

2023-2026 Scott & Rock Island County Community Health Improvement Plan (CHIP)

Priority Issue: **Mental Health**

Goal 1: To overcome physical, social, and financial barriers that limit timely and comprehensive access to mental health care.

Strategy 1: Increase innovative services available in the QC region.		Measure: 9.4% reported being unable to access mental health services in the QC region in the past year (CHA, 2021)
Activities	Timeline	Responsible Parties
1. Provide crisis, wraparound, and transitional services outside of the clinic setting.	2023-2026	Eastern Iowa Mental Health/Disability Services Region
2. Using collaborative community portals and other resources, promote services available in the Quad Cities to the public and providers.	2023-2026	Quad Cities Behavioral Health Coalition
3. Support efforts of community partners to integrate mental health services in care teams and where community members are at, including primary care and school-based settings.	2023-2026	Quad Cities Behavioral Health Coalition Scott County Kids
4. Continue mobile mental health services to vulnerable populations, including people without housing and people who use substances.	2023-2026	Community Health Care, Inc.
5. Promote the integration of annual mental health screenings into primary care settings.	2023-2026	UnityPoint Health – Trinity Genesis Health System Community Health Care, Inc.

6. Promote Trauma Informed Care micro-credential program and implementation of trauma informed care in workplaces.	2023-2026	Quad Cities Trauma Informed Consortium
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Strategy 2: Maintain a comprehensive referral system in the QC region. Measure: 1 comprehensive referral system (QCON, The Hub)

Activities	Timeline	Responsible Parties
1. Re-engage conversations regarding comprehensive referral system options for mental health services in the QC region.	2023-2026	Quad Cities Open Network (QCON) Quad Cities Behavioral Health Coalition Member Organizations
2. Promote information sharing on existing mental health services to facilitate access and referrals.	2023-2026	Quad Cities Open Network Quad Cities Behavioral Health Coalition Member Organizations
3. Maintain updated mental health resource information through The Hub or other identified referral system.	2023-2026	Quad Cities Open Network Quad Cities Behavioral Health Coalition Member Organizations

Goal 2: Advocate for public policy that increases funding, resources, and coverage to allow flexibility and integrated care.

Strategy 1: Support growth of the Quad Cities Behavioral Health Coalition’s membership.		Measure: 82 Quad Cities Behavioral Health Coalition Member Organizations (2022)	
Activities		Timeline	Responsible Parties
1. Promote participation in the Coalition to employers, community groups, and organizations representing underserved populations.		2023-2026	Quad Cities Behavioral Health Coalition Steering Committee
2. Convene regular coalition meetings and updates of progress of Quad Cities Behavioral Health Coalition Teams (Innovation, Promotion, Outcomes, Funding & Resources).		2023-2026	Quad Cities Behavioral Health Coalition Steering Committee

Strategy 2: Promote community awareness of Quad Cities Behavioral Health Coalition.		Measure: 577 QCBHC Facebook followers (2022)	
Activities		Timeline	Responsible Parties
1. Implement a communication plan for educating the community on the activities of the Quad Cities Behavioral Health Coalition.		2023-2026	Quad Cities Behavioral Health Coalition Promotion Team
2. Track progress of Coalition promotion via website and Facebook page.		2023-2026	Quad Cities Behavioral Health Coalition Promotion Team

Strategy 3: Develop a community policy agenda to support mental health.

Measure: TBD by Quad Cities Behavioral Health Coalition Member Organizations

Activities	Timeline	Responsible Parties
1. Explore the development of a coordinated, unified messages for advocacy on behavioral health issues (loan forgiveness, licensure requirements/restrictions).	2023-2026	Quad Cities Behavioral Health Coalition Member Organizations National Alliance on Mental Illness
2. Compile and develop behavioral health measures to support advocacy efforts.	2023-2026	Quad Cities Behavioral Health Coalition Member Organizations National Alliance on Mental Illness
3. Coordinate advocacy efforts among membership of the Quad Cities Behavioral Health Coalition.	2023-2026	Quad Cities Behavioral Health Coalition Member Organizations National Alliance on Mental Illness
4. Identify collaborative opportunities to expand the community's financial resources available to support behavioral health.	2023-2026	Quad Cities Behavioral Health Coalition Member Organizations National Alliance on Mental Illness

Goal 3: Improve and enhance mental health education within the Quad Cities region.

