established) | <ul style="list-style-type: none"> 93% of participants |
| <p>IMPACT OBJECTIVE #3: By 2026, promote opportunities for chronic conditions prevention and wellness programs in the community.</p> <p>BASELINE DATA:</p> <ul style="list-style-type: none"> 71.8% of adults have taken medication for high blood pressure (Conduent Healthy Communities Institute, CDC – Places, 2019) 84.5% of adults have a cholesterol test history (Conduent Healthy Communities Institute, CDC – Places, 2019) | <p>STRATEGY #3: PROMOTE WELLNESS RELATED CHRONIC DISEASE PREVENTION PROGRAMS IN THE COMMUNITY.</p> <p>Intervention 3.1: Offer community programs and/or screenings related to heart disease to community members</p> | | |
| | | Intervention 3.1: Process Indicators | Intervention 3.1 Outcomes: |
| | | <ul style="list-style-type: none"> # of blood pressure screening participants (baseline to be established) | <ul style="list-style-type: none"> 619 participants (OSF, Chestnut Health Systems, Home Sweet Home Ministries) |
| | | <ul style="list-style-type: none"> # of heart disease educational classes offered (baseline to be established) | <ul style="list-style-type: none"> 6 events (OSF) |
| | | <ul style="list-style-type: none"> # of participants in heart disease educational classes (baseline to be established) | <ul style="list-style-type: none"> 191 participants (OSF) |
| | | <ul style="list-style-type: none"> # of cholesterol screening participants (baseline to be established) | <ul style="list-style-type: none"> 346 participants (OSF, Carle Health and Fitness Center) |
| | | Intervention 3.1: Outcome Indicators | |
| | | <ul style="list-style-type: none"> Not available | <ul style="list-style-type: none"> Not available |

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| | Intervention 3.2: Offer programs related to stress reduction to the community | Intervention 3.2: Process Indicators | Intervention 3.2 Outcomes: |
| | | <ul style="list-style-type: none"> # of participants in stress reduction classes (baseline to be established) | <ul style="list-style-type: none"> 2,946 participants (OSF, The Baby Fold) |
| | | <ul style="list-style-type: none"> # of stress reduction classes offered (baseline to be established) | <ul style="list-style-type: none"> 25 classes (OSF, The Baby Fold) |
| | | Intervention 3.2: Outcome Indicators | |
| | | <ul style="list-style-type: none"> Not available | <ul style="list-style-type: none"> Not available |
| | | | |
| | Intervention 3.3: Offer COPE program to teens in the community. | Intervention 3.3: Process Indicator | Intervention 3.3 Outcomes: |
| | | <ul style="list-style-type: none"> # of participants (baseline to be established) | <ul style="list-style-type: none"> 37 consultations (OSF) |
| | COPE is Creating Opportunities for Personal Empowerment. It's a seven week program for teens to focus on cognitive behavioral therapy | <ul style="list-style-type: none"> # of classes offered (baseline to be established) | <ul style="list-style-type: none"> 4 classes (OSF) |
| | Evidence: | Intervention 3.3: Outcome Indicators | |
| | Intervention Studies Supporting Evidence-based COPE for Helping Depression, Stress and Anxiety — Coping Skills Programs for Children, Teens, Young Adults, Adults Schools, Universities, Healthcare, Parents/Teens (cope2thrive.com) | <ul style="list-style-type: none"> % of participants who improved resiliency (baseline to be established) | <ul style="list-style-type: none"> 93% of participants |

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| | <p>Intervention 3.4: Offer Diabetes Prevention Program and other classes related to diabetes risk reduction to community members</p> <p><i>Evidence:</i></p> <p>https://coveragetoolkit.org/about-national-dpp/evidence/</p> | <p><u>Intervention 3.4: Process Indicators</u></p> <ul style="list-style-type: none"> • # of Diabetes Prevention Program participants (baseline to be established) • # of Diabetes Prevention Program classes (baseline to be established) <p><u>Intervention 3.4: Outcome Indicators</u></p> <ul style="list-style-type: none"> • # of persons who decreased their body weight (baseline to be established) • # of people who increased physical activity (baseline to be established) | <p><u>Intervention 3.4 Outcomes:</u></p> <ul style="list-style-type: none"> • 23 participants • 37 classes • 16 participants • 23 participants |
| | <p>Intervention 3.5: Offer programs related to cancer prevention/diagnosis to community members</p> | <p><u>Intervention 3.5: Process Indicators</u></p> <ul style="list-style-type: none"> • Cancer Support Group <ul style="list-style-type: none"> ○ # of participants (baseline to be established) ○ # of programs offered (baseline to be established) • Cancer Group Fitness Classes <ul style="list-style-type: none"> ○ # of participants (baseline to be established) ○ # of classes offered (baseline to be established) • Cancer Education Classes | <p><u>Intervention 3.5 Outcomes:</u></p> <ul style="list-style-type: none"> • 63 participants (OSF) • 10 programs (OSF) • 0 participants • 0 classes |

