

# 2018-21 Community Health Needs **Implementation Strategy**

## **Waupun Memorial Hospital**

620 W. Brown Street, Waupun WI 53963



A member of  SSMHealth.

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# Message to Our Community



Waupun Memorial Hospital has delivered compassionate care to the Waupun area for nearly 68 years. Inspired by our founding sisters, the Congregation of Sisters of St. Agnes, and now SSM Health, we cherish the sacredness and dignity of each person as demonstrated through our values of compassion, respect, excellence, stewardship and community.

We are so fortunate as a health care ministry to have such committed partnerships with area organizations all coming to the table with the ultimate goal of enhancing the health and wellness of individuals and families within our service area.

It has been our pleasure to serve alongside so many local partners as we have supported the community health improvement process for Fond du Lac and Dodge counties. That has meant meeting with stakeholders, community members and partners to assess health and wellness needs, and then identifying goals, objectives and strategies to help guide the work plan.

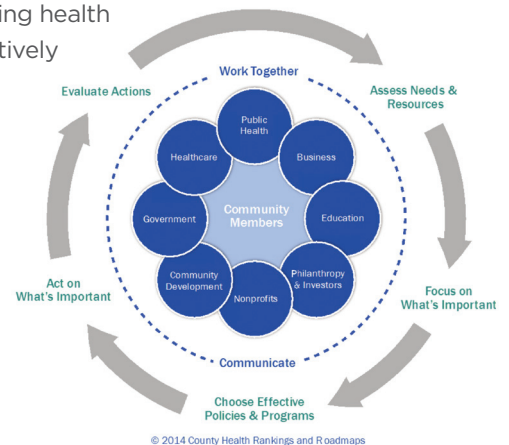
We are proud to share within this report the many achievements that have already occurred related to the following priorities:

- **Nutrition and Physical Activity.** Increase the number of residents in Fond du Lac and Dodge counties living at healthy weight for their height through eating healthier and being more active. Our POWER program is helping individuals reach a healthy BMI level prior to surgical procedures.
- **Alcohol and Other Drug Abuse.** Decrease underage drinking, adult binge drinking, and the misuse and abuse of drugs, particularly opioids. We actively serve on a opioid task force, support a Drug Drop program at the hospital and promote prescribing fewer narcotics.
- **Mental Health.** Reduce stigma around mental health and suicide, and increase access to behavioral health services across the lifespan, and for those in high-risk groups, and decrease the number of deaths by suicide. We continue to support YScreen for area youth.
- **Trauma-Informed Care.** Increase the education opportunities in Fond du Lac and Dodge counties, obtain community involvement, and develop an assessment to deliver to a variety of community organizations. Community education is essential as demonstrated through our Paper Tiger presentations.
- **Social Determinants of Health.** Increase awareness of the influence in shaping health outcomes, and improve health consideration in decision-making. We are actively engaged in addressing the safety needs of older adults, and play a part in many ways to ensure that families are able to have food on their tables.

I welcome your thoughts on how we can create a healthier Waupun area.

Sincerely,

**DeAnn Thurmer**  
President & Chief Nursing Officer  
Ripon Medical Center and Waupun Memorial Hospital



# Who We Are



## Waupun Memorial Hospital

Waupun Memorial Hospital has three operating rooms, one endoscopy suite, 11 day surgery rooms and an operating room suite on the obstetrics floor where we perform C-sections. We provide the specialty services of OB/GYN, general surgery, orthopedics, vascular and plastics. We service the Wisconsin Department of Corrections units throughout the state, and of our totals, 330 surgeries and 60 pain clinic patients are from corrections.

## Our Services

- Agnesian Work & Wellness
  - Employee Assistance Program
  - Employee Physical Exams
  - Occupational Medicine
  - Work Injury Care Services
- Ambulatory Care/Day Surgery
- Ambulatory Infusion
- Anticoagulation Management
- Behavioral Health Services
  - Counseling
  - Domestic Violence Services
  - Psychiatry
- Cancer Care
- Cardiac Rehabilitation
- Cardiopulmonary Services
- Care Management
- Center for Pain Care
- Community Care Program
- Diabetes Services
- Dialysis Services - Beaver Dam & Waupun
- 24/7 Emergency Department
- General Surgery
- Hospitalists
- Intensive Care Unit
- Interpreter Services
- Lactation Services
- Medical Imaging
  - Bone Density
  - 3D Mammography
  - Stereotactic Mammography Needle
  - Breast Biopsy System
- Medical/Surgical Services
- Nutrition Counseling
- Obstetrics/Gynecology Services
- Orthopedics
- Palliative Care Services
- Podiatry (Foot & Ankle)
- Pulmonary Rehabilitation
- Respiratory Care Services
- Samaritan Health Clinic
- SANE Program (Sexual Assault Nurse Examiner)
- Special Diet Mobile Meal Program
- Spiritual Care Services
- Sports & Spine Center
  - Dry Needling
  - Outpatient Rehabilitation
- Surgery Departments
- Swing Beds
- Urgent Care Services
- Urology
- Volunteer Services
- Women & Infants
- Wound Care

# About Our Community Hospital



## Our Community Hospital by the Numbers

**25**  
licensed  
beds

**265**  
employees

**3**  
intensive  
care unit  
beds

**6**  
emergency  
department  
rooms

**1,520**  
surgeries  
per year

**187**  
deliveries  
per year

**824**  
annual  
admissions

**6**  
patient  
average daily  
census

**8,982**  
annual  
emergency  
department  
visits

# Executive Summary



## SSM Health Mission

Through our exceptional health care services, we reveal the healing presence of God.

## Background

Waupun Memorial Hospital has been proud to serve as an active Healthy Fond du Lac County 2020 participant since 2008 when the first Community Health Assessment process began. The assessment was commissioned by the Healthy Fond du Lac County 2020 Steering Committee. The Fond du Lac County Health Department and Healthy Fond du Lac County 2020 Steering Committee utilized the Wisconsin Guidebook on Improving the Health of Local Communities, which is built on the Take Action Cycle by County Health Rankings and Roadmaps. This was the framework followed by each step of the community health improvement process.

## Healthy Fond du Lac County 2020 Mission & Vision

Our mission is to assess, identify, address and monitor priority health needs through community collaboration.

Our vision is a community where all Fond du Lac area residents can reach their highest potential for health.

# The Health Needs of Our Community

## **Goal One:** Nutrition and Physical Activity

### **Strategies**

- Develop and implement active transportation options, such as safe routes to school plans and bike-to-work options in communities.
- Implement a community-wide physical activity campaign.
- Increase access to and affordability of fruits and vegetables.
- Increase access to education and programs that support breastfeeding initiation, exclusivity and duration.



### **Performance Measures**

- Increase by 5 percent the number of:
  - Adults engaging in the recommended amount of physical activity and strength training from 24 percent.
  - Youth meeting the physical activity recommendation of 60 minutes every day from 21 percent.
  - Youth eating the recommended servings of fruits and vegetables daily from 17 percent.
  - Adults eating the recommended five servings of fruit and vegetables daily from 32 percent.
- Increase by 7 percent the number of:
  - WIC infants ever breastfed from 74 percent.
- Decrease by 3 percent the number of:
  - Overweight/obese youth from 27 percent.
  - Obese adults from 37 percent.

### **Our Accomplishments to Date: 2015-2018**

- Breastfeeding Friendly Child Care Centers
- Downtown Fond du Lac Farmers Market
- Farmers Market Vouchers
- Fond du Lac School District Physical Education Program Grant
- Food Forest Initiative

# The Health Needs of Our Community

## Goal Two: Mental Health

### Strategies

- Increase the number of gatekeepers in Fond du Lac County who are able to assess, provide or connect consumers to services.
- Promote use of universal and targeted screenings across the lifespan in both clinical and non-clinical settings.
- Promote a stigma-free approach to mental/behavioral health and wellness through an educational campaign.
- Develop a universal approach to safety planning across the country.
- Develop a Pathways to Care: Mental Health Navigation Tool for Fond du Lac county adults.



### Performance Measures

- Increase by 6 percent the number of:
  - Adults who agree that, “People are caring and sympathetic toward persons with mental illness” will increase to 65 percent.
- Decrease by 1 percent the number of:
  - Adults who report that they or someone in their household, “did not get the mental health care needed” will decrease to 8 percent.
  - Adults who report they “considered suicide” will decrease to 4 percent (adult), 12 percent (youth).
- Decrease by 50 percent:
  - The average number of suicides from 2018-2021 to 9.

### Our Accomplishments to Date: 2015-2018

- Merge existing Trauma-Informed Care Committees
- Fond du Lac County Mental Health Services Provider Survey
- Promoted a stigma-free approach to mental/behavioral wellness
- Suicide Prevention Initiative - Destination Zero Suicide



# The Health Needs of Our Community

## Goal Three: Alcohol and Other Drug Abuse

### Strategies

- Work with communities to implement best practices as described in the Community Events Took Kit.
- Conduct compliance checks of licensed alcohol outlets and social host ordinances.
- Utilize a social media/marketing campaign to raise awareness, and active discourage binge drinking and over-consumption.
- Work with emergency departments, urgent care facilities and dentists to develop a standardized prescribing pathway for pain protocol.
- Implement a four-pillar approach to address opioid abuse.



### Performance Measures

- Increase by 2 percent the number of:
  - Youth who report the community is actively discouraging alcohol use by youth in a way products are advertised, promoted or sold from 47 percent.
- Decrease by 2 percent the number of:
  - Youth who report they bought or drank alcohol at a Fond du Lac County community event from 6 percent.
- Decrease by 4 percent the number of:
  - Youth who report they drank alcohol in the past 30 days from 21 percent.
- Decrease by 5 percent the number of:
  - Youth who report relative ease in obtaining prescription medication for non-medical use from 33 percent.
- Decrease by 3 percent the number of:
  - Youth who report binge drinking in the past 30 days from 11 percent.
- Decrease by 4 percent the number of:
  - Adults who report binge drinking in the past 30 days from 39 percent.
- Decrease the number of:
  - Opioid-related overdose deaths to five.

### Our Accomplishments to Date: 2015-2018

#### Drug Free Communities

- Full integration of the four pillar approach to form the Opioid Initiative.
- Developed an action plan with goals and objectives, building capacity and refining data collection.

#### Alcohol

- Increased consistency in compliance checks by law enforcement, community events best practices and adoption of the social host ordinance.

