# 2022-2024 North Central Health Services Implementation Plan

Created in response to the 2021 Community Health Needs Assessment

## Mental/Behavioral Health & Adverse Childhood Experiences

Goal: Promote mental, emotional, and behavioral well-being within the communities we serve by improving mental health and preventing and reducing the impact of adverse childhood experiences.

Objective:	Indicators:
Improve overall mental health within the community	The average number of poor mental health days
Increase community awareness of ACEs and potential risk	The age-adjusted death rate due to suicide
Build resilience among youth and adults in our communities	ACEs Indicators
	Teen pregnancy rate
	Mental Health Provider ratio

			Strategy	
Initiative	Increase access to mental health services	Behavioral Health Workforce Development	Expand access to suicide prevention/crisis intervention	Assist mental health care and resource organizations in capacity building
Approach	Convene mental healthcare providers and community organizations to identify and plan the development of initiatives to address mental healthcare needs in the community.	Secure meaningful partnerships to support and advance mental healthcare workforce development programs in Indiana	Support the expansion of suicide prevention and crisis intervention programs  Youth Suicide Prevention Implementation (pre-k-12)	Support initiatives that develop the capacity of organizations to deliver mental health care, education, and resource referral to the service to include the highly disenfranchised communities.  As started in 2019, continue the Resilient Youth Initiative through 2024 (MSD Warren County).
Partners	MHA NAMI United Way Resiliency Network United Way Mental Health Forum	Community Health Network Psychiatry Residency Program  Indiana University School of Medicine Psychiatry Residency & Fellowship Programs  IU Master Social Work at Ivy Tech Community College  Ivy Tech Community College	MHA QPR & Crisis Center Training  Education Development Center (EDC)  Attica Consolidated School Corporation, Benton Community School Corporation, Clinton Central School Corporation, Clinton Prairie School Corporation, Community Schools of Frankfort, Covington Community School Corporation, Crawfordsville Community School Corporation, Frankfort Crossing School of Business & Entrepreneurship, Lafayette Catholic School System, Lafayette School Corporation, MSD of Warren County, North White School Corporation, Rossville Consolidated School District, South Montgomery Community School Corporation, Southeast Fountain School Corporation, Tippecanoe School Corporation Tri-County School Corporation, Twin Lakes School Corporation, West Lafayette Community School Corporation  Teen Café's Collaboration with IU Health – 15 Teen Café - Carroll -2, Clinton – 3, Fountain – 1, Tippecanoe – 7, White – 1. One applicant serves all counties	NAMI West Central Indiana Toast to Mental Health  NCHS Nonprofit Executive Development Initiative Scholarships  North Central Indiana Mental Health Summit
Anticipated Impacts	Identify and develop initiatives addressing specific mental health care needs.	Provide increased stability to Indiana-based mental healthcare workforce development programs and potentially increase the number of mental healthcare providers	Expand outreach to adolescents and others in need of suicide prevention and crisis intervention	Strengthen mental health care, education, and resource referral services
Evaluation Plan	Number of clients served	Number of psychiatry graduates  Number of psychiatrists electing to practice in Indiana	Number of individuals impacted by suicide prevention programs  Number of Youth Suicides in region	Number of professionals completing certificate programs  Number of professionals receiving supplemental training

