Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

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Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Central Michigan Regional Rural Health Network Health Improvement Priority Areas

Access to Quality Health Care
Behavioral Health
  Mental Health
  Substance Use Disorder
  Abusive, Controlling, and Violent Behavior
Nutrition
Physical Activity
Maternal and Infant Health
Children’s Health
Family Health
Reproductive and Sexual Health
Older Adult/Geriatric Health
Environment
  Transportation
  Access to Recreation
  Safe Streets
  Safe Schools
  Food Quality
  Water Quality
  Air Quality
  Housing
Health Professional Workforce Recruitment and Retention
Health Professional Education and Training
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Access to Quality Health Care Strategies

Central Michigan District Health Department

Current

- Increase blood lead testing for children in the communities through existing programs
- Provide additional health care services in conjunction with FQHC's [Federally Qualified Health Centers] and Rural Health and other free clinics
- Continue to provide offsite immunization clinics in the community, at health fairs and in schools
- Continue to provide assistance with Health Michigan Plan and Marketplace Health Insurance Enrollments

Future

- Hire Community Health Workers to assist with further health care coverage, enrollments, and services to the population in need
- Provide more outreach, advocacy, and education to local and regional medical providers regarding the importance of immunizations

Community Mental Health for Central Michigan

- Utilizing data from CareConnect360 to identify targets for comorbidities with mental health/chronic health conditions
- Coordination of care with primary care

McLaren Central Michigan

- Increase primary care providers
- Continue to support the FQHC [Isabella Citizens for Health, Inc.]
- Expand accepted insurances

MidMichigan Community Health Services

- Provide access to primary care services regardless of patient's ability to pay
- Expand service locations
- Expand access to specialty providers
- Expand access to dental services
- Expand integrated behavioral health services

MidMichigan Medical Center-Gratiot

- Reduce Emergency Department (ED) visits
Munson Healthcare Grayling Hospital

Current
- Opened walk-in clinic in physician network in October 2015
- Provide advocacy, outreach, education and assistance for uninsured in the hospital’s service area. Offer in person assistance for enrolling for health insurance via the Health Insurance Marketplace and Healthy MI Plan.
- Expansion and integration of Free Clinic Services into Physician Network Model and services now provided in Roscommon and Oscoda Counties
- Continue to provide transportation assistance to hospital and clinic patients who cannot afford transportation to and from healthcare appointments and hospital related care. Provide care coordination and education regarding transportation assistance available through health plans.
- Continued support for "Grow Our Own” program for students who live in the area that are studying to be medical or ancillary service providers

Future
- In-kind support to Roscommon Dental Clinic

Spectrum Health Reed City Hospital
- Continue to recruit primary and specialty providers. The recruitment of providers in rural settings continues to be challenging.
- Continue to expand telehealth services to specialties and primary care. The barriers are the availability of resources both for funding and providers.

St. Mary’s of Michigan Standish Hospital
- Expanding hours at Standish Family Medicine to include an After Hours (walk-in) Clinic.

Sterling Area Health Center

Current
- Primary Care Physicians and Mid-Levels (FQHC) Clinic for all ages
- After hours Clinic Available M-TH 3 p.m. – 7 p.m.
- Sliding Fee Scale for payment for low-income
- Community Health Worker to assist with navigation and community resources
- Outreach and Enrollment Specialist for Affordable Care Act

Future
- Additional Providers
- Partnering with agencies to provide school based care
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Community Health Worker (CHW) to work with patients to decrease barriers to access

**Ferris State University (FSU) College of Health Professions**

*Current*
- Begin planning for the establishment of an Institute for Rural Health (RHI) in 2016-17
- Collaborate with community partners in the planning for the RHI in 2016-17
- The Michigan College of Optometry is located on the FSU campus and provides care to community members.
- The College of Pharmacy has a low income clinic located in the Hagerman Pharmacy Building
- The Dental Hygiene Clinic, located in the Health Professions Building, provides preventative care for clients without dental insurance.

*Future*
- Once the FSU Institute for Rural Health is established, selected (to be determined) health assessment and education will be provided by FSU faculty and partners.
- The Dental Hygiene Clinic, MCO Clinic and Pharmacy Clinic will all be part of the FSU Institute for Rural Health.

**Michigan State University College of Human Medicine Rural Community Health Program**
- Provides a training program for medical school students to complete clinical training in rural areas across Michigan
- Rural Physician Mentor Program for medical students
- Research in the field of rural health care workforce management
- Recruitment and retention training programs for rural physicians
- Undergraduate mentor program for rural students interested in rural healthcare professions

**Michigan Health Improvement Alliance, Inc. (MiHIA)**

*Current*
- Assist counties/hospital systems with Community Health Needs Assessment (CHNA)

*Future*
- Develop a regional CHNA

**Michigan State University (MSU) Extension**
- Provide resources
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Mid-State Health Network (MSHN)
- Assist CMHs in MSHN region to implement 24/7 access and care
- Aid CMH and SUD Providers within MSHN network to employ Peer Support Specialists and Recovery Coaches.
- Encourage the development of integration strategies with behavioral health (SUD and MH) and physical health.

Northern Lower Regional Area Health Education Center (AHEC)

Current
- Expanding Family Practice services
- Expanding Pediatric services

Future
- Recruiting for an Internal Medicine physicians to expand this service.

Region 7B Michigan Works!
- Continue to offer services to bridge the skills needed for career pathways and remove barriers to do so
- Continue to maintain and strengthen relationships with partner agencies to offer barrier removal
- Continue to promote healthy eating by offering the community garden outside of the Michigan Works! Service Center in Harrison
- Continue to use partnerships to offer nutritional education and hands on classes

Region VII Area Agency on Aging

Current
- Employ ARIS Certified Options Counselors who provide Information & Assistance to callers/visitors.
- Some of the ARIS Certified Options Counselors are also Medicare Medicaid Assistance Program Counselors.
- Some of the ARIS Certified Options Counselors are also Navigators for the ACA.
- Medicaid MI Choice Waiver case managers do a health assessment on participants.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Future
- Some of our counterparts in Michigan’s Aging Services network are participating in CMS Dual-Eligible demonstration projects. The outcomes of this will determine our future involvement in healthcare coordination.

