



Community Health Assessment: A Tool for Prevention

Agenda

- TDH Priorities
- Statistical Overview
- Review of County Health Councils and Community Engagement Opportunities
- Additional TDH programming around suicide prevention
- Call to Action
- Lets chat!

What is TDH: Mission, Vision, Values

Mission

Protect, promote, and improve the health and prosperity of people in Tennessee

Vision

Healthy People, Healthy Communities, Healthy Tennessee

Values

Collaboration

Equity

Excellence

Compassion

Integrity

Respect

PREVENTION

Prevention always beats treatment, improving health outcomes and lowering costs for everyone.

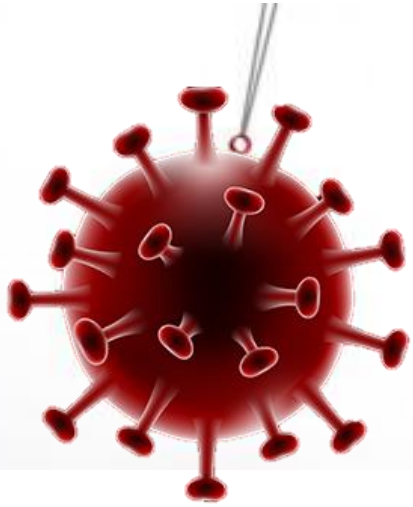
- Support Local Leadership: County Health Councils
 - Decrease Youth Obesity
 - Decrease Tobacco Use
 - Decrease Substance Misuse
- Prevent and Mitigate Adverse Childhood Experiences

ACCESS

The changing landscape of health care access brings new challenges to Tennesseans, particularly those in rural areas.

- Optimize Internal Clinical Efficiency: Primary Care
 - Improve External Primary Care Access
 - Leverage Innovation: Telehealth
 - Expand Partnerships

So...What Happens Now?



Our Response in Three “E”s



Advancing
Equity

Proactive
Engagement

Creative
Empathy

The Challenge

WHAT we do

HOW we do it

Populations At Risk in Tennessee

Service Members

Men

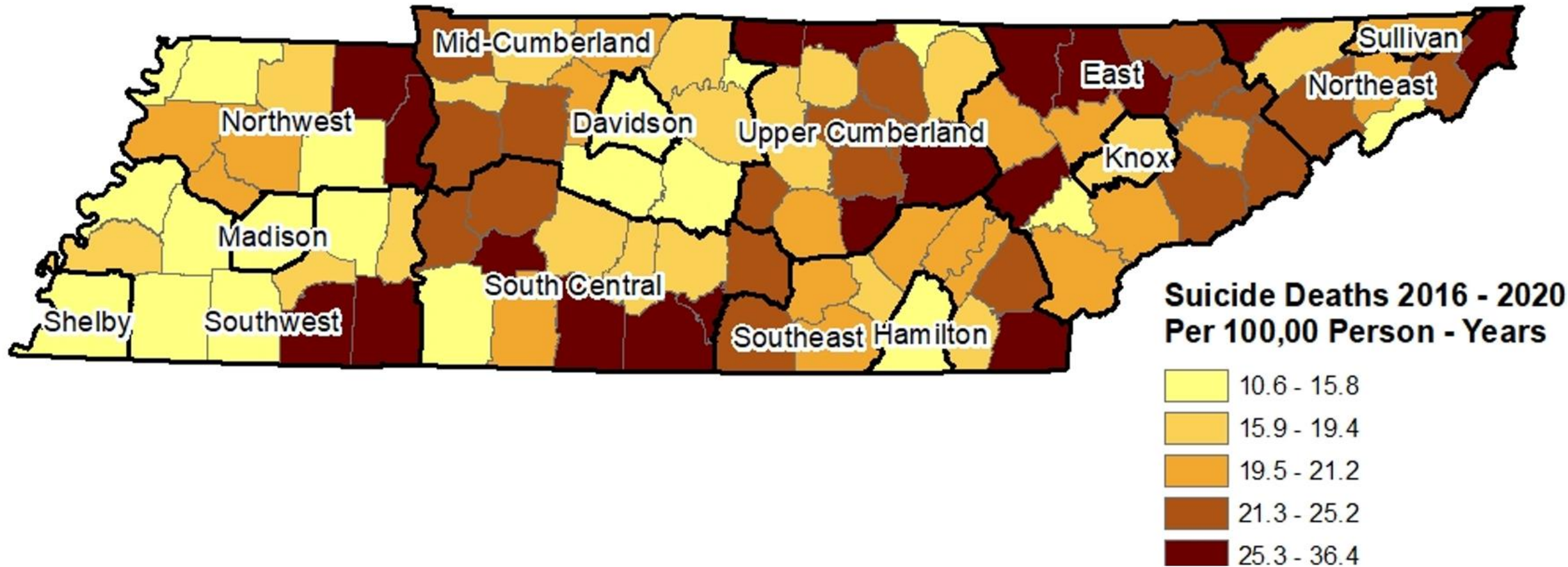
White Individuals

Rural Individuals



stigma

Tennessee: Suicide Deaths by County (2016 – 2020)



Key Statistics on Suicide in Tennessee

- **1,220 individuals** died by suicide in Tennessee in 2020
- Suicide is the **2nd leading cause** of death in the age groups of 10-14 and 25-34
- The rate of suicide death is highest among individuals **aged 25-44**
- **Firearms** were the mechanism used in 63% of suicide deaths in 2020

Knowing and Sharing Your Stories



Lawrence Brooks, WWII Veteran, aged 112

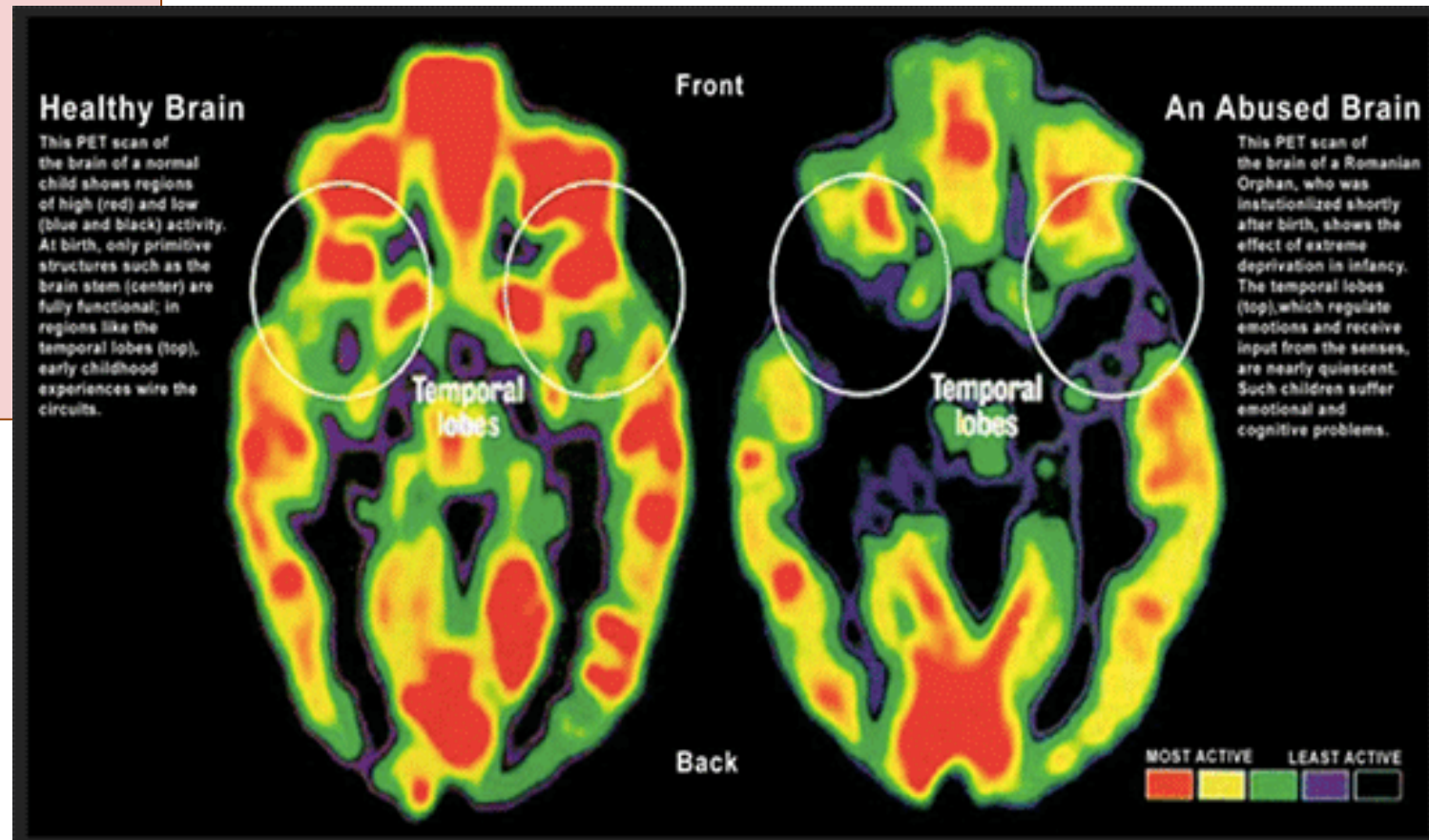
There are
PEOPLE inside
those
STATISTICS!



