Central Michigan Regional Rural Health Network

September 5, 2019
Acknowledgement

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Today’s Agenda

1. Introductions
2. Governance Committee Updates
3. Health Network Development Planning Project Update
4. Working Together Regionally to Accelerate ACEs and Trauma-Informed Strategies
5. Leading the Way in Central Michigan
6. Member Sharing

Next Meeting Date: 10:00 a.m., Thursday, October 3, 2019, at the Clare-Gladwin RESD
Introductions
Governance Committee Updates
Health Network Development Planning Project Update
Health Network News

Welcoming...

- Kara Reed, Michigan Department of Health and Human Services - Clare/Isabella
- Sarah Winchell-Gurski, Saginaw Chippewa Indian Tribe
- Michigan Center for Rural Health/Northern Michigan Opioid Response Coalition - Jill Oesterle, Manager for Rural Health Clinic Services and Lisa Jackinchuk, Project Director
- Tina Swanton, Project Manager, Michigan Health Information Alliance, Inc. (MIHIA)
- Katie Bovee, Recovery Pathways, LLC
Governor Gretchen Whitmer today issued an order making Michigan the first state in the nation to ban flavored nicotine vaping products.

It followed a finding from Chief Medical Executive Dr. Joneigh Khaldun that youth vaping constitutes a public health emergency. Whitmer ordered the Michigan Department of Health and Human Services to issue emergency rules to ban the sale of flavored nicotine vaping products in retail stores and online, and ban misleading marketing of vaping products, including the use of terms like “clean,” “safe,” and “healthy” that perpetuate beliefs that these products are harmless. The governor also ordered the Michigan Department of Transportation to enforce an existing statute to prohibit the advertising of vapor products on billboards.

From 2017 to 2018, e-cigarette use spiked 78% among high school students and 48% among middle school students. In 2018, more than 3.6 million U.S. kids, including 1 in 5 high school students and 1 in 20 middle school students were regular users. These rates are still climbing, likely fueled by the availability of flavors akin to apple juice, bubble gum, and Nerds. (JK)

Nearly 5 million teens across the United States are vaping and using tobacco, with very few programs designed to help them quit. In an effort to help teens quit the habit, the Michigan Department of Health and Human Services (MDHHS) is partnering with the National Jewish Health and eight other states on a tobacco cessation program designed to help teens who want to stop using tobacco products, including electronic cigarettes and vapes.

The new *My Life, My Quit* program includes educational materials designed for teens and created through focus groups with teens, subject matter experts and community stakeholders. Teens can text or call a toll-free number – 855-891-9989 – or they can visit MyLifeMyQuit.com for real-time coaching. Through the program, teens work with a coach who listens and understands their unique needs, provides personalized support and helps them build a quit plan to become free from nicotine.

The School Health Survey System, Michigan Profile for Healthy Youth, has shown an escalating rate of youth use of e-cigarettes 2017-2018 compared to 2015-2016. Increases in 39 of the state’s counties ranged from 29 percent to 118 percent.
“We know more teens are vaping and using tobacco and may need help quitting,” said Dr. Joneigh Khaldun, MDHHS chief medical executive and chief deputy director for health. “This new program combines best practices for tobacco cessation adapted to teens to include vaping and new ways for teens to reach quit coaches using real-time text messaging and online chat.”

*My Life, My Quit* provides youth access to tailored resources for quitting, including:

- Free and confidential help from a quit coach specially trained to listen to teens, help teens navigate social situations that involve tobacco or vaping, and find healthy ways to cope with stress.
- Teen-focused messages in promotional and educational materials – created with youth input – that encourage teens to quit vaping or using tobacco.
- Five coaching sessions via live text messaging or by phone on a dedicated toll-free number (855-891-9989) or online chat.
- Simplified online and mobile program registration to get teens to a coach quicker.
- Dedicated teen website at com with online enrollment, live chat with a coach, information about vaping and tobacco and activities to support quitting and stress relief.
- Ongoing text messages for encouragement throughout the quit process.
- Certificate of program completion.
Health Network News