Ten16 Recovery Network
- Referrals to mental health, primary care, dental, etc.

Access to Quality Health Care Strategies Identified Previously
- Increase access to medical, dental and vision services for the uninsured, the underinsured, and all other community members.
- Establish additional Federally Qualified Health Centers (FQHC’s), access points to health services, and free medical clinics within the district.
- Increase access to affordable health/dental/vision insurance.
- Increase understanding of Affordable Health Care Act provisions.
- Increase awareness of existing health services and resources and the need to access health care services and resources.
- Educate the public on 211 (what resources are available and how to access them), increase awareness of 211, and encourage utilization of various healthcare services through the use of 211.
- Educate community service providers on 211.
- Support the efforts of health providers in the expansion of school-based health clinics and services.
- Educate and encourage residents to establish a medical home (primary care provider).
- Improve appropriate utilization of healthcare services (hospital emergency room, urgent care/walk-in clinics, primary care providers, etc.)
- Provide annual opportunities for increased access to health services and to assist families in finding the medical care they need.
- Encourage health care providers to screen for elevated blood lead levels.
- Encourage parents/guardians and health care providers to immunize children.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Work with school districts to expand the use of community health workers in schools.
- Establish more school-based or school-linked health centers.
- Establish additional coordinated school health teams.
- Convene a school health summit (topics to include: school health clinics, coordinated school health teams, etc.).
- Educate and create community awareness of the Michigan 4 X 4 plan.
- Increase utilization of Community Mental Health (CMH) walk-in services by promoting the CMH everyday walk-in program.
- Increase parent and relative caregiver awareness of the importance of social and emotional health.
- Determine what resources are available for dental care in by conducting a community scan of available dental services.
- Establish additional access points for dental services for uninsured, low income residents.

Behavioral Health: Mental Health Strategies

Community Mental Health for Central Michigan

Current
- Currently advertising services, doing outreach to schools
- Community work groups to share services
- Helping individuals who can qualify for Medicaid get insured in order to qualify for services

Future
- Pursuing clubhouse accreditation in two counties

MidMichigan Community Health Services
- Expand integrated behavioral health services

MidMichigan Medical Center-Gratiot
- Become a Behavioral Health Center of Excellence offering a broad scope of mental health, substance use, and co-occurring disorder treatment services
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Munson Healthcare Grayling Hospital
- Continued participation and support of Michigan Child Collaborative Care (MC3) Program
- Development of Behavioral Health Services with Munson Healthcare Grayling Hospital Physician Network- Grayling Clinic

St. Mary's of Michigan Standish Hospital
- Partnering with Bay Arenac Behavioral Health to add TelePsych services for emergency and in-patients.

Sterling Area Health Center
Current
- One Psychiatrist on staff Monday - Friday, for adults and children
- Five Therapists on staff Monday - Friday, for adults and children
- Support Groups - adults
- Prevention and Education in schools

Future
- School based programs for K-12

Ferris State University College of Health Professions
Current
- The FSU Department of Social Work has established a Child Trauma Assessment Center on campus to support victims of sexual abuse.

Future
- The Child Trauma Assessment Center will become part of the Institute for Rural Health.

Michigan State University College of Human Medicine Rural Community Health Program
- Residency program in Psychiatry
- Psychiatric Research
- Research in telemedicine
- Telemedical implementation and support in rural areas of Michigan

Michigan State University (MSU) Extension
- Provide resources

Northern Lower Regional Area Health Education Center (AHEC)
- Expanding Behavioral Health services for substance abuse

Ten16 Recovery Network
- Referrals
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

**Behavioral Health: Mental Health Strategies Identified Previously**

- Increase the number of infant mental health specialists, and increase the number of referrals for these services.

**Behavioral Health: Substance Use Disorder Strategies**

**Community Mental Health for Central Michigan**

*Current*
- Provide integrated dual disorder treatment services
- Implementing RAISE techniques for Assertive Community Treatment (ACT)
- Providing treatment in jails

*Future*
- Medication Assisted Treatment

**MidMichigan Community Health Services**

*Future*
- Provide substance abuse and pain management counseling

**MidMichigan Medical Center-Gratiot**

- Engage school leaders in substance abuse prevention activities targeting youth
- Reduce maternal smoking

**Munson Healthcare Grayling Hospital**

*Current*
- Promotion of prescription drug drop off sites in Crawford, Roscommon and Oscoda Counties

- Promote provider and community education regarding opioid epidemic and marijuana issues

- Promote care coordination with Community Mental Health and NMSAS Recovery Center

*Future*
- Support Roscommon county substance abuse awareness and prevention campaign

**Spectrum Health Reed City Hospital**

*Current*
- There is an increase abuse rate of opiates. The strategies to reduce the abuse rate are by providing education to providers and staff on the prescribing of opiates. Barriers are the available or resources to do the education
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

**Future**
- Early recognition of substance abuse will lead to earlier treatment. Partner with a drug and alcohol treatment program to place a recovered trained addict in the Emergency Department. Barriers is the availability or resources

**Sterling Area Health Center**

**Current**
- Therapists on staff able to do substance abuse outpatient counseling M-F for adults and youth
- Support Groups at clinic for adults, AA, women’s group
- Educators on staff
- Prevention Program in schools

**Future**
- Increased integration of care – Behavioral Health and Primary Care

**Michigan State University College of Human Medicine Rural Community Health Program**

- Research in substance use disorders
- Specialized training for medical students in substance use disorders
- Emphasis on substance use disorders in clinical training for medical students
- Emphasis on substance use disorders in clinical training for medical residents

**Michigan State University (MSU) Extension**

- Provide resources

**Ten16 Recovery Network**

**Current**
- Provide individual and group counseling
- Provide detox and residential services
- Provide prevention and outreach services
- Provide transitional living
- Provide recovery support

**Future**
- Provide brief intervention to Emergency Room patients

**Behavioral Health: Substance Use Disorder Strategies Identified Previously**

- Build capacity to collect and analyze youth risk data.