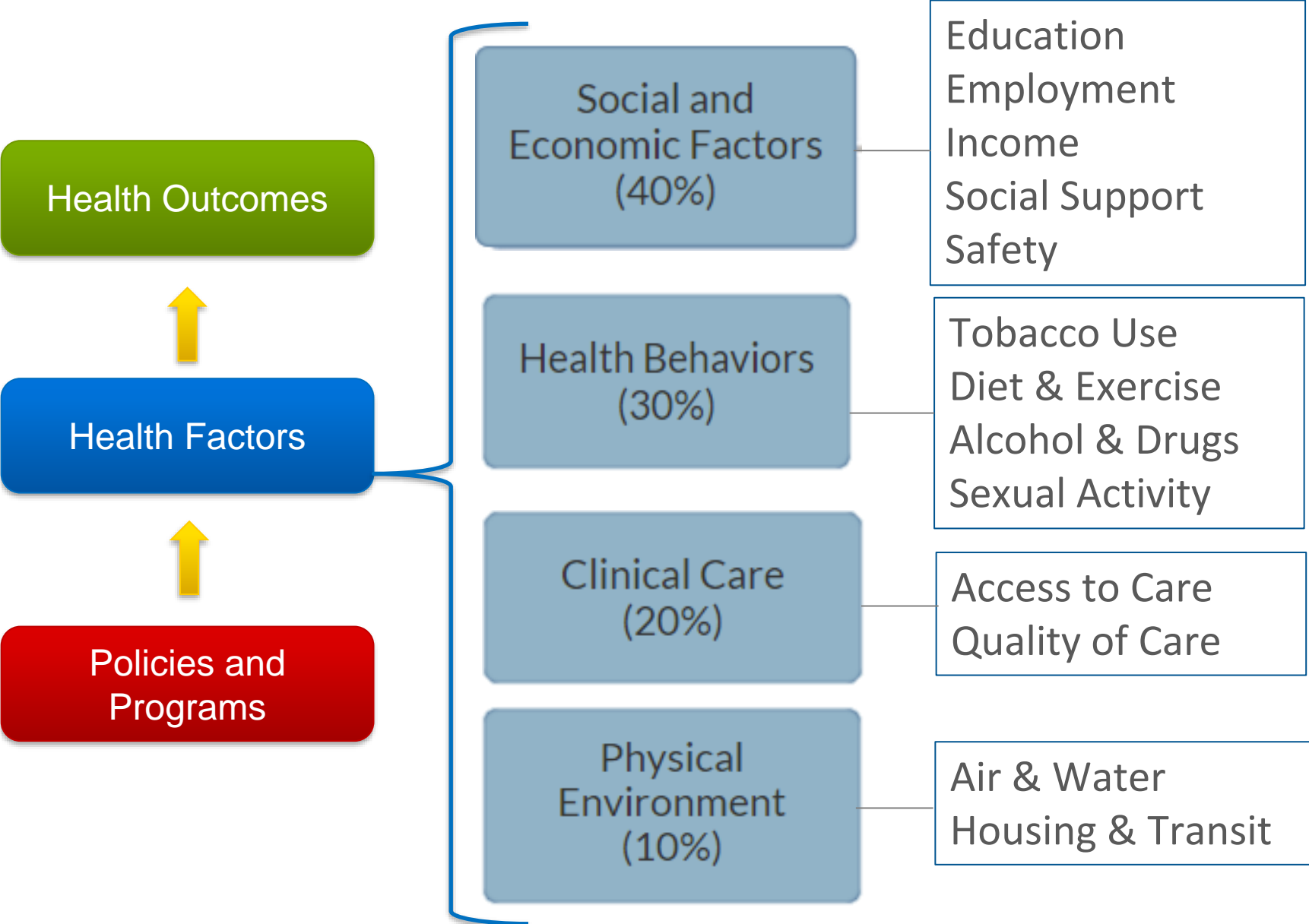
Adverse Childhood Experiences (ACEs)

ACEs Include:

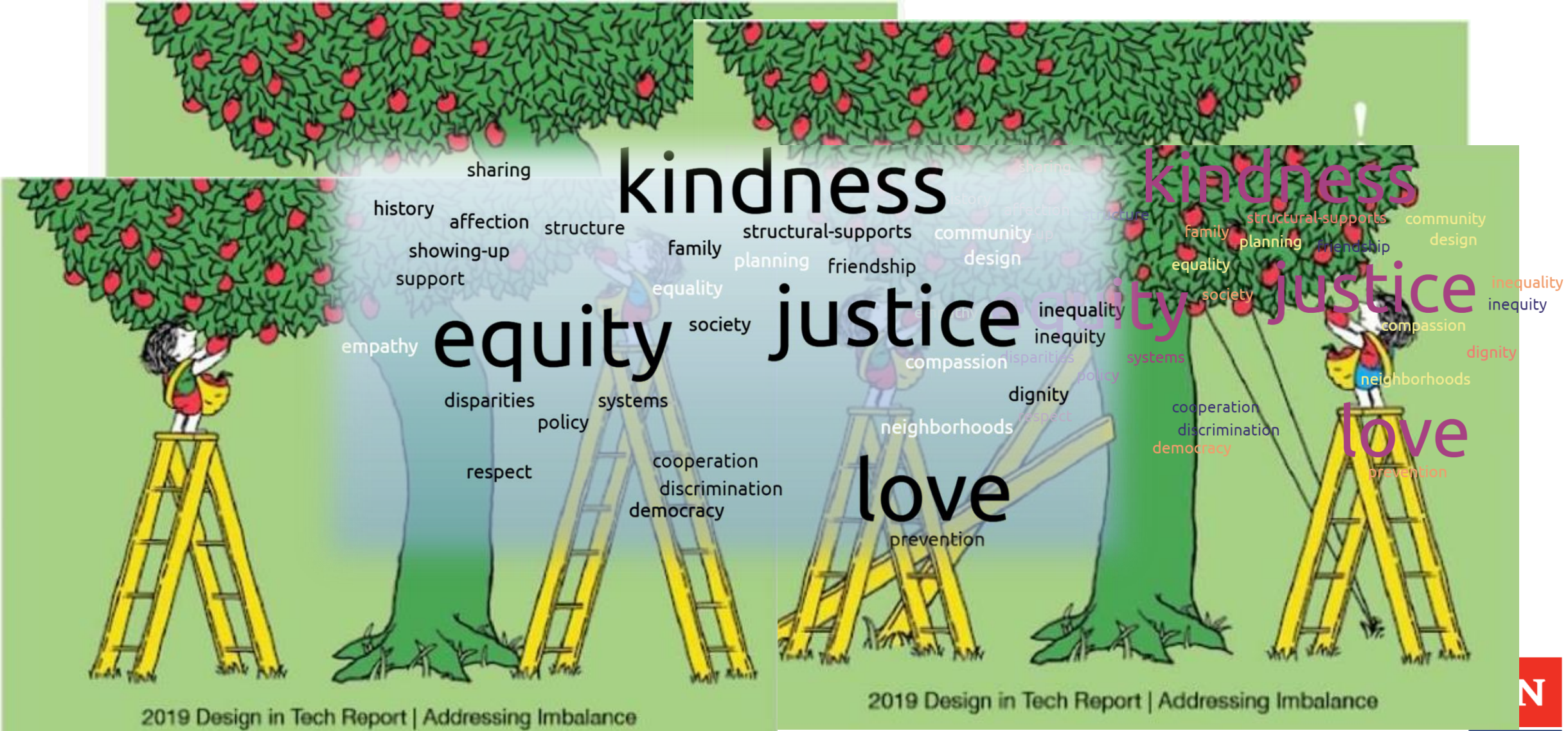
- Abuse (emotional, physical, sexual)
- Neglect (emotional, physical)
- Substance Abuse in the Home
- Mental Illness in the Home
- Incarceration in the Home
- Violence in the Home
- Parental Separation



