

RiverValley Behavioral Health Hospital Community Health Needs Implementation Strategy Report



December 2017

Community Health Needs

RiverValley Behavioral Health Hospital (RVBH-H) is pleased to present its 2017 Implementation Strategy Report which addresses the areas presented in the 2017 Community Health Needs Assessment (CHNA). The RVBH-H CHNA builds on the community health improvement efforts of the Green River District Health Department (GRDHD). The GRDHD Community Health Improvement Plan (CHIP) can be found at (<http://www.healthdepartment.org/CHACHIP.htm>). To select health areas to prioritize, Daviess County community members reviewed data and considered existing state and national priorities. The following issues were identified as the greatest health challenges in Daviess County:

- Reduction in Substance Abuse
- Reduction in Obesity
- Access to Care

Initiative 1: Reduce Substance Abuse

Daviess county currently has approximately 10 different AA groups, 3 NA groups and 1 group that caters specifically to the families and loved ones of substance users. Between them all, there are about 32 different meetings per week, covering all 7 days. Many of which, have contacts for group leaders listed. Owensboro also is the location for the Yellow Banks AA/NA office which is open 5 days a week during business hours or on an emergency basis.

Daviess county also hosts about 4-6 different rehab programs depending on need. There is a lack of detox facilities: the state hospital and other local programs cannot treat individuals who are under the influence. OHRH has a program but only if the patient is suffering acute DT (delirium tremens) or tachycardia symptoms as a result of their withdrawal.

As a community, one thought is to focus on an educational platform that is more comprehensive than 'Just Say No'. In addition, having and drawing more psychiatric providers into the community health centers, as many individuals that are abusing substances are doing so in order to self-medicate an underlying and undiagnosed mental illness.

We need to begin fostering a culture of acceptance, and understanding by not treating addicts as criminals, but rather as members of the

community that need a bit more help. A major reason many addicts do not receive adequate treatment is the fear of legal, financial, and social persecution and exclusion. Needle drop off or recycling, safe areas for addicts to gain access to needed withdrawal medication, access to rehab or drop-in shelters must be a focus as well.

According to SAMSHA, in Kentucky, 100,000 people age 12 or older report being dependent on or abusing illicit drugs. In an effort to help combat the high rate of drug use in Daviess County, RVBH-H has developed a substance abuse treatment program for children ages 12 to 17. This program is overseen by a licensed CADC. The Affordable Care Act was designed to provide more coverage for those previously uninsured and has expanded access to services. However, RVBH-H has had difficulty getting the Kentucky MCOs to pay for this service, and there have been few referrals. However, this service continues to be offered as it seems to be needed and there are few resources available in this area for this age group. RVBH-H staff attend community collaboration meetings on a regular basis and promote this service in an effort to boost referrals.

Initiative 2: Reduce Obesity

According to the State of Obesity (<https://stateofobesity.org/states/ky/>) Kentucky has the seventh highest adult obesity rate in the United State and 33.5% of the children aged 10-17 are obese. The state of Kentucky has initiated policies set to reduce childhood obesity including requirements for early childhood centers to promote healthy eating and define physical activity. RiverValley professionals (therapists, case management, psychiatric providers, and et al.) encourage positive eating habits utilizing a dietician and following state guidelines regarding meals.

In our efforts to integrate physical and mental wellness, we have added a unique Health Coach position to our organization. This position is responsible for carrying out the InSHAPE program, which is a researched-based comprehensive wellness program intended to improve the physical and mental health of adults with severe mental illness through health behavior modification. The Health Coach is a full-time employee experienced in physical education and mental health, and provides education, training curriculums, and even a contract with the Health Park to provide workout programs with the full-time employee on site for guidance and individual training regiments. The Health Coach collects

data essential to measuring outcomes of client participation and progress, as well as work collaboratively with clinical and medical providers to advance and support integrated care services.

Initiative 3: Access to Care

Access to health care was reported as a priority need. MAPP Assessment participants recognized the presence of substantial facilities, resources and services. RiverValley recently released a series of commercials aimed for our current seven (7) county service area encouraging those that are in need of mental health care to reach out. RiverValley also operates a 24/7 crisis line which services as a provider for the National Suicide Prevention Hotline (Lifeline and Talk). In addition, Owensboro is home to approximately seven (7) different mental health providers; not including OHRH or RiverValley that would be able to provide talk therapy or referrals for psychiatric care. RVBH-H provides assessments for everyone free of charge, and anyone who meets criteria for admission will be admitted regardless of his/her ability to pay.

Conclusion

RiverValley Behavioral Health Hospital is using the needs of the community in an effort to incorporate mental and physical health concerns into treatment. RVBH-H has made efforts to impact and address the areas of: reduction in obesity, reduction in substance abuse, and access to care. RVBH-H seeks to improve the mental and physical health of each patient and provides a complete psychosocial assessment for anyone aged 3-17 who request it. RVBH-H will continue to implement strategies to address community needs and work towards positively impacting the community and patients alike.