• **Evidence for Action: Investigator-Initiated Research to Build a Culture of Health: Robert Wood Johnson Foundation (RWJF) Open Call for Proposals**

  Release Date: April 2, 2019 | Application Deadline: Open

  Evidence for Action (E4A), a national RWJF program, funds research that expands the evidence needed to build a Culture of Health. A Culture of Health is broadly defined as one in which good health and well-being flourish across geographic, demographic, and social sectors; public and private decision-making is guided by the goal of fostering equitable communities; and everyone has the opportunity to make choices that lead to healthy lifestyles. RWJF’s Culture of Health Action Framework, which was developed to catalyze a national movement toward improved health, well-being, and equity, guides E4A’s program strategy. [Information link](https://www.rbjf.org/en/).
Health Network News

• **Munson Healthcare Grayling Hospital 2019 Community Health Needs Assessment** available - Strategic Priorities: Mental Health and/or Substance Abuse, Access to Basic Needs of Living

• **MiHIA Health Dashboard 4.0** – Goal: To create a common place for data to be obtained, allowing individuals within the region quick access to information that could help advance the mission and vision of improving the Quadruple Aim - improved patient experience of care; improved population health; reduced per capita cost of health care; and improved provider well being

Community Health Dashboards - 300+ indicators (from over 400 data sources) that are updated as new information is available for MiHIA's 14-county region, including the Health Network counties of Arenac, Clare, Gladwin, Isabella, and Roscommon, as well as Bay, Gratiot, Huron, Iosco, Midland, Ogemaw, Saginaw, Sanilac and Tuscola counties.

Build a Custom Dashboard Webinar can be scheduled: Learn about your community's health and wellness. Compare indicators for your community against state averages, county values, and target goals. Discover areas of excellence and improvement in your community.
Working Together Regionally to Accelerate ACEs and Trauma-Informed Strategies

Building Resilience for Population Health (MiHIA Grant, Michigan Health Endowment Fund)

Alison Arnold, Ed.D., Director, Interdisciplinary Center for Community Health & Wellness, Central Michigan University College of Medicine
Leading the Way in Central Michigan
Central Michigan Regional Rural Health Network

Bringing together those who:

• Serve community members directly and provide access to focus communities
• Educate and train students/professionals from health, community service, and other sectors/systems
• Network with local champions, county/regional networks, and state and national leaders

To participate in planning to:

✓ Increase systems’ capacity to provide integrated, person-centric treatment, care, and programming; and
✓ Increase the number of individuals accessing available capacity.
Network Development Planning

Bringing together teams of leaders in:

✓ Developing trauma informed systems and resilient communities
✓ Providing harm reduction based care for people who misuse substances and those impacted by substance misuse
✓ Encouraging healthy lifestyles
✓ Enhancing maternal and child health

✓ Enhancing person-centric, integrated services delivery facilitating access to/use of health and human services capacities via new or enhanced delivery systems, including increasing use of community health workers in integrated care systems and increasing use of emerging technologies, such as delivery via telehealth and online referral and response systems, including the Online Michigan Bridges program.

✓ Expanding and extending the reach of regional health professional workforce education, training, recruitment, and retention activities
Sustainable Network Model

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The Trauma-Informed Care Pyramid serves to:

- Define populations/communities of focus
- Frame responder types
Coalitions – Providing targeted and universal responses focusing on children

- Arenac County – Committee name? facilitated by Health Network Member Bay-Arenac Intermediate School District Great Start Collaborative

- Clare County - Trauma Awareness Steering Committee (TASC) - facilitated by Rosalyn Kindell, Clare Regional Child Advocacy Center. Participating Health Network members: ????

- Gladwin County – information needed

- Isabella County – Gratiot/Isabella Trauma Informed Community Workgroup (serving children and youth in Gratiot and Isabella counties) – facilitated by Health Network Member Great Start Collaborative – Gratiot-Isabella RESD and co-facilitated by Health Network participant Kara Reed, Michigan Department of Health and Human Services.

