



Clermont County
Public Health
Prevent. Promote. Protect.

Community Health Improvement Plan
2021 – 2023

Acknowledgments

Clermont County Public Health Steering Committee

Clermont Board of Development Disabilities (DD)

Clermont County Community Services

Clermont County Department of Job and Family Services

Clermont County Educational Service Center

Clermont County Emergency Management Agency

Clermont County Family & Children First

Clermont County Fire/Emergency Medical Services Association

Clermont County Mental Health & Recovery Board

Clermont County Park District

Clermont County Public Health

Clermont County Senior Services

Clermont County Suicide Prevention Coalition

Clermont County YMCA

Coalition for Activity and Nutrition (CAN) – Coordinated by Clermont County Public Health

Coalition for a Drug-Free Clermont County

Greater Cincinnati Behavioral Health Services

HealthSource of Ohio

Mercy Hospital Clermont

Ohio State University Extension Office

United Way of Greater Cincinnati

UC Area Health Education Center

University of Cincinnati

Introduction

CLERMONT COUNTY

Covering 452 square miles, Clermont County is the 42nd largest county in Ohio by area. Located in the southwest portion of the state along the Ohio River, Clermont County is bordered by Brown, Clinton, Hamilton, and Warren counties in Ohio, and Bracken, Campbell, and Pendleton counties in Kentucky. Clermont County is the western-most designated Appalachian county in Ohio and is comprised of fourteen townships and nine villages. The most densely populated areas are largely suburban neighborhoods on the western side of the county bordering Hamilton County – which contains the City of Cincinnati. Agricultural and small residential areas are located in the eastern and southern portions of the county.

ABOUT THE COMMUNITY HEALTH IMPROVEMENT PLAN

The Community Health Improvement Plan (CHIP) sets priorities, objectives, strategies, and activities to address the top priority health issues in the community. The Mobilizing for Action through Planning and Partnerships (MAPP) tool was used during the CHIP planning process. MAPP is a community-wide strategic planning tool for improving public health. Based on community and steering members' input, the top health issues facing Clermont County are depression, suicide deaths, youth drug use, drug overdose deaths, and tobacco/nicotine use.

The overall goal of the CHIP is to increase awareness of health issues impacting the community and provide education and opportunities to the public to improve their health and address social determinants of health. “Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affects a wide range of health functioning, and quality-of-life outcomes and risks” (Healthy People 2030). Divided into five domains (Neighborhood and Built Environment, Health and Health Care, Social and Community Context, Education and Economic Stability) the social determinants included elements regarding access to health care, transportation options, literacy, housing quality, incarceration and poverty. Improvements in these areas provide the opportunity for better health outcomes.

The CHIP is reviewed and updated annually with input from our community stakeholders to ensure that progress on priorities, objectives, strategies, and activities are monitored and evaluated.

ALIGNMENT WITH OHIO STATE HEALTH IMPROVEMENT PLAN (SHIP)

The Clermont County CHIP aligns with state priority factors and health outcomes. Note: This symbol * will be used throughout the report when a priority, indicator, or strategy directly aligns with the 2020-2022 SHIP.

Mental Health & Addiction*

Depression				
<p>The World Health Organization says that health is complete physical, mental, and social well-being. Linked to physical health, mental health can affect work productivity, quality of life, social interaction, diseases, treatments, and outcomes. People who maintain positive mental health are more likely to succeed in life, and more likely to increase their chances of living longer, healthier lives. Mental health maintenance is important from childhood through adolescence and adulthood. Among all schools surveyed through the Pride Survey (2019-2020), 30.7% of youth in grades 7th – 12th experience stress a lot.</p> <p>The following section discusses several strategies and activities to improve youth depression throughout Clermont County.</p>				
Objective				
Decrease the number of students who feel stressed a lot				
Indicator	Baseline	Short-term target (2021-2022)	Intermediate target (2024 – 2025)	Long-term target (2027-2028)
MHA 1. Youth depression*	30.7% (Pride Survey 2019-2020)	28.80%	26.90%	25%
Featured Strategies	Activities			Key Organizations
Social and emotional instruction*	<ul style="list-style-type: none"> • Local schools provide trauma-informed care and support, both individually and in group settings, and help build student capacity for behavior management through Child Focus, Inc. • Incorporate Elements of Social Emotional Learning into instructional delivery and student supports in many schools • Provide Positive Behavioral Intervention Supports (PBIS) in numerous districts • District-specific initiatives; Olweus' Bullying Prevention Program and Signs of Suicide Program, Grant Us Hope, and Teens Against Bullying (TAB), all of which focus on both stifling or confronting problem behaviors in others and also maintaining good mental health or seeking support in doing so, while dealing with unwelcome behavior • Provide access to prevention video training and live training sessions for professional development through the Southwest Ohio School-based Prevention Practitioners' Council • Local funding for suicide prevention programs 			<ul style="list-style-type: none"> • Clermont County Educational Service Center • Clermont County Family & Children First • Clermont County Mental Health & Recovery Board