Strategy 1: Increase the number of mental health education opportunities in the QC region.		Measure: # of mental health trainings provided by QCBHC, TIC, QCON, Scott County Kids	
Activities		Timeline	Responsible Parties
1. Promote participation in the Quad Cities Trauma Informed Consortium by industry/business community, faith-based community, and community members to receive education on Adverse Childhood Experiences and resiliency.		2023-2026	Quad Cities Trauma Informed Consortium Quad Cities Behavioral Health Coalition
2. Promote participation in mental health trainings in the community [Mental Health First Aid; Question, Persuade, and Refer (QPR); Vera French training; Adverse Childhood Experiences (ACEs), Toxic Stress, and Trauma Informed Care (TIC)].		2023-2026	Quad Cities Behavioral Health Coalition Quad Cities Open Network Quad Cities Trauma Informed Consortium Scott County Kids Vera French
3. Support work of the Quad Cities Behavioral Health Coalition to provide education and training on evidence-based practices in behavioral health (health care providers, schools, colleges).		2023-2026	Quad Cities Behavioral Health Coalition
4. Support work of the Quad Cities Behavioral Health Coalition to facilitate community educational opportunities.		2023-2026	Quad Cities Behavioral Health Coalition
5. Demonstrate and promote the use of trauma-informed care pillars/principles for mental health and non-mental health professionals during Quad Cities Behavioral Health Coalition meetings.		2023-2026	Quad Cities Behavioral Health Coalition Quad Cities Trauma Informed Consortium

6. Support Scott County school districts and non-public schools in assessing social emotional health via evidence-based screenings.	2023-2026	Scott County Kids
7. Support work of the Quad Cities Behavioral Health Coalition to develop and promote evidence-based practices and collaborative opportunities to implement system innovations (telepsych, etc.).	2023-2026	Quad Cities Behavioral Health Coalition

Strategy 2: Invest in outreach efforts.		Measure: 577 QCBHC Facebook followers (2022)
Activities	Timeline	Responsible Parties
1. Collaborate with the Quad Cities Behavioral Health Coalition to provide information to the broader community on organizations and services existing within the community's behavioral health system.	2023-2026	Quad Cities Health Improvement Plan Partners and other Mental Health Stakeholders
2. Support work of the Quad Cities Behavioral Health Coalition to connect community members with mental health resources (via food banks, public health, schools, provider offices, churches, and other agencies).	2023-2026	Quad Cities Health Improvement Plan Partners and other Mental Health Stakeholders
3. Gather data according to progress tracking measures developed by the Quad Cities Behavioral Health Coalition's Outcomes Team.	2023-2026	Quad Cities Behavioral Health Coalition Outcomes Team
4. Support promotion of the Zero Suicide Initiative of the Quad Cities Behavioral Health Coalition.	2023-2026	Quad Cities Behavioral Health Coalition
5. Promote community awareness of 988 as a mental health resource.	2023-2026	Quad Cities Behavioral Health Coalition Member Organizations

Alignment with National/State Health Improvement Plans & Best/Promising Practices

Healthy Illinois 2021

- ▶ **Goal 1:** Improve the collection, utilization, and sharing of behavioral health-related data in Illinois.
 - *Goal 1, Strategy 1:* Determine which data currently exist on critical behavioral health problems, resources, and assets.
 - *Goal 1, Strategy 2:* Draw on the resources of other state agencies and private associations.
 - *Goal 1, Strategy 4:* Establish a process for annual review of surveillance/asset data and adjustment of plans and programs to reduce problem prevalence.
- ▶ **Goal 2:** Build upon and improve local system integration
 - *Goal 2, Strategy 1:* Encourage the creation of local behavioral health planning councils that include, at a minimum, local health departments, local law enforcement, community health systems including hospitals and physician practices, and local behavioral health providers to develop collaborative action plans.
 - *Goal 2, Strategy 2:* Expand evidence-based community education/capacity-building efforts such as those previously identified so that community members have increased capacity to respond to others who may be experiencing emotional distress with the goal of increasing community social and emotional intelligence and response.
- ▶ **Goal 3:** Increase access to behavioral health services across the continuum.

Healthy Iowans 2017-2021

- ▶ **Goal 3:** Increase access to behavioral health services across the continuum.
 - *Goal 3, Strategy 3-1.1:* Advocate for the following: increase crisis stabilization services in local communities, increase utilization of "transitional level of care units," increase sub-acute services, decrease days waiting placement.

Healthy People 2030

- ▶ **Goal:** Improve mental health.
 - *MHMD-03:* Increase the proportion of children with mental health problems who receive treatment.
 - *MHMD-04:* Increase the proportion of adults with serious mental health illness who get treatment.
 - *EMC-D06:* Increase the proportion of children and adolescents who get preventive mental health care in school.
 - *MHMD-R01:* Increase the proportion of homeless adults with mental health problems who get mental health services.
 - *MHMD-01:* Reduce the suicide rate.
 - *AH-R09:* Increase the proportion of public schools with a counselor, social worker, and psychologist.