- Host activities to encourage social norming (peer counseling, social events and solid information to challenge misperceptions students have about drinking alcohol) for adolescents.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Implement Social Hosting awareness campaigns with local alcohol retailers.

- Write and distribute a form letter promoting social hosting arrests/investigations to all law enforcement agencies in the region.

- Provide coordinated parenting educational opportunities for parents, including Drug Abuse/Medicine Safety lessons and stress management presentations for early childhood groups and parents.

- Submit letter to the editors of all local publications in the region to encourage parents to be good role models.

- Advocate to increase the alcohol excise tax and limit times of alcohol sales.

- Advocate for alcohol-impaired driving education and awareness.

- Advocate for the increased use of Ignition Interlock Systems.

- Organize and conduct Drug Abuse Symposiums that provide education on the impact of drugs/substances in our community, promote efforts to eliminate the use of harmful substances, and provide opportunities to partner in curbing these health problems.

- Provide and potentially increase service delivery to persons with co-occurring disorders via individual and group therapy, case management, and Dual Recovery Resource Group monthly meeting.

- Message the adult population about the dangers of prescription drug abuse by preparing articles and letters to the editor for local media.

- Plan and implement training for the medical community and other community organizations to address prescription drug abuse, and provide resources for substance abuse disorders.

- Create more permanent drop-off locations for controlled substance/narcotic prescription disposal.

- Continue to message about prescription drug box locations.

- Continue to raise awareness about the National Drug Enforcement Administration (DEA) Take-Back Days.

- Maintain mutual representation on the Drug and Alcohol Containment Task Forces to effectively collaborate and coordinate efforts.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Enforce and monitor the Smoke Free Michigan law.
- Encourage employers to support insurance incentives for smoking cessation.
- Encourage participation in the MDCH Tobacco Quit Line.
- Offer Tobacco Cessation Classes.
- Advocate for comprehensive coverage of smoking cessation provisions to be included in the Affordable Care Act.

Behavioral Health: Abusive, Controlling, and Violent Behavior Strategies

Community Mental Health for Central Michigan
- Anger Management group treatment
- Dialectical Behavior Therapy
- Providing treatment in jails

Sterling Area Health Center
Current
- Counseling for children and adults
- Support Groups for anger, parents

Future
- Partner with schools for programs

Michigan State University College of Human Medicine Rural Community Health Program
- Research in domestic abuse
- Specialized training for medical students in abusive, controlling, and violent behavior and domestic abuse

Ten16 Recovery Network
- Referrals

Behavioral Health: Abusive, Controlling, and Violent Behavior Strategies
Identified Previously

- Assess what schools are currently doing to reduce violence and bullying-patterned behavior.
- Work with school districts to introduce and support curricular activities that teach children strategies and techniques to reduce violence and bullying behavior.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Implement school-based violence prevention programs in 50% of schools in the district.
- Support and/or participate in programs through local school districts (such as Pink Shirt Awareness Day).
- Encourage area school districts to take proactive steps to dissuade violent and bullying behaviors by installing cameras on buses and supervising walk/bike routes to schools.
- Advocate for the implementation or continuation of School Liaison Officer positions.
- Collaborate with public and private agencies to enhance services to strengthen families by providing parent education workshops once a year.
- Work directly with Child Protection Councils to promote annual child abuse training workshops.
- Provide education to law enforcement agencies, emergency department personnel, and Michigan Department of Human Services staff on the signs of Intimate Partner Abuse/Violence (IPA) and available resources.
- Connect with Women’s Aid programs to provide opportunities for presentations.
- Help distribute Women’s Aid program information to health providers, in public locations, and on Facebook and websites.
- Create a resource guide for domestic violence, anger management, and family therapy.
- Encourage and promote conferences, seminars, and training sessions on elder abuse.
- Provide additional violence prevention programs and organizational training opportunities for the community.
- Implement community-based crime prevention programs.

Nutrition Strategies

Central Michigan District Health Department

- Increase access/availability to food distribution trucks and soup kitchens with WIC staff and Registered Dietitians
- Establish additional farmers markets and community and approved vendors in the WIC Program
Community Mental Health for Central Michigan

Future
- Coordinating agreement with local hospital to bring dietitian in to clinic for groups

McLaren Central Michigan
- Continue in-patient nutrition counseling
- Continue community education classes

MidMichigan Community Health Services
- Expand nutritional counseling services

MidMichigan Medical Center-Gratiot
- Healthy cafeteria options
- Show nutritional value of food options

Munson Healthcare Grayling Hospital

Current
- Continued focus at outreach events to deliver messages regarding healthy low calorie beverage choices, promoting access to and consumption of fruits and vegetables
- Support and promotion of local farm markets and community gardens
- Partnering with District Health Department #10 and Michigan State University (MSU)-E to provide Diabetes Prevention Program. (DPP)

Future
- Prescription for Health Program in Crawford County
- Medical Nutrition Therapy services will be expanded to clinics in Roscommon County
- Farm to Work CSA for hospital employees
- Diabetes Care staff to be trained to facilitate DPP

Spectrum Health Reed City Hospital

Current
- Strategy - early recognition and education to manage diabetes will result in patients under glycemic control. The goal is for primary care providers referring diabetic patients with an A1C greater than 7.0 to diabetic education. Barriers are the awareness of primary care providers to refer patient for services and the availability or resources.