#### Other Drugs

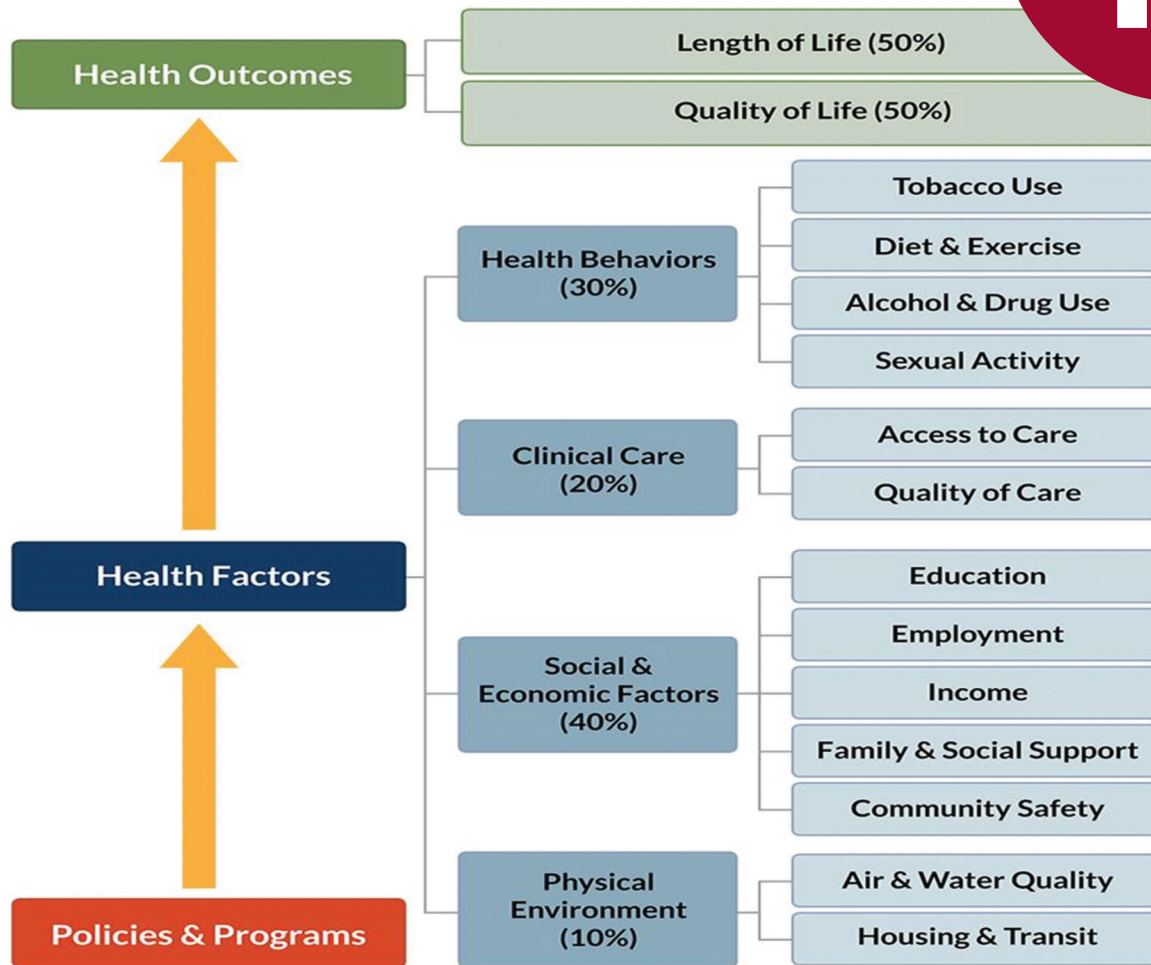
- Drug Take Back Campaign - collected more than two tons of drugs in 2016 and 2017 for disposal.
- Drug Drop Boxes and Narcan trainings.
- Increased awareness, education and community engagement.

# The Health Needs of Our Community

## Goal Four: Trauma-Informed Care (TIC)

### Strategies

- Trauma-informed approaches to community building.



County Health Rankings model © 2016 UWPHI

# The Health Needs of Our Community

## **Goal Five:** Social Determinants of Health

### **Strategies**

- Connect with existing equity teams and establish a Fond du Lac County Health Department health equity team.
- Implement health impact assessments and/or health in all policies.



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Fond du Lac County Health Department  
Community Health Improvement Plan (CHIP)  
2018-2021



**Public Health**  
Prevent. Promote. Protect.

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**Fond du Lac County  
Health Department**

**Fond du Lac County Health Department**

City/County Government Center

160 S. Macy St., Fond du Lac, WI 54935

Phone: 920-929-3085 | Fax: 920-929-3102 | [www.fdlco.wi.gov](http://www.fdlco.wi.gov)

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## Acknowledgements

Thank you to everyone who participated in the development of the Fond du Lac County Community Health Improvement Plan (CHIP). We would like to give a special thank you to the following groups and organizations who devoted time and efforts in developing the CHIP:

Healthy Fond du Lac County 2020 Steering Committee

Drug Free Communities of Fond du Lac County

Living Well FDL Coalition

Comprehensive Service Integration of Fond du Lac County, Inc.

## Community Health Improvement Process

Since 1993, Wisconsin State Statutes have required communities throughout Wisconsin to develop and implement local health plans to address health conditions affecting their residents. This process is the "Community Health Improvement Process". The community health improvement process has two major phases: the community health assessment and the community health improvement plan. These two processes work together to assess the unique needs of communities and allow public and private sectors to work collaboratively to address the identified health needs.

The 2017 Community Health Assessment process began in the fall of 2017 as commissioned by the Healthy Fond du Lac County 2020 Steering Committee. The Fond du Lac County Health Department and Healthy Fond du Lac County 2020 Steering Committee utilized the Wisconsin Guidebook on Improving the Health of Local Communities<sup>1</sup> which is built on the Take Action Cycle by County Health Rankings and Roadmaps. This was the framework followed for each step of the community health improvement process.



**Take Action Cycle by County Health Rankings and Roadmaps.**



## 2018-2021 Community Health Priority Areas

### Understanding goals, objectives, strategies

In order to help create a shared vision among stakeholders, community members, and partners, each priority area has identified goals, objectives, and strategies listed to help guide the work plan.

### Priorities

The health areas of top concern identified by the Healthy Fond du Lac County 2020 Steering Committee based on the community health assessment.

### Goals

The priority area goals, developed by the priority action teams, are broad statements that provide the long-term vision to guide program objectives and strategies. Goals will be monitored using the indicators that are listed under each priority area.

### Objectives

Along with a goal, each health priority area will also have objective(s) listed. The objectives are similar to goals in that they will help guide the progress being made towards improved health outcomes in each priority area. The main difference is that the objectives are more specific, measurable, and specify a timeline for completion. The objectives are set with the intention that they will help reach the goals. Objectives will also be monitored.

### Strategies

Strategies that are part of What Works for Health database have been reviewed and assigned evidence ratings and ratings for potential impact on health disparities. Strategies that were not part of the What Works for Health database do not have an evidence rating listed nor a potential impact on health disparity rating.

Evidence ratings for selected strategies in the report include:

- **Scientifically Supported** - Strategies with this rating are most likely to make a difference. These strategies have been tested in many robust studies with consistently positive results.
- **Some Evidence** - Strategies with this rating are likely to work, but further research is needed to confirm effects. These strategies have been tested more than once and results trend positive overall.
- **Expert Opinion** - Strategies with this rating are recommended by credible, impartial experts but have limited research documenting effects; further research, often with stronger designs, is needed to confirm effects.

Potential impact on health disparities include:

- **Likely to decrease disparities** - strategies that are likely to reduce differences in health-related outcomes.
- **No impact on disparities likely** - strategies that generally benefit entire populations.

### Monitoring and sustainability

To monitor implementation of the CHIP, documentation and tracking will be completed in a separate document at the county level. Updates will be provided annually to the community through the health department annual report and shared at community events. Continuous

monitoring and tracking of community changes (i.e. policy, program, environmental) will help to increase the sustainability of CHIP initiatives.

## Priority Area: Nutrition and Physical Activity

As established in the U.S. Dietary Guidelines (2005), good nutrition includes meeting nutrient recommendations yet keeping calories under control. Physical activity means any bodily activity that enhances or maintains physical fitness and overall health. Nutrition and physical activity are important to maintain and improve overall health and both play a prominent role in obesity prevention and control. Obesity is one of the most critical health issues of our time and it is caused by many interacting factors in our society. The burden of obesity and other diet-related chronic diseases are vast and rates continue to rise. Changes at the community level, such as policies, systems, and environment, are more likely to be effective, although they may be more difficult to achieve.



### Priority Action Team:

Living Well Coalition  
Fond du Lac County Health  
Department  
P: 920-929-3085

**Goal** Increase the number of Fond du Lac County residents living at healthy weight for their height through eating healthier and being more active.

### Performance Measures

Indicators	Source	Frequency	Notes
Increase the percentage of adults engaging in the recommended amount of physical activity and strength training from 24% (2017) to 29%.	WI- BRFSS and Community Health Survey	Annual Every 3 years	
Increase the percentage of adults eating the recommended 5 servings of fruits and vegetables daily from 32% (2017) to 37%.	WI- BRFSS and Community Health Survey	Annual Every 3 years	
Increase the percentage of WIC infants ever breastfed from 74% (2017) to 81%.	FDL County WIC	Annual	
Increase the percentage of Fond du Lac County youth eating the recommended servings of fruits and vegetables daily from 17% (2017) to 22%.	Student Health Experiences and ATOD Survey	Annual	
Increase the percentage of Fond du Lac County youth meeting the physical activity recommendation of 60 minutes every day from 21% (2017) to 26%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, increase the percentage of FDL School District students in the healthy fitness zone from 29% (2017) to 34%.	FDL School District	Annual	FDL Public School BMI samples grades 5, 7, and 9
Decrease the percentage of overweight/obese Fond du Lac County youth from 27% (2017) to 24%.	Student Health Experiences and ATOD Survey	Annual	

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Decrease the percentage of obese adults from 37% (2017) to 34%.

Community Health  
Survey

Every 3 years

### Goal 1: Increase physical activity.

**Objective 1.1** | By 2021, increase trail usage by 10% from 1496 (2016) total bike/pedestrian counts over a weeklong period to 1646.

**Strategy** | Bike and pedestrian master plans

**Evidence Rating**  
Some evidence

**Focus**  
Community

**Likely to Impact Disparities**  
No impact on disparities likely

**Objective 1.2** | By 2021, implement one physical activity campaign.

**Strategy** | Community-wide physical activity campaign

**Evidence Rating**  
Some evidence

**Focus**  
Community

**Likely to Impact Disparities**  
No impact on disparities likely

**Objective 1.3** | By 2021, increase the number of teachers in the FDL School District implementing wearable technology with students from 19 to 21.

