Metrics Meeting II – Northern Michigan CHIR

October 3, 2019

Meeting Notes

After assessing health and wellbeing in Northern Michigan over the past year, we know that creating a thriving community will require focus on Mental Health, Substance Use, and Basic Needs of Living. At the meeting, we drafted shared, community-wide Visions and measures: the beginning pieces of a Community Health Improvement Plan (CHIP). We will need continued input to refine these Visions and measures and add to the plan with shared strategies and project measures. We will need input from everyone working on these issues and those whose lives are affected by them. In the end, we will have a robust, community-wide, action-oriented plan with a role for everyone to play in building our thriving community.

Transportation

Vision: Every person has equitable and reliable transportation to live, work, play, and be physically active.

Measures:

% of people reporting transportation barriers

% of people reporting they have reliable transportation options that get them where they want to go

% of people who are physically active

Goals for Change:	**Goals for Change:**	**Goals for Change:**
Sustain and expand affordable and reliable transportation options regionally	Advocate for built environment that supports active transportation	Increase equitable physical activity opportunities regionally
Measure (progress toward goal):	**Measure (progress toward goal):**	**Measure (progress toward goal):**
# of communities that have expanded affordable/ reliable transportation options	# of communities with built environment policies	# of people reporting barriers to participate in physical activity

Housing

Vision: Every person has safe, affordable, and accessible housing.

Measures:

% of people experiencing homelessness

% of households spending >30% of income on housing, or >45% of income on housing + transportation & utilities

% of people who report severe housing quality issues

% of people reporting their housing is "safe"

% people reporting a supportive, trusted network

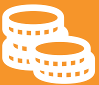
Goal for Change: Expand eviction diversion court program throughout the 10 counties	**Goal for Change:** Develop and enforce a quality standard of housing that all rental properties and landlord assoc. must meet	**Goal for Change:** Increase affordable housing units
Measure (progress towards goal): % of people evicted from their home, by county	**Measure (progress towards goal):** # of communities enacting quality standards for rental housing	**Measure (progress towards goal):** % change in additional affordable housing units

	Strategy: Engage landlords & tenants to agree to a repair/maintenance exchange (if able) as part of (or to offset) rental cost	**Strategies:** Convert unused buildings into housing (e.g. malls) - State/local incentives for efficiencies improvements

Food

Vision: Every person consumes healthful food and beverages.

Population Measure: % of people who consume at least 5 servings of vegetables and fruits per day	**Population Measure:** % of people who report they have increased consumption of veggies & fruits	**Population Measure:** % of people who reduce consumption of unhealthy food and beverages
Goal for Change: Advocate for a healthful food environment	**Goal for Change:** Increase access to healthful food	**Goal for Change:** Enhance healthful food culture
Measure (progress towards goal): # of institutions that implement a healthful food policy	**Measure (progress towards goal):** : % of population reporting access to healthful food	**Measure (progress towards goal):** % of population reporting positive attitudes, perceptions and beliefs about healthful food
Strategy: Facilitate Health in All Policy work related to healthful food	**Strategy:** Leverage natural touch points where residents go to get support, to increase healthful food access **Project Measure:** # of food access points that offer healthful food options	**Strategy:** Establish resident board to seek ongoing community engagement on attitudes perceptions and beliefs around healthful food **Project Measure:** # of opportunities for education and navigation in support of healthful food



Poverty/ Economic Security

Vision: Every household is economically self-sufficient.

Measures:

- % of people in poverty
- % of households above ALICE threshold

- % of people reporting ability to meet basic needs
- % of people moving out of ALICE
- % of households moving out of generational poverty
- Median household income

Goal for Change:	Goal for Change:	Goal for Change:	Goal for Change:	Goal for Change:	Goal for Change:
Reduce stigma regarding income security **Measure (progress towards goal):** % of community members who report negative perception of poverty	Reduce Unintended pregnancy **Measure (progress towards goal):** #/rate of unintended pregnancies	Community supports in place for all income levels **Measure (progress towards goal):** % of people who report they received services when they needed them	Increase livable wage employment opportunities **Measure (progress towards goal):** #/% of employers paying livable wage	Increase job readiness **Measure (progress towards goal):** # of unfilled positions/ untrained workforce	Improve access to financial empowerment & education **Measure (progress towards goal):** # of people referred to services # of people self-identifying they have achieved financial empowerment
	Strategies: Increase preventative services Increase awareness of available services				

Mental Health

Vision: Every person experiences mental well-being.