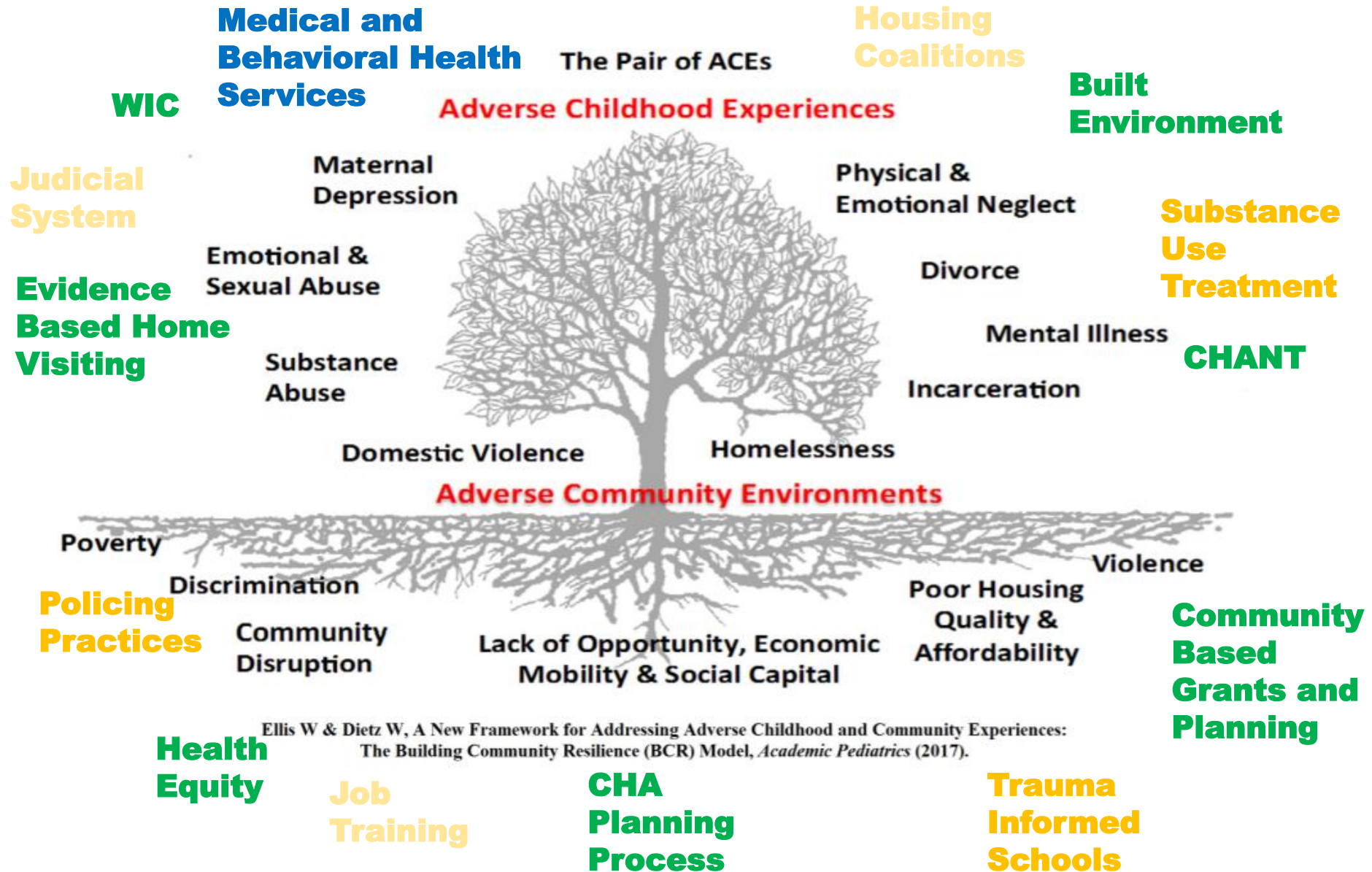
Drivers of Health



The seeds of what we do...



The Pair of ACEs



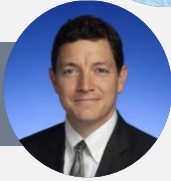
Ellis W & Dietz W, A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model, *Academic Pediatrics* (2017).

Leadership

Jen Trail
Assistant Director

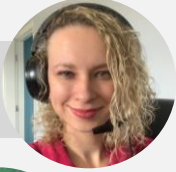


JW Randolph
Director



Strategic Planning

Olivia Hall
Dir. of Strategic Coordination



Tom Salter
Dir. of Business Intelligence



Abigail Asper
Business Intelligence Specialist



Toni Kenion
Regional Strat Planning Coord.

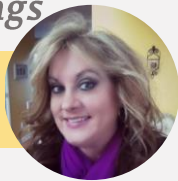


Chesnee Lawson
Public Health Executive Fellow



Wind Beneath our Wings

Dawn Vazquez
Executive Admin. Assistant



Who is OSI?

1. We guide the Department of Health's strategic planning process.

2. We support Tennessee's County Health Councils with the help of local, regional, and central office TDH staff and TDH partners.

3. Special Projects as assigned

We do this to implement upstream, innovative solutions to public health challenges.

Community Collaboration & Impact (CCI)



Aubrenie Jones
Local Engagement Director



Chelsei Granderson
Local Engagement Director



Lindsay Voigt
Community Development Dir.



LaShan Dixon
Director of Sustainability



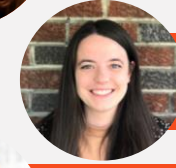
Sarah Bounce
Community Engagement Coord.



Harper-Grace Niedermeyer
Public Health Policy Coord.



Maddie Finnegan
Associate



Hannah Duiven
Community Resilience Coord.



Barrett Smith
Data Communications Specialist



Kanika Chatkara
Public Health Executive Fellow

What are County Health Councils?

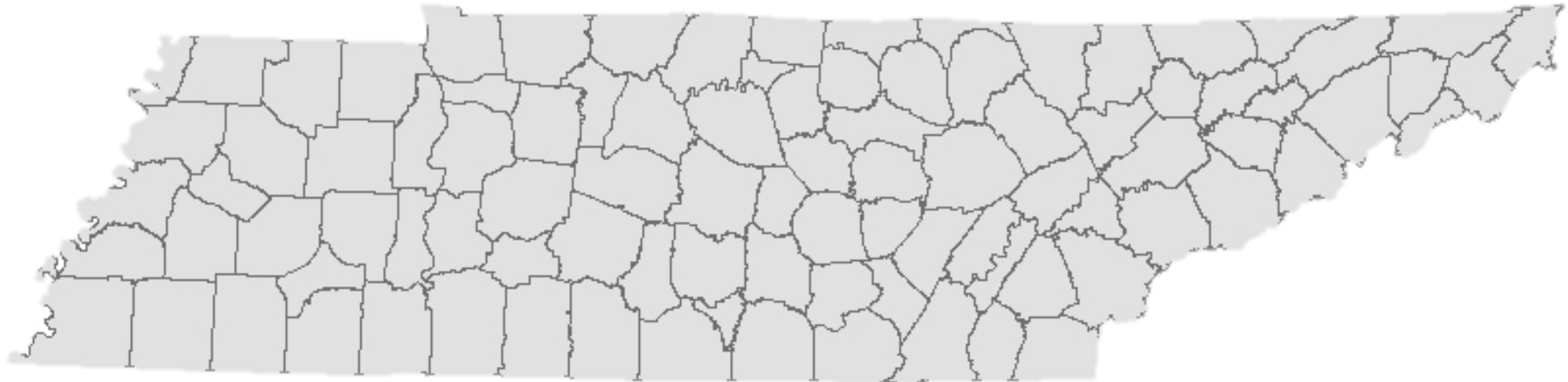
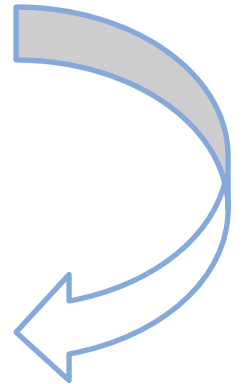
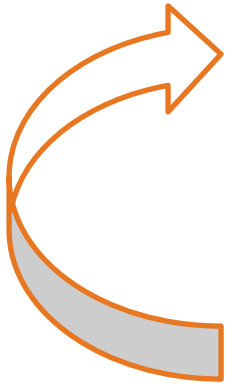
- Diverse groups of community-led, cross-sector collaborators
- Advance health priorities identified by the community
- Are convened by their local health departments



What is a CHA/CHIP?

