



**2019-2021
Hendricks County
Community Health Improvement Plan**



Hendricks County Health Partnership

Improving our community's health requires education, advocacy, and collaboration. The Hendricks County Health Partnership is here to make that happen. Partnership members serve in 7 local coalitions including the Accessing & Utilizing Healthcare Coalition (AUHC), the Mental Health & Wellness Coalition (MHWC), the Substance Abuse Task Force (SATF), the Tobacco Free Coalition (TFC), the Physical Activity & Nutrition Coalition (PANC), the Minority Health Coalition (MHC), and the Interfaith Coalition (IC).

Each of these local coalitions meets together regularly, working on projects and initiatives to improve the physical, mental, and spiritual health of our community. Based on the data presented in the 2018 Hendricks County Community Health Assessment, these 7 local coalitions draft a three year health improvement plan to guide and coordinate their efforts, ensuring that each project or initiative is "S.M.A.R.T." (specific, measurable, achievable, relevant, and timely). Plans are subject to change based on coalition accomplishments, new data as it becomes available, and adjustments in focus or scope.

Accessing & Utilizing Healthcare Coalition	3
Mental Health & Wellness Coalition	5
Substance Abuse Task Force	7
Tobacco Free Coalition	9
Physical Activity & Nutrition Coalition	11
Minority Health Coalition	13
Interfaith Coalition	15



Accessing & Utilizing Healthcare Coalition – Three Year Plan

Primary Focus: *To decrease barriers to access, to give community members a voice of their own, and to increase awareness/usage of already available health resources in the community.*

2019 Plan

Project Goal 1: To host and/or participate in 3-4 key stakeholder and community member meetings with at least 10 representatives in attendance in regards to assisting with the public transportation problem in the County by December 31st, 2019.

- Participate upcoming IndyConnect educational meetings and assist with spreading the word.
- Connect intentionally with Guilford Township Board of Trustees in regards to advocating for a tax to fund public transportation.
- Connect with IndyGo representatives to learn and discuss our community's needs.
- Assist with developing and proposing a public transit plan for other Townships depending on outcome of Guilford Township's efforts.
- Connect with Hendricks County employers regarding their efforts to transport employees.

Project Goal 2: To host 2-3 key brainstorming/planning meetings with at least 10 health professionals in attendance in regards to bridging the gap of service for HIPP/Medicaid/Medicare patients by December 31st, 2020.

- Share available healthcare/provider resources with community members at Feb., Mar., and Apr. tax days at HCSS, including a document listing resources for enrollment into HIPP etc.
- Connect with local healthcare system providers (IUH, HRH, American Health Network, Franciscan, St. V Ascension), former Partners in Care providers, and managed care entities (Anthem, MDWise, MHS, etc.) to discuss their perspective and what resources already exist to bridge gap.
- Connect with Interfaith Coalition members on potential of hosting HIPP signup events at their places of worship in 2020.
- Connect with local food pantries, and other social safety net organizations in regards to getting health services to the populations they serve.



Hendricks County **Health Partnership**

2020 Tentative Plan

Project Goal 1: To host 4-6 HIPP/Medicaid/Medicare sign-up events throughout the county with navigators present and computers with secure connections available by December 31st, 2020.

Project Goal 2: To do a formal audit of the HCHP Community Resource Guide and republish it with an official awareness campaign by December 31st, 2020.

2021 Tentative Plan

Project Goal 1: To develop a more intentional distribution / awareness plan for already created AUHC resources/flyers that is self-sustaining by December 31st, 2021.

Project Goal 2: To evaluate the coalition's progress, adjust focus or project goals, and assist with the Hendricks County Community Health Assessment.



Mental Health & Wellness Coalition – Three Year Plan

Primary Focus: *To improve access to mental health services, decrease stigma surrounding mental illness, to increase trauma-informed practice and care county-wide, and to prevent suicide.*

2019 Plan

Project Goal 1: To train 35 law enforcement officers in comprehensive Crisis Intervention tactics by July 30th, 2019.