Future
- Strategy is the early recognition of prediabetic youth and adults before the onset of diabetes. The goal is to develop a screening criteria or primary care providers to identify and refer prediabetic patients to a diabetes prevention program.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Sterling Area Health Center

Current
- Registered Dietitian on Staff Tuesday - Thursday

Future
- Partnering with other agencies to increase access to healthy food and education

St. Mary's of Michigan Standish Hospital

- Through Arenac County’s Community Health Needs Assessment project, agencies are partnering to focus on improving access to healthy foods - fruits and vegetables. Their strategies include implementing the Double Up Food Bucks program, increasing redemption rates for Project Fresh and Senior Fresh, and implementing a Farmer’s Market

Michigan State University College of Human Medicine Rural Community Health Program

- Training in nutrition for medical students
- Training in nutrition for medical residents
- Hands on clinical experience with nutrition intervention programs through the Rural Community Health Program
- Medical research related to nutrition

Clare-Gladwin RESD Great Start Collaborative

- Offers parent education nights on nutrition in partnership with local preschools

Michigan Health Improvement Alliance, Inc. (MiHIA)

Current
- Program management of a regional Diabetes Prevention Program (DPP)

Future
- Expand DPP [Diabetes Prevention Program] into other counties

Michigan State University (MSU) Extension

Current
- Nutrition education through one time presentations and series
- Collaboration with other agencies
- Intervention at health fairs, farmers markets, and other community events

Future
- Further collaboration to increase programming
Region 7B Michigan Works!
- Continue to promote healthy eating by offering the community garden outside of the Michigan Works! Service Center in Harrison
- Continue to use partnerships to offer nutritional education and hands on classes

Northern Lower Regional Area Health Education Center (AHEC)
- Expanding diabetic nutrition support services

Region VII Area Agency on Aging
Current
- Monitor the county units on aging who provide home-delivered meals and congregate nutrition programs to make sure they meet the federal Older American Act guidelines for nutrition and also the state requirements
- Increase knowledge of healthy eating with the Diabetes Personal Action Toward Health (PATH) workshop.
- Encourage people age 60 and older to use the Project Fresh coupons at farm markets each summer.

Future
- Increasing use of the Diabetes PATH workshop and Medicare-billable nutrition counseling

Nutrition Strategies Identified Previously
- Increase the number of K-12 students who have access to healthy foods at school by increasing the number of schools that have implemented the Michigan Nutrition Standards.
- Increase the number of residents who have access to healthy food and beverage options by increasing the number of restaurants with less than 25 locations nationwide that provide nutrition labeling on menus and lower calorie food options.
- Increase the number of residents with access to healthy food and beverage options in institutional settings (schools, worksites, and community centers).
- Gather information on available nutritious food resources by conducting a community scan, identify gaps, and increase availability of nutritious food resources for all residents.
- Increase awareness of potential positive economic and health impacts of supporting fresh and local foods.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Establish a county or regional Food Policy Council.
- Increase access/availability to free food distributions, soup kitchens, and food donation opportunities.
- Provide low income families with access to education on healthy food choices, food preparation, gardening, and harvesting and storing produce as part of food distributions.
- Develop community kitchens that can be used for healthy cooking demonstrations, nutrition education, etc.
- Implement a community campaign to educate the public about gardening and to promote community gardens.
- Encourage community garden members to donate excess food.
- Promote availability/access to farmer’s markets/produce stands and community supported agriculture (CSA’s).
- Investigate the use of the Bridge Card and Michigan MI-WIC EBT card at local farmers markets and CSA’s and assist in implementation.

Physical Activity Strategies

Community Mental Health for Central Michigan
Current
- Walking group for consumers
Future
- Exploring some challenges, etc. for consumers to engage in physical activity
- Bring exercise equipment to clubhouses

MidMichigan Medical Center-Gratiot
- Physician prescription program
- Implement walking groups
- Enhance access of physical activity options

Munson Healthcare Grayling Hospital
- Work with county Health Improvement committees on opportunities to promote physical activity in Roscommon County for all ages and physical abilities throughout the year
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Sterling Area Health Center

Future
- Personal Action Toward Health (PATH) Classes

Michigan State University College of Human Medicine Rural Community Health Program

- Hands on clinical experience with nutrition intervention programs through the Rural Community Health Program
- Medical research related to physical activity.

Clare-Gladwin RESD Great Start Collaborative

Current
- Hold family nights to encourage families to increase physical activity (Winter Fun Night encourages playing outside in the snow).

Future
- Participating in the 5k event being held at MMCC.

Michigan Health Improvement Alliance, Inc. (MiHIA)

Current
- Program management of a regional DPP

Future
- Expand DPP into other counties

Michigan State University (MSU) Extension

Current
- Nutrition education through one time presentations and series
- Collaboration with other agencies
- Intervention at health fairs, farmers markets, and other community events
- Leadership with focus groups

Future
- Further collaboration to increase programing

Region VII Area Agency on Aging

Current
- Region VII AAA offers an evidence-based Falls Prevention workshop known as Matter of Balance in most communities.

Future
- Increase use of Matter of Balance falls prevention programs.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Physical Activity Strategies Identified Previously

- Increase the number or residents with opportunities for daily physical activity in institutional settings, including early childhood development programs, worksites, Michigan Works facilities, and senior centers.
- Increase the number of communities with a pedestrian and bicycle master plan.
- Support and promote existing physical activity initiatives.
- Implement additional annual free public physical activity events.
- Advocate for policy, system, and environmental changes to increase physical activity in schools, such as safe routes to school and active recess.
- Implement activities for students that will increase participation in healthy choices for healthy bodies, including Healthy Body themed activities, half day outdoor recreation programming on days schools are only open half days, and opening activities with a physical component.
- Support youth physical activity programs: after-school programs, summer youth programs, Girls on the Run, school-based physical activity programs, etc.
- Promote physical activity by creating a “Let’s Get Moving” brochure for each county.
- Coordinate with school officials to get open hours for after school walking programs in winter months and assistance with sporting event programs.
- Get the public moving at sporting and school events.
- Develop outreach programs for non-sporting event attendees and community members.
- Implement a community campaign to promote physical activity through recreation.
- Promote community trail walks during spring through fall months.

Maternal and Infant Health Strategies

Central Michigan District Health Department

- Provide childbirth education classes in every county in the region.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Promote breastfeeding education through classes, medical center help lines, and one-on-one education opportunities.

- Promote breastfeeding in the workplace, through peer support, education efforts with mothers, media campaigns, and social media.

- Implement smoking cessation interventions for pregnant women.