Coordinated care for behavioral health*	<ul style="list-style-type: none"> Chronic disease management program for diabetes Clermont DD Behavioral Health Department includes a mental health counselor to work with individuals who have complex mental health diagnosis in addition to developmental disabilities 	<ul style="list-style-type: none"> Ohio State University Extension Office Clermont Board of Developmental Disabilities
Digital access to treatment services and crisis response*	<ul style="list-style-type: none"> Promote utilization of the local mobile crisis line Provide Wraparound for our youth/families/teams virtually or in-home, based upon family preference Develop crisis plans with the youth, family & team members 	<ul style="list-style-type: none"> Clermont County Family & Children First
Depression screening*	<ul style="list-style-type: none"> Provide depression screening for WIC participants and make referrals as needed 	<ul style="list-style-type: none"> Clermont County Public Health - WIC
Mental health education*	<ul style="list-style-type: none"> Develop service plans for individuals served at Clermont Board of DD Annual training for Clermont Board of DD staff on how to use the Sanctuary Tools and apply principles in group discussions Train first responders, particularly law enforcement, to recognize mental health crises and know the resources to assist someone in crisis with getting needed behavioral health treatment Improve access to the mental health system so that individuals in crisis can access needed behavioral health treatment Campaigns: Tools2Thrive focuses on what individuals can do throughout their daily lives to prioritize mental health, build resiliency, and continue to cope with the obstacles of COVID-19 	<ul style="list-style-type: none"> Clermont Board of Developmental Disabilities Clermont County Public Health Clermont County Mental Health & Recovery Board
Physical activity programs*	<ul style="list-style-type: none"> Fund staff positions (Case Managers and Benefit Specialists) at agencies to work with clients in Outreach and Advocacy to maintain enrollment in public assistance systems Case Managers to work with clients on assuring healthy eating and limits on unhealthy eating, including taking them to grocery stores Community-wide physical activity campaigns Screen WIC participants on physical activity levels Provide physical activity ideas and education to WIC participants through quarterly Newsletters 	<ul style="list-style-type: none"> Clermont County Mental Health & Recovery Board CAN Clermont County Public Health - WIC

Social Determinants of Health

Neighborhood and Built Environment

Suicide Deaths

In 2019, the suicide rate in Clermont County was 21.3 (per 100,000). According to the CDC, risk factors for suicide include:

- Family history of suicide
- Family history of child maltreatment
- Previous suicide attempt(s)
- Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or suicidal thoughts

Adolescence is a time of great physical, social and emotional change, which for some can lead to mental health challenges, including increased risk of suicide. Among youth in 9th – 12th grade surveyed through the Clermont County Health Assessment Survey (2019), 17.3% considered suicide in the past year while 6.9% attempted suicide one or more times in the past year.

The following section discusses several strategies and activities to decrease the rate of youth and adult suicide deaths in Clermont County.

Objective

Decrease the rate of suicide deaths in Clermont County residents

Indicators	Baseline	Short-term target (2022)	Intermediate target (2025)	Long-term target (2028)
MHA 3. Youth suicide deaths* MHA 4. Adult suicide deaths*	21.3 (OMHAS 2019)	18.4	15.6	12.8 per 100,000 (HP2030)

Priority Populations

Youth 18 – 25 years old
Middle-aged men 40 – 55 years old
Older adults

Featured Strategies	Activities	Key Organizations
Suicide awareness, prevention, and peer norm programs*	<ul style="list-style-type: none"> • Suicide awareness, prevention, and peer norms programs (SOS, QPR, MH First Aid, K-CIT) • Awareness campaign toward high-risk populations (annual Candlelight Vigil, Hope Squad) • Assessments trainings (CAMS, AMSR) • Educate gun sellers about the need for gun safety/storage to prevent suicide • Provide Wraparound for youth/families/teams virtually or in-home, based upon family preference • Develop crisis plans with the youth, family, and team members • Local funding for suicide prevention programs 	<ul style="list-style-type: none"> • Clermont County Educational Service Center • Clermont County Mental Health & Recovery Board • Clermont County Family & Children First • Clermont County Suicide Prevention Coalition

<p>Digital access to treatment services and crisis supports*</p>	<ul style="list-style-type: none"> • Refer individuals and families to Mobile Crisis line as needed • Provide Zero Suicide treatment services that address issues along with hotline and mobile crisis service 	<ul style="list-style-type: none"> • Clermont Board of Development Disabilities • Ohio State University Extension Office • Clermont County Family & Children First • Clermont County Mental Health & Recovery Board
<p>Social Determinants of Health</p>		
<p>Neighborhood and Built Environment, Social and Community Context, Health Care Access and Quality</p>		