2023-2026 Scott & Rock Island County Community Health Improvement Plan (CHIP)

Priority Issue: **Nutrition, Physical Activity, & Weight**

Goal 1: Engage cross-sector community partners and individuals in developing and implementing a comprehensive strategy toward regional health.

Strategy 1: Align cross-sector strategies and resources.		Measure: 28 Be Healthy QC Coalition member organizations (2022)	
Activities	Timeline	Responsible Parties	
1. Convene regular meetings of the Be Healthy QC Coalition.	2023-2026	Be Healthy QC Coalition	
2. Promote participation in the Coalition to employers, community groups, and organizations representing underserved populations.	2023-2026	Be Healthy QC Coalition	
3. Maintain and update a dashboard of community data to measure progress in improving nutrition, physical activity, and weight outcomes.	2023-2026	Be Healthy QC Coalition	
4. Explore financial resources to support implementation of the Be Healthy QC Coalition goals.	2023-2026	Be Healthy QC Coalition	

Strategy 2: Maintain consistent communication and collaboration of available community resources addressing nutrition, physical activity, and weight.		Measure: 4 Be Healthy QC Coalition meetings (2022)
Activities	Timeline	Responsible Parties
1. Support current work in the community to increase coordination of services amongst providers.	2023-2026	Be Healthy QC Coalition
2. Promote community conversations around available resources.	2023-2026	Be Healthy QC Coalition
3. Identify opportunities to collaborate on community conversations around social determinants of health that impact nutrition, physical activity, and weight (built environment, community safety, equitable access).	2023-2026	Be Healthy QC Coalition Scott County and Rock Island County Health Departments

Goal 2: Maximize awareness and connect individuals with nutrition and physical activity resources in the Quad Cities region.

Strategy 1: Support and promote Quad Citians to eat well and move more.		Measure: # of Be Healthy QC Coalition Facebook posts
Activities	Timeline	Responsible Parties
1. Implement the Be Healthy QC Coalition workplan to promote healthy eating and physical activity.	2023-2026	Be Healthy QC Coalition
2. Continue to engage partners in implementation of the workplan through Be Healthy QC Coalition meetings.	2023-2026	Be Healthy QC Coalition

3. Share and celebrate success stories broadly across all sectors and communication channels.	2023-2026	Be Healthy QC Coalition
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Goal 3: Promote policy, systems, and environment changes to improve nutrition, physical activity, and weight in the Quad Cities region.

Strategy 1: Educate policy makers on importance of a Health in All Policies approach to decision making.		Measure: # of workgroup meetings and # of policy maker contacts
Activities	Timeline	Responsible Parties
1. Establish a workgroup to explore Health in All Policies framework.	2023-2026	Scott County and Rock Island County Health Departments
2. Create process to integrate Health in All Policies approach in communities.	2023-2026	Scott County and Rock Island County Health Departments
3. Promote consideration of health in policymaking to local decision makers.	2023-2026	Be Healthy QC Coalition
4. Share evidence-based and best practices with policy makers.	2023-2026	Bi-State Regional Commission Scott County and Rock Island County Health Departments
5. Monitor the implementation and provide technical assistance.	2023-2026	Bi-State Regional Commission Scott County and Rock Island County Health Departments

Strategy 2: Promote healthy policies for nutrition, physical activity, and weight.		Measure: # of educational opportunities implemented	
Activities	Timeline	Responsible Parties	
1. Identify policy opportunities for nutrition, physical activity, and weight in the community, with special focus on policies that reduce barriers to accessing healthy foods and physical activity opportunities for populations disproportionately impacted by the social determinants of health.	2023-2026	Be Healthy QC Coalition	
2. Monitor policy change opportunities and legislation at local, state, and national level.	2023-2026	Scott County and Rock Island County Health Departments	
3. Build capacity of Coalition members to advocate for policy changes.	2023-2026	Be Healthy QC Coalition	

Alignment with National/State Health Improvement Plans & Best/Promising Practices

Healthy Illinois 2021

- ▶ **Goal 3:** Increase opportunities for active living.
 - *Focus Area 1:* Adopt policy, systems, and environmental approaches to increasing physical activity opportunities in the built environment.
- ▶ **Goal 4:** Increase community-clinical linkages to reduce chronic disease.

Healthy Iowans 2017-2021

- ▶ **Healthy Living, Goal 9:** Improve the healthy weight status of all Iowans by creating supportive policy, systems, or environments for healthy eating and physical activity.