Community Mental Health for Central Michigan

*Current*
- Provide Infant Mental Health treatment

*Future*
- Looking into training for Nurturing Parenting program

MidMichigan Medical Center-Gratiot

- Reduce maternal smoking
- Increase prenatal class attendance

Munson Healthcare Grayling Hospital

*Current*
- Implementation of OB [Obstetrical] Nurse High Risk care coordinators

- Participation in 21 county regional perinatal initiative

- One of 9 birthing hospitals in Northern Michigan 21 county region

- Maternal Tobacco Cessation Workgroup

- OB clinic offered at Prudenville Clinic Site. Prenatal nutrition, child birth education and infant nutrition/breast feeding classes offered throughout the year, now expanded to offering them locally in Roscommon and Oscoda counties.

*Future*
- Healthy Futures Program offered to all families delivering babies at Grayling Hospital

Sterling Area Health Center

*Current*
- Pediatrician for Infant Health

*Future*
- Addition of new pediatrician
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Ferris State University College of Health Professions

*Future*
- This will be an area of emphasis for the Institute for Rural Health.

Michigan State University College of Human Medicine Rural Community Health Program

- Hands on clinical experience with MIHP through the Rural Community Health Program
- Medical research related to MIHP

Clare-Gladwin RESD Great Start Collaborative

- Teen parent home visitor educates and supports pregnant/parenting moms and dads.

Great Start Collaborative - Gratiot-Isabella Counties

*Future*
- Provide funding for programming
- Provide communication to parents/families

Michigan State University (MSU) Extension

- Nutrition presentations to WIC clients
- Project Fresh
- Nutrition programming
- Classes catered to families and parents, such as Cooking Matters

Maternal and Infant Health Strategies Identified Previously

- Institute an awareness campaign for Women, Infants and Children (WIC) services and 211 referral assistance.

- Increase the rate of pregnant women in the WIC program who visit a medical provider in the first trimester.

- Provide public transportation options to pregnant mothers for medical appointments.

- Promote the use of folic acid supplements by pregnant women.

- Implement smoking cessation programs for pregnant women.

- Develop a list/inventory of community programs that provide education and resources for a healthy pregnancy; community programs and resources aimed at improving the health of babies and young children; and parenting classes and distribute it to community and social services partner organizations.

- Provide childbirth education classes in every county in the region.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Promote breastfeeding education in OB/GYN settings through all stages of pregnancy, delivery, and hospital discharge.

- Promote breastfeeding education through classes, medical center help lines, and one-on-one education opportunities.

- Promote breastfeeding in the workplace, through peer support, education efforts with mothers, media campaigns and social media.

- Conduct Community Baby Showers that include educational workshops for parents of children ages newborn to 1 year.

Children’s Health Strategies

Community Mental Health for Central Michigan
- Coordination with primary care

MidMichigan Community Health Services
- Expand pediatric services

Munson Healthcare Grayling Hospital
Current
- Support of Viking Wellness Clinic in Crawford County

- Pediatricians on staff of Munson Healthcare Grayling Physician Network, serving Crawford, Roscommon, and Oscoda Counties

- Michigan Child Collaborative Care MC3 Program (The MC3 program provides psychiatry support to primary care providers in Michigan who are managing patients with mild to moderate behavioral health problems. This includes children, adolescents and young adults through age 26, and women who are contemplating pregnancy, pregnant or postpartum with children up to a year.)

- Promotion of dental self-care for prevention

Future
- Explore preventative strategies like offering dental varnish to pediatric patients

Sterling Area Health Center
Current
- Pediatrician on staff
- Dental Education on site
Future
- Additional pediatricians on staff
- School based health programs - partner project? concept phase only

Ferris State University College of Health Professions
Future
- This will be an area of emphasis for the FSU Institute of Rural Health

Michigan State University College of Human Medicine Rural Community Health Program
- Pediatric residencies
- Hands on pediatric clinical training in rural areas for medical students
- Medical and academic research related to pediatric health
- Hands on training and experiences in public health settings related to children's health through the Rural Community Health Program
- Full pediatric clinical training

Clare-Gladwin RESD Great Start Collaborative
- Partner with other agencies to hold the Gladwin 0-6 Health Fair in August every year.
- Participate in the Paula Pirnstill Health Fair held in April.

Great Start Collaborative - Gratiot-Isabella Counties
Future
- Provide funding for programming

Michigan State University (MSU) Extension
Current
- Nutrition and Physical Activity instruction/advisement
Future
- Involvement with schools for Smarter Lunchrooms and Wellness programs

Ten16 Recovery Network
Current
- Provide substance abuse curriculum to youth
- Provide drug education classes to youth
Future
- Provide alternative to suspension program to high school students
- Provide first time juvenile substance abuse offenders program
Family Health Strategies

Community Mental Health for Central Michigan (CMHCM)

*Current*
- Family therapy
- Home-based family therapy

*Future*
- Expansion into other family therapy models

McLaren Central Michigan
- Increase family medicine providers in primary care area

MidMichigan Community Health Services
- Provide primary care services
- Provide urgent care services

Munson Healthcare Grayling Hospital
- Offering care throughout the continuum at the Munson Healthcare Primary Care Clinics
- Support guiding good choices program.

Ferris State University College of Health Professions

*Future*
- This will be an area of emphasis for the FSU Institute of Rural Health

Michigan State University College of Human Medicine Rural Community Health Program
- Family Medicine residencies
- Public health experiences related to family medicine for medical students
- Clinical training in family medicine in rural areas for medical students
- Family Medicine related research

Sterling Area Health Center
- Parenting Classes
- Providers see all ages

Great Start Collaborative - Gratiot-Isabella Counties

*Future*
- Provide funding for programming
- Provide communication to parents/families

Michigan State University (MSU) Extension
- Class offerings for Cooking Matters for Families
Ten16 Recovery Network

*Current*
- Provide Active Parenting Classes

*Future*
- Sponsor, participate in, and promote free family activities to promote family bonding

**Family Health Strategies Identified Previously**

- Provide research based parenting program trainings to parents and professionals in the community.
- Expand Teen Parent Support Programs.

