



# THE 2021–2023 COMMUNITY HEALTH IMPROVEMENT PLAN:

Evidence-based strategies to address priority health issues in the Franklin County/North Quabbin region

## 2021–2023 GOALS FOR PRIORITY HEALTH INDICATORS

### AGE AT FIRST USE

**GOAL:** Delay the age at first use of addictive substances for all youth, with a focus on LGBTQ youth, youth of color, youth from families with low incomes, and youth involved with the Dept. of Children and Families.

### ANXIETY AND DEPRESSION

**GOAL:** Increase individual and collective resilience by strengthening social connectedness for those experiencing depression and/or anxiety.

### TYPE 2 DIABETES

**GOAL:** Continue to evolve the built environment to reduce barriers to active living and healthy eating for people living with or at risk for diabetes.

## CLINICAL CARE STRATEGIES

### IMPROVE SCREENINGS AND REFERRALS

- Expand screening, brief intervention, and referral to treatment (SBIRT) in clinical settings with youth
- Institutionalize trans-friendly and anti-racism provider education
- Create network of service providers partnering to improve connection and care coordination

### INCREASE ACCESS TO PEER SUPPORT

- Advocate for legislation to increase reimbursement rates for peer support services, Community Health Workers (CHW)
- Support organizations that host peer roles

## SOCIAL & ECONOMIC STRATEGIES

### INCREASE OPPORTUNITIES FOR EDUCATION

- Support peer-led parent outreach
- Promote evidence-based parent education
- Connect court-involved youth and families to programs
- Reduce barriers to Community Health Workers, Peer Support, trainings, and certifications
- Promote anti-racism work and peer support programs
- Implement mental health and substance use disorder stigma prevention public education campaigns
- Organize youth-led substance use prevention campaigns

### COMMUNITY AND SOCIAL CONNECTIONS

- Improve access to peer support groups
- Increase public policy input by those with lived experience
- Increase public input in open space and transportation planning
- Promote and support successful mentoring programs for youth

## HEALTH BEHAVIOR STRATEGIES

### IMPROVE ACCESS TO EVIDENCE-BASED PREVENTION CURRICULA FOR YOUTH

- Implement the LifeSkills program in middle schools
- Implement PreVenture program in schools
- Pilot Safety First curriculum in a community setting

### INCREASE OPPORTUNITIES FOR EXERCISE AND HEALTHY EATING

- Increase use of Complete Streets and new parks and trails
- Organize Open Streets events
- Establish shared use agreements for public recreation access
- Expand mobile food markets

## PHYSICAL ENVIRONMENT STRATEGIES

### ENCOURAGE WALKING, BIKING, PUBLIC TRANSIT

- Plan and implement for Complete Streets

### CREATE NEW PLACES TO BE ACTIVE

- Increase funding for projects
- Improve town roads, sidewalks, parks
- Build new parks and trails
- Remove barriers to lifestyle improvement programs

### OUR VISION:

The CHIP Network's vision is that all residents of Franklin County and the North Quabbin Region will have the opportunity to pursue healthy lifestyles, to participate in shaping the systems that affect their health, and to achieve social, emotional, physical, and spiritual well-being.



Baystate  Franklin Medical Center



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