- Strengthen the CIT steering committee.
- To develop marketing materials and plan prior to the training.
- To complete and evaluate the training.

Project Goal 2: To develop and establish a county-wide Crisis Response Team with at least 30 NOVA-trained volunteers by December 31st, 2019.

- Establish and formalize the steering committee for CRT
- To develop marketing materials and send invitations to potential members.
- To host first NOVA training and evaluate prior to hosting again.

Project Goal 3: To develop and complete a marketing campaign for Mental Health Awareness Month prior to and during May, 2019.

- Write a press release for local news sources.
- Design online graphics and share with guidelines for multiple agencies to use.
- Design and distribute print posters throughout the county.

Project Goal 4: To develop and complete a marketing campaign for Suicide Awareness Month prior to and during Septemeber, 2019.

- Write a press release for local news sources.
- Design online graphics and share with guidelines for multiple agencies to use.
- Design and distribute print posters throughout the county.

Project Goal 5: To provide easy-to-implement mental health screening tools to 30 primary care providers OB/GYNs, Pediatricians, and internal medicine docs in the county by December 31st, 2019.

- Choose best screening tools currently available.
- Assign outreach to PCPs for each coalition member.
- Train each reached PCP on how to use screening tools to ensure further use.



Hendricks County

Health Partnership

Project Goal 6: To provide easy-to-implement Trauma Informed Care Training in schools/churches by December 31, 2019.

- Develop a case statement for the advocacy of trauma informed care programs for those working
- with children/adolescents
- Choose best Trauma Informed Care – evidence based model
- Review curriculum
- Develop marketing materials to promote

Ongoing Goal: To continue to invite and engage new members for the coalition from multiple disciplines and backgrounds.

2020 Tentative Plan

Project Goal 1: To collaborate with the Interfaith Coalition in providing Mental Health First Aid and/or QPR training to 50 clergy in the County by December 31st, 2020.

Project Goal 2: To collaborate with 6 county schools in providing Mental Health First Aid and/or QPR training for professional development sessions once per school district by December 31st, 2020. In addition to this, provide screening tool resources to guidance counselors and other teachers who attend.

Project Goal 3: To establish a more official audit/update process for the Mental Wellness providers guide hosted on the HCHP website by December 31st, 2020.

2021 Tentative Plan

Project Goal 1: To develop a central referring hub for mental health providers that all agencies can access in collaboration with System of Care and Wraparound service coordinators.

Project Goal 2: To present a sample policy for trauma-informed classrooms at 6 school district board meetings.

Project Goal 3: To evaluate the coalition’s progress, adjust focus or project goals, and assist with the Hendricks County Community Health Assessment.



HC Substance Abuse Task Force – Three Year Plan

Primary Focus: *To prevent first use in youth, to decrease the stigma of addiction, and to increase access to recovery/treatment options.*

2019 Plan

Project Goal 1: To increase the awareness of the dangers of opioids, alternative pain management options, and recovery options for **300** middle and high-school students (especially athletes) by December 31st, 2019.

- 3-minute Education Video + digital graphics for Student Athletes
 - Confirm participation of testimonials for video (students, professionals, celebrity, formerly addicted students).
 - Hire a videographer and discuss outline/direction of video.
 - Schedule video shoots with testimonials.
 - Design and edit digital post graphics.
 - Design and edit landing page on HCHP website that has video embedded, the digital graphics for download, and additional information or links.
 - Publish project and begin distribution/education plan with committee members.

Project Goal 2: To increase the awareness of the dangers of opioids, alternative pain management options, and recovery options for **50** athletic trainers and directors, **50** other healthcare providers, and **150** parents via face-to-face, digital and printed education by December 31st, 2019.