**Reproductive and Sexual Health Strategies**

**Central Michigan District Health Department**
- Maintain sexually transmitted disease and HIV/AIDS testing clinics to educate and test for Chlamydia, Gonorrhea, Syphilis, and HIV as indicated or needed in each county
- Educate community members at schools, health fairs and community presentations about the prevention, signs, symptoms, and treatment for sexually transmitted diseases
- Provide education, follow-up testing, treatment, and referrals for people with positive STD or HIV/AIDS tests
- Educate on the importance of HPV and vaccination to prevent cervical cancer

**MidMichigan Medical Center-Gratiot**
- HPV vaccinations

**Munson Healthcare Grayling Hospital**
- OB/GYN clinics in Roscommon and Crawford County with full services

**Sterling Area Health Center**
- Contraception availability by appointment
- Provider to patient education
- GYN on staff part-time

**Michigan State University College of Human Medicine Rural Community Health Program**
- Public health experiences for medical students
- Specialized hands on experiences for medical students in rural areas
- Medical and scholarly research
- Emphasis on sexual and reproductive health for medical students and residents
Reproductive and Sexual Health Strategies Identified Previously

- Decrease the rate of teen pregnancy via additional community education initiatives involving local medical providers, school systems, Department of Human Services, and other community organizations.

- Educate the community, particularly teens and young adults, to prevent unplanned pregnancies and to prevent/control the spread of sexually transmitted diseases (STD’s) and certain cancers.

- Implement group-based comprehensive risk reduction interventions for adolescents.

- Mobilize youth leaders to spread the message of safe sex.

- Create a Facebook Page to educate teens about pregnancy prevention.

- Sponsor “Talk Early – Talk Often” presentations to educate parents.

- Provide education about HPV (human papillomavirus) to schools, County Collaborative member agencies, HIP member agencies, CMDHD clients, and to community members.

- Educate the public on the importance of HPV vaccinations in preventing cervical cancer.

- Increase HPV vaccination and encourage routine screenings/pap smears.

- Promote CDC recommendations for routine HIV testing.

- Offer additional STD and HIV testing and counseling to college students.

- Educate community members at schools, health fairs and community presentations about the prevention, signs, symptoms, and treatment for sexually transmitted diseases.

- Maintain sexually transmitted disease and HIV/AIDS testing clinics to educate and test for Chlamydia, Gonorrhea, Syphilis, and HIV as indicated or needed in each county.

- Provide education, follow-up testing, treatment, and referrals for people with positive STD or HIV/AIDS tests.

- Provide training/technical assistance to health care providers to increase appropriate testing for HIV and STDs.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Extend Central Michigan District Health Department Family Planning service hours for STD testing.

Older Adult/Geriatric Health Strategies

Community Mental Health for Central Michigan
- OBRA evaluations to determine the need for mental health services

MidMichigan Medical Center-Gratiot
- End of life care options

Munson Healthcare Grayling Hospital

Current
- Complex Care Coordinators at each clinic site (Grayling, Prudenville, and Roscommon) for patients with chronic disease
- Medication access program.
- Advance Care Planning education and assistance
- Medicare Wellness Nurses for Medicare Wellness visits
- Presentation on Health topics at COA and Senior Centers

Future
- Dementia Diagnosis and Care Coordination

Sterling Area Health Center
- Providers see all ages
- Accept Medicare and Plans

Ferris State University College of Health Professions

Future
- This will be an area of emphasis for the FSU Institute of Rural Health

Michigan State University College of Human Medicine Rural Community Health Program
- Geriatric health research
- Geriatric health fellowships
- Clinical training in Older Adult and Geriatric Health for medical students
- Psychological support for older adults

Michigan State University (MSU) Extension
- Partnering with COA [Council on Aging] agencies to provide senior specific classes
Region VII Area Agency on Aging

**Current**
- Follow Michigan’s Aging and Adult Services Agency goals and objectives for maintaining/improving health of older adults (age 60+).

**Future**
- Are in the process of developing the annual and multi-year plan goals for 2017 to 2019 and will include new goals surrounding health and wellness.

**Environment: Transportation Strategies**

**MidMichigan Medical Center-Gratiot**
- Increase transportation routes
- Increase days/times

**Munson Healthcare Grayling Hospital**
- Advocate for ease of transportation across county lines for medical and dental care

**Sterling Area Health Center**
- Transportation program to assist low/no income patients (gas cards and bus tickets)

**Michigan State University College of Human Medicine Rural Community Health Program**
- Research related to health disparities caused by lack of transportation

**Michigan Health Improvement Alliance, Inc. (MiHIA)**

**Future**
- Application to RWJF for INVEST HEALTH Grant - Focus on Transportation for one MiHIA County

**Region VII Area Agency on Aging**

**Current**
- Region VII AAA has appropriated a "local" pot of money to be used when transportation resources have been exhausted.
- Region VII AAA partnered with the Hospital Council of East Central Michigan to develop a software tool known as: [www.asknemo.org](http://www.asknemo.org). This matches a prescription for non-emergency medical transport w/service providers.

**Future**
- Continue to advocate for better options in Saginaw County and the Great Lakes Bay region.
- Continue to fund the local pot of money.
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Continue to advocate for cross-county transportation.
- Continue to advocate for social transportation and weekend/after-hours rides for older adults and people who provide services to them.
- Watch developments at the state level w/regard to Medicaid-funded medical transportation.

Roscommon County Transportation Authority

Current
- Coordinated service transfers at county line
- Demand response service to in county medical

Future
- Develop cross county medical transportation
- Coordinated medical routes for fill the bus distance trips
- Coordinating Medical Schedulers area wide for designated service times.

