Central Michigan Regional
Rural Health Network
Development Planning

July 9, 2015
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Acknowledgement

This presentation was prepared by the Central Michigan District Health Department (CMDHD) for the Central Michigan Regional Rural (CMRR) Health Network Development Planning project.

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Today’s Agenda

- Introductions
- Together We Can Health Improvement Planning Initiative - Central Michigan Regional Rural Health Network Relationship
- Health Improvement Planning Overview
- Central Michigan Regional Rural Health Network Members
- Central Michigan Regional Rural Health Network Development Planning Project Work Plan
- Next Steps in Health Network Development Planning
- Comments and Questions
Introductions
Together We Can Health Improvement Planning Initiative - Central Michigan Regional Rural Health Network Relationship
Together We Can Health Improvement Planning Initiative - Central Michigan Regional Rural Health Network Relationship

- Led by the Central Michigan District Health Department, the Together We Can (TWC) Health Improvement Planning (HIP) initiative began in 2010.

- Following a Public Health Summit, the Together We Can Council was created; this was followed by the development of County Health Improvement Planning Workgroups: Arenac; Clare-Gladwin; Isabella; Osceola; and Roscommon.

- TWC HIP Mission: Uniting the communities and working together, we will improve health and promote wellness in central Michigan.

- The Central Michigan Regional Rural Health Network will build upon the work accomplished by TWC representatives; meetings are being held in lieu of the TWC Council meetings.

- The County TWC HIP Workgroups will continue on as before with the Workgroups being considered as Central Michigan Regional Rural Health Network Members.

- Item for Consideration: How to maintain/enhance member sharing.
Health Improvement Planning Overview
Health Improvement Planning Overview

Strategic Planning Basics

Define Business Process – Mission and Goals

Identify Stakeholders and Their Needs and Assets

Strengthen Effective Programs and Implement New Programs

Develop Objectives and Strategies to Meet Needs and Capitalize on Assets
Health Improvement Planning Overview

The project term is from June 1, 2015 through May 31, 2016

Overall mission: Work collectively to improve the health of and promote wellness among the community members in the central Michigan region.

The primary goals that will serve as a foundation of the planning process are based upon HRSA ORHP’s stated aims.

- Achieve efficiencies and improve regional health care services
- Develop a Central Michigan Region Rural Health Network operations and implementation plan to expand access to, coordinate, and improve the quality of essential health care services in the region’s rural communities
- Enhance community and network member relationships to promote involvement and participation in network planning activities to strengthen the rural health care system as a whole.
Health Improvement Planning Overview

The central Michigan region includes 6 counties and almost 190,000 residents.
# Health Improvement Planning Overview

<table>
<thead>
<tr>
<th>County</th>
<th>Population</th>
<th>% of Pop.</th>
<th>Sq. Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arenac</td>
<td>15,353</td>
<td>8%</td>
<td>363</td>
</tr>
<tr>
<td>Osceola</td>
<td>23,169</td>
<td>12%</td>
<td>566</td>
</tr>
<tr>
<td>Roscommon</td>
<td>23,955</td>
<td>13%</td>
<td>519</td>
</tr>
<tr>
<td>Gladwin</td>
<td>25,411</td>
<td>13%</td>
<td>502</td>
</tr>
<tr>
<td>Clare</td>
<td>30,652</td>
<td>16%</td>
<td>564</td>
</tr>
<tr>
<td>Isabella</td>
<td>70,616</td>
<td>37%</td>
<td>573</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>189,156</strong></td>
<td></td>
<td><strong>3,087</strong></td>
</tr>
</tbody>
</table>

| Michigan       | 9,909,877  |           | 56,539    |

2. Land area in square miles (rounded to whole square miles), 2010: U.S. Bureau of the Census, State & County QuickFacts

The central Michigan region contains 1.9% of the state’s population and 5.5% of the state’s geographic area.
Vulnerable Populations

Vulnerable populations are those who are at greater risk for developing health problems. Vulnerable populations can be divided into three categories: physical, psychological, and social.