- 3-minute Education Video + print graphics for Providers and Parents
 - Confirm participation of testimonials for video (**parents**, professionals, celebrity, formerly addicted students).
 - Hire a videographer and discuss outline/direction of video.
 - Schedule video shoots with testimonials.
 - Design and edit educational print-outs.
 - Design and edit landing page on HCHP website that has video embedded, the print-outs for download, and additional information or links.
 - Ensure that information on safe medication storage and disposal is included, like a best practices resource packet.
 - Publish project and begin distribution/education plan with committee members

Ongoing Goal: Assist in spreading the word about Overdose Lifeline’s “This is (Not) About Drugs” Prevention Education now available to six county high schools.



2020 Tentative Plan

Project Goal 1: To host 4 *public* forums regarding the stigma of addiction and available recovery resources including live testimonials from Drug Court graduates and formerly addicted students in the county by December 31st, 2020. (Committee members serving as forum moderators).

Project Goal 2: To host 4 *target-audience (providers, employers, school resource officers and their 'frequent' students)*, forums regarding the stigma of addiction and available recovery resources including live testimonials from Drug Court graduates and formerly addicted students in the county by December 31st, 2020.

Project Goal 3: To continue distributing the 2019 prevention videos and materials to previously unreached groups of 100 more student athletes and 50 more providers by December 31st, 2020.

Ongoing Goal: Assist in spreading the word about Overdose Lifeline's "This is (Not) About Drugs" Prevention Education now available to six county high schools.

2021 Tentative Plan

Project Goal 1: To develop a peer-counseling service with former Drug Court graduates and existing recovery agencies that has a special focus on serving those with an overlap of mental health needs and substance abuse disorder by December 31st, 2021

Project Goal 2: To partner with Hendricks Regional Health in marketing and referring for the new mental health facility in Plainfield.

Project Goal 3: To evaluate the committee's progress, adjust focus or project goals, and assist with the Hendricks County Community Health Assessment.

Ongoing Goal: Assist in spreading the word about Overdose Lifeline's "This is (Not) About Drugs" Prevention Education now available to six county high schools.



Tobacco Free Coalition – Three Year Plan

Primary Focus: *To advocate for local smoke-free policies, to reduce adult smoking rates, and to educate youth about the dangers of tobacco use (especially vaping).*

2019 Plan

Project Goal 1: To present a template of a comprehensive smoke-free workplace policy for the Town of Brownsburg for vote before town council members by December 31, 2019.

- Compose and edit draft policy template together with coalition members.
- Collect 500 signatures from Brownsburg residents on a petition to present to council members.
- Collect 5 letters of support (including education info) from key stakeholders in Brownsburg in support of the policy to present to council members.

Project Goal 2: To increase the number of preferred providers and calls for the Indiana Tobacco Quitline in the County by 2% by December 31, 2019.

- Spread the word about the open Cessation Specialist position for the coalition.
- Share 10 Tobacco Quitline cards (each) with 10 different users or providers throughout the year.
- Develop and edit the preferred provider starter-pack of documents to make it more user-friendly to on-board new providers. Each coalition member responsible for talking to one new provider by end of year.

Project Goal 3: To increase the awareness of high school students of the dangers of e-cigarette use in all 6 high schools in the county by December 31, 2019.

- Reinitiate contact with administrators and guidance counselors regarding educational posters that were created and distributed just before the Fall 2018 semester, ensure they are still posted.
- Encourage administrators to send email of parent-PDF document to all parents.
- Write, edit and distribute official press release for the public regarding the outreach, including the educational information for the public.
- Encourage coaches, teachers, and extracurricular leaders to spread educational graphics on social media outlets.



2020 Tentative Plan

Project Goal 1: To present a template of a comprehensive smoke-free workplace policy for the Town of Danville for vote before town council members by December 31, 2020.

Project Goal 2: To increase the number of preferred providers and calls for the Indiana Tobacco Quitline in the County by another 2% by December 31, 2020.

Project Goal 3: To train 2 high school students in each of the 6 high schools on how to advocate against e-cigarette use with their peers by December 31, 2020.