Ten16 Recovery Network
- Provide low income clients with gas cards or bus tickets in order to come for counseling

Environment: Transportation Strategies Identified Previously

- Develop a plan to reduce transportation barriers for those who need access to medical services in both rural counties.
- Develop a regional non-emergency medical transportation system.
- Establish a Michigan Mobility Center.
- Increase access to affordable and dependable transportation for WIC clients to get to their appointments at CMDHD.
- Promote and help leverage resources for ‘Rides That Run’ programs to assist low-income, working DHS clients with auto repairs, so that they can continue to get to and from employment and remain self-sufficient.
- Become educated about and involved in regional transportation network initiatives.
- Encourage alternative forms of transportation, such as carpooling and bus pass incentives.
- Create “bicycle libraries.”
Environment: Access to Recreation Strategies

Community Mental Health for Central Michigan
▪ Clubhouse provides recreational activities for clubhouse members

Clare-Gladwin RESD Great Start Collaborative
▪ Provide family events to give parents activities to do with their children.

Environment: Safe Streets Strategies
None identified

Environment: Safe Streets Strategies Identified Previously
▪ Promote bicycle helmet safety and safe bicycle riding practices.
▪ Conduct bicycle safety rodeos and bicycle helmet, safety flag, and reflector giveaways.
▪ Advocate for a “safe driving with bicycle traffic” curriculum in Driver’s Education classes.
▪ Establish local non-motorized transportation coalitions to work on initiatives such as pedestrian/bicycle master plans, safe walking and biking trails, increasing the connectivity of non-auto paths and trails, and advocating for bicycle helmet safety and safe bicycle riding practices.
▪ Work with the Coordinated School Health Teams and municipalities to apply for a Safe Route to Schools grants.
▪ Encourage municipalities to develop pedestrian/bicycle master plans and “complete streets” plans and adopt policies requiring the installation of sidewalks during road improvements.
▪ Conduct a survey to identify current recycling programs and barriers to curbside recycling.

Environment: Safe Schools Strategies
Ten16 Recovery Network
▪ Provide alternative to suspension program to high school students
▪ Provide substance abuse prevention curriculum to middle school students
▪ Participate in afterschool programs
Environment: Food Quality Strategies

Munson Healthcare Grayling Hospital
- Healthy Hospital Initiative

Michigan State University (MSU) Extension
Current
- Food safety and preservation classes

Future
- Classes catered to specific groups, such as child care food safety classes

Region VII Area Agency on Aging
- All meals that are subsidized by the Older American Act funds must meet quality and nutritional standards as set by government and surveyed by the Contracted Registered Dietician and others.

Environment: Water Quality Strategies

Munson Healthcare Grayling Hospital
- Promote safe disposal of prescription and other unused medications to protect our watershed

Environment: Water Quality Strategies Identified Previously
- Partner with Alma College and the Michigan Department of Environmental Quality to update databases.
- Explore the possibility of a Groundwater stewardship program.

Environment: Air Quality Strategies
None identified

Environment: Air Quality Strategies Identified Previously
- Advocate for continuing Michigan’s smoking ban in public places.
- Promote Energy Star energy efficient consumer products.
Environment: Housing Strategies
Region VII Area Agency on Aging

Current
- Region VII AAA employs a housing specialist who works primarily with the Medicaid Nursing Facility Transition program.

Future
- Region VII AAA may attempt to do more with coordinating housing in the future as the need is growing.

Environment: Housing Strategies Identified Previously

- Define and document physical areas of living condition concerns.

Health Professional Workforce Recruitment and Retention Strategies

Community Mental Health for Central Michigan
- Post openings on various media/websites

McLaren Central Michigan
- Increase primary care providers in market area
- Increase specialist in market area

MidMichigan Community Health Services
- Participate in area AHEC efforts to recruit

Munson Healthcare Grayling Hospital
- Continue to provide access to clinical rotations for medical students, Nurse Practitioner (NPs) and Physician Assistants (PA) students, Radiology - general, US and MRI students, OT and PT students, Phlebotomy, MA and medical office assistant students
- Grow our own program
- Offering tuition assistance to employees

Sterling Area Health Center

Current
- Utilize student loan assistance programs
- Interns in Clinic

Future
- Improve area and community draw by partnering to improve QOL issues
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

Ferris State University College of Health Professions
- Ferris State University has three Colleges of Health Professions Programming and recruitment and retention of students is the first step for meeting workforce needs.
- The focus of the CHP Public Health Programs at Ferris is Rural Health and this focus is intended to not only serve the community, but to prepare practitioners who will practice in rural areas.

Michigan State University College of Human Medicine Rural Community Health Program
- Community Based Medical School
- Support for the Michigan Center for Rural Health
- Medical School Pipeline Programs for undergraduate students
- Medical Professional Support Groups
- Specialized Certificate Training Programs

Michigan State University (MSU) Extension
- Internship and volunteer opportunities

Mid Central Area Health Education Center (AHEC)
Current
- Continue to host and expand health professions 9 week pipeline programs for middle and high school students
- Continue to partner with CMU-CMED on the 3 day CampMed for high school students pursuing medicine as career
- Continue to provide outreach to underrepresented minority and disadvantaged students who want to pursue careers in health professions
- Continue and expand work with Michigan Works! to connect students to community college health professions programs
- Continue to work with health professions students from four universities in the Mid central AHEC region with support and supplies during their clinical rotations.

Future
- Expand all of the above.

Region 7B Michigan Works!
- Continue to offer training opportunities for new employees and incumbent workers in health related career pathways
Ten16 Recovery Network
*Future*
Participate on Drug Free Workplace Task Force

**Health Professional Education and Training Strategies**

**Community Mental Health for Central Michigan**
- Bring in trainings occasionally for mental health professionals

**Munson Healthcare Grayling Hospital**
- Continue to provide access to clinical rotations for medical students, NP and PA students, Radiology - general, US and MRI students, OT and PT students, Phlebotomy, MA and medical office assistant students
  - Grow our own program
  - Offering tuition assistance to employees
  - We have access to REMEC Telehealth Network programming

**Sterling Area Health Center**
- Interns in Clinic

**Ferris State University College of Health Professions**
- Ferris provides academic education for 13 different health care professions disciplines.

**Michigan State University College of Human Medicine Rural Community Health Program**
- Rural Community Health Program
- Leadership in Rural Medicine Programs
- Leadership in Medicine for the Undeserved Programs
- Leadership in Public Health Programs
- Community Based Medical School since 1964

**Great Start Collaborative - Gratiot-Isabella Counties**
*Future*
- Provide training that educates about resiliency factors and how to incorporate them into work that is already being done to promote resilient families.