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| | | <ul style="list-style-type: none"> ○ # of participants (baseline to be established) | <ul style="list-style-type: none"> ● 204 participants (OSF, Carle, Illinois Extension) |
| | | <ul style="list-style-type: none"> ○ # of classes offered (baseline to be established) | <ul style="list-style-type: none"> ● 4 classes (OSF, Carle, Illinois Extension) |
| | | <p><u>Intervention 3.5: Outcome Indicators</u></p> <ul style="list-style-type: none"> ● Not available | <ul style="list-style-type: none"> ● Not available |
| | <p><u>Intervention 3.6: Offer programs related to achieving a healthy body weight</u></p> | <p><u>Intervention 3.6: Process Indicators</u></p> <ul style="list-style-type: none"> ● Healthy weight education classes <ul style="list-style-type: none"> ○ # of participants (baseline to be established) | <p><u>Intervention 3.6 Outcomes:</u></p> <ul style="list-style-type: none"> ● 320 participants (OSF) |
| | | <ul style="list-style-type: none"> ○ # of classes offered (baseline to be established) | <ul style="list-style-type: none"> ● 3 classes (OSF) |
| | | <p><u>Intervention 3.6: Outcome Indicators</u></p> <ul style="list-style-type: none"> ● Not available | <ul style="list-style-type: none"> ● Not available |
| | | <p><u>Intervention 3.7: Offer programs related to smoking cessation</u></p> <p>McLean County Facilitates the Intervention for Nicotine Dependence, Education, Prevention, Tobacco and Health (INDEPTH) program. The program helps schools and communities address teen e-cigarette use in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students</p> | <p><u>Intervention 3.7: Process Indicators</u></p> <ul style="list-style-type: none"> ● INDEPTH <ul style="list-style-type: none"> ○ # of participants (baseline to be established) ○ # of classes offered (baseline to be established) |
| | | <p><u>Intervention 3.7: Outcome Indicators</u></p> <ul style="list-style-type: none"> ● # of participants who quit smoking (baseline to be established) | <ul style="list-style-type: none"> ● Not available |

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| | <p>about nicotine dependence, establishing healthy alternatives, and how to overcome unhealthy substance dependence. The program was developed by the American Lung Association and consists of five 1-hour sessions. In addition, INDEPTH educates students on the impact of tobacco use in teens, the long-term health consequences, and other skills to support teens in quitting or reducing their tobacco product use.</p> | | |
| | <p><u>Intervention 3.8: Offer programs related to chronic disease management</u></p> | <p><u>Intervention 3.8: Process Indicators</u></p> <ul style="list-style-type: none"> • Chronic Disease Management Course <ul style="list-style-type: none"> ○ # of participants (baseline to be established) | <p><u>Intervention 3.8 Outcomes:</u></p> <ul style="list-style-type: none"> • 20 participants (Illinois Extension) |
| | | <ul style="list-style-type: none"> ○ # of classes offered (baseline to be established) | <ul style="list-style-type: none"> • 1 class (Illinois Extension) |
| | | <p><u>Intervention 3.8: Outcome Indicators</u></p> <ul style="list-style-type: none"> • Not available | <ul style="list-style-type: none"> • Not available |

RELATED IMPROVEMENT PLAN EFFORTS

The following organizations received grants in 2023 for implementation in 2023/2024 or FY24 (May 1, 2023– April 30, 2024) from the John M. Scott Health Care Commission. The grants are tied to the health priorities selected for the 2022 McLean County Community Health Needs Assessment and the 2023 – 2025 McLean County Community Health Improvement Plan. The data below is for May 1 – October 31, 2023.

