

# 2024 Adams County Community Health Improvement Plan

June 14, 2024 Preliminary Draft

July 1, 2024 Revised



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**Adams County Health Department**

# Opening Comments and Acknowledgements

On behalf of the Adams County Board of Health, the Adams County Health Department is privileged to present the 2024 Community Health Improvement Plan to the people of Adams County. It is not the product of a single agency, rather, it represents the collaborative efforts of many throughout the community. In particular, the partnerships of the Adams County Health and Wellness Coalition, member agencies of the Adams County Family and Children First Council, Manchester Local School District, Adams County Ohio Valley School District, Cincinnati Children’s Hospital Medical Center, and the Adams County Regional Medical Center have been invaluable to this community effort.

The Adams County Health and Wellness Coalition is comprised of community services agencies, health care providers, local business stakeholders, and representatives throughout the community focused on improving the health and wellness of Adams County. Its collaborative nature and diverse representation make it the ideal advisory body for the Community Health Improvement Plan, as it was for the Community Health Assessment which preceded it.

This Community Health Improvement Plan is available for review by all members of the community. Comments or suggestions are welcome and encouraged from all.

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Find the 2024 Community Health Improvement Plan at:

- [www.adamscountyhealth.org](http://www.adamscountyhealth.org)
- [www.acrmc.com](http://www.acrmc.com)



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## 2024 COMMUNITY HEALTH ASSESSMENT HIGHLIGHTS

The Positives	Challenges
<ul style="list-style-type: none"> <li>• Most Adams County Adults are satisfied or very satisfied with their lives.</li> <li>• The natural beauty of Adams County is viewed as an asset to health and happiness.</li> <li>• Over 90% of Adams County adults have some form of health care coverage.</li> <li>• Healthcare infrastructure includes a Critical Access Hospital, Cancer Center, Dialysis Clinic, 2 Federally Qualified Health Centers, Look-Alike FQHC, Rural Health Center, Inpatient Hospice, and a free-standing Urgent Care Center</li> <li>• More primary and specialty healthcare providers serving the County.</li> <li>• Mental and Behavioral healthcare access has improved since earlier community health assessments.</li> <li>• Affordable, county-wide public transportation has expanded since last the health assessment.</li> <li>• Collaborative approach by county agencies and stakeholders to recognize and address behavioral health needs of vulnerable populations within the community.</li> <li>• Adams County has a school-based health clinic.</li> <li>• Adams County agencies and service organizations demonstrate willingness and ability to collaborate.</li> <li>• Adams Lake State Park and Edge of Appalachia preserve system offers abundant exercise and fitness opportunities.</li> <li>• Strong faith-based community.</li> </ul>	<ul style="list-style-type: none"> <li>• Life expectancy in Adams County is lower than that throughout Ohio and the nation.</li> <li>• Greater percentage of adults in Adams County have been diagnosed with depression than throughout Ohio and the U.S.</li> <li>• Drug overdose related death rate among Adams County adults greater than three times that seen nationally and continues to rise.</li> <li>• Adams County lacks a facility providing short-term housing, assessment, and stabilization for community members experiencing behavioral health crisis.</li> <li>• Over two-thirds of Adams County Adults are either overweight or obese.</li> <li>• Heart disease and Cancer deaths, the leading causes of death in Adams County, occur at rates 40% higher than that seen nationally.</li> <li>• Health inequity within Adams County is driven by poverty, lack of reliable and convenient transportation, and presence of mental and behavioral health disorders.</li> <li>• Over 28% of Adams County children live in poverty, the 5<sup>th</sup> highest county in the State.</li> <li>• Less than half of Adams County 10<sup>th</sup> graders viewed their current mental and emotional health as excellent, very good, or good.</li> <li>• Adams county 10<sup>th</sup> graders are more likely to smoke and drink alcohol than their state and national peers.</li> <li>• Adams County homes are less likely to have broadband internet access than those throughout the state or nation.</li> <li>• Median household income in Adams County is the lowest among the 88 Ohio counties while the per capital income ranks 2<sup>nd</sup> lowest.</li> <li>• Volunteer participation in community events and membership in service organizations is declining.</li> </ul>

# The Community Health Improvement Plan

## Introduction

The Adams County Health Department is pleased to present the Adams County Community Health Improvement Plan for 2024-2026. This Community Health Improvement Plan, or CHIP, is an action-oriented strategic plan for improving the health and wellness of Adams County. It is a plan that relies upon many community partners—individuals, organizations, businesses, and governmental and non-governmental agencies—intentionally working together to improve the conditions in Adams County that impact the health and wellbeing of its residents.

The Adams County Community Health Assessment provided a comprehensive evaluation of the strengths and weaknesses of the health of the people of Adams County and the resources available to effect change. The CHIP is the next step in making Adams County a healthier and happier place to live and work, focusing on the health needs identified by the health assessment.

The Community Health Assessment and Community Health Improvement Plans are components of the Mobilizing for Action through Planning and Partnerships (MAPP), a community-driven strategic planning procedure for improving community health. Developed by the National Association of County and City Health Officials, this framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them.

The broad community representation of the Adams County Health and Wellness Coalition membership made it the ideal advisory body for both the Adams County Community Health Assessment and this Community Health Improvement Plan. While developed to respond to the specific needs of Adams County, this CHIP aligns with state priorities identified by the Ohio State Health Improvement Plan and national priorities outlined in Healthy People 2030.