**Strategy** | School-based physical education enhancements (PEP Grant)

**Evidence Rating**  
Scientifically supported

**Focus**  
School-based

**Likely to Impact Disparities**  
No impact on disparities likely

**Objective 1.4** | By 2021, increase the number of schools participating in safe routes to school from 23 to 27.

**Strategy** | Safe routes to schools and walking school buses

**Evidence Rating**  
Scientifically supported

**Focus**  
School-based

**Likely to Impact Disparities**  
No impact on disparities likely

## Goal 2: Increase fruit and vegetable consumption.

**Objective 2.1** | A) By 2021, increase SNAP usage at the Wednesday Downtown FDL Farmers Market by 25% from \$278 (2018 YTD) to \$348.  
B) By 2021, increase SNAP usage at the Saturday Downtown FDL Farmers Market by 10% from \$5,000 (2018 YTD) to \$5,500.

**Strategy** | Increase access to and affordability of fruits and vegetables through fruit and vegetable incentive program and EBT payment at farmers market

<b>Evidence Rating</b>	<b>Focus</b>	<b>Likely to Impact Disparities</b>
Scientifically supported and expert opinion	Community	Likely to decrease disparities

**Objective 2.2** | By 2021, increase the number of food forests planted from 4 (2018) to 5.

**Strategy** | Increase access to fruits and vegetables through the food forest initiative (urban agriculture and community gardens).

<b>Evidence Rating</b>	<b>Focus</b>	<b>Likely to Impact Disparities</b>
Expert opinion/some evidence	Community	Urban agriculture – likely to decrease disparities

**Objective 2.3** | By 2021, increase the number of pounds of produce donated at the FDL farmers market by 10% from 3,500 lbs (2018 YTD) to 3,850 lbs.

**Strategy** | Increase access to fruits and vegetables through strengthening the food donation program at the farmers market

<b>Evidence Rating</b>	<b>Focus</b>	<b>Likely to Impact Disparities</b>
Expert opinion	Community	Likely to decrease disparities

**Objective 2.4** | By 2021, increase the health promotion programs offered to low-income housing residents from zero to 9.

**Strategy** | Implement evidence-based health promotion programs at community-based settings.

<b>Evidence Rating</b>	<b>Focus</b>	<b>Likely to Impact Disparities</b>
Scientifically supported	Community/low-income housing	No impact on disparities likely

**Goal 3: Increase breastfeeding.**

**Objective 3.1** | By 2021, increase the number of childcare centers and business centers who have adopted the Ten Steps to Breastfeeding-Friendly Toolkit from 7 (2017) to 15.

**Strategy** | Promote support for breastfeeding mothers in the workplace, early childhood education settings, and throughout the community.

<b>Evidence Rating</b> Scientifically supported and expert opinion	<b>Focus</b> Community	<b>Likely to Impact Disparities</b> Likely to decrease disparities
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**Objective 3.2** | By 2021, increase the attendance at the annual Breastfeeding Celebration from 85 (2018) to 125.

**Strategy** | Increase access to education and programs that support breastfeeding initiation, exclusivity, and duration.

<b>Evidence Rating</b> Not available	<b>Focus</b> Community	<b>Likely to Impact Disparities</b> Not available
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**ALIGNMENT WITH STATE/NATIONAL PRIORITIES**

Goal	Healthiest Wisconsin 2020	Healthy People 2020	National Prevention Strategy
1	Design communities to encourage activity	Increase legislative policies for the built environment that enhance access to and availability of physical activity opportunities (Physical Activity-15)	Encourage community design and development that support physical activity
2	Make healthy foods available for all; Increase access to healthy foods and support breastfeeding		Increase access to healthy and affordable foods in communities
3	Increase access to healthy foods and support breastfeeding	Increase the proportion of infants who are breastfed (Maternal, Infant and Child Health-21)	Support policies and programs that promote breastfeeding

## Priority Area: Alcohol and Other Drug Abuse

Alcohol and other drug use means any use of a substance, or uses of substances, that result in negative consequences. This includes a broad array of mood-altering substances that include, but are not limited to, alcohol, prescription substances, and illegal mood-altering substances. Negative consequences or unhealthy uses include, but are not limited to, operating a motor vehicle while intoxicated, drinking while pregnant, alcohol dependence, fetal alcohol spectrum disorder, alcohol-related hospitalizations, and more. (Healthiest Wisconsin 2020 profile, 2010)

**DRUG FREE  
COMMUNITIES**

Fond du Lac County

**Priority Action Team:**

Drug Free Communities  
of Fond du Lac County (DFC)

P: 920-906-6700 Ext 4704

**Goal** Decrease underage drinking, adult binge drinking, and the misuse and abuse of drugs, particularly opioids.

### Performance Measures

Indicators	Source	Frequency	Notes
By 2021, increase the percentage of Fond du Lac County youth who report the community is actively discouraging alcohol use by youth in a way products are advertised, promoted or sold in the past 30 days from 47% (2017) to 49%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, decrease the percentage of Fond du Lac County youth who drank alcohol in the past 30 days from 21% (2017) to 17%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, decrease the percentage of Fond du Lac County youth who report they bought or drank alcohol at a Fond du Lac County Community Event from 6% (2017) to 4%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, decrease the percentage of Fond du Lac County youth who report relative ease in obtaining prescription medication for non-medical use from 33% (2017) to 28%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, decrease the percentage of Fond du Lac County who reported binge drinking in the past 30 days from 11% (2017) to 8%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, decrease the percentage of adults who reported binge drinking in the past 30 days from 38% (2017) to 35%.	Community Health Survey Report	Every 3 years	
By 2021, decrease the number of opioid-related overdose deaths from 7 (2017) to 5.	Fond du Lac County Medical Examiner's office	Annual	

**Goal 1: Reduce underage drinking and adult binge drinking.**

**Objective 1** | By 2021, increase the number of festivals evaluated annually throughout Fond du Lac County from 7 (2017) to 12.

**Strategy** | Community Events Tool-kit

<b>Evidence Rating</b> Evidence-based	<b>Focus</b> Community	<b>Likely to Impact Disparities</b> No impact on disparities likely
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**Objective 2** | By 2021, increase the number of law enforcement agencies completing annual compliance checks from 2 (2017) to 4.

**Strategy** | Enhanced enforcement of laws prohibiting alcohol sales to minors.

<b>Evidence Rating</b> Scientifically supported	<b>Focus</b> Alcohol retailers	<b>Likely to Impact Disparities</b> No impact on disparities likely
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**Goal 2: Reduce misuse and abuse of drugs, particularly opioids.**

**Objective 1** | By 2021, increase the number Narcan kits distributed annually through community Narcan Trainings from 54 (2017) to 75.

**Strategy** | Naloxone education and distribution programs

<b>Evidence Rating</b> Some evidence	<b>Focus</b> Community	<b>Likely to Impact Disparities</b> Likely to impact disparities
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**Objective 2** | By 2021, increase number of providers using the evidence-informed screening tool SBIRT for early intervention and referral for treatment from 0 (2017) to 4 or more.

**Strategy** | Screening, Brief Intervention, Referral and Treatment (SBIRT) program.

<b>Evidence Rating</b> Scientifically supported	<b>Focus</b> Healthcare providers	<b>Likely to Impact Disparities</b> No impact on disparities likely
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## Priority Area: Alcohol and Other Drug Abuse

### ALIGNMENT WITH STATE/NATIONAL PRIORITIES

Goal	Healthiest Wisconsin 2020	Healthy People 2020	National Prevention Strategy
1	<p>Engage community coalitions and local leaders in discussion and educational sessions on the evidence-informed policies that prevent and reduce excessive alcohol use.</p> <p>Reduce youth access to alcohol through continued support of municipal ordinances and other evidence-informed policies.</p>	<p>(Epidemiology and surveillance) Substance Abuse-14 Reduce the proportion of persons engaging in binge drinking of alcoholic beverages.</p>	<p>Support state, tribal, local, and territorial implementation and enforcement of alcohol control policies.</p>

2	Reduce the number of overdose deaths hospitalizations, and emergency department visits associated with nonmedical use.  Increase outreach, intervention and referral to treatment and support services for nonmedical opioid use.	Reduce substance abuse to protect the health, safety, and quality of life for all, especially children	
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## Priority Area: Mental Health

The definition of health is a state of complete physical, mental and social well-being, not just the absence of illness or disease. Mental health is something we all have, and it varies in its degree from time to time. It is only when there is a significant impact on our thinking, feeling and/or behavior that treatment services or intervention may be required. In general, the

sooner one gets treatment, the better the outcome. Having an untreated mental disorder can create serious problems such as increasing the chance of risky behaviors, drug or alcohol addiction, and in extreme cases, death. It also can ruin relationships, cause problems at work, and make it difficult to overcome serious illnesses.



### Priority Action Team:

Comprehensive Service Integration of  
Fond du Lac County, Inc. (CSI)

P: 920-906-6700 Ext. 4721

**Goal** Reduce stigma around mental health and suicide, and increase access to behavioral health services across the lifespan, and for those in high-risk groups, and decrease the number of deaths by suicide.

### Performance Measures

Indicators	Source	Frequency	Notes
By 2021, decrease the percentage of adults who report they "considered suicide" from 5% (2017) to 4%.	FDL County Community Health Survey (CHS)	Every 3 years	
By 2021, decrease the percentage of Fond du Lac youth who report they "considered suicide" from 13% (2017) to 12%.	Student Health Experiences and Attitudes, and ATOD Survey	Annual	Aggregate survey data incorporated into CHS when there is a comparable adult question (every 3 years)
By 2021, increase the percentage of adults who agree that, "people are caring and sympathetic towards persons with mental illness" from 59% (2017) to 65%.	CHS	Every 3 years	Measures stigma
By 2021, decrease the percentage of adults who report that they or someone in their household, "did not get the mental health care needed" from 9% (2017) to 8%.	CHS	Every 3 years	Measures access
From 2018-2020, the average number of suicides per year in Fond du Lac County will be 9, a 50% decrease from the average of 19 per year from 2015-2017.	FDL County Medical Examiner	Annual (3 year average)	Using multi-year averages is preferred to single-year counts due to the relatively small number.

**Goal 1: Decrease number of deaths by suicide through earlier identification of mental distress.**

**Objective 1** | The number of individuals who report they “considered suicide” will decrease to 4% of adults, 12% of youth.

**Objective 2** | The average number of suicides per year in Fond du Lac County will decrease to 9.

**Strategy** | Increasing number of those who live and work in Fond du Lac County who are trained as gatekeepers in Question, Persuade, Refer (QPR), Mental Health First Aid for Adults (MHFA), and Youth Mental Health First Aid (YMHFA).