Healthy People 2030

- ▶ **Goal:** Reduce overweight and obesity by helping people eat healthy and get physical activity.
 - *NWS-03:* Reduce the proportion of adults with obesity.
 - *NWS-04:* Reduce the proportion of children and adolescents with obesity.
- ▶ **Goal:** Improve health by promoting healthy eating and making nutritious foods available.
 - *NWS-03:* Reduce the proportion of adults with obesity.
 - *NWS-06:* Increase fruit consumption by people aged 2 years and over.
 - *NWS-07:* Increase vegetable consumption by people aged 2 years and over.

2023-2026 Scott & Rock Island County Community Health Improvement Plan (CHIP)

Priority Issue: **Access to Healthcare**

Goal 1: Improve and enhance education and outreach to healthcare consumers in the Quad Cities region.

Strategy 1: Convene community partners to address health access.		Measure: # of workgroup meetings	
Activities	Timeline	Responsible Parties	
1. Convene Community Health Assessment (CHA) Steering Committee to discuss healthcare access.	2023-2026	Community Health Assessment Steering Committee	
2. Establish a CHA Steering Committee workgroup to facilitate community conversations around healthcare access.	2023-2026	Community Health Assessment Steering Committee	
3. Invite members of community organizations and the public to participate in the workgroup.	2023-2026	Healthcare Access Workgroup	
4. Convene regular workgroup meetings and communication.	2023-2026	Healthcare Access Workgroup	
5. Establish a work plan of the healthcare access workgroup.	2023-2026	Healthcare Access Workgroup	

Strategy 2: Identify existing gaps in consumers' knowledge of healthcare.**Measure: TBD by Healthcare Access Workgroup**

Activities	Timeline	Responsible Parties
1. Survey community partners who serve targeted populations to identify gaps in knowledge of healthcare.	2023-2026	Healthcare Access Workgroup
2. Analyze results of community partners' survey.	2023-2026	Healthcare Access Workgroup
3. Determine strategies to eliminate gaps in knowledge of healthcare.	2023-2026	Healthcare Access Workgroup
4. Implement identified strategies in the community.	2023-2026	Healthcare Access Workgroup

Strategy 3: Develop and promote a healthcare guide to support consumers in accessing the healthcare system.**Measure: # of consumer healthcare guides distributed**

Activities	Timeline	Responsible Parties
1. Explore existing resources for educating healthcare consumers on accessing and utilizing the healthcare system.	2023-2026	Healthcare Access Workgroup
2. Establish content for guide based on what information is most beneficial for the consumer.	2023-2026	Healthcare Access Workgroup

3. Develop draft consumer healthcare guide that addresses accessing the right care at the right time at the right place.	2023-2026	Healthcare Access Workgroup
4. Test the guide with a targeted group of healthcare consumers.	2023-2026	Healthcare Access Workgroup
5. Promote the finalized consumer healthcare guide to consumers, healthcare providers, and community partners.	2023-2026	Healthcare Access Workgroup

Goal 2: Improve coordination of wraparound service and education for providers.

Strategy 1: Maintain a coordinated resource system to connect providers and services in the community.		Measure: # of community platforms connecting providers and services
Activities	Timeline	Responsible Parties
1. Re-engage conversations regarding comprehensive referral system options for healthcare services in the QC region.	2023-2026	Healthcare Access Workgroup Quad Cities Open Network
2. Promote information sharing on existing healthcare services to facilitate access and referrals.	2023-2026	Healthcare Access Workgroup Quad Cities Open Network
3. Maintain updated healthcare resource information through The Hub or other identified referral system.	2023-2026	Healthcare Access Workgroup Quad Cities Open Network

Alignment with National/State Health Improvement Plans & Best/Promising Practices

Healthy Illinois 2021

- ▶ **Goal 1, Maternal and Child Health:** Assure accessibility, availability, and quality of preventive and primary care for all women, adolescents, and children, including children with special health care needs, with a focus on integration, linkage, and continuity of services through patient-centered medical homes.
 - *Focus Area 2:* Engage providers in understanding how to provide a medical home.
 - *Focus Area 3:* Promote understanding of the benefits of medical homes among consumers and families.

Healthy Iowans 2017-2021

- ▶ **Health System Improvement, Transportation, Goal 1:** Provide transportation to health care services by making available State Transit Assistance Special Project funds to Iowa's 35 public transit agencies.
- ▶ **Health System Improvement, Lack of Primary Care Services, Goal 1:** Coordinate care for children and youth with special health care needs through a medical home.

Healthy People 2030

- ▶ **Goal:** Improve access to comprehensive, high-quality health care services.
 - *AHS-04:* Reduce the proportion of people who can't get medical care when they need it.
 - *AHS-07:* Increase the proportion of people with a usual primary care provider.