- Osceola County – information needed

- Roscommon County – has a Trauma and Resilience Unified Support Team (TRUST)
Chronic Pain PATH: A helpful series designed to support individuals managing long term pain; anything that a person has managed for over 6 months, or beyond the usual time of healing. Participants of this 6 session/2 hr. per session series, will take part in discussing diverse issues affecting pain self-management and will also have the opportunity to try supportive techniques for improving pain management. Adult family members are also invited to attend the series.

Stress less with Mindfulness: During the 5 session series, (1.5 hrs. per session), Stress less with Mindfulness introduces participants to the experience and practice of mindfulness to reduce stress. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression, physical tension, sleeplessness, high blood pressure and may be helpful in managing chronic conditions such as cardiac disease and diabetes.
RELAX: Alternatives to Anger: A four-part series (1.5 hrs. per session), designed to help adults, parents and caregivers increase their knowledge about anger issues and put anger management and healthy relationship skills into practice. This interactive program teaches participants how to recognize anger triggers, how to calm down, de-stress, problem solve and increase communication skills.

Powerful Tools for Caregivers: Helps caregivers take care of themselves while caring for a relative or friend. Topic include; ways to reduce stress, reducing guilt, anger and depression, helpful ways to relax, making tough decisions, setting goals and problem solving. Also included are discussions related to communicating with family members, planning and holding a family meeting, hiring in-home help and much more. 6 – 90 minute sessions.

Contact: Shannon Lindquist for more information on any of these programs, or to ask questions regarding professional development opportunities using these programs, at 231.832.6139 or lindqui8@msu.edu
Got Your ACE Score?: What’s Your ACE Score? (and, at the end, What’s Your Resilience Score?)

The resilience questionnaire was developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine, in 2006, and updated in February 2013. Two psychologists in the group, Mark Rains and Kate McClinn, came up with the 14 statements with editing suggestions by the other members of the group. The scoring system was modeled after the ACE Study questions. The content of the questions was based on a number of research studies from the literature over the past 40 years including that of Emmy Werner and others.

The resilience questions are only meant to prompt reflection and conversation on experiences that may help protect most people (about three out of four) with four or more ACEs from developing negative outcomes.
Measuring Trauma-Informed Organizational Capacity Scales includes items across five domains:

1) Build trauma-informed knowledge and skills;
2) Establish trusting relationships;
3) Respect service users;
4) Foster trauma-informed service delivery; and
5) Promote trauma-informed procedures and policies.
Northern Michigan Opioid Response Coalition (NMORC) led by the Michigan Center for Rural Health - 14 county focus, including Health Network counties Clare, Gladwin, and Roscommon - strengthening and expanding substance use disorder (SUD)/ opioid use disorder (OUD) prevention, treatment, and recovery service delivery and workforce. CMRR Health Network members/NMORC partners include:

- Central Michigan District Health Department
- Central Michigan University College of Medicine
- Community Mental Health for Central Michigan
- Michigan Health Improvement Alliance, Inc. (MiHIA)
- Mid Central Area Health Education Center (AHEC)
- MidMichigan College
- MidMichigan Community Health Services
- MidMichigan Health
- MidMichigan Medical Centers-Clare and Gladwin
- Munson Healthcare Grayling Hospital
- Northern Lower Area Health Education Center (AHEC)
- Ten16 Recovery Network
Rural Communities Opioid Response Program (RCORP) - more than $111 million awarded to 96 rural organizations across 37 states by HRSA's Federal Office of Rural Health Policy. This included:

- 80 rural consortia received RCORP-Implementation awards of $1 million each to implement a set of prevention, treatment, and recovery activities.
- 12 recipients received RCORP-Medication-Assisted Treatment (MAT) Expansion awards of up to $725,000 each to establish and/or expand MAT in rural health clinic, hospital, Health Center Look-Alike, and tribal settings.
- Three recipients received $6.6 million each to establish Centers of Excellence on Substance Use Disorders (CoEs) that will identify, translate, disseminate, and implement evidence-based and promising practices related to the treatment for and prevention of substance use disorder (SUD).
Health Resources and Services Administration (HRSA) Awards

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Participants learn how to facilitate the Chronic Pain PATH Self-Management Program, a 6-week course for individuals who have, or who are caring for someone with chronic pain. This evidence-based, disease prevention program was developed by Stanford University on the belief that individuals can manage their chronic health condition(s) and live a healthier lifestyle. Two people are required to facilitate each class.