<b>Evidence Rating</b> Some Evidence	<b>Focus</b> Community	<b>Likely to Impact Disparities</b> Likely to decrease disparities
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**Strategy** | Promoting use of universal and targeted screening across the lifespan in both clinical and non-clinical settings.

<b>Evidence Rating</b> Scientifically supported	<b>Focus</b> Healthcare providers / community	<b>Likely to Impact Disparities</b> Likely to decrease disparities
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**Goal 2: Reduce stigma around mental health and suicide which can limit help-seeking behaviors.**

**Objective 1** | The number of adults who agree that, "people are caring and sympathetic towards persons with mental illness" will increase to 65%.

**Strategy** | Education & Awareness activities: Coordinated messaging campaign (via radio, website, newspaper, etc.), including the facts related to mental health conditions, their occurrence in the general population, and the effectiveness of treatment.

**Strategy** | Promoting positive mental health and resiliency.

**Strategy** | Partner with individuals who have lived experience to share their stories and inform efforts.

**Goal 3: Increase access to behavioral health services across the lifespan, and for those in high-risk groups.**

**Objective 1** | The number of adults who report that they or someone in their household, "did not get the mental health care needed" will decrease to 8%.

**Strategy** | Develop a Pathways to Care Mental Health Navigation Tool for Fond du Lac County adults.

**Strategy** | Develop a more universal approach to safety planning across the county, which includes creating a document with a common language and format that can be used across populations and settings.

**ALIGNMENT WITH STATE/NATIONAL PRIORITIES**

<b>Goal</b>	<b>Healthiest Wisconsin 2020</b>	<b>Healthy People 2020</b>	<b>National Prevention Strategy</b>
1	Goal: Prevent suicide Increase use of evidence-informed practices to reduce suicide	Mental Health and Mental Disorders (MHMD) -1 Reduce the suicide rate  MHMD-2 Reduce suicide attempts by adolescents	Promote early identification of mental health needs and access to quality services.
2	Promote community-wide gatekeeper trainings; support suicide prevention coalitions	MHMD-9 Increase the proportion of adults with mental health disorders who receive treatment	Provide individuals and families with the support necessary to maintain positive mental well-being.
3	Establish trauma-sensitive schools; enhance support groups; expand access to services for mental health & substance use disorders	MHMD-6 Increase the proportion of children with mental health problems who receive treatment	Promote early identification of mental health needs and access to quality services.

## Overarching Priority Area: Trauma-Informed Care (TIC)

Trauma-informed care is a strengths-based service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment. (SAMSHA, 2014)



### Priority Action Team:

Comprehensive Service Integration of  
Fond du Lac County, Inc. (CSI)

P: 920-906-6700 Ext. 4721

### Goal 1: Increase the education opportunities on trauma-informed care in Fond du Lac County.

- Objective 1.1** | In partnership with CSI marketing group, create literature on the importance and role of TIC in our community. Materials will be finalized and ready for distribution to community partners by January 1, 2019.
- Objective 1.2** | Provide a minimum of two (2) public, information session around trauma-informed care as a culture by December 21, 2019.
- Objective 1.3** | Provide a minimum of two (2) TIC trainings specifically for the organizations who signed the letter of commitment December 31, 2019.

### Goal 2: Obtain community commitment for trauma-informed care services.

- Objective 2.1** | Create a list of community-based organizations, churches, schools, childcare programs, clinical services and government entities to be recruited to join the TIC movement by November 1, 2018.
- Objective 2.2** | Create a letter of support to be signed by community agencies that provide a commitment to TIC, training, policy updates and distribution of literature by March 1, 2019.
- Objective 2.3** | Distribute and collect letters of commitment from a minimum of 40 community partners by May 1, 2019.

**Goal 3: Acquire and/or develop a trauma-informed care assessment to deliver to a variety of community organizations.**

**Objective 3.1** | Discuss a potential timeline for public release of the TIC assessment with leadership at United Way of the Fox Valley by December 1, 2018.

**Objective 3.2** | Research other forms of TIC assessments to determine if other templates could serve our needs by December 1, 2018.

**Objective 3.3** | Select, evaluate and localize a formal trauma-informed care assessment to later than April 1, 2019.

**Strategy** | Trauma-informed approaches to community building

**Evidence Rating**  
Expert Opinion

**Focus**  
Community

**Likely to Impact Disparities**  
Likely to decrease disparities

**ALIGNMENT WITH STATE/NATIONAL PRIORITIES**

Goals	Healthiest Wisconsin 2020	Healthy People 2020	National Prevention Strategy
1, 2, & 3	Identifies ACEs, trauma, and resilience as emerging issues.		

## Overarching Priority Area: Social Determinants of Health

The social determinants of health are the conditions in which people are born, grow, live, work and age. Health begins in these environments where we spend the majority of our time. Research shows that individual health behaviors and access to clinical care only make up about half of what predicts health. Social, economic, and physical environments (often referred to as the social determinants of health) make up the other half of what predicts health outcomes.

**Goal 1: Increase awareness of the influence social determinants have in shaping health outcomes.**

**Goal 2: Improve health consideration in decision-making.**

**Objective 2.1** | By December 31, 2021, one new or existing strategy will be implemented, strengthened or expanded on to increase health consideration during policy development to eliminate health disparities.

**Strategy** | Example: Health Impact Assessments and Health in All Policies

### ALIGNMENT WITH STATE/NATIONAL PRIORITIES

Goals	Healthiest Wisconsin 2020	Healthy People 2020	National Prevention Strategy
1 & 2	Calls special attention to social determinants and their importance of social determinants in health outcomes	Topic: Social Determinants of Health  Goal: Create social and physical environments that promote good health for all	



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**Objective 1.1** | By December 31, 2021, one new or existing strategy will be implemented to build capacity to address the social determinants of health.

**Strategy** | Example: Establish a health equity team or committee.

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## Appendix A: Asset Inventory List

### List of Identified Community Assets to Address Priority Concerns

The following is a list of assets and resources in Fond du Lac County that are already in place to help address the priority health concerns identified by the Healthy Fond du Lac County 2020 Steering Committee. The priority concerns are mental health, alcohol and other drug abuse, and nutrition and physical activity. This list is not intended to be all-inclusive.

#### Mental Health

Service Name	Contact Information	Description
<b>Fond du Lac County Health Department</b>	www.fdlco.wi.gov 160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3085	Improves lives by preventing disease, protecting the community, and promoting healthy living for all. M – F: 8 am- 4:30 pm.
<b>Crisis Intervention</b>	459 East 1st Street Fond du Lac, WI (920) 929-3535	Available 24 hours per day, 7 days per week. Walk In Crisis Intervention Services.
<b>Solutions Center</b>	www.solutionfdl.com 39 North Sophia Street Fond du Lac, Wisconsin Crisis line: (920) 923-1700 (800) 852-9571 Offices: (920) 923-1743	Solutions Center offers a multitude of services to those dealing with domestic abuse and homelessness. Domestic Violence Shelter: (920) 923-2880 Men's Shelter: (920) 922-8122
<b>Runaway Hotline</b>	www.1800runaway.org (800) 786-2929	24 hour hotline for children who have run away, or are considering running away.
<b>National Hopeline Network</b>	(800) 784-2433	The Hopeline links callers to a certified crisis center nearest the caller's location.
<b>National Suicide Prevention Lifeline</b>	(800) 273-8255	Suicide prevention and mental health crisis care. For Veterans: Dial then press 1.
<b>St. Agnes Hospital Behavioral Health Services/ Outpatient Mental Health Services</b>	430 East Division Street Fond du Lac, WI 54935 (920) 929-1200	Mental health professionals provide assessment/ treatment for depression, anger, anxiety and stress management, eating disorders, child and adult behavioral disorders, attention deficit disorders, relationship issues and other areas.
<b>Bereavement Center &amp; Grief Relief</b>	1161 West Johnson Street Fond du Lac, WI 54935 (920) 907-3940	Groups offered on specific topics in some groups (such as loss of a spouse or a child) and offer groups for children and teens.

## Mental Health Continued

Service Name	Contact Information	Description
<b>Comprehensive Service Integration of Fond du Lac County (CSI)</b>	www.csifdl.org 72 West 9th Street Fond du Lac, WI 54935 (920) 906-6700 ext. 4703	Outlines available mental health resources in Fond du Lac County. Provides information to help locate the right mental health provider for the client, including insurance coverage.
<b>ASTOP (Assist Survivors/ Treatment/ Outreach/ Prevention)</b>	21 South Marr Street Fond du Lac, WI 54935 (920) 926-5395 Crisis Line: (920) 926-5395 24 hour crisis: (800) 418-0270	Professional staff provides counseling, prevention education, client advocacy services, and medical advocacy services for survivors. All services are free of charge.
<b>Catholic Charities</b>	191 South Main Street Fond du Lac, WI 54935 (920) 923-2550	Provides certified outpatient mental health center and family/individual/couple counseling. Tu & Th: 9am- 5pm for appointments.
<b>Domestic Violence Services – Agnesian Healthcare</b>	21 South Marr Street Fond du Lac, WI 54935 24/7 line: (920) 926-4207 Crisis Line: (920) 926-4290	Provides counseling, treatment programs, advocacy, support and education to individuals who experience domestic violence.
<b>Kathleen Morgan, ATR, LPC</b>	481 East Division Street Suite 400 Fond du Lac, WI 54935 (414) 708-4388	A licensed registered art therapist and licensed professional counselor. She works one-on-one in talk therapy, offers group therapy, classes and art therapy.
<b>Lutheran Social Services</b>	74 South Main Street Suite 103 Fond du Lac, WI 54935 (920) 730-1321	Counseling for children, adolescents, adults, couples and families; specializing in mental health and family issues.
<b>SHARDS INC.</b>	www.shardsinc.org/ 645 Forest Avenue Fond du Lac, WI 54935 (920) 204-6570	Serves the uninsured and underinsured in Fond du Lac County and the surrounding areas by facilitating affordable mental health services.
<b>Coordinated Family Services Program (CFSP)</b>	87 Vincent Street Fond du Lac, WI 54935 (920) 929-3919	Provides intensive services to families with children who have severe emotional disabilities.
<b>Acute Psychiatric Unit</b>	459 East 1st Street Fond du Lac, WI 54935 (920) 929-3513	A licensed specialty psychiatric hospital, providing 24 hour structured inpatient treatment within a locked setting.
<b>University of Wisconsin-Extension: Family Living Program</b>	400 University Drive Room 227 Fond du Lac, WI 54935 (920) 929-3170	Provides education in building family strengths, focusing on parenting, money management, youth development, health and diet concerns.