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Year 1	Community Health Network Foundation - Psych Residency Expansion - (year 1 of 8 years totaling \$3,349,700)	2022	\$ 40,850.00
Year 1	Community Health Network Foundation (Year 7 of 8)	2022	\$ 326,800.00
Year 1	EverFi (year 5 renewal)	2022	\$ 10,000.00
Year 1	Indiana School of Social Work - MSW at Purdue WL (year 1 of 3)	2022	\$ 128,423.00
Year 1	Indiana University School of Medicine (Year 5 of 10)	2022	\$ 468,864.00
Year 1	Mental Health America Wabash Valley Region (Year 5 of 10)	2022	\$ 2,500.00
Year 1	Mental Health School of Nursing Scholarships- Daybreak Rotary	2022	\$ 3,500.00
Year 2	Mental Health School of Nursing Scholarships- Daybreak Rotary	2023	\$ 2,500.00
Year 2	Community Health Network Foundation - Psych Residency Expansion (year 2 of 8 years totaling \$3,349,700)	2023	\$ 408,500.00
Year 2	Mental Health America Wabash Valley Region (Year 6 of 10)	2023	\$ 2,500.00
Year 2	Indiana University School of Medicine (Year 6 of 10)	2023	\$ 481,704.00
Year 2	Community Health Network Foundation (Year 8 of 8)	2023	\$ 326,800.00
Year 2	Indiana School of Social Work - MSW at Purdue WL (year 2 of 3)	2023	\$ 128,104.00
Year 2	EverFi (year 6 renewal)	2023	\$ 10,000.00
Year 2	Ivy Tech - Nursing/Health Programs Scholarship	2023	\$ 875,000.00
Year 2	PYSI ROUND 2	2023	\$ 550,000.00
Year 3	Mental Health School of Nursing Scholarships- Daybreak Rotary	2024	\$ 3,500.00
Year 3	Community Health Network Foundation - Psych Residency Expansion (year 3 of 8 years totaling \$3,349,700)	2024	\$ 449,350.00
Year 3	Indiana University School of Medicine (Year 7 of 10)	2024	\$ 494,930.00
Year 3	Indiana School of Social Work - MSW at Ivy Tech Lafayette (year 3 of 3)	2024	\$ 138,652.00
	Total		\$ 4,852,477.00

## Scholarships.

- NCHS awarded funding to Lafayette Daybreak Rotary in 2022, 2023 and 2024 to provide Mental Health Nursing Scholarships. This will provide scholarships to assist with education for the Purdue School of Nursing program.
- NCHS awarded a five-year grant to provide scholarships for the Ivy Tech Community College's nursing, psychology, human services, and addiction studies programs. It is estimated that this grant will support approximately 35 students per year.

Psychiatry Residency Program Expansion. NCHS awarded funding to address mental health workforce development gaps by helping to sustain the expansion of the Indiana University School of Medicine's general psychiatry residency program, triple board (psychiatry, child-adolescent psychiatry, pediatrics) residency program, and child and adolescent psychiatry, addictions psychiatry, geriatric psychiatry, and consultation-liaison fellowships.

NCHS funding sustained the program's rural psychiatric resident rotation, established the first consult-liaison psychiatry fellowship in Indiana; provided addictions fellow care at Valley Oaks and Adult & Child Community Mental Health Centers; and rotated residents through Franciscan Health in Crawfordsville, the Purdue Student Health Center, and IU Health Arnett.

Year	# of residents/fellows	Psychiatry	Triple Board	Child/Adolescent Psychiatry	Addiction Psychiatry (Fellows)	Consultation/Liaison Fellowship	Geriatric Fellowship
One (19/20)	45	33	12	6	3	1	0
Two (20/21)	54	35	12	6	1	1	0
Three (21/22)	58	37	11	7	1	2	1
Four (22/23)	60	36	14	7	3	0	0
Five (23/24)	61	40	14	4	2	1	0
Six (24/25)	60	38	13	5	2	2	0

Psychiatry Residency Program Launch. NCHS awarded funding to address mental health workforce development gaps by launching a new psychiatry residency program at Community Health Network (CHN), now one of the state's only two programs. NCHS grant funding supports the placement and education of psychiatry residents in Indiana. In 2022, NCHS increased support for the proposed Psychiatric Residency program expansion from four residents each year to six residents each year, starting in 2023, and extended the ongoing commitment to the psychiatry residency program.