County Health Assessment

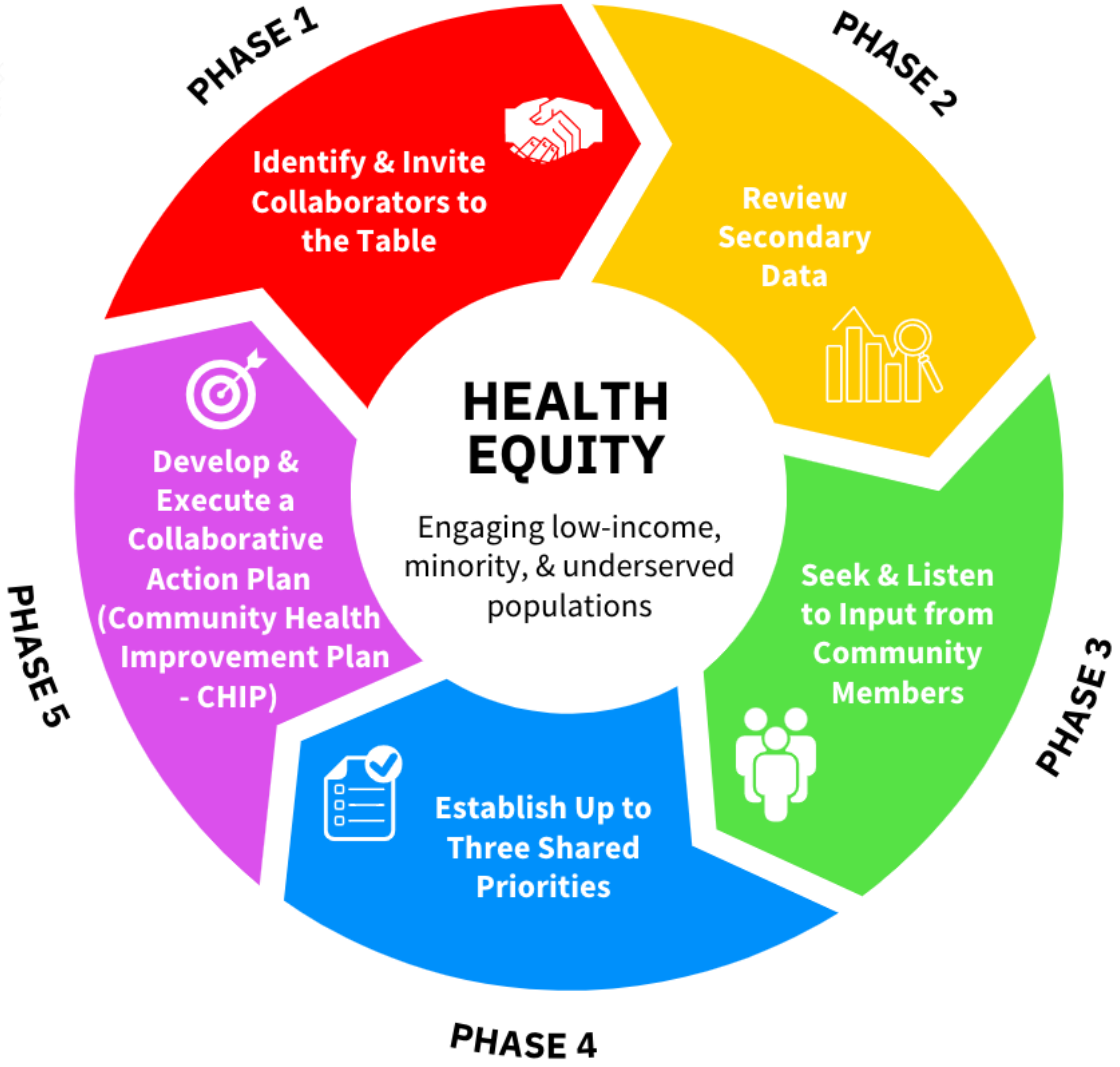
Community Health Improvement Plan



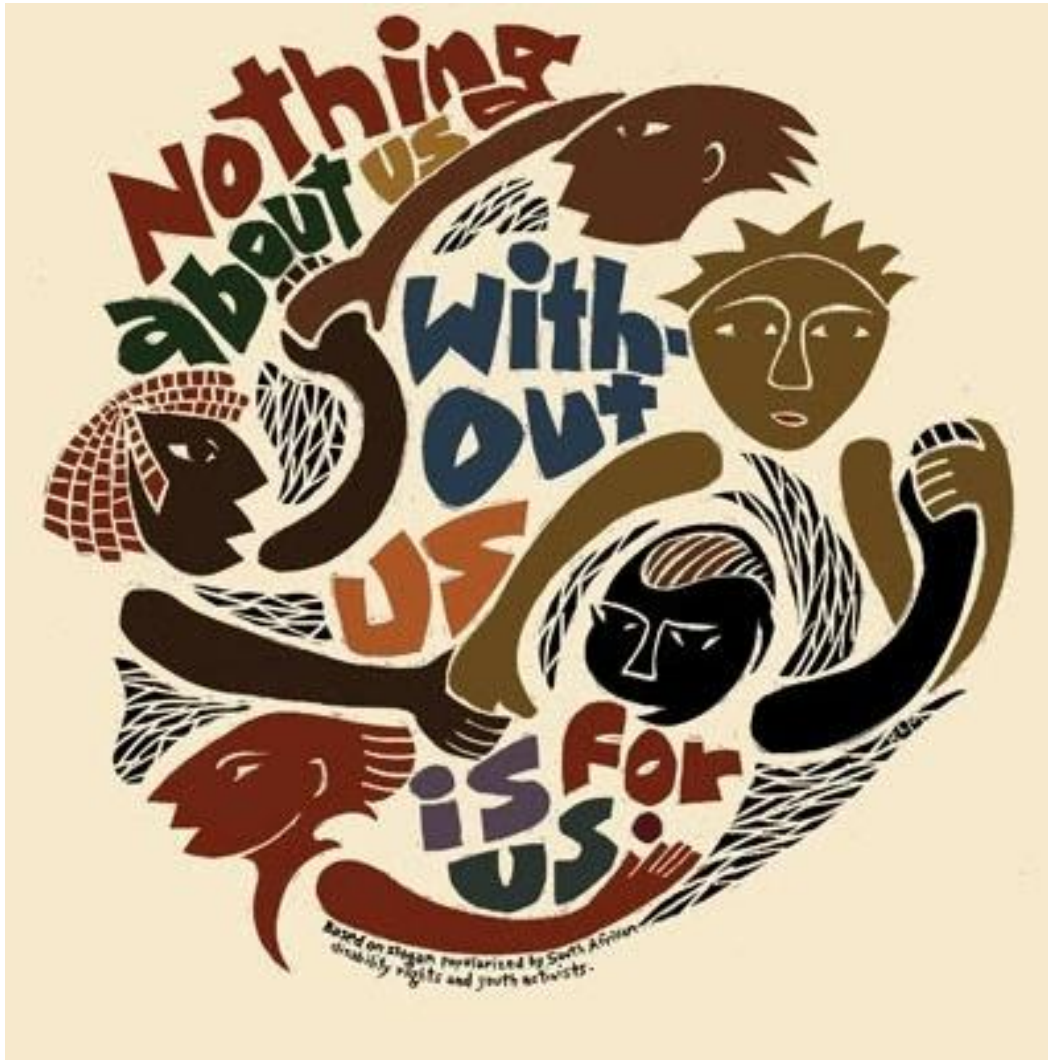
Have You Participated in a CHA?



TDH's County Health Assessment Cycle



How do we create Health Equity?