## Mental Health Continued

Service Name	Contact Information	Description
<b>National Alliance on Mental Illness (NAMI)</b>	<a href="http://namifonddulac.org/">http://namifonddulac.org/</a> 21 East 2nd Street Fond du Lac, WI 54935 (920) 979-0512	Empower those young and old affected by mental illness and reduce stigma through support, education and outreach.
<b>SOS (Survivors of Suicide) Group</b>	<a href="http://www.communityforhope.org">www.communityforhope.org</a> 401 West Fond du Lac Avenue Ripon, WI 54971	Held in Immanuel United Methodist Church first Thursday of the month 6:30 - 8:30 pm.
<b>Comprehensive Community Services Program (CCS)</b>	459 East 1st Street Fond du Lac, WI 54935 (920) 929-3565	For adults and children living with mental health or substance abuse diagnoses which interferes with or limits major life activities.
<b>Friendship Corner</b>	<a href="http://www.namifonddulac.org">www.namifonddulac.org</a> 21 E 2nd Street Fond du Lac, WI 54935 (920) 266-8447	Provides a safe, supportive place for individuals recovering from mental illness to go and gain peer support and friendship. M- Sat: 10 am - 4 pm.
<b>FDL Senior center</b>	151 East First Street Fond du Lac, WI (920) 322-3630	A community focal point and meeting place for people 50 and over. Activities range from social and recreational to educational and travel.
<b>Dementia Friendly Coalition</b>	<a href="http://www.dementiafriendlyfdl.com">www.dementiafriendlyfdl.com</a> (920) 322-3632 <a href="mailto:dementiafriendlyfdl@gmail.com">dementiafriendlyfdl@gmail.com</a>	Works with area businesses to provide employees with specialized training to help them work with customers that may have dementia.
<b>The Reporter</b>	<a href="http://www.fdlreporter.com">www.fdlreporter.com</a> N6637 Rolling Meadows Drive Fond Du Lac, WI 54936 (920) 922-4600	Newspaper based in Fond du Lac for media coverage.
<b>Treffert Center</b>	<a href="http://www.treffertway.com">www.treffertway.com</a> 371 East 1st Street Fond du Lac, WI 54935 (920) 907-3967	K-6 community-engaged public charter school open to all children to provide endless possibilities for the exceptional learner.
<b>Beacon House (women)</b>	<a href="http://www.beaconhousefdl.org">www.beaconhousefdl.org</a> 166 South Park Avenue Fond du Lac, WI 54935 (920) 923-3999	Residential treatment facility for recovering alcohol and/or drug dependent women. Children under 10 years of age may remain with their mother while she stays.
<b>Berry House</b>	178 Sixth Street Fond du Lac, WI 54935 (920) 922-8580	Provides services to those diagnosed with a mental illness and chemical dependency. Dual-diagnosis or mental health needs only; not for those with only AODA needs.
<b>Blandine House (men)</b>	<a href="http://www.blandinehouse.org">www.blandinehouse.org</a> 25 North Park Avenue Fond du Lac, WI 54935 (920) 922-9487	AODA Residential Treatment Facility. For adult males who have completed detoxification and are over 18 years of age. 24 Hours a Day, 7 Days a Week.

## Mental Health Continued

Service Name	Contact Information	Description
<b>Adult Care Consultants</b>	272 North Main Street Fond du Lac, WI 54935 (920) 322-6481	Specializing in community integration for adults and children with mental health needs.
<b>United Way</b>	74 South Main Street Suite 201 Fond du Lac, WI 54935 (920) 921-7010	Focused on the building blocks for a good life.
<b>FDL County Department of Community Programs (DCP)</b>	459 East First Street Fond du Lac, WI 54935 (920) 929-3500 24 Hour Hotline: (920)929-3535	Outpatient mental health services, including individual and group counseling for children/ adolescents/ adults, marital counseling and mediation intervention.
<b>District Equity Leadership Team of Fond du Lac School District (DELT)</b>	www.ebonyvisionfdl.org (920) 744-5169	This team consist of various employees of the FDL School District, parents and community entities and the core issue is addressing race. Partner with Ebony Vision.
<b>Fond du Lac Area Women's Fund</b>	www.fdlwomensfund.com 116 North Main Street P.O. Box 1171 Fond du Lac, WI 54935 (920) 322-8778	Promotes positive change in the lives of Fond du Lac area women and girls by education, leadership development, financial self-sufficiency, safety, dignity and freedom from violence.
<b>Fond du Lac Family YMCA</b>	www.fdlymca.org 90 West 2nd Street Fond du Lac, WI 54935 (920) 921-3330 Fax: (920) 921-3376	Programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and a community comes together for the common good.
<b>Boys and Girls Club of Fond du Lac</b>	76 West 2nd Street Fond du Lac, WI 54935 (920) 924-0530	Empowers all young people to reach their full potential as productive, caring, responsible citizens through academic, social and emotional support.
<b>Department of Social Services</b>	87 Vincent Street Fond du Lac, WI 54935 (920) 929-3400	Provides innovative services to promote self-sufficiency and quality of life. Mon-Fri: 8 am-4:30 pm.
<b>LGBTQ+ Support Groups</b>	Paul Clark: (920) 926-4382 Leann Vice-Reshel: (920) 926-4428	Confidential support group for adults 18 and older who identify with the lesbian, gay, bisexual, transgender, queer (LGBTQ) community, and/or seeking support surrounding their sexual orientation.

## Alcohol and Other Drug Abuse

Service Name	Contact Information	Description
<b>Crisis Intervention</b>	459 East 1st Street Fond du Lac, WI 54935 (920) 929-3535	Available 24 hours per day, 7 days per week. Walk In Crisis Intervention.
<b>2-1-1 United Way</b>	<a href="http://www.211now.org">www.211now.org</a> dial 211	24/7 information and referrals.
<b>Beacon House</b> (women)	<a href="http://www.beaconhousefdl.org">www.beaconhousefdl.org</a> 166 South Park Avenue Fond du Lac, WI 54935 (920) 923-3999	Residential treatment facility for recovering alcohol and/or drug dependent women. Children under 10 years of age may remain with their mother while she stays.
<b>Berry House</b>	178 Sixth Street Fond du Lac, WI 54935 (920) 922-8580	Provides services to those diagnosed with a mental illness and chemical dependency. Dual-diagnosis or mental health needs only; not for those with only AODA needs.
<b>Blandine House</b> (men)	<a href="http://www.blandinehouse.org">www.blandinehouse.org</a> 25 North Park Avenue Fond du Lac, WI 54935 (920) 922-9487	AODA Residential Treatment for adult males who have completed detoxification and are over 18 years of age.
<b>Mahala's Hope</b>	<a href="http://www.mahalashope.com">www.mahalashope.com</a> N4590 US Highway 45 Eden, WI 53019 (920) 904-0444	Offers substance abuse and trauma programs using nature-based and equine therapy methods to promote change and recovery. Programs available for women, men and teens.
<b>Alcoholics Anonymous (AA)</b>	Helpline: (920) 922-7512 <a href="http://www.aa.org">www.aa.org</a> <a href="http://www.area75.org/meetings.html">www.area75.org/meetings.html</a>	Provides support for people with alcohol problems. Provides a safe environment for people in recovery.
<b>Gratitude Club</b>	<a href="http://gratitudeclub.net">gratitudeclub.net</a> 295 Ruggles Street Fond du Lac, WI 54935 (920) 921-0143	The club is open to all interested in recovery. Offers meeting rooms and fellowship for a variety of 12-Step programs.
<b>Narcotics Anonymous (NA)</b>	Helpline: (866) 635-2254 <a href="http://www.na.org">www.na.org</a> <a href="http://www.wisconsinna.org">www.wisconsinna.org</a> <a href="http://www.iluana.org/meetings">www.iluana.org/meetings</a>	Recovering addicts who meet regularly to help each other stay clean.
<b>Drug Court</b>	Sarah Shockley, DC Coordinator 459 East 1st Street Fond du Lac WI 54935 920-929-3568 920-929-3500	A three Phase Intervention program for adults involved in the Criminal Justice System due to non-violent, drug/alcohol motivated offenses, who have a difficulty remaining clean and sober.
<b>Al-Anon</b>	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>	Support group for friends and relatives who meet to help themselves and others overcome the frustration caused by living with an alcoholic.

## Alcohol and Other Drug Abuse Continued

Service Name	Contact Information	Description
<b>Al-Ateen</b>	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>	Support group discussing difficulties in living with an alcoholic family member and to learn effective ways to cope with the problems caused by alcoholism.
<b>NAR-Anon</b>	<a href="http://www.nar-anon.org">www.nar-anon.org</a>	Family Groups are for those affected by someone else's addiction. As a twelve step program offers help by sharing our experience, strength, and hope.
<b>Families United</b>	<a href="https://www.facebook.com/familiesunited">www.facebook.com/familiesunited</a> 315 Eureka Street Ripon, WI 54971	A support group open to anyone who has been affected by addiction. To provide education, support and hope for the future.
<b>SMART Recovery</b>	<a href="http://www.smartrecovery.org">www.smartrecovery.org</a> (866) 951-5357	Offer meetings for self-management and recovery training.
<b>Celebrate Recovery</b>	<a href="http://www.celebraterrecovery.com">www.celebraterrecovery.com</a> 46 North Main Street Fond du Lac, WI 54935 (920) 913-3311	A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind.
<b>C.A.R.E (Community Awareness and Recovery Environment)</b>	<a href="http://www.carefordc.org/">www.carefordc.org/</a> 900 Greenvalley Road Suite 2 Beaver Dam, WI 54916 (920) 631-7155	Bring awareness and education to Dodge County and its neighboring communities about substance use disorders.
<b>FDL County Department of Community Programs (DCP)</b>	459 East First Street Fond du Lac, WI 54935 (920) 929-3500 24 Hour Hotline: (920)929-3535	Alcohol and drug abuse counseling services including individual counseling for adolescents, adults, and families, group counseling, recovery groups.
<b>SSM Agnesian Behavioral Health</b>	430 East Division Street 5th Floor Fond du Lac, WI 54935 (920) 926-4200	Detox (inpatient) for up to 72 hours, residential treatment services, day treatment program, intensive outpatient program (IOP), relapse prevention group and one-on-one counseling.
<b>Agnesian HealthCare Samaritan Clinic</b>	St. Agnes Hospital 430 East Division Street Fond du Lac, WI 54935 (920) 926-4841  Waupun Memorial Hospital 620 West Brown Street Waupun, WI 53963 (920) 324-6540 (Waupun)	Provides quality healthcare to the uninsured/low income patients within these counties and to be a force for a healthier community.