- The Center for Healthy Lifestyles at OSF St. Joseph Medical Center received a category II program grant for OSF SmartMeals; 2,195 people were served during the above timeframe.
- Milestones Early Learning Center and Preschool received a category II program grant for the Healthy Eating Program; 21 people were served during the above timeframe.
- Living Well United received a category II program grant for the Senior Center for Rural Mclean County; 161 people were served during the above timeframe.
- The Bloomington-Normal YMCA received a category II program grant for the Healthy Kids University Program; 10 people were served during the above timeframe.
- West Bloomington Revitalization Project received a category II program grant for the Bike Co-Op; 64 people were served during the above timeframe.
- The YWCA of McLean County received a category II program grant for the Child Healthy Living Program; 169 people were served during the above timeframe.
- OSF Health Care received a category II program grant for the Senior Nutrition Program; 502 people were served during the above timeframe.

Other related accomplishments:

- In September 2023, the inaugural McLean County Hunger Walk was held at Tipton Park. The Hunger Walk was sponsored by the Executive Steering Committee of the McLean County Community Health Council and the University of Illinois Extension. Members of the Council’s Executive Steering Committee included representatives from Carle BroMenn Medical Center, Chestnut Health Systems, McLean County Health Department, and OSF St. Joseph Medical Center. Approximately 50 individuals participated in the walk and donated food. Food donations were given to Mt. Pisgah Baptist Church for their food pantry.
- The Baby Fold initiated money for wellbeing type activities for staff. There were eight requests for these wellness funds that were approved for a total of \$1,950.00. Two-hundred and twenty-six staff benefited from these requests. Activities included program retreats across departments which facilitated team building and connection to support wellness.
- OSF St. Joseph Medical Center and Chestnut Family Health Center partnered with the Boys & Girls Club of Bloomington Normal to offer skin cancer screenings to the community. Thirteen individuals were screened.
- In 2023, Chestnut Health Systems offered the following related accomplishments:
 - Hosted a ‘Pamper Me Pink’ event to bring awareness about breast cancer.
 - Offered food pharmacy “refills” criteria based on patient meeting with a nurse or dietetic intern or participating in an approved class, group, or event to obtain refill. The goal is to provide education and support to help the patient make healthier lifestyle choices to coincide with access to healthier foods.
 - Held an all staff training September 2023 on the Food Pharmacy program and included information for IL Extension FindFood IL community food map and Home Sweet Home Bread of Life Co-op membership program.

- Partnered with Illinois State University to provide nutrition counselling for patients in the community.
- Offered community skin cancer screenings on the mobile unit.
- In 2023, Chestnut Health Systems' employee wellbeing strategies had the following related accomplishments:
 - Set a goal to increase visibility of wellness program by working to increase utilization of the Employee Assistance Program (EAP) by five percent over the next three quarters.
 - Approved the revision of Chestnut's Equal Employment policy (PP 40) and Sick Leave Policy (PP 1220) to provide protections for mental illness and substance use disorders and allow employees to use sick leave for behavioral health needs.
 - Held a monthly wellness giveaway to Chestnut Health System employees.
 - Added and promoted a dedicated "tele doc" feature for employees with Chestnut Health System benefits and incited its use through EAP (all full-time and part-time employees)
 - Administered a Work & Well-Being Survey in May 2022 and in July 2023.
 - Seven Work and Well-Being Community of Practice Webinars were held in 2023 covering a variety of wellness topics. Each webinar was also recorded and posted to the Chestnut Health Systems intranet for employees who could not attend live.
 - Designed, developed, and implemented supervisor orientation to educate managers on supportive supervision.
- In 2023, Carle Health and Fitness Center had the following related accomplishments:
 - Hosted a presentation by a Carle physician on sleep for 22 individuals.
 - Hosted a Friendship Walk Training at McGraw Park for 12 individuals.
 - Hosted a workout session and presented nutrition information at Lifelong Access for 35 individuals on Disability Pride Awareness Day.
 - Hosted a presentation by a Carle physician on acid reflux for 15 individuals.
 - Hosted a presentation by a Carle physician on breast health for 12 individuals.
 - Hosted a presentation by a Carle physician on seasonal affective disorder for 17 individuals.
 - Donated 20 bags of clothing to PATH Crisis Center.
 - Donated over 1,660 pounds of food to faith and other organizations in West Bloomington.
 - Donated \$5,000 in fitness center memberships, youth services and general sponsorships in 2023.
- Carle BroMenn Medical Center's Nurse Practice Council donated 217 jars of peanut butter and 63 boxes of crackers to benefit children in need at Glenn, Fairview and Oakland Elementary Schools.
- Carle BroMenn Medical Center's Spiritual Care department, in cooperation with the Carle Faith Community Partners, launched the Compassion Cupboard in May 2023 as a pilot program. The Compassion Cupboard provided bags of basic food items such as canned fruits, vegetables, proteins and grains to 68 individuals experiencing food insecurity that were discharged from the hospital or sought services at an outpatient clinic. The intent of the food bags is to aid with food insecurity in the short term. Information about local food pantries and support programs was included in each bag.
- In 2023, a professor from Illinois Wesleyan University, taught an 8-hour class at Illinois State University's alumni center on the social determinants of longevity to forty-five adult students. The material spanned an introduction to SDoH, sub-group inequalities in life expectancy over place and time, demographic groups, life expectancy, and physiology involved in chronic stress, low-birth weights, disease, and premature death.