## Overview of Adams County

### Demographics

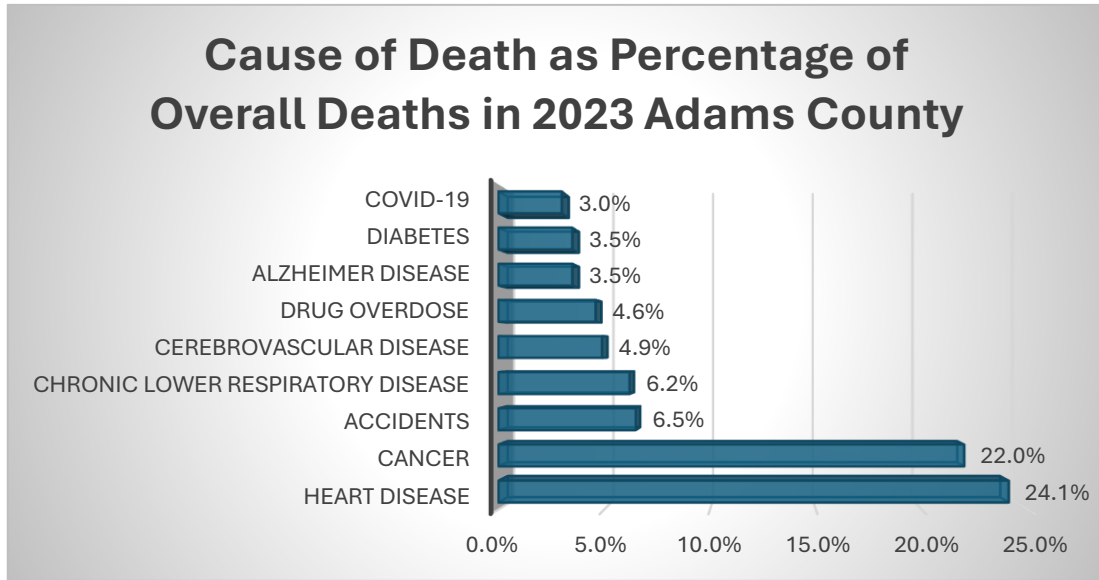
Adams County is part of Ohio Appalachia, located along the Ohio River in southcentral Ohio. Encompassing 586 square miles, it is the 10th largest of Ohio's 88 counties. It is a rural county with a population density of 48.9 people per square mile, the 7th smallest in the state. It is also a poor county with a median household income of \$46,234 and a per capita income of \$25,428, ranking 88th and 87th respectively among Ohio counties. The U.S. Census Bureau reports 19.8% of people in Adams County live in poverty, the 5th highest in the State.

### County Health Rankings

Adams County was ranked 88th of Ohio's 88 counties in Health Factors by the 2023 County Health Rankings & Roadmap project of the University of Wisconsin's Population Health Institute, and 81st in Health Outcomes. These are dubious distinctions for a county in a state ranked 40th among the nation in health behaviors by the UnitedHealth Foundation's 2023 America's Health Rankings Annual Report, and 43rd in health outcomes.

### Mortality

The people of Adams County have the 6th lowest life expectancy among Ohio counties, which sadly is ranked the 42nd lowest state in the country. In 2020, Adams County’s age-adjusted death rate was 24% higher than that observed in Ohio and the U.S.



### Summary of 2024 Community Health Assessment

#### MOST SERIOUS HEALTH PROBLEMS

1. Substance Abuse and Addiction
2. Mental Health Disorders
3. Obesity
4. Cancer
5. Heart Disease
6. Diabetes
7. Lung Disease
8. Poverty
9. Smoking
10. Nutrition

#### MAKES ADAMS COUNTY A HEALTHY AND HAPPY PLACE TO LIVE

1. Natural Beauty and Nature
2. Rural Environment
3. Sense of Community
4. Parks and Hiking Trails
5. People
6. Churches and Faith
7. Family
8. Clean Air and Water
9. Low Crime
10. Hospital

## Community Assets

### Recreation and Fitness

- Manchester Education & Activity Center
- ACRMC Fitness Facility
- Nature Conservancy and Edge of Appalachia Preserve System
- Peebles Skateboard Park
- Ohio River and Brush Creek
- School walking and exercise trails
- Serpent Mound Historical Site
- 5 Campgrounds and Resorts
- 1 Dance Studio and 5 Fitness Centers
- Community Ball and Soccer Fields
- Adams Lake State Park

### Public Safety-Service

- Adams County Sheriff and 3 Village Police Departments
- Adams County Common Pleas Court and Probation Department
- Adams County Children's Services
- Five village fire departments
- Adams County EMS
- 2 village operated EMS units
- Adams County Homeless Shelter
- 3 Water Districts

### Employment and Housing

- Ohio Department Jobs and Family Services
- Adams County Metropolitan Housing Authority
- Ohio Means Jobs
- Adams Brown Economic Opportunities

### Transportation

- FRS Transportation Services
- ABCAP Transportation
- Senior Citizen Transportation
- Adams County Veterans Services

### Spiritual

- Pastoral Program at Adams County Regional Medical Center
- 58 Churches and Places of Worship

### Education

- 2 Local School Districts operating public schools in 4 attendance regions
- 1 Christian School
- 4 Public Libraries
- 1 Public Child Day Care
- Head Start Preschool

### Nutrition

- Interfaith and Church Food Pantries
- 2 Community Gardens
- Meals-on-Wheels
- 2 Senior Nutrition Centers
- 2 Full-service Grocery Stores

### Organizations and Community Partners

- Adams County Health and Wellness Coalition
- Adams Brown Community Action Partnership
- Adams Brown Diabetes Education Coalition
- Adams County Drug Free Coalition
- Safe Communities
- Family and Children First Council
- Senior Citizen Council
- Adams County Economic Development Department
- Adams County Board of Developmental Disability
- Veterans Association
- Adams County Medical Foundation
- Alcohol, Drug Addiction and Mental Health Services Board
- Ohio State University Extension Agency
- YWCA Domestic Violence
- Suicide Awareness and Prevention
- Area on Aging District 7

### Support Groups

- Alcoholics Anonymous
- Women Helping Women
- Celebrate Recovery
- Ohio Change Addiction Now
- Pregnancy Resources Center

# Setting Community Health Priorities

## Adams County Collaborative Partners

Community partners who have worked collaboratively to conduct the Adams County Community Health Assessment and to plan and implement the Adams County Health Improvement Plan include:

- Adams County Health and Wellness Coalition
- Adams County Creating Healthy Communities Coalition
- Adams, Lawrence, Scioto Counties Drug Addiction and Mental Health Services Board
- Adams Brown County Women, Infants, and Children
- Adams County Health Department
- Coalition for a Drug Free Adams County
- Adams County Regional Medical Center
- Health Source of Ohio
- Adams County Job and Family Services
- Adams County Sheriff's Office and Village Law Enforcement
- Adams County Common Pleas and County Court
- Adams County Economic Development
- The Counseling Center
- Shawnee Family Health Services
- Adams County Board of Developmental Disabilities
- Sunrise Treatment Center
- Adams County Ohio Valley School District
- Manchester Local School District
- Adams County Ministerial Association
- Adams Brown Community Action Partnership
- Adams County Library
- Adams County Medical Foundation

## Collaborative Process

The steps to developing a plan to improve the health of the community began with the distribution of the Adams County Health Assessment to community leaders, stakeholders, collaborative partners, and community members. Input on health improvement priorities and strategies from groups representing vulnerable populations in Adams County was of particular interest to the advisory committee. Recommendations were sought from Manchester Local School District, Adams County Ohio Valley School District, Adams County Senior Citizens, Adams County Board of Commissioners, and community behavioral health providers. Significant

Vulnerable Populations In Adams County
Seniors
Youth
People living with Disabilities
People with Mental Health Disorders
Homeless
People Living Alone
Socially Isolated
Amish Community
Primary language other than English



congruity was noted between these recommendations and the consensus of focus groups and community meetings reported in the Community Health Assessment.