## Alcohol and Other Drug Abuse Continued

Service Name	Contact Information	Description
<b>ARC Community Services</b>	www.arccommserv.com 27 3rd Street Suite B Fond du Lac, WI 54935 (920) 907-0460	Provides women-specific AODA treatment, parenting education, counseling, trauma and grief education, case management, job-readiness skills, budgeting/ money management and day treatment. 24 Hour Crisis Intervention.
<b>Premier Care of Wisconsin</b>	23 West Scott Street Fond du Lac, WI 54935 (920) 926-0101	Medication assisted opioid addiction treatment (methadone or suboxone). Behavioral health services and crisis intervention.
<b>Veteran's Outreach &amp; Recovery Program (VORP)</b>	(920) 226-9898	Connect Veterans to community services, provide case management and support, with a special focus on treatment and recovery.
<b>Salute the Troops, FDL</b>	www.salutethetroopswi.org 54 East 1st Street Fond du Lac, WI 54935 (920) 322-3291	Focused on supporting, assisting and raising funds to help Veterans and their families in Fond du Lac & Sheboygan Counties.
<b>Drug Free Communities of Fond du Lac County</b>	www.drugfreefdl.com www.csifdl.org 72 West 9th Street Fond du Lac, WI 54935 (920) 906-6700 Ext. 4704	A collaboration of agency and community members, who have come together to address the growing problem of substance abuse in our community. Host "Parents Who Host, Lose The Most" Campaign.
<b>Aids Resource Center of Wisconsin (ARCW)</b>	633C West Wisconsin Avenue Appleton, WI 54911 (920) 733-2068 / (800) 773-2068	Provide HIV prevention, care and treatment. For local Narcan Trainings visit: <a href="http://www.fdlco.wi.gov">www.fdlco.wi.gov</a>
<b>Drug Drop Boxes</b>	www.drugfreefdl.com (920) 906-6700, ext. 4704	List of Fond du Lac County Drug Drop Box Locations
<b>City of FDL Police Dept.</b>	126 North Main Street Fond du Lac, WI 54935 Phone: (920) 322-3700 Fax: (920) 322-3701	To request an officer, please call the Dispatch Center at (920) 906-5555. Crime Alert: (920) 322-3740
<b>Comprehensive Service Integration of Fond du Lac County (CSI)</b>	www.csifdl.org 72 West 9th Street Fond du Lac, WI 54935 (920) 906-6700 ext. 4703	Outlines available mental health resources providing information to help locate the right mental health provider for the client, including insurance coverage.
<b>National Alliance on Mental Illness (NAMI)</b>	namifonddulac.org 21 East 2nd Street Fond du Lac, WI 54935 (920) 979-0512	Empower those young and old affected by mental illness and reduce stigma through support, education and outreach.
<b>Life Enforcement program</b>	PO Box 503 Fond du Lac, WI 54936 (920) 933-4589 <a href="mailto:contact@lifeenforcement.com">contact@lifeenforcement.com</a>	To inspire and guide our community member's passion and focus it on purposeful Selfless Acts of Kindness.



## Nutrition

Service Name	Contact Information	Description
<b>Fond du Lac School District</b>	www.fonddulac.k12.wi.us 72 West 9th Street Fond du Lac, WI 54935 (920) 929-2900	Offers free or reduced lunches for those who qualify. Healthy vending machines and snack options. School gardens and nutrition education. Wellness policies.
<b>UW-Extension's FoodWise Program</b>	400 University Drive Room 227 Fond du Lac, WI 54935 (920) 929-3170	Serves families and individuals with limited incomes in Fond du Lac and Sheboygan Counties. Offer group classes on healthy eating, food budgeting, and food safety.
<b>Feeding America Eastern Wisconsin</b>	feedingamericawi.org 2911 West Evergreen Drive Appleton, WI 54913 (920) 202-3690	Backpack Buddies is a supplemental weekend feeding program providing nutritious foods for the purpose of nourishing children.
<b>Downtown Fond du Lac Farmers Market</b>	downtownfdl.com <u>Main Street</u> (Sheboygan Street to Western Avenue) Sat: 8 am - 12 pm (May-Oct.) <u>Main Street Plaza</u> W: 11 am - 3 pm (June – Sept.) Fond du Lac, WI 54935	A fun, interactive way to give back to the community by supporting local farmers, producers, and artisans, while educating market visitors about healthy eating habits, good nutrition, and the benefits of “eating fresh and local.”
<b>Fond du Lac Winter Farmers Market</b>	www.facebook.com/fdlwintermkt 19 East 3rd Street Fond du Lac, WI 54935 (920) 923-4172	The Winter Farmers Market will be held indoors to continue providing locally raised food and arts/crafts. Runs Saturdays Nov. thru Feb. 9 am - 12 pm.
<b>Downtown FDL Partnership</b>	131 South Main Street Suite 101 Fond du Lac, WI 54935 (920) 322-2006 info@downtownfdl.com	Dedicated to bringing people, activity, and business to the heart of Fond du Lac.
<b>UW-Extension: Fond du Lac Area Community Garden</b>	(920) 929-3172	Cost of plot varies by size. Starting at \$20 per year. Families can supplement their meals with wholesome food they raised in the community garden
<b>Holy Family Catholic Community Gardens</b>	271 4th Street Fond du Lac, WI 54935 (920) 923-3372	Garden plots open to public to rent and are organic only. \$15 for 20x20 plot, \$20 for 20x40 plot. On church grounds.
<b>Fond du Lac County Department of Senior Services - Mobile Meals</b>	www.fdlco.wi.gov/senior-services (920) 929-3113	Provide one nutritionally balanced hot meal five days per week on a temporary or permanent basis to the home bound.
<b>Fond du Lac County Department of Senior Services - Senior Dining</b>	www.fdlco.wi.gov/senior-services (920) 929-3937	Provide one hot, nutritious meal containing one-third of the daily dietary needs at nine sites throughout the county.

## Nutrition Continued

Service Name	Contact Information	Description
<b>St. Agnes Mobil Meals</b>	(920) 926-4670	Provides a noon hot meal delivered Monday thru Friday.
<b>Senior Meal Dining Sites</b>		Any person 60 and over or married to someone 60+. Provide one hot meal a day (5 times per week). M-F 11:45 am Times vary by location.
<b>Fond du Lac Senior Center</b>	151 East First Street Fond du Lac, WI 54935 (920) 929-3937	
<b>Northgate</b>	350 Winnebago Street North Fond du Lac, WI 54937 (920) 929-3937	
<b>Portland Square</b>	55 North Portland Street Fond du Lac, WI 54935 (920) 929-3937	
<b>Riverview</b>	101 Western Avenue Fond du Lac, WI 54935 (920) 929-3937	
<b>Westnor</b>	653 West Arndt Street Fond du Lac, WI 54935 (920) 929-3937	
<b>Salvation Army</b>	237 North Macy Street Fond du Lac, WI 54935 (920) 923-8220	Receive food once a month. Income guidelines and must be resident of Fond du Lac County. Food Pantry Hours: M, Tu, Th, F: 9am-12:30pm & W: 9-11:30am & 12:30- 5pm.
<b>Presentation Church Food Pantry</b>	706 Michigan Avenue North Fond du Lac, WI 54937 (920) 922-3650	Emergency food is available. Not a regular pantry. Provides food and clothing to anyone in need.
<b>Loaves &amp; Fishes</b>	158 S Military Rd Fond du Lac WI 54935 (920) 921-8215	No eligibility. Hot meal, milk, bakery on Mondays & Wednesdays from 5:00-5:30 pm to Carry-Out or 5:30-6:00 pm for eat in.
<b>Fondy Food Pantry</b>	51 West Division Street Fond du Lac, WI 54935 (920) 322-0369	Food boxes every other month. Pick up times M-Th: 9am- 1pm.
<b>Broken Bread St Paul's Cathedral</b>	51 West Division Street Fond du Lac, WI 54935 (920) 921-3363 Ext. 6 (Church)	No eligibility requirements. Please bring box for groceries. 80% perishable foods, 20% nonperishable foods. Light meal available every Fri. 2:00-6:00pm.

## Nutrition Continued

Service Name	Contact Information	Description
<b>Women Infants and Children (WIC) Nutrition Program</b>	www.fdlco.wi.gov 160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3104	Promote and maintain the health and well-being of nutritionally at-risk pregnant, breastfeeding and postpartum women, infants and children (under age 5). M, W, Th, F: 8 am - 4:30 pm & Tu: 8 am - 5:30 pm.
<b>WIC Farmers Market Nutrition Program</b>	160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3104	Provides WIC participants with nutrition education and vouchers to purchase locally-grown fresh fruits, vegetables and herbs at farmers' markets.
<b>FoodShare Nutrition Program</b>	www.dhs.wisconsin.gov/foodshare Call Center: 1-888-446-1239	Helps people with limited money buy the food they need for good health. M, Tu, Th: 8 am-4 pm/ W & F: 10 am-4 pm
<b>Congregation of Sisters of St. Agnes (CSA)</b>	320 County Road K Fond du Lac, WI 54937 Lisa – (920) 907-2321	A health resource along with wellness education to promote self-responsibility for one's own health and well-being.
<b>Envision Greater Fond du Lac</b>	www.envisiongreaterfdl.com 207 North Main Street (920) 921-9500	Efforts focused on business assistance and promotion. M-Th: 7:30 am - 5 pm & F: 7:30 am - 4:30 pm.
<b>Living Well Coalition</b>	www.livingwellfdl.org (920) 929-3085	Coordinating community efforts to improve the physical health and well-being of all people in FDL through healthy eating and active living.

## Physical Activity

Service Name	Contact Information	Description
<b>Fond du Lac Family YMCA</b>	90 West 2nd Street Fond du Lac, WI 54935 (920) 921-3330	Putting Christian principles into practice through programs that build healthy spirit, mind and body for all.
<b>Fond du Lac Loop Trail</b>	fdlloop.com Fond du Lac Area Convention & Visitors Bureau (920) 923-3010	A 16-mile bicycle/ pedestrian pathway designed to facilitate a safe, healthy, and enjoyable way to explore the Fond du Lac area and its wide variety of scenic landscapes.
<b>Healthy Fond du Lac County 2020 Steering Committee: Living Well Coalition</b>	www.livingwellfdl.org (920) 929-3085	Our mission is to assess, identify, address and monitor priority health needs through community collaboration.
<b>Fond du Lac Area Businesses on Health (FABOH)</b>	140 North Main Street Fond du Lac, WI 54935 (920) 924-3780	Offers businesses a large, cohesive voice and leverage to provide healthcare on their terms benefiting everyone.
<b>Fond du Lac School District</b>	www.fonddulac.k12.wi.us 72 West 9th Street Fond du Lac, WI 54935 (920) 929-2900	Physical Education Program (PEP) grant. Gym and exercise rooms available at the schools.
<b>Fond du Lac School District Recreation Department</b>	85 Morningside Drive Fond du Lac, WI 54935 (920) 929-2885	Providing recreation & leisure services to residents of the FDL School District and beyond. M - F: 7:30 am - 4 pm.
<b>Fond du Lac County Health Department</b>	www.fdlco.wi.gov 160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3085	Improves lives by preventing disease, protecting the community, and promoting healthy living for all. M - F: 8 am- 4:30 pm.