Year	# of residents/year
One (16/17)	4
Two (17/18)	8
Three (18/19)	12
Four (19/20)	16
Five (20/21)	16
Six (21/22)	16
Seven (22/23)	16
Eight (23/24)	18
Nine (24/25)	20
Ten (25/26)	22
Eleven (26/27)	24

IU School of Social Work at Ivy Tech. NCHS awarded funding to address mental health workforce development gaps through a collaboration with the Purdue College of Health and Human Sciences and community partners in the West Lafayette region to develop a locally based MSW Program at Ivy Tech. The first cohort of admitted students will begin the Ivy Tech campus studies in the fall of 2024. The program will aim for an initial cohort of 15-25 students, accepting a new cohort every three years. The initial cohort of nine IUSSW MSW students began the Lafayette part-time program in summer 2024. They will be joined by advanced standing (who have earned their BSW) students in 2025 and will graduate in spring of 2027. IUSoSW is recruiting those advanced standing students through mid-July 2025. Classes take place at Ivy Tech Lafayette. They are also engaging a wide range of organizations throughout the Greater Lafayette region to serve as practicum sites for students. This engagement also supports the local student and faculty recruitment efforts, as well as partnerships to support networking and development of local social workers—including the development of educational programs launching in 2025 whereby those already in the field can earn continuing education units and build community.

Mental Health Resource Awareness Support. NCHS awarded sponsorships to Mental Health America Wabash Valley Region to bolster the organizations' resources to sustain mental health resource awareness services.

Suicide Prevention. Twelve regional schools were awarded 2-year Youth Suicide Prevention grants in December 2021. Seven additional school corporations were awarded in May 2024. NCHS is partnering with the Education Development Center (EDC) to provide an opportunity for school and district teams to focus on integrating mental health within the tiers of the education system to ensure that school communities are part of an effort to address and enhance suicide prevention school-wide, building on a solid foundation of social-emotional learning and life skills. In 2023, NCHS provided funding through the grant to provide PREPaRE 1 and 2 training to the regional schools. The PREPaRE curriculum has been developed by the National Association of School Psychologists (NASP) as part of NASP's decade-long leadership in providing evidence-based resources and consultation related to school crisis prevention and response. In addition, NCHS collaborated with MHA and DMHA to provide OPR train-the-trainer for all the PYSI school teams.

This multi-tiered approach includes six key components:

- 1) Written protocols for helping students at risk of suicide
- 2) Written protocols for the response after a suicide
- 3) Developing community partnerships to ensure students receive necessary support and services
- 4) Identification of youth at-risk for suicide
- 5) Promoting protective factors that enhance students' well-being
- 6) Engaging key stakeholders, including parents and school leadership, in suicide prevention messaging, planning, and training

#WoWTalk Cafés As part of our Suicide Prevention grant with the schools, NCHS & IU Health WCR funded 13 organizations to implement Teen cafes in the West Central Region. These cafés are geared toward youth-serving organizations – middle to high school. Be Strong Families is an organization using evidence-based Café Models to help serve these populations and reduce adverse childhood experiences. #WoWTalk Cafés, originally designed with and for Youth and Emerging Adults in the care of child welfare, generates powerful conversations that empower, inform, and energize youth about their journeys to adulthood.

Mental Health Resource Professional Leadership Development. NCHS awarded funding for executive coaching for professionals from Mental Health America Wabash Valley Region, National Alliance on Mental Illness West Central Indiana, Willowstone, and Lafayette Urban Ministry to complete the 2022 nonprofit executive coaching program. In 2023, the following organizations' executives received executive coaching; Food Finders, Meals on Wheels, Right Steps, Boy Scouts, YWCA.

## Substance Abuse

Goal: Improve the health of the community by reducing substance abuse.

Objective:	Indicators:
Support substance use disorder prevention, treatment, and/or recovery initiatives.	Drug Overdose
Reduce the incidence and complications of substance misuse	Excessive Drinking
	Opioid Dispensations
	Meth Lab Seizures
	Nicotine utilization in youth