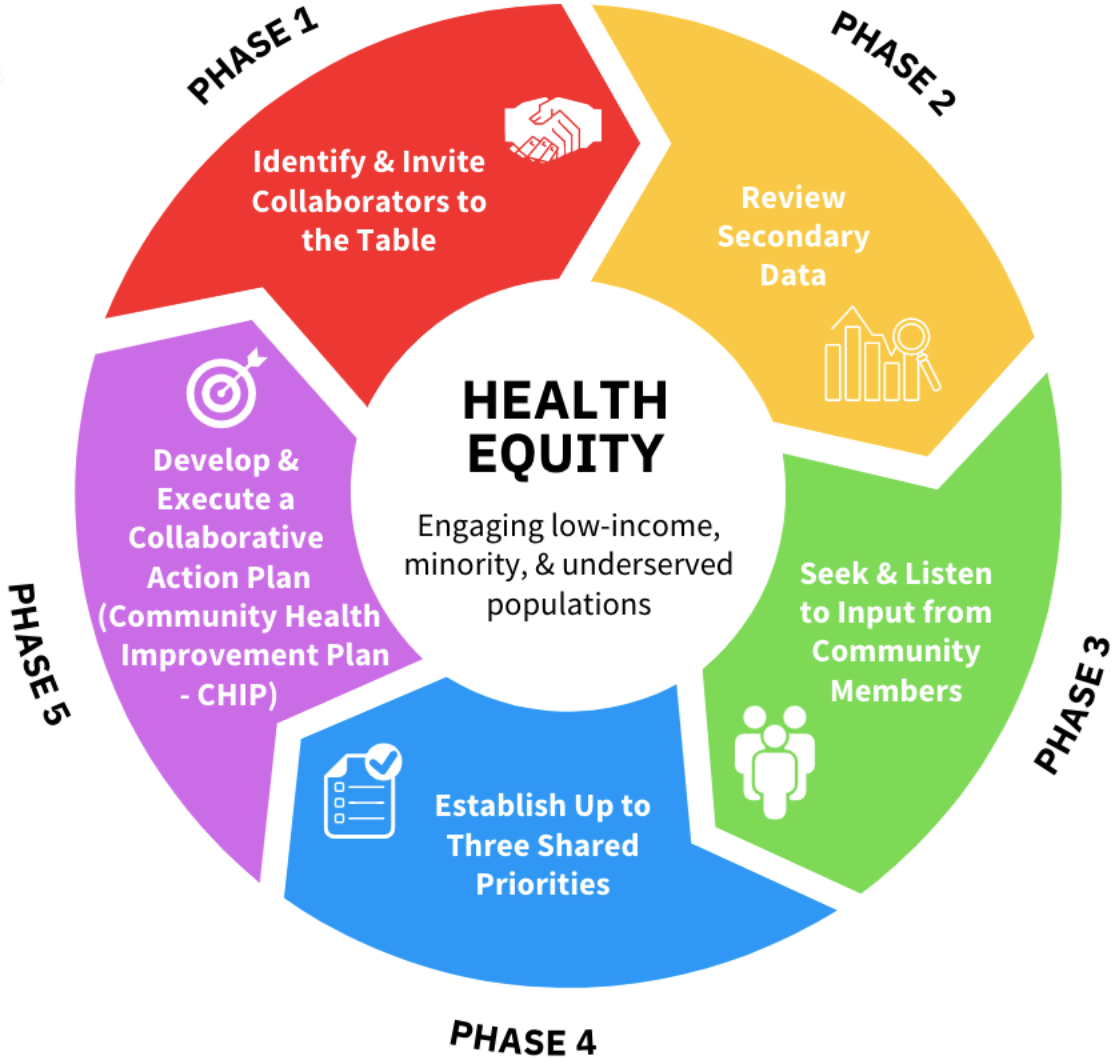
**Sharing power
through community
engagement!**

“Engagement is a
pathway for building
equity” – Tamarack
Institute

Data is Not the Story. Data is a Character in the Story.

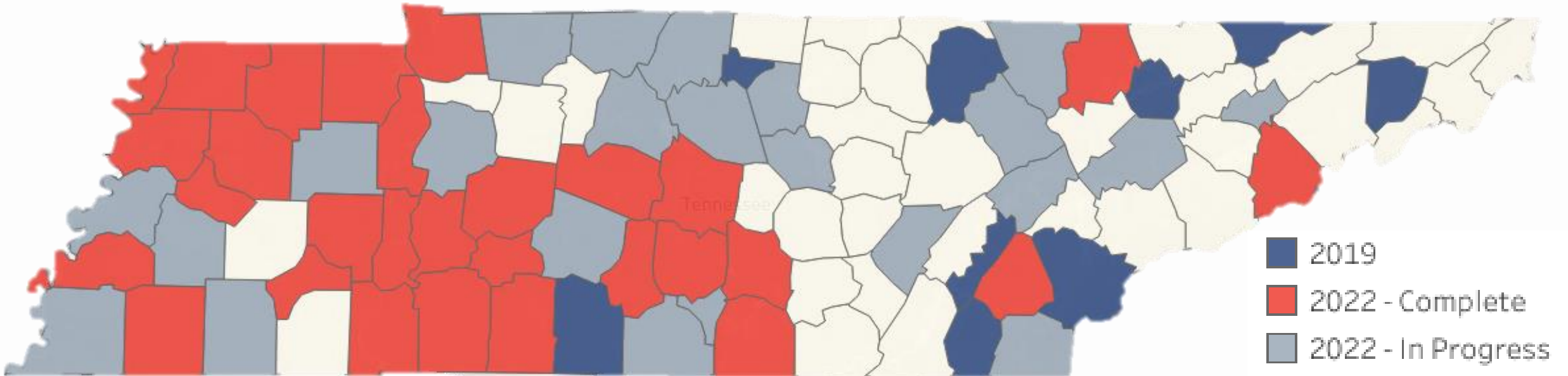


TDH's County Health Assessment



2022 CHA Cohort

54 TN counties completed a County Health Assessment (CHA) in 2022



CHA Priorities (2022)

Housing

Nicotine
Use

Minority
Health

Built
Environment

Elder
Abuse

Teen
Pregnancy

Substance
Misuse

Mental
Health

Obesity

3rd Grade
Reading
Level

Infant
Mortality

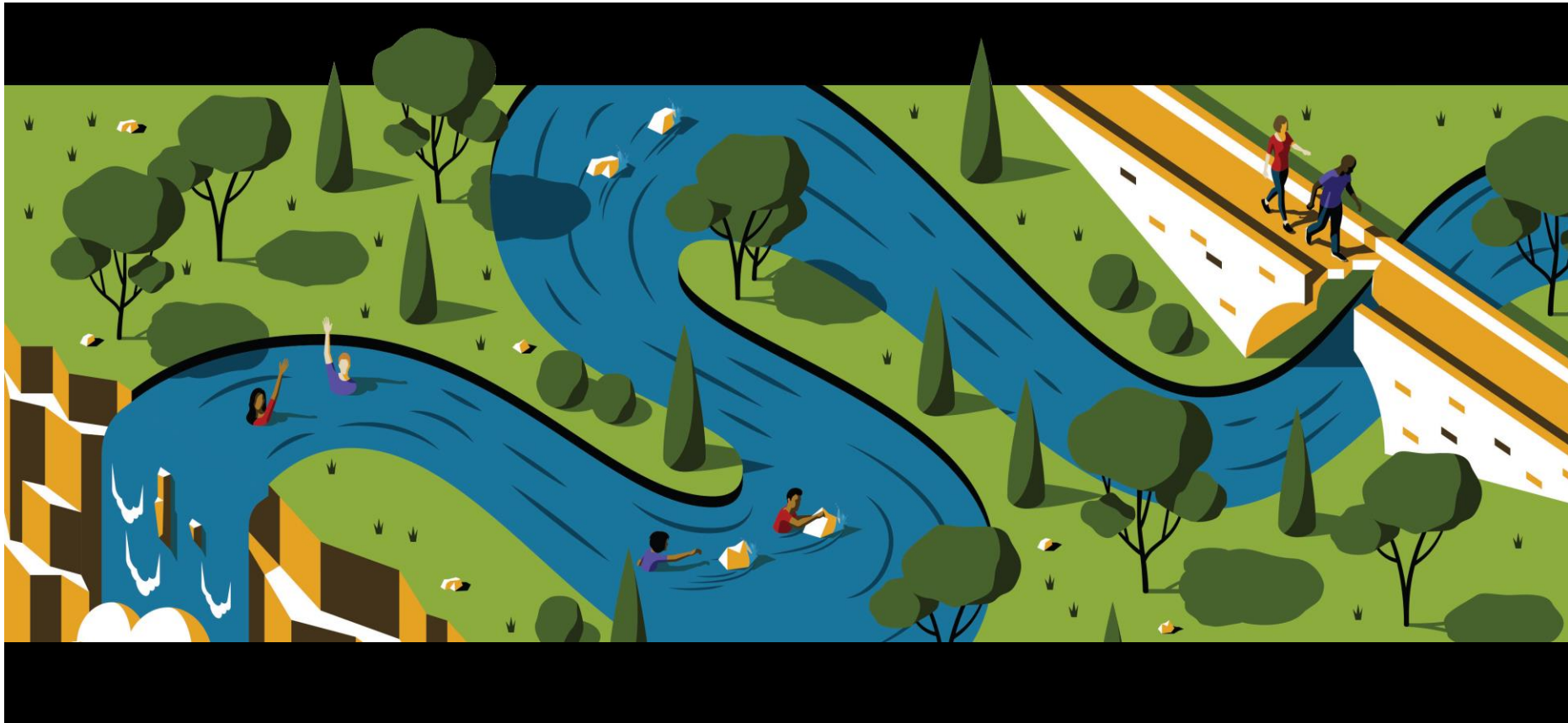
Physical
Inactivity

ACEs

Distracted
Driving

Hunger

Moving Upstream



Positive Childhood Experiences

Positive childhood experiences (PCEs) are experiences in childhood that relate to children's ability to have safe, stable, nurturing, and equitable relationships and environments. PCEs can help children develop a sense of belonging, connectedness, and build resilience