**Samples of Various Population Strata**

- Infants
- Persons 2 to 5 years
- K-12 students
- Persons under 18 years
- Women
- Pregnant women
- Post-partum women
- Men
- Teen parents
- Parents
- Seniors
- Persons living with chronic diseases
- Persons living with physical and/or mental disabilities
- Persons with a substance use disorder
- Veterans
- Amish
- Lesbian, gay, bisexual, transgender, and indeterminate gender persons
- Illiterate persons/persons with low literacy
- Persons without a high school degree
- Persons with low or no income
- Asset Limited, Income Constrained, Employed (ALICE) persons
- Homeless persons
- Incarcerated persons
Health Improvement Planning Overview
County Health Rankings Health Improvement Model

- Health Outcomes
  - Length of Life (50%)
  - Quality of Life (50%)

- Health Factors
  - Health Behaviors (30%)
    - Tobacco Use
    - Diet & Exercise
    - Alcohol & Drug Use
    - Sexual Activity
  - Clinical Care (20%)
    - Access to Care
    - Quality of Care
  - Social & Economic Factors (40%)
    - Education
    - Employment
    - Income
    - Family & Social Support
    - Community Safety
    - Air & Water Quality
    - Housing & Transit

- Policies & Programs
  - Physical Environment (10%)
Health Improvement Planning Overview

Health Outcomes

Premature death: Years of potential life lost before age 75 per 100,000 population (age-adjusted)³

<table>
<thead>
<tr>
<th>County</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clare</td>
<td>8,881</td>
</tr>
<tr>
<td>Roscommon</td>
<td>8,817</td>
</tr>
<tr>
<td>Arenac</td>
<td>8,751</td>
</tr>
<tr>
<td>Gladwin</td>
<td>8,545</td>
</tr>
<tr>
<td>Osceola</td>
<td>7,248</td>
</tr>
<tr>
<td>Isabella</td>
<td>7,065</td>
</tr>
<tr>
<td>Average</td>
<td>8,218</td>
</tr>
<tr>
<td>Michigan</td>
<td>7,218</td>
</tr>
</tbody>
</table>

³ County Health Rankings 2015 - National Center for Health Statistics - Mortality Files (2010-2012)
Central Michigan Regional Rural Health Network Members

- Health care providers
- Academic institutions offering health professions programs
- Governmental and non-governmental organizations
Central Michigan Regional Rural Health Network Members
Central Michigan Regional Rural Health Network Members

Health Care Providers

- Central Michigan District Health Department (CMDHD)
- Central Michigan University (CMU) Health Services
- Community Mental Health of Central Michigan
- Isabella Citizens for Health, Inc.
- McLaren Central Michigan
- Michigan Community Dental Clinics, Inc. (MCDC)
- MidMichigan Collaborative Care Organization, LLC
- MidMichigan Community Health Services
- MidMichigan Medical Center - Clare
- MidMichigan Medical Center - Gladwin
- Munson Healthcare Grayling Hospital
- St. Mary’s of Michigan – Standish Hospital
- Sterling Area Health Center
Central Michigan Regional Rural Health Network Members

Academic Institutions Offering Health Professions Programs

- Central Michigan University (CMU) College of Medicine (CMED)
- Central Michigan University (CMU) The Herbert H. and Grace A. Dow College of Health Professions (CHP)
- Ferris State University College of Health Professions (CHP)
- Michigan State University (MSU) College of Human Medicine
- Mid Michigan Community College (MMCC) Health Sciences Program
Central Michigan Regional Rural Health Network Members

Governmental and Non-governmental Organizations

- Central Michigan Pregnancy Services
- EightCAP, Inc. 0-5 Head Start
- Isabella County Board of Commissioners
- Michigan Health Improvement Alliance, Inc. (MiHIA)
- Michigan Primary Care Association (MPCA)
- Michigan State University (MSU) Extension
- Michigan Works! Region 7B and Northern Transformation
- Mid Central Area Health Education Center (AHEC)
- Mid-Michigan Transportation Connection
- Northern Lower Regional Center Area Michigan Health Education Center (AHEC)
- Region VII Area Agency On Aging (Region VII AAA)
- Roscommon County Transportation Authority (RCTA)
- Ten16 Recovery Network
Central Michigan Regional Rural Health Network Members