			Strategy			
Initiative	Increase access t	o substance use disorder treatment and recovery	Increase Access to Recovery Housing		E	Expand Substance Use Prevention
Approach	Support organizations that lau treatment programs	nch, expand, and/or enhancement of substance use disorder	Support organizations that launch expansion and/or enhancement or recovery housing	prev As s	ention progra	ementation of evidence-based substance use ams and community education.  19, continue the Resilient Youth Initiative through ren County).
Partners	Recovery Homes/Organization	ns	Home with Hope	Reg EDC Eve		3
Anticipated Impacts	Expand the availability and div	versity of substance use treatment options	Expand the availability and diversity of recovery housing		and the use a vention strate	and impact of evidence-based substance use egies
Evaluation Plan	Number of new certified treatr Number of patients served	ment programs	Number of new certified recovery home beds Number of residents served			participants stance use risk factors
S _	Year 1	Home with Hope – Women's Recovery Home and Maternal Tr	reatment Program	2022	\$	686,056.00
Reso	Year 1	EverFi		2022	\$	10,000.00
ource nitted	Year 2	EverFi - Year 6		2023	\$	10,000.00
& %	Year 3	Home with Hope – Men's Recovery Home	Total	2024	\$	1,588,518.00 \$2,294,574.00

Recovery Housing. NCHS awarded funding to Home with Hope | Meridian Health to support recovery housing and treatment to provide:

Women's Recovery and Maternal Treatment Program: Hope Apartments provide 44 beds, with two units that can house a women and up to three children under the age of 6, and two-bedroom units with four women per furnished apartment. The Maternal treatment program supports substance abuse treatment, Individual and group therapy focusing on trauma, child development, & positive pregnancy.

Men's Recovery Center: In 2023, Home with Hope provided services to 165 unique clients. In 2024 they have projected total of 174 clients by year-end. This New contruction at Erie/Union Street will have 26 beds including one ADA bedroom. This recovery-focused program offers residents a structured, drug-free environment supported by Meridian staff who provide supervision, skill-building services, Peer Recovery Coaching, Intensive Outpatient Therapy (IOT), outpatient therapy, and consultations as needed. Staff also assist residents in applying for benefits and securing employment to support their transition to independent living.

Resilient Youth Initiative. NCHS launched the Resilient Youth Initiative request for proposals to prevent substance use and improve mental well-being among youth. The initiative supports school corporations in researching and implementing evidence-based substance use prevention and social-emotional learning curriculums. Nineteen school corporations were awarded planning and implementation grant funding, technical assistance, in-person training, and program evaluation. By 2022, evidenced-based social-emotional learning and substance use prevention programs are expected to reach approximately 33,000 K-12 students across seven counties annually. In 2019/2020, about 22,000 students completed the web-based survey Assessment of Liability and EXposure to Substance use and Antisocial behavior, Revised© (ALEXSA-R). The purpose of the ALEXSA-R survey for the RYI is to evaluate the impact of curricula to help students avoid behavior problems and substance use, provide skills for thoughtful problem-solving, increase support for one another, and develop healthy behaviors and habits. Despite COVID-19, schools were able to complete the planned implementation in 20/21. In the final year, 21/22, the schools finalized their sustainment plans. As SEL has become a more intentional focus of educational work, educators found ways to measure social and emotional growth. With the NCHS Resilient Youth Initiative, there was an evidence-based approach to support the best decision for the students and focus on the well-being of the 'whole child. It is anticipated that with the \$6.1M invested, 43,245 students will be reached in 85 schools in the 7-county region.

Prescription Drug Safety Course. To prevent prescription drug misuse and abuse among adolescents, NCHS sponsored the Prescription Drug Safety Course, an online module available to any interested middle and high schools in the NCHS service area to educate students on prescription drug safety. Over the six years, the program reached 3115 students and 21 schools. North Central Health Services students' assessment scores increased by 36% (from 68 to 92 out of 100). When surveyed, nearly all students said that over the next 12 months, they intend to avoid misusing or abusing prescription drugs and avoid sharing prescription drugs with others. In 2023, NCHS offered the Mental Wellness module for the schools. Understanding Mental Wellness is a self-guided, digital course that introduces students to the topic of mental health and how they can implement coping strategies to manage their own challenging thoughts, emotions, and behaviors. Students will learn how to support friends and family who may be struggling, recognize when to seek help, and access appropriate resources to do so. Since 2023, the Mental Wellness program reached a total of 1752 students and 12 schools.

