

Building Resilient Communities

The Sutter County Community Health Improvement Plan (CHIP) health priority workgroup aimed at Building Resilient Communities in Sutter County convened Tuesday, January 24th, 2023. During this meeting community partners reviewed national and local strategies to build community resilience and discussed strengths, weaknesses, opportunities, and threats to building a resilient Sutter County. Subsequently, this workgroup voted on the following focus areas to build community resilience:

- 1. Adverse Childhood Experiences (ACEs)**
- 2. Behavioral Health**
- 3. Nutrition and Food Access**

Addressing each health priority area encompasses many complex barriers, root causes and social factors. The following recommendations have been developed to help communities implement strategies to improve community resilience and respond to community needs:

Adverse Childhood Experiences

The Centers for Disease Control and Prevention (CDC) developed the 2021-2024 Adverse Childhood Experiences Prevention Strategy and define six key strategies for preventing Adverse Childhood Experiences:

- Strengthen economic supports for families
- Promote social norms that protect against violence and adversity
- Ensure a strong start for children
- Enhance skills to help parent and youths handle stress, manage emotions, and tackle everyday challenges
- Connect youths to caring adults
- Intervene to lessen immediate and long-term harms.

Behavioral Health

The de Beaumont Foundation developed the Solutions for Local Leaders to Improve Mental Health and Well-Being During and Post-COVID 19

- Explicitly talk about and destigmatize mental health.
 - Discuss both mental and physical health when addressing the health of the community.
 - Use people first language and draw upon personal experiences to humanize mental health and substance misuse.
 - Host virtual town-hall meetings on mental health to spread awareness and discuss communal mental health issues.

- Increase the capacity and role of local workforce to recognize mental health issues and refer community members to appropriate services.
 - Train staff on mental health first aid.
 - Train health professionals, first responders, and social needs professionals to conduct mental health screenings.
 - Employ task-shifting to increase the capacity of front-line staff.
- Publicize and support the existing networks of organizations providing mental health and substance misuse services.
 - Build upon current programs designed to help communities deal with trauma.
 - Collect and disseminate information regarding mental health and substance misuse resources.
- Augment the social safety net to ensure that social needs of the community are met.
 - Integrate social care with health care by facilitating formal linkages, communication, and financial referral relationships.
 - Provide assistance to residents experiencing food insecurity.
 - Repurpose unused hotels, dorms, and other facilities for emergency shelter.

Nutrition and Food Access

The National Academy of Science, Engineering and Medicine developed the following strategies to address food access and insecurity:

- Food as medicine- Improving health outcomes through the Fresh Food Farmacy model:
 - Identify patients who might be experiencing food insecurity by embedding questions in the electronic health record.
 - Utilize clinical data to find patients and proximity to food banks
 - Provide transportation, education, and clinical support for clients accessing food pantries and food resources.
 - Stand up food pantries in geographic locations with higher prevalence of food insecurity.
- Provider-Physician Food Insecurity Toolkit
 - Utilize primary care physicians as the primary channel for screening for and addressing food insecurity.
 - Patients are screened during office visits and provided education and referrals to food resources.
- Feeding America Model- Improving food access through collaboration between health care sector and food network.
 - Provide clients with healthy fresh food and provide nutrition and health education at food access and distributions sites.
 - Address food insecurity at health care sites to reduce stigma and share with connecting patients to resources.

What's Next?

The next steps of the community health improvement process are to develop the goals, or overarching vision statements, and objectives to build community resilience.

Overarching Vision Statement:

The National Association of County and City Health Officials (NACCHO) defines goals, we will use overarching vision statements, as:

- Broad or general statement of desired change or end state.
- Can refer to a population's (or sub-group's) health status
- Can refer to a characteristic of the public health system
- Should be measurable, but does not need to have a means to measure it embedded

Sample overarching vision statements:

- Reduce the incidence of pediatric asthma
- Increase healthy eating in Sutter County

Objectives:

- Measurable statement of the specific desired change or end state
- Describe the steps that will take place to achieve the change(s) defined in the overarching vision
- Are SMART



Sample SMART Objectives:

Health priority: Addressing Homelessness

Goal: Reduce the number of residents experiencing homelessness in Sutter County.

Objectives:

- By January 1st, 2024, establish connection between care providers to streamline services, increase timeliness of services and ensure a warm hand off between service providers.

- By December 31st, 2025, increase emergency shelter bed capacity in Sutter County by 20%.

References:

1. Centers for Disease Control and Prevention. Adverse Childhood Experiences Prevention Strategy. September 2020. https://www.cdc.gov/injury/pdfs/priority/ACEs-Strategic-Plan_Final_508.pdf
2. De Beaumont Foundation. Supporting a Nation in Crisis: Solutions for Local Leaders to Improve Mental Health and Well-Being During and Post-COVID-19. <https://debeaumont.org/wp-content/uploads/2020/08/mental-health-action-guide.pdf>
3. National Academy of Science, Engineering, and Medicine. Interventions Addressing Food Insecurity: Investing in Interventions That Address Non-Medical, Health-Related Social Needs. <https://nap.nationalacademies.org/read/25544/chapter/5#41>.