SAFE



STABLE

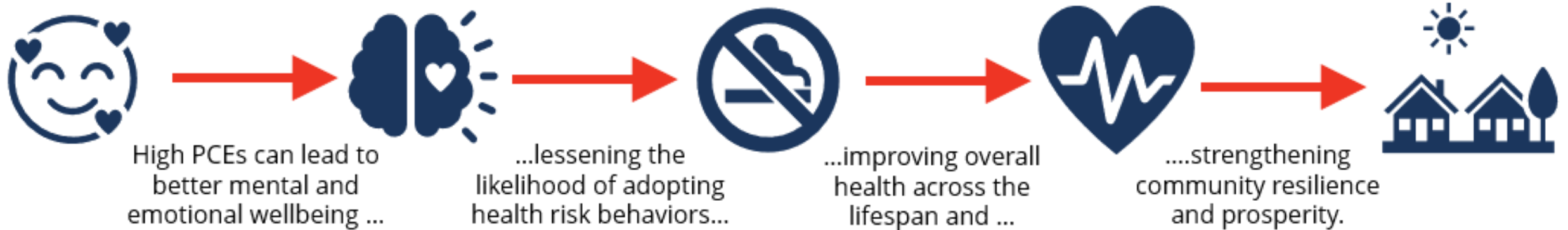


NURTURING



EQUITABLE

Positive Childhood Experiences



Relationships Impact Health at Any Age

**“The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health”-
Robert Waldinger, PhD**

The Harvard Study of Adult
Development

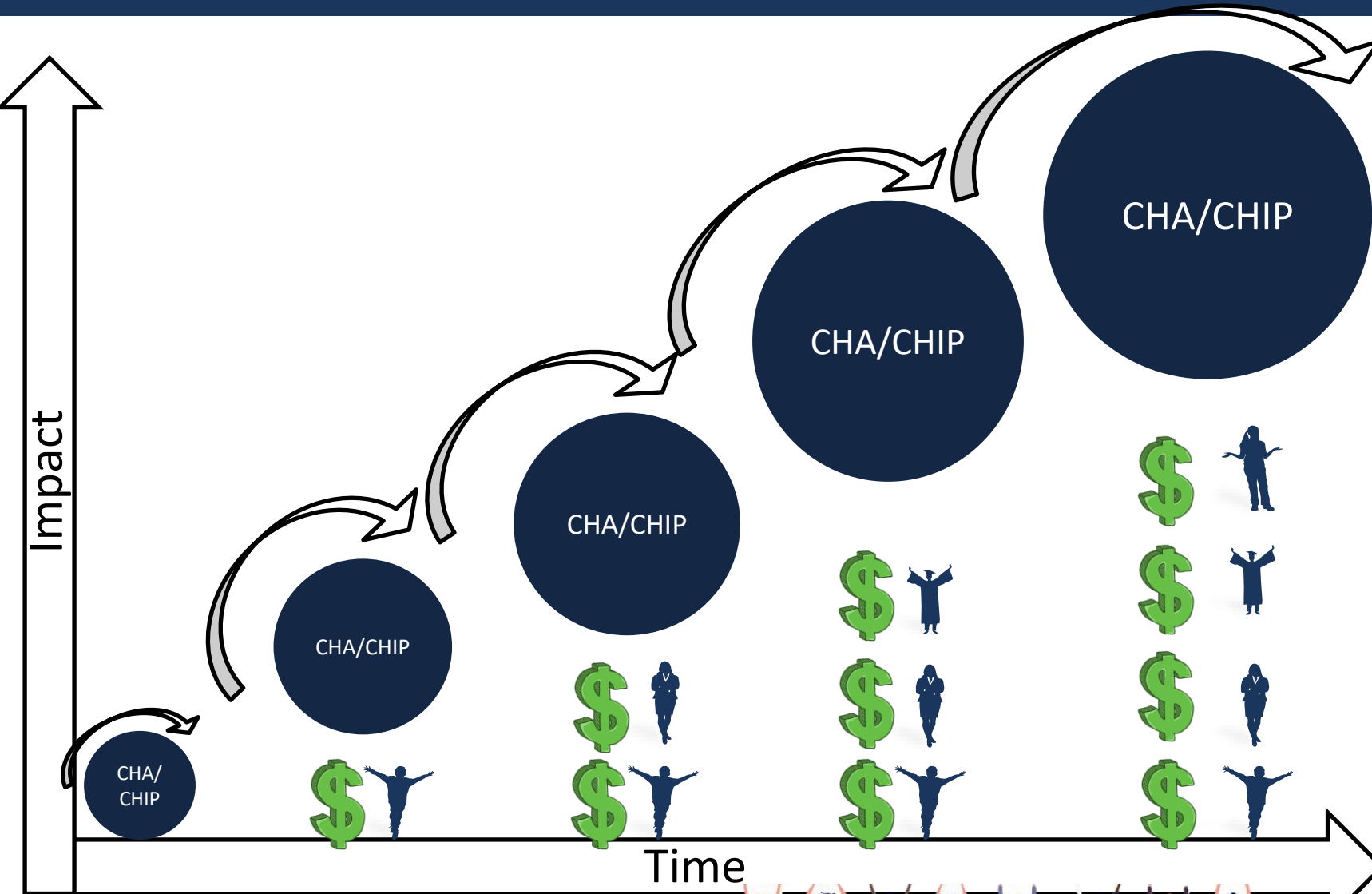


Public Health Implications

High PCEs scores improve resilience, well-being, and prosperity for us all.



Is it Sustainable?

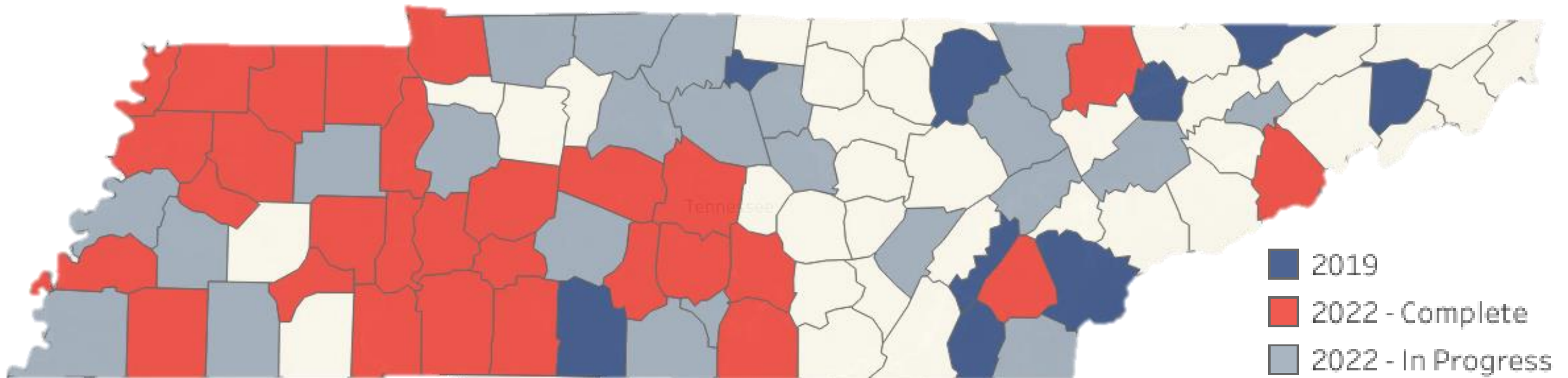


Essential Elements

- Funding
- Partners
- Local Staff

Collaborative Action for Resilience and Equity (CARE) Grants

\$1.8 million in grants for local efforts to address community health priorities, engaging low-income, rural, minority, and under-served populations across Tennessee



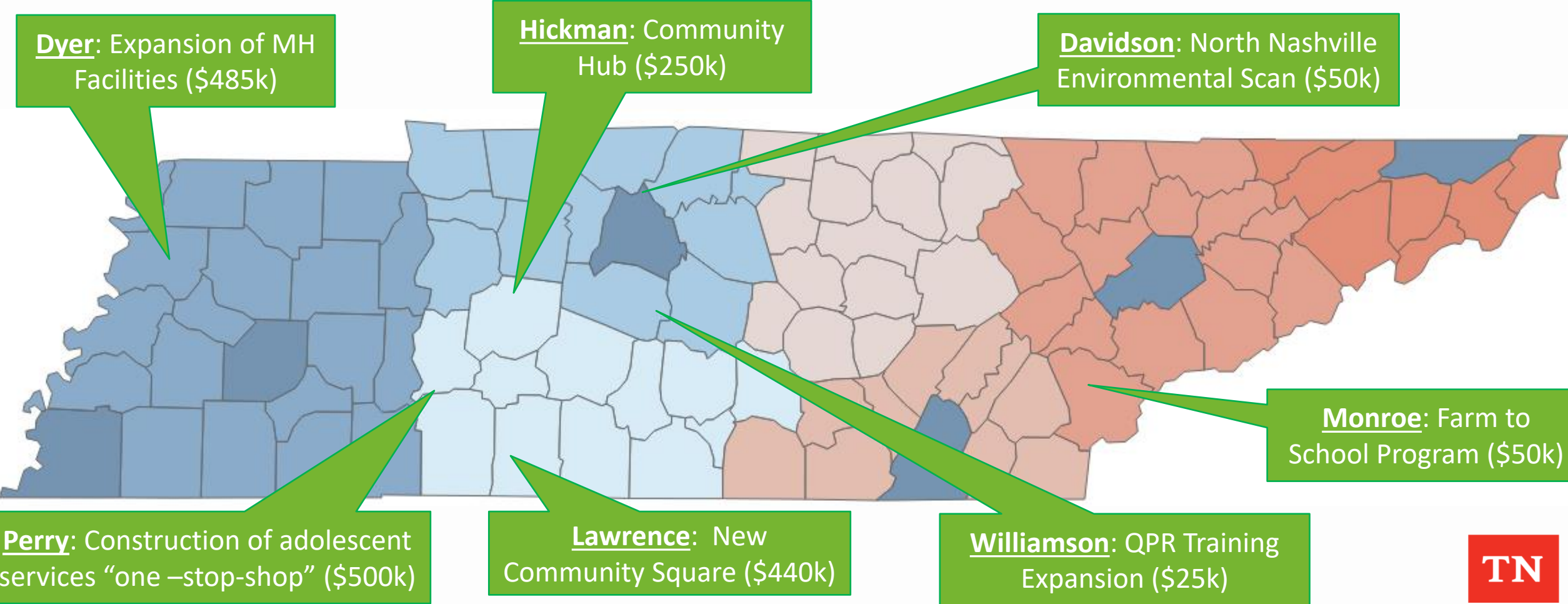
53 TN counties completed a County Health Assessment (CHA) in 2022