Training Topics

• Preventing opioid misuse
• Ways to talk to family & friends about chronic pain
• Manage medications
• Ways to deal with frustration
• Develop a healthy eating & exercise plan

Four day Train the Leader training being offered in Lansing from September 16th - September 19th
Encouraging Healthy Lifestyles: Farms, Food & Health Conference

FARMS, FOOD & HEALTH CONFERENCE
WITH CULINARY MEDICINE TRAINING
FOR HEALTHCARE PROVIDERS

REGISTER TODAY! farmsfoodhealth.org

SEPTEMBER 26-29, 2019 | TRAVERSE CITY, MI
Groundwork Center for Resilient Communities partnered with Munson Healthcare, Great Lakes Culinary Institute of Northwestern Michigan College, and Traverse Bay Area Intermediate School District

- **Culinary Medicine:** The Culinary Medicine Training track will offer health care providers opportunity to receive immersive continuing medical education trainings in a professional kitchen setting alongside chefs and dietitians to explore local food and culinary skills, and gain updates on nutrition science and nutrition counseling. The goal is to harness the health potential of locally grown food to improve the well-being of patients, families and communities. Up to 17.5 CME credits available for physicians, nurses and dietitians.

- **Teacher Workshop:** “Building a Healthy, Resilient Community” is a 1 day workshop designed for K-12 teachers and administrators who hope to create classrooms and school buildings that support the development of healthy habits that will last a lifetime. The workshop will connect the learning taking place around ACEs with ways in which school communities can mitigate the effects of childhood trauma by improving nutrition and increasing physical activity.
Breastfeeding: Lack of promotional and educational efforts about the benefits of breastfeeding has resulted in lower breastfeeding rates in many communities. According to the Centers for Disease Control and Prevention 2018 Breastfeeding Report Card, 77.7 percent of Michigan mothers have ever breastfed. However, that number drops to 55.6 percent at 6 months of age and 34.6 percent at 12 months.

To help increase breastfeeding in Michigan, MDHHS is implementing strategies from the State Breastfeeding Plan and Mother Infant Health Equity Improvement Plan including:

- Providing scholarships to Michigan Women, Infants and Children (WIC) staff to advance their breastfeeding credentials to provide better support to clients.
- Employing two community breastfeeding liaisons at Henry Ford Hospital and Hutzel Women’s Hospital in Detroit.
- Working to strengthen relationships with breastfeeding coalitions focused on helping women of color.

U–M study finds surprising abusers of opioids: new mothers. The fix is easy. Even as the opioid crisis ravaged the nation, more than 1 in 100 women who were prescribed powerful painkillers for childbirth had become persistent users just months after baby arrived, according to new research by the University of Michigan. The study found that moms who were given prescriptions just prior to childbirth were more likely to ask for refills. Many of the 3.8 million women who give birth each year can manage their pain with non-narcotic medications such as ibuprofen, said Dr. Alex Friedman Peahl, a University of Michigan obstetrician and health services researcher and lead author of the study that examined nine years ending in 2016.
Who’s Connected with Schools?

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<thead>
<tr>
<th>County</th>
<th>School Systems</th>
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<tbody>
<tr>
<td>Arenac</td>
<td>3</td>
</tr>
<tr>
<td>Clare</td>
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</tr>
<tr>
<td>Gladwin</td>
<td>3</td>
</tr>
<tr>
<td>Isabella</td>
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<tr>
<td>Osceola</td>
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<tr>
<td>Roscommon</td>
<td>6</td>
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<td><strong>Total</strong></td>
<td><strong>36</strong></td>
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Workforce Education Strategies

• Develop a school subnetwork to involve in planning and to facilitate communication of information regarding programs and opportunities targeted at middle and high school students

• Implement strategies to offer health professions career days for middle and high school students and increase participation by high school students in health professions programs for youth (such as Michigan State University’s OsteoChamps and Central Michigan University’s Camp Med)
Member Sharing