Youth Drug Use

According to the Office of Disease Prevention and Health Promotion, more than 20 million adults and adolescents in the United States have had a substance use disorder in the past year. Excessive alcohol consumption is associated with numerous health problems. Long-term health risks include liver disease, depression, anxiety, high blood pressure, stroke, heart attack, cancer, and uncontrollable diabetes. Research suggests drinking may be an expression of general adolescent turmoil that includes other behavior problems linked to unconventionality, impulsiveness, and sensation seeking (National Institute on Alcohol Abuse and Alcoholism). Among all schools surveyed through the Pride Survey (2019-2020), 13.5% of youth used alcohol and 9.4% used marijuana in the past 30 days. The past 30-day use of marijuana increased by 1.4% from 2018 to 2020.

The following section discusses several strategies and activities to decrease the percentage of monthly alcohol and marijuana use among youth in Clermont County.

Objective

Decrease the percentage of monthly alcohol use
Decrease the percentage of monthly marijuana use

Indicator	Baseline	Short-term target (2021-2022)	Intermediate target (2025)	Long-term target (2029)
MHA 5. Youth alcohol use*	13.50% % (Pride Survey 2019-2020)	13%	12%	11%
MHA 6. Youth marijuana use*	9.40% % (Pride Survey 2019-2020)	9%	8%	7%
Featured Strategies	Activities			Key Organizations
Community drug prevention coalitions*	<ul style="list-style-type: none"> Provide Wraparound support to youth with Juvenile Court involvement 			<ul style="list-style-type: none"> Coalition for a Drug-Free Clermont County
K - 12 drug prevention education*	<ul style="list-style-type: none"> Provide K-12 drug prevention education (e.g. LifeSkills) Participate in Red Ribbon Week, Hidden in Plain Sight, Community drug prevention efforts, youth-led prevention 			<ul style="list-style-type: none"> Clermont County Mental Health & Recovery Board Clermont County Educational Service Center

Social Determinants of Health

Education Access and Quality, Neighborhood and Built Environment, Health Care Access and Quality

Drug Overdose Deaths				
<p>Drug use and misuse continue to create public health challenges in the United States, leading to overdose deaths, HIV and hepatitis C infections, and other chronic health conditions. In 2019, 70,630 drug overdose deaths occurred in the United States (CDC). Data from the 2019 Overdose Fatality Review (OFR) and naloxone administrations from Ohio Emergency Medical Services (EMSIRS) were used to identify the most at-risk population geographically and demographically. Similar to the previous year, the OFR of 2019 deaths identified the largest disparities to occur in unmarried, Caucasian males and females between the ages of 21-62 years old.</p> <p>The following section discusses several strategies and activities to reduce the rate of unintentional drug overdose death in Clermont County.</p>				
Objective				
Decrease the number of unintentional drug overdose deaths				
Indicator	Baseline	Short-term target (2022)	Intermediate target (2025)	Long-term target (2028)
MHA 7. Unintentional drug overdose deaths*	81 (ODH 2019)	74	68	61
Priority Populations				
Unmarried Caucasian males and females 21-62 years old				
Featured Strategies	Activities		Key Organizations	
Naloxone education and distribution program*	<ul style="list-style-type: none"> Partner with Fire/EMS providers to establish leave behind naloxone programs. Currently, Miami Township Fire/EMS are coming onboard and Union and Felicity/Franklin Fire/EMS are working towards establishing these programs as well Promote naloxone distribution through Project DAWN sites 		<ul style="list-style-type: none"> Clermont County Public Health Clermont County Mental Health & Recovery Board 	
Syringe services programs (SSPs)*	<ul style="list-style-type: none"> Promote the Syringe Services Program which offers the following services: Syringe Exchange, Narcan Distribution, Hygiene Kits, and referral to treatment services through a peer coach 		<ul style="list-style-type: none"> Clermont County Public Health 	
Medication-assisted treatment (MAT) access*	<ul style="list-style-type: none"> MAT trainings Monthly training and education to physicians on chronic pain through ECHO 		<ul style="list-style-type: none"> UC Area Health Education Center Clermont County Mental Health & Recovery Board 	
Recovery communities and peer supports / Housing programs for people with behavioral health conditions*	<ul style="list-style-type: none"> Quick Response Team (QRT) - provide information on recovery through partnerships with law enforcement/EMS Provide treatment alternatives to residents through the Community Alternative Sentencing Center (CASC) Screen WIC program participants for current drug use and provide referrals as needed 		<ul style="list-style-type: none"> Clermont County Public Health Clermont County Public Health - WIC Clermont County Family & Children First 	