While the primary focus of this improvement plan is on the residents of Adams County, the advisory body recognizes that we are also part of larger state and national communities. A goal of the Adams County Health Improvement Plan is to align with health priorities and indicators recognized by Healthy People 2030 and the 2020-2023 State Health Improvement Plan, the most recent State Health Improvement Plan released in Ohio.

### **Healthy People 2030**

Many factors influence how well and how long individuals live, and by extension, the health and happiness of their communities. From access to health care, economic status, availability of nutritious food, physical activity, to the adherence to preventative health recommendations, many factors drive personal and community health and provide objectives and measures which can inform health improvement efforts. Healthy People 2030, a U.S. Department of Health and Human Services initiative, selects a small subset of these objectives as Leading Health Indicators which have the potential to empower action toward health and wellness improvement.

- Children, adolescents, and adults who use the oral health care system
- Consumption of calories from added sugars by persons 2 years and older
- Drug Overdose deaths
- Exposure to unhealthy air
- Homicides
- Household food insecurity and hunger
- Persons who are vaccinated annually against seasonal influenza
- Persons who know their HIV status
- Persons with medical insurance
- Suicides
- 4<sup>th</sup> grade students whose reading skills are at or above the proficient achievement level for their grade
- Adolescents with major depressive episodes who receive treatment
- Children and adolescents with obesity
- Current use of any tobacco products among adolescents
- Adults engaging in binge drinking of alcoholic beverages during the past 30 days
- Adults who meet current minimum guidelines for aerobic physical activity and muscle-strengthening activity
- Adults who receive a colorectal cancer screening
- Adults with hypertension whose blood pressure is under control
- Cigarette smoking in adults
- Employment among the working-age population
- Maternal deaths
- Infant deaths
- New cases of diagnosed diabetes in the population

## **State Health Improvement Plan**

### Priority Factors

- Community conditions
  - Housing affordability
  - Poverty
  - K-12 student success
  - Adverse childhood experiences
- Health behaviors
  - Tobacco and nicotine use
  - Nutrition
  - Physical activity
- Access to care
  - Health insurance coverage
  - Local access to healthcare services
  - Unmet need for mental health care

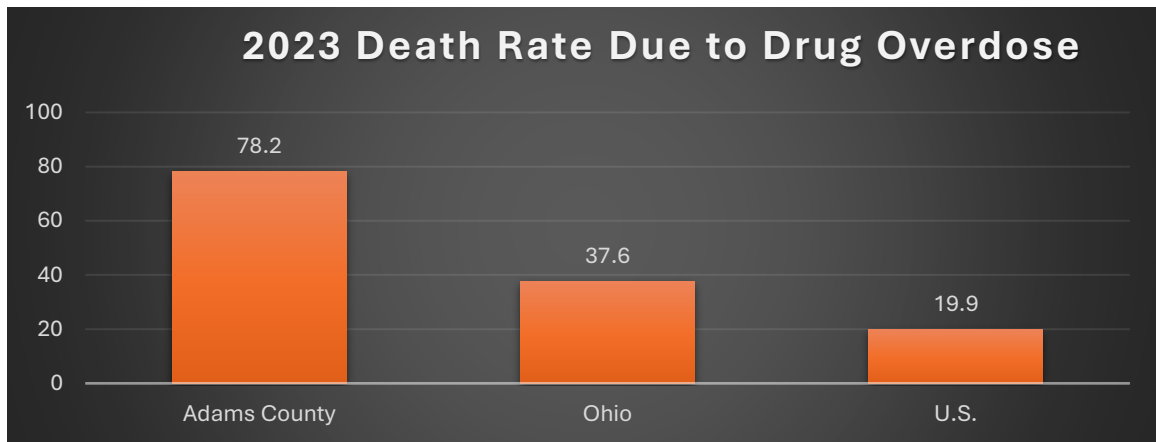
### Priority Health Outcomes

- Mental health and addiction
  - Depression
  - Suicide deaths
  - Youth drug use
  - Drug overdose deaths
- Chronic disease
  - Heart disease
  - Diabetes
  - Harmful childhood conditions
- Maternal and infant health
  - Preterm births
  - Infant mortality
  - Maternal morbidity and mortality

## **Adams County Health Priorities**

### **Priority 1: Substance Abuse and Addiction**

Since 2017 Adams County Community Health Assessments have identified substance abuse as the leading health problem in Adams County. While there are numerous indicators that reflect the impact of substance abuse on a community, deaths related to drug overdose dramatically illustrate the human toll of substance use disorders. As in 2017 and 2021, the death rate due to drug overdose in 2023 was significantly higher in Adams County than that recorded throughout Ohio and the U.S.



#### Why it's important in Adams County

- While the Centers for Disease Control and Prevention reports declining U.S. deaths due to overdose, the overdose death rate in Adams County has climbed every year since 2018.
- 22.8% of Adams County 10<sup>th</sup> graders reported having had at least one drink of alcohol in the previous 30 days.
- 18.6% of Adams County 10<sup>th</sup> graders reported having used an electronic vaping device in the previous 30 days.
- 7.2 % of Adams County 10<sup>th</sup> graders reported having used heroin and 8.0% methamphetamine, greater than three times the rate reported by Ohio and U.S. peers.
- 18.6% of Adams County 10<sup>th</sup> graders reported having been offered, sold, or given an illegal drug on school property, greater than the rate reported nationally.

#### Priority 2: Mental Health

Mental health disorders have been identified as the second leading health problem in Adams County on every community health assessment since 2017. The Health Resource and Services Administration (HRSA) designates Adams County and Health Professional Shortage Area for Mental Health. Studies show that individuals with severe mental health disorders have a 10 to 25-years shorter life expectancy than those without, this due in large part to the presence of comorbid physical illnesses such as cardiovascular and respiratory disease.

#### Why it's important in Adams County

- Over one-third of adults in Adams County report having been diagnosed with a depressive disorder.