Measures:

% of youth at risk of suicide

Avg. # of poor mental health days per month

Avg. # of good mental health days per month

Number & rate of suicides (adult and youth)

% of people who screen for SDoH who identify mental health as a need

# of mental health emergency room calls to CMH (needs to be reviewed by CMH)

Goal for Change: Enhance sense of community	**Goal for Change:** Advocate for/Increase Funding	**Goal for Change:** Fewer Community ACEs exposure	**Goal for Change:** Increase access to mental health care
Measure (progress towards goal):	**Measure (progress towards goal):** % change in funding	**Measure (progress towards goal):** Rates of ACEs exposure % of community who report a trusted support person	**Measures (progress toward goal):** % of adults & youth reporting they receive mental health care when needed
	Strategy: Identify current mental health funding sources		**Strategy**: Increase # of integrated specialty health providers (by a variety of methods)

Substance Use Disorders

Vision: Every person is free from harm from substance use.

Population Measures:

and rate of overdose deaths

% of families who report substance use impacts quality of life

% of adults abusing substances

% of youth initiating substance use within the past 30 days

Goal for Change:	**Goal for Change:**	**Goal for Change:**	**Goal for Change:**
Increase resilience & reduce ACEs	Reduce exposure to tobacco, alcohol, and vaping advertising (e.g. through local ordinances)	Increase awareness of SUD risk factors	Increase access to continuum of services for those currently dealing with Substance Use Disorders (e.g. treatment & harm reduction resources)

Goal Progress Measure: # of families that identify presence of resilience factor(s)	**Goal Progress Measure:** # of communities that have adopted an ordinance limiting/prohibiting ad space	**Goal Progress Measure:** # of people trained in SUD risk factors % of individuals reporting increased knowledge of risk factors (e.g. through pre/post testing)	**Goal Progress Measure:** % of people who report they have access they need # of people being served/treated at service providers # of integrated specialty health providers

Powerful strategies address multiple goals, cutting across sectors.

Goals Addressed	Strategies
Substance Use: Increase resilience & reduce ACEs **Mental Health:** Fewer community ACEs exposures	Identify and enhance "trauma-informed" protocols & programs for children & families using effective & evidence-based models
Substance Use: Increase resilience & reduce ACEs **Economic Security**: Increase livable wage employment opportunities **Mental Health**: Fewer community ACEs exposures	Explore the impact of living wages on ACES "protective factors"
Transportation/Physical Activity: **Goal for Change:** Advocate for a healthful food environment	Transportation reps at planning and zoning commissions
Transportation/Physical Activity:	Embed transportation considerations into cross-sector decision-making
Economic Security: Reduce unintended pregnancy **Transportation/Physical Activity**	Reduce transportation barriers to pregnancy prevention services
Substance Use: Increase access to continuum of services for those currently dealing with Substance Use Disorders (e.g. treatment & harm reduction resources) **Economic Security:** Community supports in place for all income levels	Employment retention specialists/success coaches at workplace (employer-sponsored) (Measure: # of employers who implement a best-practice policy to assist/retain employees with SUD)
Economic Security: Community supports in place for all income levels	Expand # of organizations providing navigation to all income levels (Policy: Medicaid reimbursement)

Substance Use: Increase access to continuum of services for those currently dealing with Substance Use Disorders **Mental Health**: Increase access to mental health care **Food:** Increase access to healthful food	
Mental Health: Increase access to mental health care **Substance Use:** Increase access to continuum of services for those currently dealing with Substance Use Disorders	Increase # of integrated specialty health providers (by a variety of methods)
	Create networks that bridge internal + external community capital + connections. % PEOPLE REPORT ACCESS TO COMMUNITY = HELP SUPPORT - Community Kitchens - Portable Food Pantries - Food Education - LAUNDRY × Free Day × Free Stuff
	Converting unused buildings into housing. (ie mall) - housing - multiple age groups - transportation - food - Community Kitchen - mental health - SUD - Poverty
Mental Health **Housing**	More friendly dogs

Synergies with Substance Use Goals

- Mental Health
  - Sense of Communities
  - ACES & Resiliency

- Transportation (needed for access)
- Economic Security (need living wages)
- Mental Health & Econ
  - Reducing Stigma
- Housing
  - Access & Affordability
  - Bridging Connections
  - Community Supports in place for all income levels
- Food
  - Social Connectedness is key