HEALTHY  
FOND DU LAC COUNTY  
— 20  20 —

COLLABORATING FOR A  
HEALTHIER TOMORROW

*An Overview*

## MISSION

Our mission is to assess, identify, address and monitor priority health needs through community collaboration.

## VISION

Our vision is a community where all Fond du Lac area children and adults can reach their highest potential for health.



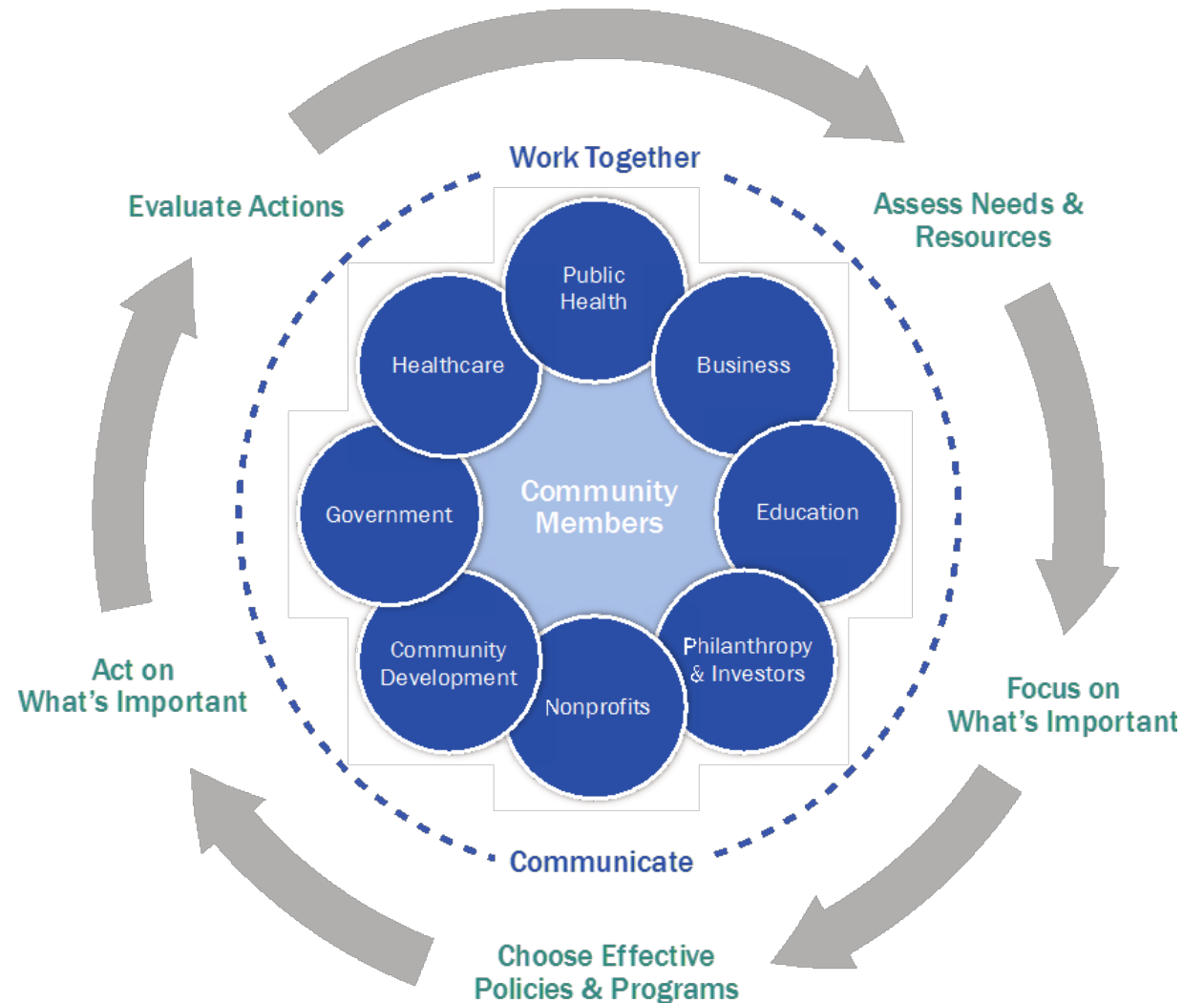
# Steering Committee Membership

Agnesian HealthCare/SSM Health  
Aurora Health Care  
City of Fond du Lac Police Department  
Fond du Lac Area Businesses on Health  
Fond du Lac Area Foundation  
Fond du Lac Area United Way  
Fond du Lac County  
Fond du Lac County District Attorney  
Fond du Lac County Health Department  
Fond du Lac Family YMCA  
Fond du Lac School District  
Envision Greater Fond du Lac  
Marian University  
Moraine Park Technical College  
Ripon College  
St. Mary's Springs Academy  
UW- Extension Fond du Lac County



# Our Purpose

To serve as an advisory group for the Community Health Improvement Process.





# 2018-2021 Community Health Priorities

1. Nutrition and Physical Activity
2. Mental Health
3. Alcohol and Other Drug Abuse

## Overarching priorities

- ❖ Trauma-Informed Care
- ❖ Social Determinants of Health



# Priority Action Teams & Collaborations



# Priority: Nutrition and Physical Activity

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**Goal:** Increase the number of Fond du Lac County residents living at healthy weight for their height through *eating healthier and being more active.*



# 2017 Community Health Survey Key Findings - Adults

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## Overweight & Obesity



## Nutrition



## Physical Activity



# 2017 Community Health Survey Key Findings – Youth

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## Overweight & Obesity



## Nutrition



## Physical Activity



# Living Well Coalition 2015-2018 Accomplishments

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- Breastfeeding Friendly Child Care Centers
- Downtown Fond du Lac Farmers Market
- Farmers Market Vouchers
- Fond du Lac School District Physical Education Program Grant
- Food Forest Initiative

# Strategies

2018-2021

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- Develop and implement active transportation options such as safe routes to school plans and bike to work options in communities
- Implement a community-wide physical activity campaign
- Increase access to and affordability of fruits and vegetables
- Increase access to education and programs that support breastfeeding initiation, exclusivity, and duration

# Performance Measures by 2021:

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## **Increase by 5% the number of:**

- Adults engaging in the recommended amount of physical activity and strength training from 24%
- Youth meeting the physical activity recommendation of 60 minutes every day from 21%
- Youth eating the recommended servings of fruits and vegetables daily from 17%
- Adults eating the recommended 5 servings of fruits and vegetables daily from 32%



# Performance Measures by 2021 (continued):

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## **Increase by 7% the number of:**

- WIC infants ever breastfed from 74%

## **Decrease by 3% the number of:**

- Overweight/obese youth from 27%
- Obese adults from 37%

# Priority: Mental Health

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## Goals:

- Reduce stigma around mental health and suicide
- Increase access to behavioral health services across the lifespan, and for those in high-risk groups
- Decrease the number of deaths by suicide.



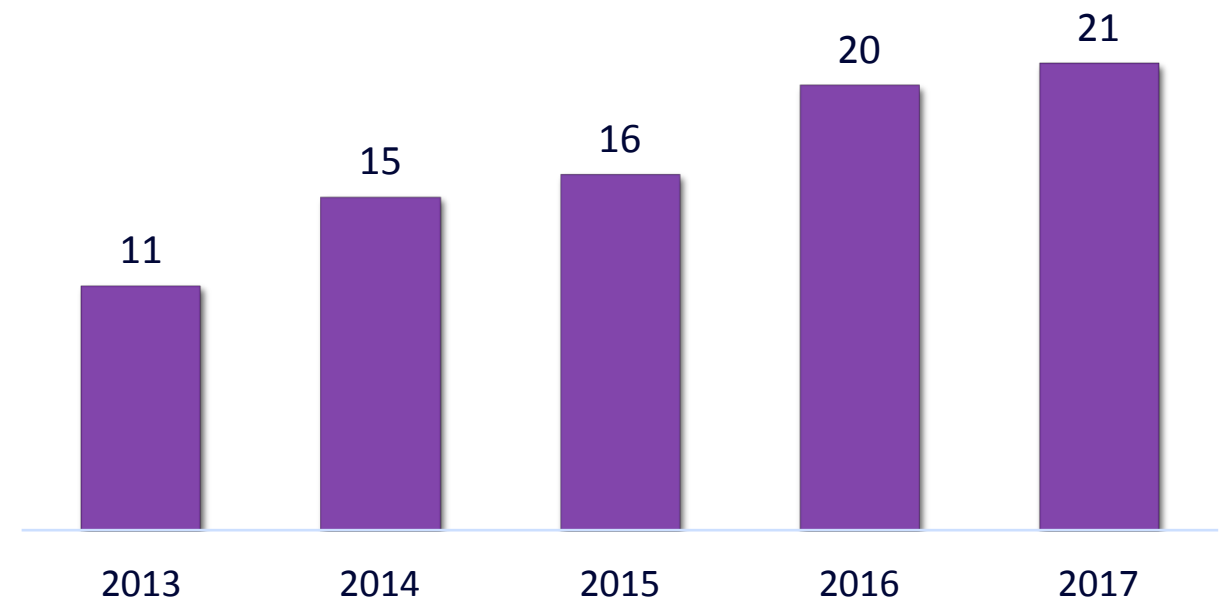
# 2017 Community Health Survey Key Findings

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**1 in 5**   
reported a mental health condition

**5% of Adults**  
**15% of High School Students**  
reported to having considered  
suicide in the last year.

The number of suicides in FDL County has increased in each of the last five years.



Sources:  
2017 Community Health Survey Report  
FDL County Medical Examiner

# CSI of Fond du Lac County, Inc. 2015-2018 Accomplishments

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- Merged existing Trauma-Informed Care Committees
- Fond du Lac County Mental Health Services Provider Survey
- Promoted a stigma-free approach to mental/behavioral wellness
- Suicide Prevention Initiative – Destination Zero Suicide

# Strategies

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2018-2021

- Increase the number of gatekeepers in FDL County who are able to assess, provide or connect consumers to services
- Promote use of universal and targeted screenings across the lifespan in both clinical and non-clinical settings
- Promote a stigma-free approach to mental/behavioral health and wellness through an educational campaign
- Develop a universal approach to safety planning across the county
- Develop a Pathways to Care: Mental Health Navigation Tool for FDL County adults

# Performance Measures by 2021:

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## **Increase by 6% the number of:**

- Adults who agree that, "people are caring and sympathetic towards persons with mental illness" will increase to 65 percent.