- Mid Central Community Action (MCCA) had two free gardens at the corporate office with tomatoes and peppers for customers, staff, and neighbors to enjoy. MCCA also had a vegetable garden at Mayors Manor for residents and held two cooking classes to teach the residents how to use the vegetables in their meals.
- In 2023, the McLean County Health Department had the following related accomplishments:
 - Staff had the opportunity to participate in eight elaborate challenges (Holiday Challenge, Rest & Revive Challenge, Stair Challenge, Water Challenge, Spring in your Step Challenge, Fruit and Veggie Challenge, Together Tuesdays and Winter Wellness). Each challenge included an employee tracking form and weekly engaging emails.
 - Employee Wellness coordinated events at the health department to recognize staff members for their hard work and accomplishments. Employee Wellness celebrated work-related awareness days and integrated appropriate activities to coincide with each event.
 - Employee Wellness started Wellness Wednesdays which offers yoga and Zumba over the lunch hour.
 - The Employee Wellness program also brought back the Employee Wellness Fair and partnered with the City of Bloomington for the event. Nearly 200 McLean County employees attended this year's McLean County Employee Wellness Fair on April 21, 2023 at Grossinger Motors Arena. Employees were welcomed with a gift of their choice upon entering the fair and were able to interact with over 25 local vendors that offered health benefits. Employees were able to mingle with coworkers from across the county and enjoyed a free healthy sit-down breakfast.
- In 2023, OSF HealthCare St. Joseph Medical Center had the following related accomplishments:
 - Sponsored the Peace Meal Senior Nutrition Program to seniors living in McLean County.
 - Sponsored Girls on the Run for local programming to improve the wellbeing of girls in elementary and junior high school.
 - Sponsored Student Health 101 for Normal Community West and Normal Community High Schools. Weekly emails promoted overall health and wellbeing education and resources for parents and students.
 - Offered a genetic cancer risk assessment to women during a mammogram screening.
 - Updated benefits package to OSF Healthcare employees to encourage self-care and volunteer time.
 - Donated money to the Boys & Girls Club of Bloomington Normal.
 - Held a 5-K race for employees through a Fleet Feet community event.
 - Women Empowered Giving Circle through OSF donated \$50,000 to the OSF Cancer Center to support artificial intelligence mammography equipment.
 - Raised and donated money to the Boys & Girls Club of Bloomington Normal.
 - Partnered with various employers in the community to promote health and wellbeing for their employees reaching over 15,000 employees.
- In 2023, the Town of Normal had the following related accomplishments:
 - 28,000 rounds of golf
 - 320 youth golf participants
 - 180 youth on the swim team

- 73,000 visits to the pool
- 12,386 recreation program participants
- 5,000 people on the Constitution Trail for one event
- 2,800 pounds of food were donated to Midwest Food Bank
- 2,065 after school programs were offered
- 968 day camp participants

****The Four Organizations comprising the McLean County Executive Steering Committee—Carle BroMenn Medical Center, Chestnut Health Systems, the McLean County Health Department—are all implied resources/partners for Behavioral Health.***