- Over 60% of Adams County adults reported their mental health not being good 1 or more days in the previous month, higher than rates reported in Ohio and the U.S.
- 38.1% of Adams County 7<sup>th</sup> graders and 35.8% of 10<sup>th</sup> graders reported feeling so sad or hopeless every day for 2 weeks or more that they stopped doing usual activities—symptoms of depression—in the previous year.
- 44.2% of Adams County 10<sup>th</sup> graders with symptoms of depression reported having seriously considered suicide in the previous year.

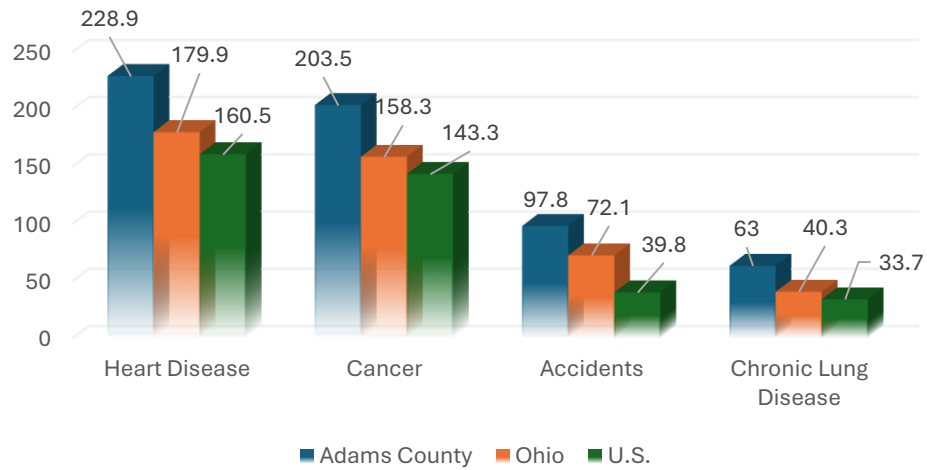
### **Priority 3: Chronic Disease**

Chronic diseases are conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living. They represent the leading cause of illness, disability, and death in the country. Most are caused by risk factors such as smoking, poor nutrition, physical inactivity, and excessive alcohol use.

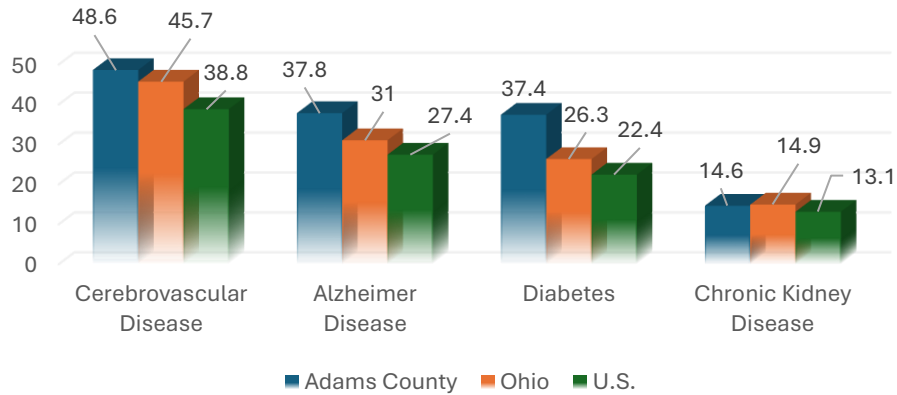
#### **Why it's important in Adams County**

- Chronic disease represents 4 of the 5 most common causes of death in Adams County.
- Deaths rates for heart disease, cancer, chronic lung disease, cerebral vascular disease, Alzheimer's disease, and diabetes are all higher in Adams County than seen throughout Ohio and the nation.
- Almost 70% of Adams County adults reported being overweight or obese in 2023.
- 33.3% of Adams County adults reported current alcohol use in 2023
- 46.5% of Adams County 10<sup>th</sup> graders were either overweight or obese in 2023.
- Focus groups and community meetings cited a lack of recreational facilities for adults and youth as a health and wellness barrier in Adams County.

## DEATH RATES FOR LEADING CAUSES OF DEATH



## DEATH RATES FOR LEADING CAUSES OF DEATH



## Goals, Objectives, and Strategy Work Plans

Priority #1: Substance Abuse and Addiction				
Goal 1: Reduce the Impact of Substance Abuse and Addiction in Adams County				
Objective: Reduce drug overdose deaths in Adams County				
Strategy: Empower community prevention and intervention activities through better understanding of drug-related deaths in Adams County.				
Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<b>Year 1:</b> Overdose fatality review is a community-based prevention strategy where public health and safety partners convene to identify system gaps and highlight missed opportunities for specific strategies to prevent overdose deaths. A Drug Overdose Fatality Review Committee will be implemented to review the circumstances of every drug overdose death and opioid-involved death occurring in Adams County as authorized under Ohio Revised Code section 307.631 to section 307.639 or as performed by a Hybrid Drug Overdose Fatality and Suicide Fatality Review Committee as authorized under Ohio Revised Code section 307.6410. An annual report to the community will include lessons learned and recommendations to reduce drug overdose deaths in Adams County.	July 1, 2024	Adults	Unintentional drug overdose deaths (MHA7)*  Percentage of deaths reviewed.  Completion of annual report.	Adams County Health Department
<b>Year 2:</b>  Continue efforts from year 1.	July 1, 2025		*Goal is reduction of 3-year average.	
<b>Year 3:</b>  Continue efforts from year 2.	July 1, 2026			
Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP mental health and addiction priority outcome, drug overdose deaths topic, and unintentional drug overdose deaths indicator.				
Resources to address strategy: Adams County Health Department, Adams County Coroner's Office, Adams County Sheriff's Office, EMS				
Evidence-based and Best Practice strategy: Bureau of Justice Assistance (BJA) Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Overdose Fatality Review (OFR) <a href="https://www.cossapresources.org/Tools/OFR">https://www.cossapresources.org/Tools/OFR</a>				

Priority #1: Substance Abuse and Addiction				
Goal 1: Reduce the Impact of Substance Abuse and Addiction in Adams County				
Objective: Reduce drug overdose deaths in Adams County				
Strategy: Reduce the availability of unused prescription medications in Adams County				
Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b> Place Deterra Disposal Pouches—for safe destruction of unused medication—in community pharmacies which will then be provided to community residents when prescription for an opioid or drug with abuse potential is dispensed. Deterra Pouches will also be available at the Health Department.</p> <p>Community participation in National Prescription Drug Take Back Day to receive unwanted prescription and over-the-counter medications at central, law enforcement monitored locations and distribute information on prevention and treatment resources available to Adams County residents.</p>	July 1, 2024	Adults	Number of disposal pouches distributed.  Quantity of unused prescription medication recovered.	Adams County Youth Prevention Coalition
<p><b>Year 2:</b>  Continue efforts from year 1.</p>	July 1, 2025			
<p><b>Year 3:</b>  Continue efforts from year 2.</p>	July 1, 2026			
Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP mental health and addiction priority outcome and drug overdose deaths topic.				
Resources to address strategy: Adams County Youth Prevention Coalition, Adams County Health Department, Adams County Sheriff's Office, EMS, community pharmacies				
Evidence-based and Best Practice strategy: Deterra drug disposal system endorsed by DEA Educational Foundation and Community Anti-Drug Coalitions of America (CADCA).				