## **Decrease by 1% the number of:**

- Adults who report that they or someone in their household, "did not get the mental health care needed" will decrease to 8 percent.
- Adults who report they "considered suicide" will decrease to 4 percent (adult), 12 percent (youth).

## **Decrease by 50%:**

- The average number of suicides from 2018-2021 to 9.

# Priority: Alcohol and Other Drug

## Abuse

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### Goals:

- Decrease underage drinking and adult binge drinking
- Decrease the misuse and abuse of drugs, particularly opioids.

**DRUG FREE**  
COMMUNITIES

Fond du Lac County

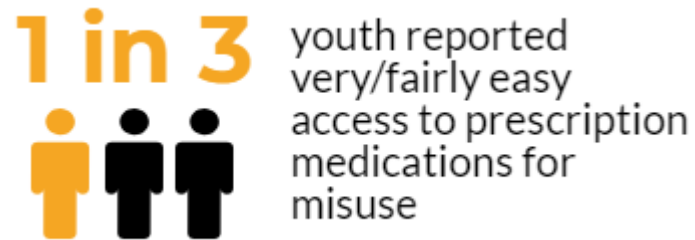


# 2017 Community Health Summary Key Findings

## Alcohol Use



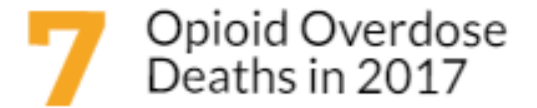
## Youth Access



## Youth Electronic Vapor Product Use



## Drug Overdose



Drug Overdose Rate Per Year:

Fond du Lac County: **14**

Overall in Wisconsin: **16**

Number of deaths per 100,000 people due to either accidental or intentional drug poisoning, based on 2014-2016 data.



# DFC of Fond du Lac County 2015-2018 Accomplishments

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## **Drug Free Communities**

- Full integration of the four pillar approach to form the Opioid Initiative
- Developed an action plan with goals and objectives, building capacity, and refining data collection

## **Alcohol**

- Increased consistency in compliance checks by law enforcement, community events best practices, and adoption of the social host ordinance

## **Other Drugs**

- Drug Take Back campaign – collected over 2 tons of drugs in 2016 and 2017 for disposal
- Drug Drop Boxes and Narcan Trainings
- Increased awareness, education, and community engagement

# Strategies

2018-2021

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- Work with communities to implement best practices as described in the Community Events Tool Kit
- Conduct compliance checks of licensed alcohol outlets and social host ordinances
- Utilize a social media/marketing campaign to raise awareness, and actively discourage binge drinking and over-consumption
- Work with emergency departments, urgent care facilities and dentists to develop a standardized prescribing pathway for pain protocol
- Implement a four-pillar approach to address opioid abuse

# Performance Measures by 2021:

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## **Increase by 2% the number of:**

- Youth who report the community is actively discouraging alcohol use by youth in a way products are advertised, promoted or sold from 47%.

## **Decrease by 2% the number of:**

- Youth who report they bought or drank alcohol at a Fond du Lac County community event from 6%.

## **Decrease by 4% the number of:**

- Youth who report they drank alcohol in the past 30 days from 21%.

# Performance Measures by 2021 (continued):

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## **Decrease by 5% the number of:**

- Youth who report relative ease in obtaining prescription medication for non-medical use from 33%.

## **Decrease by 3% the number of:**

- Youth who report binge drinking in the past 30 days from 11%.

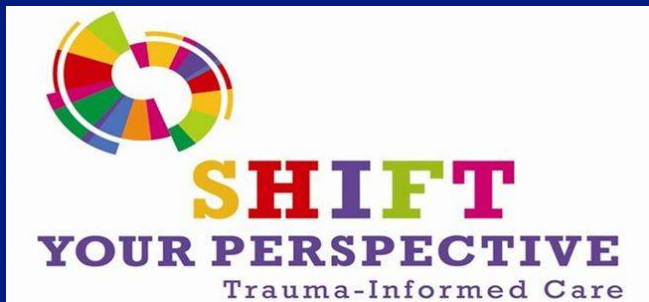
## **Decrease by 4% the number of:**

- Adults who report binge drinking in the past 30 days from 39%.

## **Decrease the number of:**

- Opioid-related overdose deaths to 5.

Overarching  
priority



# Trauma-Informed Care (TIC)

## What is it?

TIC is a strengths-based service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment. (SAMSHA, 2014)

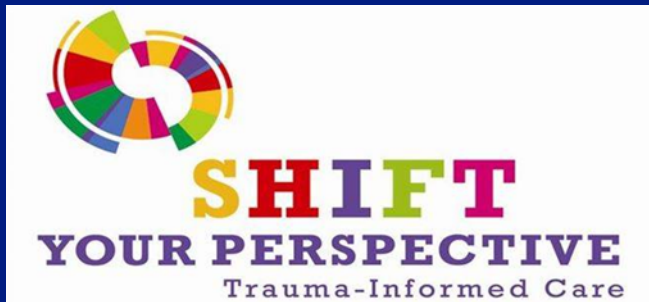
# Trauma- Informed Care

## OUR GOALS

- Increase community commitment for trauma-informed care services.
- Increase educational opportunities on trauma-informed care in Fond du Lac County.
- Implement a trauma-informed care assessment among a variety of community organizations.

## Strategy

- Trauma-informed approaches to community building

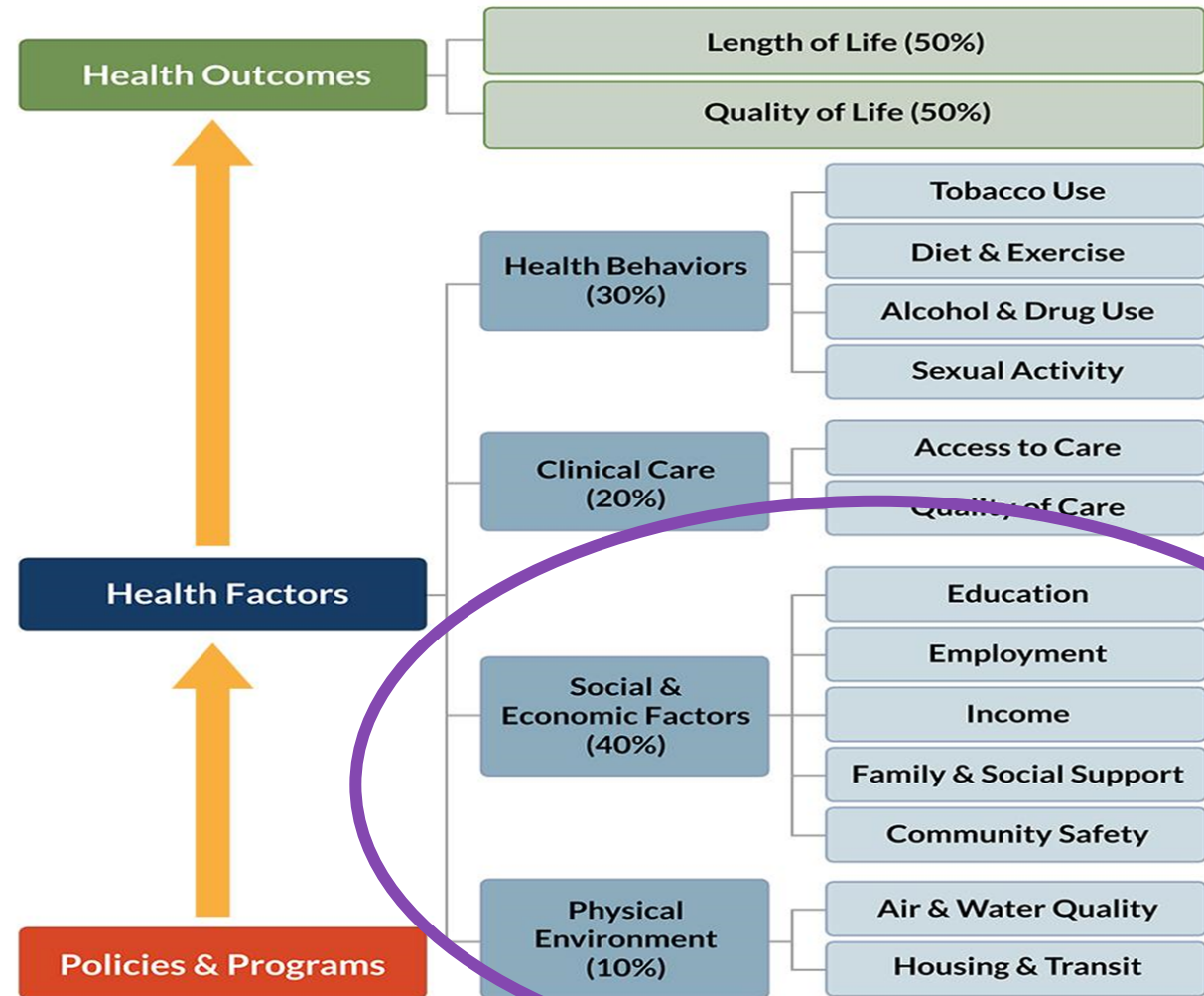


# Overarching priority



Healthy People 2020, Office of Disease  
Prevention and Health Promotion 2014

# Social Determinants of Health



County Health Rankings model © 2016 UWPHI

# Social Determinants of Health



*Healthy People 2020, Office of Disease Prevention and Health Promotion 2014*

## OUR GOALS

- Increase awareness of the influence social determinants have in shaping health outcomes.
- Improve health considerations in decision-making.

## Strategies

- Connect with existing equity teams and establish a Fond du Lac County Health Department health equity team
- Implement health impact assessments and/or health in all policies



# References

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Healthy People 2020 [Internet]. Washington, DC: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion (2018). Available from: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>.

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JKV Research, LLC. (2017). *Fond du Lac County Student Alcohol, Tobacco and Other Drug and Health Experiences and Attitudes Survey Executive Summary*.

United States Department of Health and Human Services. Substance Abuse and Mental Health Services Administration. (2014). Available from: [https://www.samhsa.gov/samhsaNewsLetter/Volume\\_22\\_Number\\_2/trauma\\_tip/key\\_terms.html](https://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_2/trauma_tip/key_terms.html)