Expanding Health Network Membership

- Current members are requested to suggest additional members who should be involved in the planning process
- County TWC HIP Workgroups are requested to designate liaisons
- Additional facilitating stakeholders will be identified as health improvement objectives are identified
  - Federal, State, Regional, Tribal, County, and Municipal Governments
  - Health Providers
  - Educators
  - Non-Governmental Organizations
  - Associations and Coalitions
  - National and Local Businesses, including Media Organizations
  - Community Members
  - Funding and Philanthropic Organizations
Central Michigan Regional Rural Health Network Development Planning Project Work Plan
Central Michigan Regional Rural Health Network Development Planning Project Work Plan

Central Michigan Regional Rural Health Network Development Planning Goals

Goal 1. Achieve efficiencies and improve regional health care services.

Goal 2. Develop a Central Michigan Region Rural Health Network operations and implementation plan to expand access to, coordinate, and improve the quality of essential health care services in the region’s rural communities.

Goal 3. Enhance community and Network Member relationships to promote involvement and participation in network planning activities to strengthen the rural health care system as a whole.
## Central Michigan Regional Rural Health Network Development Planning Project Work Plan

<table>
<thead>
<tr>
<th>Objective</th>
<th>Timeframe</th>
<th>Outputs</th>
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</thead>
</table>
| **Objective 1.1.** Conduct a community health needs assessments at both regional and county levels | **06/01/15 – 10/31/15** | 1. County health outcome and health factor data  
2. Needs survey  
3. Community health needs report |
| **Objective 1.2.** Conduct a needs and resources assessment related to health care system providers and related facilitating stakeholders, including: identifying the most critical needs of Network Members to ensure their continuing viability; identifying available resources; and documenting the types and levels of resources required to fill gaps in the health care system | **07/01/15 – 03/31/16** | 1. Draft health care system providers and related facilitating stakeholders needs and resources assessment report  
2. Final health care system providers and related facilitating stakeholders needs and resources assessment report |
<table>
<thead>
<tr>
<th>Objective</th>
<th>Timeframe</th>
<th>Outputs</th>
</tr>
</thead>
</table>
| Objective 1.3. Identify and address health professional workforce recruitment and retention issues | 08/01/15 – 05/31/16   | 1. Health professional workforce recruitment and retention issues data collection system  
<pre><code>                      |                        | 2. Issues summary report                                                                                     |
</code></pre>
<p>|                                                                           |                        | 3. Regional health professional workforce recruitment and retention plan                                    |
|                                                                           |                        | 4. Reduction in health professional shortage (intermediate term outcome)                                      |
| Objective 1.4. Identify and recruit additional potential collaborating network partners | 06/01/15 – 04/30/16   | 1. Central Michigan Region Rural Health Network Members Directory                                             |
|                                                                           |                        | 2. Additional Network Members                                                                               |</p>
<table>
<thead>
<tr>
<th>Objective</th>
<th>Timeframe</th>
<th>Outputs</th>
</tr>
</thead>
</table>
| 2.1.      | 09/01/15 – 04/30/16 | 1. Draft objectives and strategies report  
                      |               | 2. Central Michigan Region Rural Health Network Implementation Plan |
| 2.2.      | 06/01/15 – 05/31/16 | 1. Documentation of Network Members agreements to integrate their functions, share clinical and/or administrative resources, and collaborate to collectively address the identified objectives  
<pre><code>                  |               | 2. Collaborative agreements |
</code></pre>
<table>
<thead>
<tr>
<th>Objective</th>
<th>Timeframe</th>
<th>Outputs</th>
</tr>
</thead>
</table>
| 2.3. Identify the resources that will be necessary to strengthen current programs and implement new programs to achieve the primary care and wellness and prevention objectives, as well as to address the needs of the facilitating stakeholders | 01/02/16 – 05/31/16 | 1. Draft program/project resources requirements document  
2. Revised program/project resources requirements document  
3. Central Michigan Region Rural Health Network Implementation Plan |
| 2.4. Document any and all memoranda of understanding, health network bylaws, and/or operating agreements developed during the planning process | 06/01/15 – 01/31/16 | 1. Governance Committee  
2. Draft memoranda of understanding, health network bylaws and/or operating agreements  
3. Health memoranda of understanding, health network bylaws and/or operating agreements |
### Central Michigan Regional Rural Health Network Development Planning Project Work Plan