2021 Tentative Plan

Project Goal 1: To host 4 training events for multi-unit and public housing landlords/managers on the benefits of smoke-free campus policies by December 31, 2021.

Project Goal 2: To increase the number of preferred providers and calls for the Indiana Tobacco Quitline in the County by another 2% by December 31, 2021.

Project Goal 3: To assist administrators in establishing comprehensive e-cigarette and vaping policies in any remaining high school that does not have a policy in place by December 31, 2021.



Physical Activity & Nutrition Coalition – Three Year Plan

Primary Focus: *To improve the health and wellness of community members by encouraging physical activity and healthy eating, improving access to exercise opportunities and nutritional food options, and strengthening relationships with community organizations.*

2019 Plan

Project Goal 1: Update and improve the Community Calendar tool based upon initial feedback upon publishing it in March 2019, as part of the Partnership’s overall Resource Guide update, with an average of 50 visitors to the page per month by December 31st, 2019.

- **Quality control:** Update events by emailing participating organizations quarterly and inputting new events / deleting old events.
- **Audience outreach:** Assist the Partnership with marketing campaign for the whole Resource Guide, including flyers, business card, emails, press release, and social media posts – reach out to Calendar participating organizations and encourage sharing.
- **Evaluate:** Improve the Calendar and Physical Activity & Nutrition related resource pages to make them as user-friendly as possible by measuring how many visitors to the page(s) each month, online survey feedback

Project Goal 2: To improve access to healthier concession options at Plainfield High School, Plainfield Middle School, and Avon Junior Athletic Association sporting events through suggested labelling, price, and item option changes by December 31st, 2019.

- **Advocate:** Meet with interested student athletes who could be a part of creating the changes internally. Meet with parents, coaches, and booster clubs to present suggestions.
- **Campaign:** Develop (or encourage students to develop) educational materials on healthier concession food options, price increases on unhealthy options, and nutritional information for concession options to display at sporting events.

2020 Tentative Plan

Project Goal 1: To develop a bi-monthly farmers’ market or farmers’ delivery program in western-rural Hendricks County in an effort to increase access to healthier food options by December 31st, 2020.

- Determine best model to use (farmers market vs. delivery program)
- Advertise current farmer’s markets in priority areas, organize car-pooling options
- Host 3-4 cooking classes, seminars, sponsored dinners including farmers’ produce



Hendricks County **Health Partnership**

Project Goal 2: To partner with B&O Trail association and Hendricks County Parks' Vandalia Trail staff in incentivizing (and increasing) participation in annual 5k and other community-wide events on trails by 3% by December 31st, 2020.

- Partner with businesses to offer discounts to users via punch card, or checking in location on Facebook, etc. near trail events
- Host additional trail-related events for families and individuals that are low-cost and promote regular physical activity.

2021 Tentative Plan

Project Goal 1: To create branding to promote exercise options & healthy food choices throughout Hendricks County's restaurants and other public spaces.

- Speak to Shelby County about their branding initiative, evaluate its effectiveness.
- Build relationships with local restaurant owners via meetings and/or patronage.

Project Goal 2: To host 5k walk/run that includes multiple agencies representing physical activity and nutrition in the County.



Minority Health Coalition – Three Year Plan

Primary Focus: *To increase the equitability of the existing healthcare system, to better meet the specific needs of individuals who are members of minority groups, and to improve the public’s intercultural competency in Hendricks County.*

2019 Plan

Project Goal 1: To elevate the voices of minority families and individuals in local advocacy efforts by increasing community-member participation on this coalition to 10 regular attendees by December 31st, 2019.

- “Professional” coalition members will reach out to personal contacts who are members of minority groups and invite their participation.
- Coalition will consider and provide additional meeting times that are more accessible for nonprofessional community members.
- Coalition will establish a “community member board” that will inform and guide the efforts of the coalition.