	<ul style="list-style-type: none"> • Collaborate with Clermont Recovery Center to provide bags with information on substance use to families at food box drive-thrus • Provide funding and access to recovery communities and peer supports • Establish Housing First with referral systems for homeless shelters • Develop 2 additional in-county recovery houses 	<ul style="list-style-type: none"> • Clermont County Mental Health & Recovery Board • Clermont County Community Service
Policy Development/ Enactment/ Monitoring	<ul style="list-style-type: none"> • Monitor and support legislation reduce stigma and increase treatment and recovery 	<ul style="list-style-type: none"> • Clermont County Opiate Task Force
Social Determinants of Health		
Neighborhood and Built Environment, Health Care Access and Quality		

Health Behaviors*

Tobacco/Nicotine Use				
<p>Health behaviors are those activities and practices that serve to contribute to, or take away from, good health and the prevention of illness. Maintaining a healthy weight and getting regular exercise are health behaviors that promote wellness; whereas, practices such as tobacco use, excessive alcohol consumption, and obesity can contribute to poorer health. Smoking is linked to almost half a million deaths each year in the United States (CDC). Among adults surveyed through the Clermont County Health Assessment Survey (2019), 19.6% identified as a current smoker.</p> <p>Youth who use multiple tobacco products are at higher risk for developing nicotine dependence and are more likely to continue using tobacco into adulthood. Youth use of tobacco products in any form is unsafe. The past 30-day use of cigarettes by youth decreased by 1.3% from 2018 to 2020 (Pride Survey 2019-2020). Among youth surveyed through the Pride Survey (2019 -2020), 4.0% of youth used tobacco, and 16.6% used E-vapor products in the past 30 days.</p> <p>The following section discusses several strategies and activities to reduce the number of tobacco users in Clermont County.</p>				
Objective				
Reduction in number of tobacco users in Clermont County				
Indicators	Baseline	Short-term target (2022)	Intermediate target (2025)	Long-term target (2028)
HB 1. Adult smoking*	19.6% (Clermont County Community Health Assessment Survey, 2019)	18.5%	17.4%	16.2%
HB 2. Youth all-tobacco/nicotine use*	16.6% (Pride Survey 2019-2020) <u>E-vapor use</u>	14.8%	13%	11.3%
Featured Strategies	Activities			Key Organizations
Mass media campaigns against tobacco use*	<ul style="list-style-type: none"> • Mass media campaigns against tobacco use and second-hand smoke exposure 			<ul style="list-style-type: none"> • Clermont County Public Health
Tobacco cessation access*	<ul style="list-style-type: none"> • Tobacco cessation therapy affordability • Health care provider reminder systems for tobacco cessation • Telephonic tobacco cessation programs (tobacco quit lines and text message-based health interventions) • Smoking cessation classes 			<ul style="list-style-type: none"> • Mercy Health • Clermont County Public Health • Greater Cincinnati Behavioral Health Services

	<ul style="list-style-type: none"> • Psychoeducational presentations on tobacco cessation, and tobacco cessation individual therapy sessions offered by certified Tobacco Treatment Specialist 	
School-based tobacco prevention and evaluation initiatives*	<ul style="list-style-type: none"> • Botvin’s LifeSkills Training • Botvin’s LifeSkills Pre- and Post-Testing tracking changes in Knowledge and Refusal Skills • Vaping Intervention Program (V.I.P.) for underage nicotine possession/use • Change in knowledge/predicted effect on behavior tracked post-VIP through participant evaluation 	<ul style="list-style-type: none"> • Greater Cincinnati Behavioral Health Services
Tobacco cessation tailored for specific populations*	<ul style="list-style-type: none"> • Psychoeducational presentations on tobacco cessation offered in SUD groups utilizing Motivational Interviewing framework • Tobacco cessation individual therapy sessions offered for SUV and dual diagnosis clients 	<ul style="list-style-type: none"> • Greater Cincinnati Behavioral Health Services
Policy Development/ Enactment/ Monitoring	<ul style="list-style-type: none"> • Monitor and support legislation to ban flavoring of tobacco and nicotine products 	<ul style="list-style-type: none"> • Clermont County Public Health
Social Determinants of Health		
Neighborhood and Built Environment, Health Care Access and Quality		

List of Sources

Clermont County Community Health Assessment Survey, 2019

Clermont County Pride Survey 7th – 12th grade, 2019 – 2020

CDC – Suicide Deaths, Drug Overdose Deaths, Smoking

National Institute on Alcohol Abused Alcoholism

Office of Disease Prevention and Health Promotion

Ohio Department of Health, Ohio Drug Overdose Data: General Finding, 2019

Ohio Mental Health & Addiction Services, 2019

World Health Organization