Priority #1: Substance Abuse and Addiction				
Goal 1: Reduce the Impact of Substance Abuse and Addiction in Adams County				
Objective: Reduce drug overdose deaths in Adams County				
Strategy: Increase availability of Narcan (naloxone) to vulnerable individuals in the community.				
Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<b>Year 1:</b> Distribute Narcan (naloxone) and educate in its use to: <ul style="list-style-type: none"> <li>• Adams County EMS units</li> <li>• Community Events – Drug Overdose Awareness Day</li> <li>• Health Department—available to community residents on request</li> <li>• Adams County Jail—naloxone offered to all inmates upon release from jail</li> <li>• Quick Response Teams—naloxone offered at QRT visits</li> </ul>	July 1, 2024	Adults	Units of naloxone Distributed	Adams County Health Department
<b>Year 2:</b>  Continue efforts from year 1.	July 1, 2025			
<b>Year 3:</b>  Continue efforts from year 2.	July 1, 2026			
Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP mental health and addiction priority outcome and drug overdose deaths topic.				
Resources to address strategy: Adams County EMS units, Adams County Sheriff’s Office, Adams County Youth Prevention Coalition, Adams County QRT				
Evidence-based and Best Practice strategy: <a href="https://www.samhsa.gov/resource/ebp/engaging-community-coalitions-decrease-opioid-overdose-deaths-practice-guide-2023">https://www.samhsa.gov/resource/ebp/engaging-community-coalitions-decrease-opioid-overdose-deaths-practice-guide-2023</a> .				



Priority #1: Substance Abuse and Addiction				
Goal 2: Reduce Substance Abuse and Addiction in Adams County				
Objective: Increase access to evidence-based SUD treatment for vulnerable residents of Adams County.				
Strategy: Quick Response Teams provide post-overdose outreach to increase acceptance of treatment opportunities by at-risk individuals.				
Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<b>Year 1:</b> Community behavioral health providers, law enforcement, and EMS partner with public health to develop a Quick Response Team (QRT) which is operational October 2024. The QRT will visit individuals within approximately 72 hours following an overdose to connect them with: <ul style="list-style-type: none"> <li>• Evidence-based overdose prevention tools, such as naloxone</li> <li>▪ Information about and warm handoffs to social services, such as housing, food and nutritional assistance and employment support; and</li> <li>▪ Evidence-based treatment and recovery services.</li> </ul>	July 1, 2024	Adults	Number of QRT visits  Number entering treatment program	Adams County Medical Reserve Corp
<b>Year 2:</b>  Continue efforts from year 1.	July 1, 2025			
<b>Year 3:</b>  Continue efforts from year 2.	July 1, 2026			
Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP mental health and addiction priority outcome.				
Resources to address strategy: Adams County Medical Reserve Corp, Adams County Sheriff’s office and community law enforcement, community behavioral health providers.				
Evidence-based and Best Practice strategy: National Association of Counties, Cordata Healthcare Innovations				

Priority #1: Substance Abuse and Addiction				
Goal 2: Reduce Substance Abuse and Addiction in Adams County				
Objective: Increase access to evidence-based SUD treatment for vulnerable residents of Adams County.				
Strategy: Improve access to community behavioral health care treatment programs for individuals in the Adams County Criminal Justice System.				
Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b> Offenders supervised by Adams County Probation Department screened using the Drug Abuse Screening Tool (DAST) and Screening, Brief Intervention, and Referral to Treatment (SBIRT). Linkage with a community behavioral health provider made as appropriate for assessment and treatment.</p> <p>Inmates in the Adams County Jail are screened using SBIRT and DAST and referred as appropriate to in-house behavioral health care. Upon release, inmates referred to a community behavioral health provider and appropriate social service agencies for food, housing, and employment needs.</p>	July 1, 2024	Adults	<p>Number of probationers screened for SUD.</p> <p>Number of screened probationers referred to treatment.</p> <p>Number of inmates incarcerated</p> <p>Number of inmates screened for SUD</p>	Behavioral Health Division, Adams County Health Department
<p><b>Year 2:</b> Continue efforts from year 1.</p>	July 1, 2025		<p>Number of inmates referred to treatment</p>	
<p><b>Year 3:</b> Continue efforts from year 2.</p>	July 1, 2026			
Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP mental health and addiction priority outcome area.				
Resources to address strategy: Adams County Sheriff's Office, Adams County Probation Department, Behavioral Health Division of Adams County Health Department, and community behavioral health providers.				
Evidence-based and Best Practice strategy: SBIRT is an evidence-based approach to identify and reduce substance abuse behavior— Substance Abuse and Mental Health Services Administration (SAMHSA).				