Project Goal 2: To connect and partner with at least 6 existing groups that already serve minority youth and include them in coalition by December 31st, 2019.

- Coalition members will connect with local high schools’ extracurricular clubs that have minority-specific interests, including attending their meetings and surveying their members.
- Coalition will connect with local scout troops, 4-h clubs, and other non-school affiliated clubs that serve minority youth in some capacity.
- Coalition will invite IUPUI, Trine, and Ivy Tech students to be involved in youth outreach efforts.

Project Goal 3: To assist HCHP in auditing the new, online community resource guide throughout Spring 2019, and offer suggestions in how to make it more inclusive for minority community members.

- Develop an LGBTQ+ friendly healthcare providers list for the county.



2020 Tentative Plan

Project Goal 1: To survey minority community members regarding their perceived barriers or areas of stigma in regards to physical, mental, and spiritual health by May 1, 2020.

Project Goal 2: To develop 4 health educational pieces targeting minority community members' perceived barriers or areas of stigma by December 31st, 2020.

Project Goal 3: To host 4 public educational events targeting minority community members' perceived barriers or areas of stigma by December 31st, 2020.

2021 Tentative Plan

Project Goal 1: To develop a Hendricks County – specific cultural competency education resource online for healthcare providers and employers by December 31st, 2021.

Project Goal 2: To host 4 educational events for healthcare providers and employers piloting the cultural competency education resource by December 31st, 2021.



Interfaith Coalition – Three Year Plan

Primary Focus: *To build bridges between the different faith communities, to improve the spiritual health of individuals and families, and to make a difference through interfaith efforts for people in need in Hendricks County.*

2019 Plan

Project Goal 1: To host 10 relationship-building opportunities for Hendricks County faith leaders and community members that increase awareness of differing, locally-represented faith traditions by December 31st, 2019.

- March = BAPS Shri Swaminarayan Mandir
- April = Great Wind Zendo
- May = Islamic Society of North America (Plainfield)
- June = White Lick Presbyterian Church and Christ Church Reformed Presbyterian
- July = Unitarian Universalist Community Church of Hendricks County
- August = St. Mark’s Episcopal Church (Maybe + another Episcopal congregation)
- September = All Souls Anglican Church
- October = Kingsway Christian Church (Maybe + Trader’s Point CC and Connection Pointe CC)
- November = Our Shepherd Lutheran Church (Maybe + another Lutheran congregation)
- December = Maybe 1-2 Catholic parishes

Project Goal 2: To host 9 educational opportunities for Hendricks county faith leaders and community members that provide best-practice and local-resource information on topics not normally discussed in faith-community settings by December 31st, 2019.

- March = Addiction
- April = Mental Health
- May = Poverty in Hendricks County
- June = Physical Activity and Nutrition
- July = Tobacco Cessation
- August = Accessing and Utilizing Healthcare
- September = Aging and Older Adult Needs
- October = Minority Health and Intercultural Competency
- November = Community Resources in Hendricks County
- December = (Reserved for winter holiday celebration)



Hendricks County **Health Partnership**

Project Goal 3: To attend at least 2 school administration meetings to discuss student needs and how faith communities can better serve Hendricks County young people by December 31st, 2019.

2020 Tentative Plan

Project Goal 1: To connect with 8 congregations or faith traditions that are not currently represented in Hendricks County through regular coalition meetings throughout 2020.

Project Goal 2: To establish a resource list of speakers on educational topics covered in 2019 that can offer the same education in faith community settings by December 31st, 2020.

Project Goal 3: To host 3 interactive panel-events in faith community settings for young people to learn about topics related to spiritual health by December 31st, 2020.

2021 Tentative Plan

Project Goal 1: To host 4 public interfaith events that offer training in how to have healthy and respectful interpersonal conversations about faith/religion by December 31st, 2021.

Project Goal 2: To develop and pilot an interfaith community service effort that serves low-income families in Hendricks County, meeting needs that are not currently being met, by December 31st, 2021.