



Franklin County/North Quabbin Community Health Improvement Plan

2021-23

January 18, 2023 UPDATE



VISION: All residents of Franklin County and the North Quabbin Region 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.

MISSION:

- Identify priority health needs
- Identify health disparities and work to address their underlying causes
- Build on our strengths through a focus on mutually supporting activities
- Identify and support the implementation of effective strategies for addressing priority health needs
- Reduce gaps and duplication
- Increase our collective ability to secure resources to improve health

SHARED VALUES:

Equity: Focus on the underlying causes of inequities that affect health with an emphasis on race and ethnicity. Work to reveal and address the consequences of institutionalized advantages of whiteness

Inclusion: Engage people of all kinds and respect diverse viewpoints

Data driven: Be systematic in our process; employ evidence-informed strategies

Innovative: Implement approaches that embrace continuous improvement, creativity, and change

Integrity: Carry out our work with transparency, responsibility, and accountability

Partnership: Build trusting and collaborative relationships between organizations, and between residents and organizations to foster sustainable, community-centered change.

CHIP SPONSORING ORGANIZATIONS:



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Age at First Use

Social Environment

GOAL: Support the Communities That Care Coalition in its efforts to delay the age at first use of addictive substances for all youth, with a particular focus on those disproportionately affected, including LGBTQ youth, youth of color, youth from families with low incomes and DCF-involved youth.

OBJECTIVE 1:

Increase the percentage of youth in Franklin County and North Quabbin who accurately understand the potential risk of harm from youth drug and alcohol use.

STRATEGIES:

Promote adoption and implementation of LifeSkills (a curriculum for middle school students focused on building social and emotional skills).

Work on integrating SBIRT (Screening, Brief Intervention, and Referral to Treatment) tool more fully into clinical settings with youth, and combine with trans-friendly provider training, and/or anti-racism training.

Support and promote youth-led substance use prevention campaigns (such as Above the Influence or The 84), including tobacco/vaping compliance checks and advertising enforcement.

Pilot a harm-reduction based drug education in a community setting.

Age at First Use

Social Environment

OBJECTIVE 2:

Increase the percentage of youth in our region who get a clear message from their parents and caregivers that their parents and caregivers do not want them to use drugs and alcohol.

STRATEGY:

Promote and support the PEER Community Ambassadors, a new collaboration between family-serving agencies that provide peer-led parent outreach. PEER stands for Parent Engagement, Enrichment, and Resources.

OBJECTIVE 3:

Increase the percentage of youth in our region who feel that they have warm, strong, and supportive families.

STRATEGIES:

Promote and support outreach and recruiting for evidence-based parent education programs, including Strengthening Families, Nurturing Families, Parenting Journey, etc.

Link court-involved & diversion youth with youth programs, and link court-involved parents with community programs/resources.

Age at First Use

Social Environment

OBJECTIVE 4:

Decrease the number of youth in Franklin County/North Quabbin who are experiencing symptoms of depression and anxiety.

STRATEGIES:

Promote and support successful youth mentoring programs.

Promote and support successful anti-racism work and peer support programs for youth.

Promote and support peer-led parent outreach around supporting youth mental health and family connectedness

Promote and support PreVenture, an evidence-based program that trains counselors to teach skills from Cognitive Behavioral Therapy to students who have increased risk of substance use.

Mental Wellness and Resilience

Social Environment

GOAL: Increase individual and collective resiliency by building the capacity of peers and community-based groups to strengthen social connectedness for those experiencing depression and/or anxiety.

OBJECTIVE 1:

Increase the engagement of people experiencing the spectrum of mental wellness in decision-making for planning and services, and in peer support/sharing activities

STRATEGIES:

Recruit people from communities that have experienced systemic oppression to help design and guide the project.

Increase access/decrease barriers to trainings and certifications for people with experience of anxiety or depression. Provide funding, publicity, and professional/career supports for Certified Peer Support Specialists (CPS), Community Health Workers (CHW), Young Adult Peer Mentor Certification (YAPM), Doulas, and Recovery Coaches (RC).

Gather data to establish a baseline on the number of support groups currently available in person and online, and attendance at them.

Support those with lived experience to participate in coalitions, planning groups, etc. through stipends, 1:1 support, and agency “best practice” checklists for optimal inclusion.

Mental Wellness and Resilience

Social Environment

OBJECTIVE 2:

Increase compassion for people experiencing the spectrum of mental wellness in our region.

STRATEGY:

Implement educational programs and marketing and social marketing campaigns that decrease stigma and increase help-seeking behavior.

OBJECTIVE 3:

Increase the number of organizations funding people in system navigator roles , and increase collaboration between them.

STRATEGIES:

Advocate for State policy change on increasing Mass Health and Commercial reimbursement rates for peer support roles filled by people with lived experience to be paid a living wage.

Create a network of navigators through Franklin County Resource Network and using Look4Help.

Support organizations which host peer roles to better integrate them.

Healthy Eating/Active Living

Built Environment

GOAL: Support the FRCOG’s Transportation and Open Space & Recreation planning efforts, Mass in Motion, Age-Friendly Franklin County, and food justice and systems change initiatives to continue to evolve the built environment to reduce barriers to active living and healthy eating.

OBJECTIVE 1:

Increase the number of towns in Franklin County/North Quabbin that have passed Complete Streets policies by at least 5.

OBJECTIVE 2:

Increase by 100% the amount invested in Complete Streets projects in Franklin County/North Quabbin.

OBJECTIVE 3:

Increase miles of sidewalks, bicycle facilities, bus stops, park improvements, street benches, and the frequency of buses in Franklin County/North Quabbin.

STRATEGIES:

Encourage more towns to enter the Complete Streets program and to apply for funding through the Complete Streets program.

Identify projects to advocate for within particular towns.

Secure funding, including but not limited to: Community Development Block Grants/other public access grants.

Inform towns about possible funding sources and connect them with people who can help them obtain them.

Identify through recreation departments or open space planning unexploited locations and potential new recreational projects.

Healthy Eating / Active Living

Built Environment

OBJECTIVE 4:

Increase the number of people participating in specific existing and new lifestyle-change programs that promote healthy eating and/or physical activity. Increase the retention rate of people participating in existing programs.

STRATEGIES:

Work with town governments, rec. departments, people involved in open space planning.

Identify target facilities and potential projects, and support via shared use agreements.

Promote and support individual incentives for public transit through doctors' offices; explore Rx for public transit.

Find out what would be needed to expand access/remove barriers to mobile food markets, especially with respect to removing barriers to access for key populations.

Work with doctors' offices in partnership with key community-based programs to write Rx's to support exercise and purchase of safe and healthy foods.