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<tr>
<th>Objective</th>
<th>Timeframe</th>
<th>Outputs</th>
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</table>
| Objective 3.1. Institute mechanisms to obtain the support of additional stakeholders, including community members at the regional, county, and municipal levels | 06/01/15 – 05/31/16 | 1. Public Relations (PR) and Communications Committee  
2. Public relations and communications plan |  |
| Objective 3.2. Identify “champions” and obtaining leadership commitment to achieving the primary care and wellness and prevention objectives, as well as developing and maintaining the central Michigan rural health network infrastructure | 06/01/15 – 05/31/16 | 1. Draft list of potential champions  
2. Revised draft list of potential champions  
3. Champions list  
4. Central Michigan Region Rural Health Network Implementation Plan |  |
## Central Michigan Regional Rural Health Network Development Planning Project Work Plan

<table>
<thead>
<tr>
<th>Objective</th>
<th>Timeframe</th>
<th>Outputs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Objective 3.3. Identify methods and mechanisms to sustain the health network as a viable, functioning entity</td>
<td>09/01/15 – 04/30/16</td>
<td>1. Infrastructure Development and Sustainability (IDS) Committee</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Draft Central Michigan Region Rural Health Network Infrastructure Development and Sustainability Plan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Central Michigan Region Rural Health Network Infrastructure Development and Sustainability Plan</td>
</tr>
<tr>
<td>Objective 3.4. Develop a system to share information regarding opportunities to strengthen and expand current programmatic health care efforts and implement new programs</td>
<td>06/01/15 – 05/30/16</td>
<td>1. Opportunity clearinghouse system design plan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Opportunity clearinghouse system design briefing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Intra-network information sharing system</td>
</tr>
</tbody>
</table>
Next Steps in Health Network Development Planning
Next Steps in Health Network Development Planning

Activities for the Remainder of July

CMDHD - Misc. Task –Develop web page under the Together We Can website - [www.together-we-can.org](http://www.together-we-can.org) – as a repository for project materials

CMDHD and Health Network Members - Obj. 1.1 Task –Assemble regional and county health outcome and health factor data and place documents on the Together We Can website

CMDHD and Health Network Members - Obj. 1.4 Task - Recruit additional members, including those identified during pre-grant implementation stage, those identified by Network Members, and those who request membership

CMDHD - Obj. 1.4 Task –Revamp and update Member Directory (ongoing)
Next Steps in Health Network Development Planning

Activities for the Remainder of July (concluded)

Health Network Members - Obj. 2.2 Task – Health Review Healthy People 2020 Topics (which include health outcomes, health factors, and target populations) and Objectives and identify areas to champion - http://www.healthypeople.gov/2020/topicsobjectives2020/default

Health Network Members - Obj. 2.2 Task - Develop additional collaborative agreements (ongoing)

CMDHD - Obj. 3.1 Task - Provide informational briefings at County Collaborative and County Commissioner meetings and other venues (will extend through September)

Health Network Members - Misc. Task – Give thought to a Health Network/County TWC HIP Workgroup Member information/activities sharing system
Next Steps in Health Network Development Planning

August 6th Health Network Meeting Activities

Health Network Members - Obj. 1.1 Task - Review regional and county health factor and health outcome data sources

Health Network Members - Obj. 2.4 Task - Create Governance Committee

Activities for the Remainder of August

Health Network Members - Obj. 1.1 Task - Complete health issues survey

Health Network Members - Obj. 2.2 Task - Develop additional collaborative agreements (ongoing)

CMDHD - Obj. 3.4 Task - Develop opportunity clearinghouse system design plan
Questions and Comments