Priority #1: Substance Abuse and Addiction				
Goal 3: Reduce Tobacco and Marijuana Use in Adams County Youth				
Objective: Reduce the smoking and vaping rate among Adams County youth.				
Strategy: Expand use of the Not On Tobacco and INDEPTH programs throughout Adams County Schools.				
Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<b>Year 1:</b> NOT program used in OVSD Alternative School and the Adams County Juvenile Court diversion classes for intervention with youth caught vaping. The American Lung Association curriculum is used in prevention education in the Manchester Local School District.	July 1, 2024	Youth	Number of youths completing NOT  Number of youths completing INDEPTH  Current Smoking OHYES survey (4.9% 2022-23)*  Current Vaping OHYES survey (16.4% 2022-23)*	Adams County Ohio Valley School District and Manchester Local School District
<b>Year 2:</b>  Continue efforts from year 1.  Make INDEPTH program available to youth completing NOT program.	July 1, 2025		Current Smoking 10 <sup>th</sup> graders Admas Co YRBS (10.7% 2023)*  Current Vaping 10 <sup>th</sup> Graders (18.6% 2023)*	
<b>Year 3:</b>  Continue efforts from year 2.	July 1, 2026		*Goal is annual decline	
Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP Indicator HB2., Youth all-tobacco and nicotine use, under Health Behavior priority factor.				
Resources to address strategy: Adams County Juvenile Court and Probation Department, Adams County Ohio Valley School District, Manchester Local School District, Adams County Medical Foundation, Adams County Health Department Behavioral Health.				
Evidence-based and Best Practice strategy: American Lung Association's NOT program is an Evidence-Based Cancer Control Program (EBCCP) as designated by the National Cancer Institute				

Priority #2: Mental Health				
Goal: Reduce the impact of Mental Health Disorders on the health and happiness of Adams County residents.				
Objective: Reduce suicide deaths in Adams County.				
Strategy: Empower community prevention and intervention activities through better understanding of suicide related deaths in Adams County.				
Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<b>Year 1:</b> Implement a Suicide Fatality Review Committee to meet as often to review the circumstances of every death due to suicide occurring in Adams County as authorized under Ohio Revised Code section 307.641 to section 307.69 or as performed by a Hybrid Drug Overdose Fatality and Suicide Fatality Review Committee as authorized under Ohio Revised Code section 307.6410.	July 1, 2024	Adult and Youth	Number of Youth Suicide Deaths (MHA3.)*	Adams County Health Department
<b>Year 2:</b>  Continue efforts from year 1.	July 1, 2025		Number of Adult Suicide Deaths (MHA4.)*	
<b>Year 3:</b>  Continue efforts from year 2.	July 1, 2026		Number of deaths reviewed  Completion of annual report  *Goal is reduction of 3-year average.	
Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP mental health and addiction priority outcome area and indicators				
Resources to address strategy: Adams County Sheriff's Office, Adams County Coroner, Adams County Health Department.				
Evidence-based and Best Practice strategy: Suicide mortality review is a best practice endorsed by Substance Abuse and Mental Health Services Administration (SAMHSA).				

**Priority #2: Mental Health**

**Goal:** Reduce the impact of Mental Health Disorders on the health and happiness of Adams County residents.

**Objective:** Empower community members with a better understanding of mental wellbeing and ways to help others with mental health needs.

**Strategy:** Expand the availability of Mental Health First Aid training to improve the knowledge and skills of community members who may encounter someone developing a mental health problem or experiencing a crisis.

Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b> Mental Health First Aid training is made available to adults in each of the Adams County schools at least annually.</p> <p>Program expansion to include youth will be initiated with the training and certification of a Teen Mental Health First Aid (tMHFA) instructor.</p> <p>The Youth-led Coalition to champion the tMHFA program in each Adams County High School.</p>	<p>July 1, 2024</p> <p>October 1, 2024</p> <p>January 1, 2025</p>	Adult and Youth	<p>Number of adults trained in MHFA</p> <p>Number of youth trained in tMHFA</p> <p>Mental Health was not good for 1 or more days in previous month. Adams County Health Assessment Adult Survey. (62.9% 2023)*</p>	Adams County Ohio Valley School District and Manchester Local School District
<p><b>Year 2:</b> Continue efforts from year 1.</p>	July 1, 2025			
<p><b>Year 3:</b> Continue efforts from year 2.</p>	July 1, 2026		*Goal is a 10% reduction by 2026	

Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP mental health and addiction priority outcome area

Resources to address strategy: Adams County Ohio Valley School District, Manchester Local School District, Adams County Health Department

Evidence-based and Best Practice strategy: EL-Amin, T., Anderson, B. L., Leider, J. P., Satorius, J., & Knudson, A. (2018). Enhancing mental health literacy in rural America: Growth of Mental Health First Aid program in rural communities in the United States from 2008–2016. *Journal of Rural Mental Health*, 42(1), 20–31

Aakre, J. M., Lucksted, A., & Browning-McNee, L. A. (2016). Evaluation of Youth Mental Health First Aid USA: A program to assist young people in psychological distress. *Psychological Services*, 13(2), 121–126.

**Priority #2: Mental Health**

**Goal:** Reduce the impact of Mental Health Disorders on the health and happiness of Adams County residents.

**Objective:** Improve access to mental health resources for vulnerable members of the community.

**Strategy:** Leverage encounters with criminal justice system as opportunities to identify unmet mental health needs.

Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b>                      Inmates booked into the Adams County Jail screened for potential Mental Health needs. Screening results reviewed by medical and behavioral health professionals and prioritized for tele-psychiatry assessment.</p> <p>Offenders under Probation Department supervision receive behavioral health assessment and referral to a community mental health provider as appropriate.</p> <p>Youth entering the juvenile court system assessed for mental health needs with referral, as appropriate, to a community mental health provider with primary health care coordination</p> <p>Upon release from the Adams County Jail, inmates with mental health needs are referred to a community mental health provider and appropriate social service agencies to address essential needs such as housing, food, and employment.</p> <p>.</p>	<p>July 1, 2024</p>           <p>January 1, 2025</p>	<p>Adult and Youth</p>	<p>Percentage of inmates booked into jail screened for mental health needs.*</p> <p>Percentage of inmates with mental health needs referred to community provider upon release.*</p> <p>Percentage of youth with mental health needs referred to community provider.*</p>	<p>Adams County Probation Department</p>
<p><b>Year 2:</b></p> <p>Continue efforts from year 1.</p>	<p>July 1, 2025</p>			
<p><b>Year 3:</b></p> <p>Continue efforts from year 2.</p>	<p>July 1, 2026</p>		<p>*Goal is a 10% yearly improvement</p>	
<p>Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP Access to Care priority factor.</p>				
<p>Resources to address strategy: Adams County Probation Department, Adams County Sheriff’s Office, Adams County Health Department Behavioral Health Division, University of Cincinnati Department of Psychiatry, community mental health providers, Adams Brown Community Action Partnership, Ohio Means Jobs,</p>				
<p>Evidence-based and Best Practice strategy: SAMHSA best practice—The Sequential Intercept Model details how individuals with mental and substance use disorders come into contact with and move through the criminal justice system.</p>				
<p>Comartin, E.B., Milanovic, E., Nelson, V. (2021). Mental Health Identification Practices of Jails: The unmet needs of the “silent” population. <i>American Journal of Psychology</i> 67: 7-20.</p>				

**Priority #2: Mental Health**

**Goal:** Reduce the impact of Mental Health Disorders on the health and happiness of Adams County residents.

**Objective:** Improve access to mental health resources for vulnerable members of the community.

**Strategy:** Teen Mental Health First Aid increases youth awareness of, and willingness to use, in-school mental health counseling resources.

Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b> Training Teen Mental Health First Aid instructors for Adams County</p> <p>Teen Mental Health First Aid programs offered in all Adams County Junior and Senior High Schools, championed by the Youth Led Coalition. Reducing stigma, the reluctance to seek mental health care, and the availability of school counseling resources to be among priority messaging</p>	<p>October 2024</p> <p>January 1, 2025</p>	Youth	<p>Percentage of 7<sup>th</sup> Graders not in therapy, but feel they should be. Adams Co. YRBS (2023 11.5%)*</p> <p>Percentage of 10<sup>th</sup> Graders not in therapy, but would like to be. Adams Co. YRBS (2023 13.2%)*</p>	<p>Adams County Ohio Valley School District</p> <p>Manchester Local School District</p>
<p><b>Year 2:</b> Continue efforts from year 1.</p>	July 1, 2025			
<p><b>Year 3:</b> Continue efforts from year 2.</p>	July 1, 2026			
<p>Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP Access to Care priority factor and unmet need for mental health care topic.</p>				
<p>Resources to address strategy: Adams County Ohio Valley School District, Manchester Local School District, Adams County Health Department, Valley View Health Center</p>				
<p>Evidence-based and Best Practice strategy: Teen Mental Health First Aid is an evolving evidence-based practice.</p> <p>Aakre, J. M., Lucksted, A., &amp; Browning-McNee, L. A. (2016). Evaluation of Youth Mental Health First Aid USA: A program to assist young people in psychological distress. Psychological Services, 13(2), 121–126.</p>				

Priority #2: Mental Health				
Goal: Reduce the impact of Mental Health Disorders on the health and happiness of Adams County residents.				
Objective: Expand trauma-informed practice in Adams County Schools				
Strategy: Handle With Care program strengthens trauma-informed practice in Adams County schools.				
Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b></p> <p>Handle With Care program initiated following training of law-enforcement and EMS first responders and dispatchers, school administrators, and teachers. When first responders encounter a child involved in or witnessing a potential traumatic event, communication is passed to the child’s school identifying the child and advising to “handle with care.” Teachers’ trauma-informed care response refreshed and strengthened by awareness of potential trauma within the classroom.</p> <p>First responder units—EMS and Law Enforcement—visit each school throughout the school year for educational programs, developing a positive and trusting relationship with youth, and instilling the perception of safety.</p> <p>Trauma informed care training provided to faculty and staff of all school buildings throughout Adams County. Schools with higher number of Handle with Care notifications receive targeted refresher trauma informed care training.</p>	July 1, 2024	Youth	<p>Number of HWC referrals made.</p> <p>Number of visits per school. Goal is 2 visits/school/year</p> <p>Training sessions per school. Goal is 1 session/school/year</p>	Adams County Prosecutor’s office
<p><b>Year 2:</b></p> <p>Continue efforts from year 1.</p>	July 1, 2025			
<p><b>Year 3:</b></p> <p>Continue efforts from year 2.</p>	July 1, 2026			
Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP Adverse childhood experiences topic within the Community Conditions priority factor.				
Resources to address strategy: Adams County Prosecutor’s Office, Adams County Sheriff’s Office and local community police departments, county EMS units, Adams County Ohio Valley School District, Manchester Local School District, Adams County Health Department				
Evidence-based and Best Practice strategy: Administration for Children and Families of the US Department of Health and Human Services recognized Handle With Care as a best practice.				
Substance Abuse and Mental Health Services Administration: Practical Guide for Implementing a Trauma-Informed Approach				



Priority #3: Chronic Disease:				
Goal: Reduce Chronic Disease in Adams County through active living, improved nutrition, and prevention.				
Objective: Increase participation in community events focused on health promotion and disease prevention.				
Strategy: Special events targeting priority populations with health promotion and disease prevention messaging.				
Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b></p> <p>Adams County Health Fair sponsored by Cincinnati Children’s Medical Center represents a collaboration of Adams County schools, public health, social service agencies, local government, businesses, and health care providers to provide health screenings, disease prevention and healthy living education, and referral services. The large carnival-like setting with games, family activities, and complementary food trucks is designed to attract large number of participants throughout Adams County.</p> <p>Senior Citizen’s Day at Adams County Fair provides an opportunity for targeting health promotion and disease prevention messaging to Adams County seniors. Booth manned by public health and nursing staff to answer questions and distribute educational material. Free lipid screening provided to seniors.</p> <p>Women’s Health Day will provide women access to speakers, health care vendors, and social service agencies targeting women’s health. In collaboration with the Breast and Cervical Cancer Project of the Ohio Department of Health, qualified participants representing women with health disparity will be referred to no-cost breast and cervical cancer screenings and diagnostic testing.</p>	July 1, 2024	Youth	Number of youth and adult participants.*	Cincinnati Children’s Hospital Medical Center
		Seniors	Number of lipid profiles drawn.*	Adams County Health Department
		Women	Number of fair participants.*  Number of vouchers for free screening and diagnostic testing provided.**	Adams County Regional Medical Center
<p><b>Year 2:</b></p> <p>Continue efforts from year 1.</p>	July 1, 2025		*Goal is 10% increase year-to-year.	
<p><b>Year 3:</b></p> <p>Continue efforts from year 2.</p>	July 1, 2026		**Goal is 50 vouchers.	
Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP Health Behaviors Priority factors.				
Resources to address strategy: Cincinnati Children’s Medical Center, Adams County Christian School, Adams County Regional Medical Center, Ohio Department of Health, and resources as noted.				
Evidence-based and Best Practice strategy: US Preventative Services Task Force evidence-based recommendations.				