Selected counties demonstrated:

- How their proposed project addresses a priority identified in their CHA
 - How it addresses root causes
- How they will collaborate with community partners

Collaborative Action for Resilience and Equity (CARE) Grants

Seven Awards to **FOUR** Regions and **ONE** Metro
Majority of Funds go to Distressed and At-Risk Counties



CHA PRIORITIES ADDRESSED

Perry County Community Center Youth Services Hub Perry County Health Council

All-inclusive brick and mortar hub for organizations serving the mental health needs of Perry County youth

Mental Health



Obesity



Built Environment



Nicotine Use



Heart Health



Substance Misuse



Food Security



- Transform Community Center into office spaces, classrooms, common areas, and community kitchens
- “One-stop shop” programming for youth
 - After-school activities
 - Mental health support
 - Cooking classes
 - Tutoring
- Supported by Congressman Green, State Rep. Haston, County Mayor Carroll, Town Mayor Ward



CHA PRIORITIES ADDRESSED

Hopefield Mental Health and Substance Abuse Outreach Program Dyer County Health Council

Expanded Mental Health Services in Dyersburg

Mental Health

Obesity

Built Environment

Nicotine Use

Heart Health

Substance Misuse

Food Security

- New facility and additional staff
- Additional programming:
 - Community outreach events
 - Substance abuse educational sessions
 - Mental health resource directory
 - Outdoor meditation space
- Supported by State Senator Jackson, State Rep. Grills



CHA PRIORITIES ADDRESSED

Lawrenceburg Square Pavilion

Lawrence County Health Council

New structure and grounds for a farmer's market and community events for all of Lawrence County

Mental Health

Obesity

Built Environment

Nicotine Use

Heart Health

Substance Misuse

Food Security

- Highlights:
 - SNAP/WIC benefits
 - Free healthy cooking demonstrations and exercise classes
- Opportunity for local producers to market their goods and increase traffic to local businesses



- Supported by State Sen. Walley, Lawrenceburg Mayor Lay

CHA PRIORITIES ADDRESSED

Hickman Community Centers Serving Individuals and Families Hickman County Health Council

Mental Health



Upgrades and expanded programming at five youth-serving community centers

Obesity



Built Environment



Nicotine Use



Heart Health



Substance Misuse



Food Security



- Adding amenities to existing community centers to enhance safety and accessibility
- Expansion of Interactive Screening Programs and Question, Persuade and Refer trainings
- Better connecting youth to safe opportunities for social engagement, exercise, mental health stability, and increased sense of belonging



CHA PRIORITIES ADDRESSED

Williamson County Community Health Projects

Williamson County Health Council

Mental Health



Mental health promotion through training and social media campaigns

Obesity



Built Environment



Nicotine Use



Heart Health



Substance Misuse



Food Security



- Expanded Question, Persuade, Refer (QPR) certification and social media campaigns to target suicide prevention



TDH Suicide Prevention Programming is Growing



- TDH is working to enhance, support, and strengthen TN's suicide prevention infrastructure across the state by implementing data driven approaches to achieve a 10% reduction in suicide morbidity and mortality by 2025
- Focus Populations: Rural Residents, Men, & Individuals aged 15-64

Overview of Selected Strategies and Activities

Tier	Strategy	Approach
Community Based Interventions	Teach Coping and Problem-Solving Skills	Social Emotional Learning – Sources of Strength
	Identify and Support People at Risk	Gatekeeper Training – QPR, ASIST, SafeTALK, Be the One
Healthcare Related Interventions	Strengthen Access and Delivery of Care	Systems Change – Zero Suicide
	Identify and Support People at Risk	Gatekeeper Provider Trainings – ASIST
Upstream Interventions	Strengthen Access and Delivery of Care Positive Childhood Experiences	Reduce Provider Shortages – Telemental Health Training
		Home visiting, care coordination, partnerships with schools and daycares

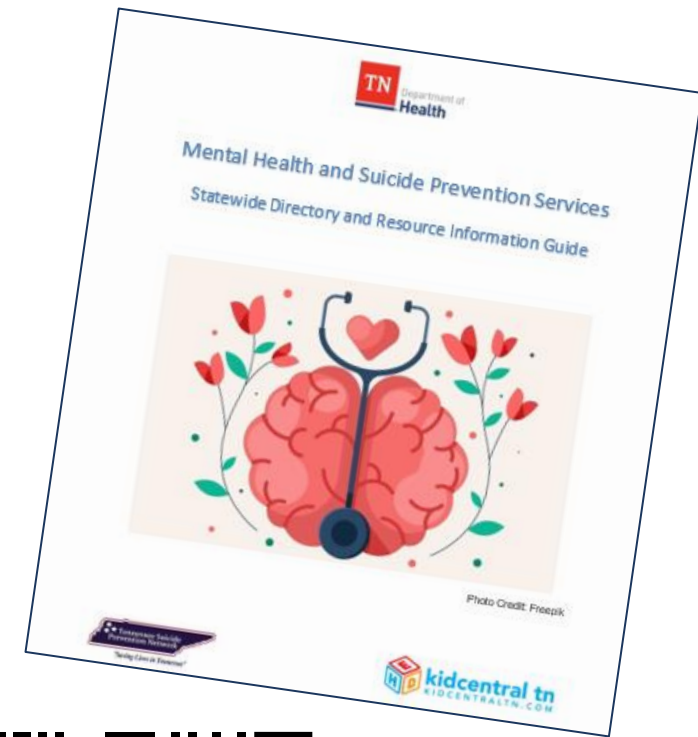
TDH Suicide Prevention Task Force Team

- Broad representation across all sectors involved in suicide prevention activities across the state.
- Convene quarterly virtual meetings to review:
 - Statewide data
 - Programs and services
 - Opportunities for improving statewide suicide prevention efforts
- Currently 83 individuals on the task force team



MH and Suicide Prevention: Statewide Resource Directory

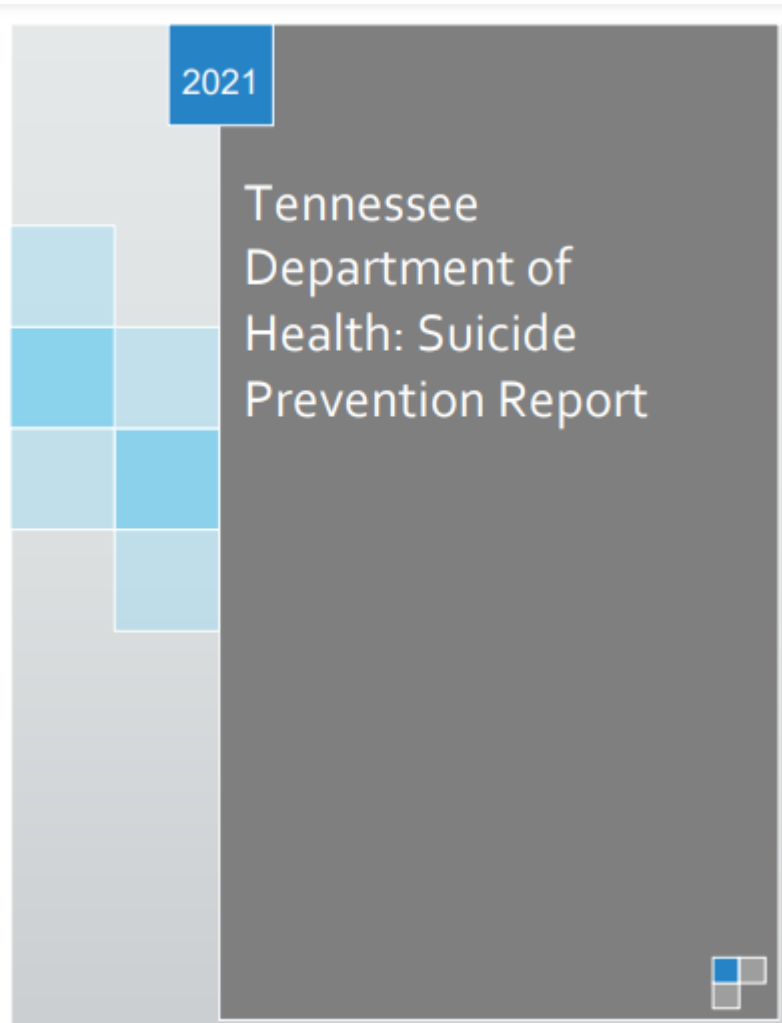
- Overview of Suicide in TN
- Risk and Protective Factors
- Accessing and Paying for Mental Health Services
- All Resources and Services Available Statewide
- Charts of all Suicide Prevention Programs/Services, Laws/Policies, and Groups/Coalitions
- **2022 update will include information on 988**