**Michigan Health Improvement Alliance, Inc. (MiHIA)**
- Continuation of support for the Great Lakes Bay Region (GLBR) Symposium GLBR in early October 2016 and the Annual Health Conference in January 2017
Mid Central Area Health Education Center (AHEC)

Current
- Continue to host and expand Interprofessional education for health professions student events and workshops to encourage and promote team work in community and clinical situations.
- Continue to support, expand, sponsor, plan, and develop activities for health professions student clubs
- Continue to support and expand service learning opportunities for health professions students in communities in the mid-central Michigan region
- Continue to sponsor and develop continuing education programs for medical and health professions providers on current topics in health care delivery
- Continue to host statewide programs and conferences related to veterans’ health and behavioral health care needs

Future
- Support the dissemination of information on autism service providers within the Mid Central Region to improve referral patterns.
- Host live presentations and webinars on diagnoses, referral and treatment of the autism spectrum for providers.

Region VII Area Agency on Aging

Current
- Host an annual update day for CPR/first aid and cultural competence.

Future
- Work on becoming more competent when serving LGBT older adults
- Work on training for responding to natural disasters

Ten16 Recovery Network
- Provide professional training to our current workforce to maintain their certifications

Community Health Survey “Top” 100 Areas of Focus

- Lack of access of medication due to: Cost
- Lack of access to health services due to transportation issues
- Mental health promotion/mental illness prevention
- Teen pregnancy prevention
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Neglect and abuse (violent and/or controlling behavior) - Children
- Lack of access to dental care due to: Cost
- Overweight/obesity prevention - Nutritional counseling
- Overweight/obesity prevention - Physical activity counseling
- Birth related - Smoking during pregnancy
- Neglect and abuse (violent and/or controlling behavior) - Related to domestic situations
- Physical inactivity
- Substance abuse - Methamphetamine
- Substance abuse - Prescription/pharmaceutical drugs
- Access to food - Availability of low cost healthy food choices
- Lack of access to dental care due to: Being uninsured
- Lack of access to dental care due to: Being underinsured
- Lack of access to mental health care due to: Cost
- Lack of access to mental health care due to: Lack of providers
- Lack of access of medication due to: Being underinsured
- Dental/oral health maintenance
- Diabetes prevention
- Vaccinations - Childhood vaccinations (DTaP, Flu, HepA, HepB, Hib, IPV, MMR, PCV, RV, Varicella)
- Vaccinations - HPV vaccinations
- Vaccinations - Influenza (flu) vaccinations
- Neglect and abuse (violent and/or controlling behavior) - Seniors
- Neglect and abuse (violent and/or controlling behavior) - Sexual Assault
- Nutrition - Inadequate fruit/vegetable consumption
- Substance abuse - Driving while under the influence of substances
- Lack of access to vision care due to: Cost
- Lack of access to mental health care due to: Being uninsured
- Lack of access to mental health care due to: Being underinsured
- Lack of access to substance use disorder services due to: Being uninsured
- Lack of access of medication due to: Being uninsured
- Communicable disease prevention
- Diabetes screening/testing
- Heart disease prevention
- Mortality - Suicide prevention
- Vaccinations - Pneumonia vaccinations
- Nutrition - Food insecurity (limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways)
- Parenting issues - Teenage parents
- Substance abuse - Alcohol related
- Substance abuse - Heroin
- Lack of access to vision care due to: Being uninsured
- Lack of access to vision care due to: Being underinsured
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Lack of access to substance use disorder services due to: Being underinsured
- Lack of access to substance use disorder services due to: Cost
- Lack of access to substance use disorder services due to: Lack of providers
- Cancer screening/testing - mammogram
- Birth related - Pregnancy among women under 18
- Nutrition - Soda consumption
- Tobacco use
- Unsafe sex practices/sexual transmission of disease
- Access to public transportation
- Lack of access to primary care due to: Being underinsured
- Cancer screening/testing - Pap test
- Cancer screening/testing - sigmoidoscopy or colonoscopy
- High blood pressure prevention
- Infant mortality prevention
- Sexually transmitted diseases screening/testing - Chlamydia
- Neglect and abuse (violent and/or controlling behavior) - Adults
- Neglect and abuse (violent and/or controlling behavior) - Violent Crime
- Substance abuse - Cocaine
- Substance abuse - Over the counter medications
- Access to food - Supplemental Nutrition Assistance Program (SNAP) authorized farmer’s market access
- Availability of positive teen activities
- Housing - Homelessness
- Lack of access to primary care due to: Cost
- Lack of access to primary care due to: Lack of providers
- Lack of access to dental care due to: Lack of providers
- Lack of access to audiology (hearing) care due to: Cost
- Birth related – premature birth prevention
- High cholesterol prevention
- Sexually transmitted diseases screening/testing - Gonorrhea
- Sexually transmitted diseases screening/testing - HIV/AIDS
- Sexually transmitted diseases screening/testing - Syphilis
- Stroke prevention
- High school graduation rates
- Lack of family planning, including contraception
- Lack of social or emotional support
- Parenting issues - Single parent families
- Access to food - Availability of healthy food choices at fast food establishments
- Access to food - Free food access
- Access to food - Lack of farm to fork
- Access to food - Supplemental Nutrition Assistance Program (SNAP) authorized food store access
- Access to food - WIC authorized food store access
Central Michigan Regional Rural Health Network
Health Improvement Priority Area Strategies

- Lack of access to integrated care
- Preventable hospital events (ones involving conditions that could have been addressed in an outpatient setting)
- Birth defects prevention
- Birth related – low birthweight prevention
- Cholesterol screening/testing
- Chronic obstructive pulmonary disease (COPD) prevention
- Influenza and pneumonia prevention
- Sexually transmitted diseases prevention
- Lack of dental care at home
- Lack of knowledge on how to prepare food
- Food safety
- Nutritional counseling
- Lack of postpartum care due to: Lack of providers
- Lack of wrap around case management