**Priority #3: Chronic Disease:**

**Goal:** Reduce Chronic Disease in Adams County through active living, improved nutrition, and prevention.

**Objective:** Increase participation in active living in Adams County.

**Strategy:** Promote awareness of active living through events promoting outdoor physical activity.

Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b></p> <p>PaddleFest is an organized kayaking event along a greater than 4-mile-segment of Ohio Brush Creek. Promotional giveaways, health and fitness messaging, food trucks, and kayak rentals are available.</p> <p>Hike for Health is an organized event allowing participants to hike and promote one of the many locations for hiking in Adams County. Promotional giveaways and health messaging are included in the event.</p>	July 1, 2024	Adult and Youth	Number of participants*	Adams County Health and Wellness Coalition
<p><b>Year 2:</b></p> <p>Continue efforts from year 1.</p>	July 1, 2025	Women	Number of participants*	
<p><b>Year 3:</b></p> <p>Continue efforts from year 2.</p>	July 1, 2026		<p>During the past month, percentage of adults that participated in any physical activities.** Adams Co. Adult Survey (2023 65.1%)</p> <p>* Goal is 10% increase year-to-year.</p> <p>** Goal 75% by 2026</p>	

Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP Health physical activity topic within the Health Behavior priority factor.

Resources to address strategy: Member organizations of the ACHWC.

Evidence-based and Best Practice strategy: The Community Preventive Services Task Force (CPSTF) recommends community-wide campaigns to increase physical activity and improve physical fitness.

Healthy People 2023 objective: Reduce the proportion of adults who do no physical activity in their spare time (PA-01).

**Priority #3: Chronic Disease:**

**Goal:** Reduce Chronic Disease in Adams County through active living, improved nutrition, and prevention.

**Objective:** Creation of or Enhanced Access to Places for Physical Activity

**Strategy:** Expand infrastructure to encourage and support physical activity

Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b></p> <p>Leverage support from Creating Healthy Communities program to construct a multiuse path at the Winchester Church of Christ in Christian Union for community use. Site preparation to start in 2024 with final paving and amenities completed through subsequent years.</p> <p>Enhance access to bicycle riding routes through the planning and introduction of a Bike Share Program. Bicycles will be available for loan, without cost, from a county library, much like a book would be. Program expansion will include the entire county library system.</p>	July 1, 2024	Adult and Youth	<p>Estimated number of daily users</p> <p>Number of bicycles loaned*</p>	<p>Adams County Health and Wellness Coalition</p> <p>Adams County Library</p>
<p><b>Year 2:</b></p> <p>Continue efforts from year 1.</p>	July 1, 2025			
<p><b>Year 3:</b></p> <p>Continue efforts from year 2.</p>	July 1, 2026		<p>*Goal is 10% increase year-to-year.</p>	
<p>Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP Health physical activity topic within the Health Behavior priority factor.</p>				
<p>Resources to address strategy: Member organizations of the ACHWC and the Adams County Library System</p>				
<p>Evidence-based and Best Practice strategy: Guide to Community Preventive Services. (2001). Physical Activity: Creation of or Enhanced Access to Places for Physical Activity Combined with Informational Outreach Activities.</p>				

**Priority #3: Chronic Disease:**

**Goal:** Reduce Chronic Disease in Adams County through active living, improved nutrition, and prevention.

**Objective:** Reduce food insecurity among Adams County children.

**Strategy:** Provide after-school-hours nutrition assistance for children in Adams County

Action Step	Timeline	Priority Population	Indicator to measure impact	Lead Agency
<p><b>Year 1:</b></p> <p>Peebles Elementary weekend backpack program, a collaboration between Sinking Springs Community Church, Adams County Health and Wellness Coalition, Peebles Elementary School, and community members, to distribute bags of food to high-risk children at Friday dismissal during the school-year. Food will last throughout the weekend, 50% of which will meet established nutritional guidelines.</p>	July 1, 2024	Youth	Number of children served.  Child Food Insecurity <i>Feeding America</i> (26.8% 2022)*	Sinking Springs Community Church
<p><b>Year 2:</b></p> <p>Continue efforts from year 1.</p>	July 1, 2025			
<p><b>Year 3:</b></p> <p>Continue efforts from year 2.</p>	July 1, 2026			

Alignment with the State Health Improvement Plan (2020-2022): Aligns with SHIP nutrition topic within the Health Behavior priority factor.

Resources to address strategy: Sinking Springs Community Church, Peebles Elementary School, member organizations of the Adams County Health and Wellness Coalition.

Evidence-based and Best Practice strategy: Eliminate very low food security in children (NWS-02) is a Healthy People 2030 objective.

Guide to Community Preventive Services. (2022). Social Determinants of Health: Healthy School Meals for All.

# References

## Adams County Health Improvement Plan

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures. Atlanta: ACS, 2023	2023 Cancer Facts, Figures, and Estimates	<a href="http://www.cancer.org">www.cancer.org</a>
Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention (CDC)	2023 Adult Ohio and U.S. Correlating Statistics	<a href="http://www.cdc.gov">www.cdc.gov</a>
CDC, Wonder	Adams County and Ohio Leading Causes of Death	<a href="http://wonder.cdc.gov/ucd-icd10.html">http://wonder.cdc.gov/ucd-icd10.html</a>
County Health Rankings and Roadmaps, University of Wisconsin	County Health Rankings	<a href="http://countyhealthrankings.org">countyhealthrankings.org</a>
Health Indicators Warehouse	Heart Disease and Stroke Mortality Rates	<a href="http://www.healthindicators.gov/Indicators/Selection">www.healthindicators.gov/Indicators/Selection</a>
Healthy People 2030: U.S. Department of Health & Human Services	All Healthy People 2030 Target Data Points	<a href="http://www.healthypeople.gov">www.healthypeople.gov</a>
National Cancer Institute	Age-Adjusted Cancer Mortality Rates	<a href="http://statecancerprofiles.cancer.gov/index.html">http://statecancerprofiles.cancer.gov/index.html</a>
Ohio Department of Health, Information Warehouse	Obesity and Diabetes in Ohio Adams County and Ohio Mortality Statistics Adams County and Ohio Birth Statistics Statistics: Access to Health Services	<a href="http://www.odh.ohio.gov/">www.odh.ohio.gov/</a>

<p>UnitedHealth Foundation, <i>2021 America's Health Rankings Annual Report</i></p>	<p>State Health Rankings</p>	<p><a href="http://www.americashealthrankings.org">www.americashealthrankings.org</a></p>
<p>U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis</p>	<p>American Community Survey 5-year estimate, 2020 Ohio and Adams County 2020 Census Demographic Information Ohio and U.S. Health Insurance Sources Small Area Income and Poverty Estimates</p>	<p><a href="http://www.census.gov">www.census.gov</a></p>
<p>Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control</p>	<p>2023 youth Ohio and U.S. correlating statistics</p>	<p><a href="https://nccd.cdc.gov">https://nccd.cdc.gov</a></p>