*Find the
Directory!
([Link](#))*

To add your org, please complete form in the back of directory

Suicide Prevention Annual Report



Prevention Recommendations

Legislative Policy
State and Community Agencies
Clinics and Hospital Systems
Healthcare Providers
Public Safety and Emergency Responders
Educational Institutions
Individuals, Families, and Friends



Read the 2021 report! ([Link](#))

Reminder: What is ESSENCE?

Electronic
Surveillance
System for the
Early
Notification of
Community-based
Epidemics

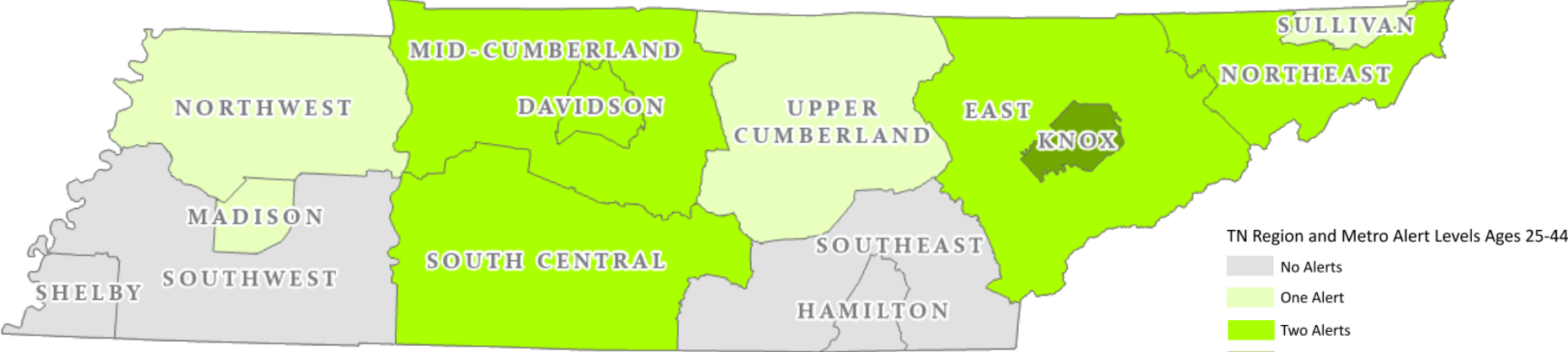
ESSENCE Available on the
NSSP BioSense Platform

Goal: To Help CDC Improve
Data Quality, Efficiency, and
Usefulness of Data Collected
as Part of the NSSP

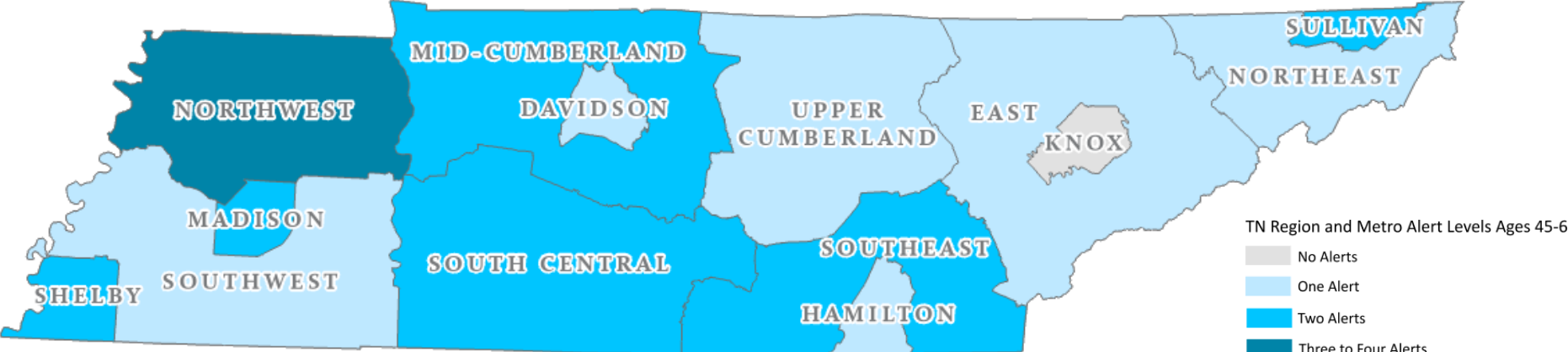


Maps of Suicidal Ideation & Self Harm: 5/29/2022 to 7/2/2022

Region/Metro ESSENCE Alerts Ages 25-44*




Region/Metro ESSENCE Alerts Ages 45-64*



*The alert level corresponds to each week's alert where a region or metro reports suicide-related ER visits that are higher than average in a week's timespan within June 2022.
Data Source: NSSP's BioSense Platform hosts the Electronic Surveillance System for the Early Notification of Community based Epidemics (ESSENCE)


Trainings on Best Practices for Utilizing Telehealth

- In partnership with Centerstone, these trainings teach participants the best practices for utilizing telehealth to treat behavioral health patients
- Topics include:
 - Treating Substance Use Disorders with Telehealth
 - Trauma-informed Telehealth Assessment
 - Staff Resiliency
 - Upstream Suicide Prevention
 - Working with Veterans
 - Motivational Interviewing



CENTERSTONE

AN OPPORTUNITY FOR
FREE ONLINE TRAINING
WITH CEU'S PROVIDED



ON THE LINE:

A Training Series for Staying Connected as Telehealth
Providers in Behavioral Health

**ALL SESSIONS AT
NOON CENTRAL**

**DELIVERED BY
EXPERT
CLINICIANS AND
EDUCATORS**


**TO REGISTER FOR
ANY SESSION,
CONTACT:**
brooke.bellamy@centerstone.org

Centerstone's Research Institute will host a dynamic online series of FREE training sessions for mental health professionals of all levels on the best practices for utilizing telehealth in the work you do with your clients. Each one-hour Zoom session will be open to all mental health industry professionals and qualifies for continuing education clock hours. Trainings for September & October, 2022 include:

[Sept 14: Addressing Burnout & Staff Resiliency](#)
[Sept 21: Suicide Prevention-How To Recognize and Talk About Suicide Risk](#)
[Sept 28: Suicide Prevention-Building a Life Worth Living](#)
[Oct 5: Working With Veterans](#)
[Oct 12: Motivational Interviewing](#)
[Oct 19: Substance Use Disorders & Strategies for Telehealth](#)
[Oct 26: Trauma Informed Assessment Over Telehealth](#)

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Centerstone Research Institute has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7204. Programs that do not qualify for NBCC credit are clearly identified. Centerstone Research Institute is solely responsible for all aspects of the programs.



Counseling on Access to Lethal Means (CALM)

- Free, self-paced, online course
- Evidence-based strategy for suicide prevention
- Teaches participants how to:
 - Identify those for whom lethal means counseling is appropriate.
 - Describe strategies for raising the topic of lethal means and feel more comfortable and competent applying these strategies with patients/clients.
 - Advise patients/clients on specific off-site and in-home secure storage options for firearms and strategies to limit access to dangerous medications.
 - Work with patients/clients and their families to develop a specific plan to reduce access to lethal means and follow up on the plan over time.



We Would Like Your Feedback

Suicide Prevention
Needs Assessment
([Link](#))



Suicide Prevention Social
Network Analysis
([Link](#))



Thank you / Questions

Collaboration is kind
of our jam

(especially if it helps local
communities reach their goals)