Year	# of Schools	# of Students
One (18/19) Prescription Drug Safety	8	500
Two (19/20) Prescription Drug Safety	11	514
Three (20/21) Prescription Drug Safety	11	574
Four (21/22) Prescription Drug Safety	11	436
Five (22/23) Prescription Drug Safety	12	433
Five (22/23) Mental Wellness	12	634
Six (23/24) Prescription Drug Safety	7	493
Six (23/24) Mental Wellness	9	1118

Overall Health & Well-Being
Goal: Improve the health of the community by encouraging healthy choices and reducing the disparities related to activity and nutrition.

Objective:	Indicators:
Support initiatives that improve overall health and well-being	Access to exercise opportunities
Increase physical activity and reduce obesity	Obesity
Increase the availability of healthy foods within the community	Food insecurity
Support organizations that reduce disparities and improve the social	Cardiovascular disease (high cholesterol/diabetes/blood pressure)
determinates of health	
	Homelessness

	Strate	egy
Initiative	Increase access to resources to prevent obesity and preventable chronic diseases.	Enhance resources to Address Social Determinates of health
Approach	Provide funding for the promotion of healthy lifestyles, such as trails and walking bridges for physical activity, nutritional classes, and access to nutritious foods  Support for youth organizations that provide advancement of health and wellbeing	Support organizations and projects to address social determinants of health. The United States Centers for Disease Control and Prevention (CDC) defines social determinants of health as "life-enhancing resources, such as food supply, housing, economic and social relationships, transportation, education, and health care, whose distribution across populations effectively determines length and quality of life."
Partners	Boy Scouts of America, Sagamore Council Indiana Rural Health Association Ivy Tech Foundation NICHES WREC	Historic 5-Points Junior Achievement Lyn Treece Boys and Girls Club Meals on Wheels Montgomery County Early Learning Center Purdue University Health Equity Initiatives Wabash Center White County Food Pantry
Anticipated Impacts	Greater access to opportunities for physical activity and nutritional awareness for healthier lifestyles	Greater access to life-enhancing resources to include the highly disenfranchised communities.
Evaluation Plan	Number of new or expanded resources for active living	The number of new or expanded resources that address the social determinants of health in our communities.

	Year 1	Indiana Rural Health Association	2022	\$ 12,640.00
	Year 1	Ivy Tech Foundation - Nursing Expansion (Yr 1 of 4)	2022	\$ 895,686.00
	Year 1	Meals on Wheels	2022	\$ 5,000.00
	Year 2	Historic 5 Points - Carroll County - Smoke/CO2 Detectors	2023	\$ 5,728.44
	Year 2	Historic 5 Points - Tippecanoe County - Smoke/CO2 Detectors	2023	\$ 19,411.96
	Year 2	White County Food Pantry - Phase II	2023	\$ 134,506.47
	Year 2	Indiana Rural Health Association (25th Year - 2023)	2023	\$ 4,200.00
	Year 2	Lyn Treece Mini-Bus	2023	\$ 89,477.00
Re	Year 2	Wabash Center We-Go-Swing	2023	\$ 93,831.00
soui	Year 2	WREC - North River Road Trail Head Development	2023	\$ 1,474,991.00
ces	Year 2	White County Food Pantry Forklift	2023	\$ 3,800.00
S S	Year 2	JA - AV Project	2023	\$ 40,998.66
nm <u>i</u>	Year 2	Boy Scouts - 15 passenger van	2023	\$ 50,000.00
tted	Year 2	Boy Scouts - ATV project	2023	\$ 50,000.00
ى ئ	Year 2	Montgomery County Early Learning Center	2023	\$ 800,818.00
iran	Year 2	WREC - South Reach Advanced Planning Project	2023	\$ 562,668.00
ळ	Year 2	Ivy Tech Foundation - Nursing Expansion (Yr 2 of 4)	2023	\$ 229,271.00
	Year 3	Historic 5 Points - Carroll County - Smoke/CO2 Detectors	2023	\$ 5,728.44
	Year 3	Historic 5 Points - Tippecanoe County - Smoke/CO2 Detectors	2023	\$ 19,691.96
	Year 3	Indiana Rural Health Association (26th Year - 2024)	2024	\$ 13,440.00
	Year 3	Lyn Treece Boys & Girls Club - Property Purchase	2024	\$ 118,000.00
	Year 3	NICHES Stewardship Facility	2024	\$ 450,000.00
	Year 3	Ivy Tech Foundation - Nursing Expansion (Yr 3 of 4)	2024	\$ 406,492.36
	Year 3	Purdue University Health Equity Initiatives	2024	\$ 1,000,000.00
		Total		\$ 6,486,380.29