Synergies with Food Goals

- Living Wage
- Poverty Stigma
- Correlation with SUD & Mental Health
- Social Connectedness (Sense of Community)
- Access – Transportation, Housing
- Built Environment Policies
- Financial/Resource Management & Literacy
- ACE's = Food Insecurity

Synergies with Housing Goals

- Transportation
  - Access to Options for Physical Activity
  - Access to Options for Transit
- Food
  - Access to Healthy Options
  - Eliminate "Food Desserts"
  - "Health In All Policies" Adoption
- Mental Health
  - ACES Exposure
  - Stigma
- Poverty
  - Community Supports – All Income Levels
- SUD
  - Less Advertising Presence
  - ACES

Synergies with Transportation Goals

- Getting to Services (Mental Health, SA, Poverty, Food)
- Access to Housing and Food
- Living Wage, Affordable Housing
- Access to PA (relation to ACES, SA, MH, Food)
- Safe Built Environments (Housing)

- Stigma w/Public Transportation

Synergies with Mental Goals

- Reducing ACES/↑ Protective Factors
- Stigma
- Access

Interdependent:

- Physical Activity
- Nutrition
- Housing
- Living Wage
- Transportation
- Substance Use

Synergies with Economic Security Goals

- Perception, Community
- Access to Existing & Evidence-based Resources including:
  - Transport
  - SUD tx/Mental Health
  - Housing Options
  - Food Security
- Advocacy
- Community Supports
- ACES & Resiliency: Generational Poverty

∗We need everyone

Questions we still have

- How avoid fighting for funds?
- Who is going to do the work?
- How do we get buy-in from policy makers?
- How do we do this without ↑ overwhelm?
- What's the timeline?
- Why – attending & inequity?
- Who's missing?
- Who is accountable?

How do we avoid fighting for resources given this collaboration?

- By making sure there is synergy and collaboration going forward.
- Intention – moving forward

- Pooled community wellness fund
- Identify organizational strengths
- Identify what organization is best leader
- Develop trust, accountability
- Support from top management
- Intentional change management
- Conflict resolution process

How do we make sure there is synergy and coordination going forward?

- Communication – update where synergies might lie
- Keeping synergy top of mind
- Agreement for working together
- Coordination plan w/mutual accountability
- Use cross-sector Local Action Teams to ground the work

Who is not here? How do we engage them?

- Faith Community
- Parks & Trails
- Local Government
- Employers/Business
- Policy Makers
- Transportation Organization
- Community Collaborative Coordinators
- Community Voice
- Law/Judicial System
- CMH
- NMRE
- Payors
- Funders
- Aging Network

✳Also focus on retention

- Technology
- Feedback/input opportunities beyond meeting
- “why” statement
- Share widely
- Highlight successes
- One-on-one conversations
- Strong meeting facilitation
- Length of meeting →1/2 day
- Town Hall focused discussions

How do we bring an equity/inequity lens into the work?

- Investigate where/how status quo/inequities are intentional
- How power operates – who benefits from status quo?
- Residents not at the table
  - Paid for their time
  - Go to their table (move the table)
  - What strategies have residents already cultivated that we haven't listened to?
- Will our strategies actually reach the people who need it most?

✳Build into process – Keep re-examining

- "Targeted Universalism"
  - What does our power structure look like?
  - Where do residents/affected populations fit?
  - Do they have power of decisions/strategies?
- We need a common understanding of equity
- When appropriate, disaggregating data to identify those most affected?
- Hear from residents what they need/want
- Pay attention to power dynamics in our meetings
- Ask to be guests where people are already talking about those issues.
- Gathering residents – personal invitation to affected populations, provide food, gas card, child care
- Shifting power from top-down (sharing power)
- Publicize/communicate findings & invite/solicit feedback (and act on it)
- Budgetary decisions resource allocation →those impacted

Who is going to do the work?

- Seek funding for a project coordinator
- Leverage people already doing the work
  - Asset map & action analysis
- In kind contributions, volunteers, consolidate resources
- Build resident capacity (ex: retirees?)
- Build initiatives into community master plans
- Involve the population we are impacting
- Designate action teams
- Research best practices & successful models

How do we pursue our goals without adding overwhelm?

- Steering Committee including residents – equal power.
- Prioritize goals & build on existing initiatives.
- Celebrate success.
- Begin with easily attainable goal.
- Communicate with Community often.

- Innovative work plan, agencies share staff, responsibilities and wages.