Rural Health Provider Education. NCHS awarded funding for rural healthcare staff to attend the Indiana Rural Health Association annual conference; Nine scholarships were awarded in 2022. Five scholarships were awarded in 2023.

Food Security. To enhance food security for seniors in the NCHS service area, NCHS awarded funds to address the challenges of aging by granting funds to support home-delivered meals to those who have challenges accessing nutritious, affordable food.

**Nursing Expansion.** NCHS awarded funding to address healthcare workforce development gaps by expanding the nursing program at Ivy Tech Community College in Lafayette, Indiana. NCHS grant funding will enable Ivy Tech-Lafayette, by the fall of 2025, to increase the enrollment of students seeking associate degrees in nursing by 36 percent. The total unduplicated headcount in 2020-2021 for the Lafayette campus School of Nursing was 280. NCHS grant funding supports significant investments in additional labs, equipment, student scholarships, and recruiting talented faculty and staff.

### **Transportation:**

- The need to increase access to resources to prevent obesity and preventable chronic diseases was identified by our stakeholders and in the community surveys in 2021. Providing transportation to the Boys and Girls club after school would align with these identified needs. With the increasing need for transportation and to keep our children safe, NCHS funded a mini-bus for the Lyn Treece Boys & Girls Club.
- NCHS funded a 15-passenger van for the Scoutreach program. This program will reach rural communities which are more difficult areas and provide scouting opportunities.

### Improve Quality of life:

- To improve the community's health by encouraging healthy choices and reducing the disparities related to activity, NCHS Awarded funding for We-Go-Swing Equipment at Wabash Center. This project will allow those with physical limitations to engage in outdoor gross motor activities and increase their sensory stimulation and self-regulation.
- To improve the overall health and well-being of our communities. NCHS provided funding to the Lafayette Fire Department and Carroll County Fire Department in conjunction with Historic Five Points Museum and Tippecanoe County Fire Departments, to provide and install a free smoke alarm for ANY Tippecanoe County and Carroll County resident living in a single-family or two-family residence. The departments will also install replacement batteries in existing smoke alarms at no charge.
- NCHS awarded funding for the WREC North River Road Trail Head Project and NICHES Stewardship Facility. This funding will increase access to facilities and opportunities that foster the adoption of a healthy, active lifestyle and incorporate regular physical activity into individuals' daily lives to combat obesity and its related health issues.
- NCHS funded the Junior Achievement BizTown television monitor project. Fourteen televisions will enhance the students' learning experience by fostering an equitable learning environment. In BizTown, students are exposed to various sectors of the working world, including the healthcare industry, offering them a chance to gain an understanding of health literacy.
- To support active living, mental health and being outdoors, NCHS funded The Camp Buffalo All-Terrain Vehicle program. With the rising concerns over childhood obesity, dependence on video games for synthesized adventure, drug addiction, and poor performance in math and science in school when compared to the world stage, it is more important than ever for youth to participate in Scouting and the authentic adventures of Scout camp. In 2024, 200 youths aged 14-20 will gain ASI ATV safety certification.

Academic Community Partnership – Purdue University Health Equity Initiatives – NCHS provided funding to support the 8-county region health departments in providing community capacity building, technical assistance, and data and evaluation support through the implementation of Health First Indiana Initiative.

Childcare Expansion in Montgomery County – NCHS awarded funding to the Montgomery County Community Foundation to build an Early Learning Center. The project will provide high-quality childcare for 124 children from infancy to five years old in Montgomery County.