



## Healthy Burnett Strategic Action Plan 2016-2019

**Vision:** All of Burnett County and its residents will have optimal well-being.

**Mission:** Engage community partners and members to work collaboratively to promote the optimal well-being of Burnett County and its residents.

**Goal of Healthy Burnett:** Create an infrastructure for continual community health improvement by bringing together key community stakeholders to align activities and resources which will enhance how the community addresses identified health needs.

**Facilitators:** Sarah Miller and Halle Pardun

**Top Health Needs in Order of Priority:** 1. Alcohol and Other Drug Abuse (AODA) 2. Mental/Behavioral Health and 3. Nutrition

**Objective #1:** By December 31<sup>st</sup> 2018, Healthy Burnett will address the top health need(s) as determined by the community during the most recent Community Health Needs Assessment.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
Continue having regular Healthy Burnett (HB) meetings	Ongoing every quarter starting Jan. 2018	Time	BMC and Burnett County DHHS-Public Health	Dates/Years completed: 2016 2017 Jan 15 2018 Apr 16 2018 Jul 16 2018	Attendance Roster and Meeting Minutes	<b>Completed Meetings:</b> Ongoing q 3 months-completed 6 meetings in 2016, 6 meetings in 2017, and 3 meetings so far in 2018.
Add 5 new members by the end of 2018	Jan. 2016-Dec. 2018, and ongoing	Time	BMC/DHHS and coalition members	Dates/ Years completed:	Talley of new members added from 2016-2018	<b>New members:</b> Maureen Wilson Tim D’Jock
Develop and submit press releases to local media sources about HB, activities, and inviting community members to join	January 2016-December 2018, and ongoing	Time	Sarah and Halle	Dates/Years completed:	Press releases ran in papers, etc.; copies of them.	<b>2016: 1</b> <b>2017: 1</b> <b>2018:</b>

<p><b>Community Action Groups/Organizations such as NPAC, BCPC, ECIC, MHTFBC, RJ, Drug Court, BMC, etc... to HB meetings to share their vision/mission, goals, activities, and what type of support from HB they need to accomplish them.</b></p>	<p>Starting in 2016 at HB meetings, and ongoing</p>	<p>Time</p>	<p>Sarah and Halle</p>	<p>Dates/Years completed: Ongoing, 2016, 2017</p>	<p>List of community action groups who presented at HB meetings each year or meeting minutes, and plans.</p>	<p>Started in 2016. Jan. 2017 incorporated plans in one plan to address AODA and MH. <b>Groups:</b> BC Prevention Coalition; Restorative Justice; Drug Court; Crisis Group; Mental Health Task Force of Burnett Co.; ECIC; NPAC; ICAA-Connections and Early Head Start; BMC; SCRMC; ADRC;</p>
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\*Evidence Based Activities

**Systems of Sustainability**

**Objective #2:** By December 31<sup>st</sup> 2019, conduct the following activities to support the sustainability of Healthy Burnett.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<p><b>Continue ongoing partnership among Burnett Medical Center and Burnett County DHHS-Public Health to conduct CHNA's/CHIPP's</b></p>	<p>Starting in 2016 and ongoing every 3 years, next one done by Sept. 2019</p>	<p>Staff time and community partners involvement</p>	<p>BMC and DHHS-Public Health</p>	<p>Dates/Years completed: 2016</p>	<p>Completed Assessment/Report</p>	<p><b>Completed Assessment and Report: 2016</b></p>

<p><b>Apply for applicable grants if opportunity arises or utilize partner funds as appropriate to support Healthy Burnett and priority area activities</b></p> <p><b>1. Determine grant or other funding opportunities</b></p> <p><b>2. Write for and submit grant or initiate other funding opportunities</b></p>	<p>Starting in 2016 and ongoing and TBD...</p> <p>1. RFJW Prize-2016</p> <p>2.</p>	<p>Time, community partners</p>	<p>Sarah, Halle, and other coalition members TBD</p>	<p>Dates/Years completed: Wrote for RFJW Prize in 2016;</p>	<p>Ongoing grant award notifications and...</p> <p>Current grant award notification.</p>	<p><b>List of Grants:</b> 2016- Wrote for RFJW Prize, was not awarded.</p>
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\*Evidence Based Activities

**Communication Plan**

**Coordinators/Chairs:** Halle Pardun and Marceleen Mosher

**Objective #3:** By the 2019 Community Health Needs Assessment, Healthy Burnett will utilize at least three methods of communication to increase awareness of Healthy Burnett, the current top health priority, how the health priority is being addressed, and what community members or organizations can do to help.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
Sustain a healthy web presence through healthyburnett.org as resource for communication in community	Ongoing	<p>Funding \$279 annually for Website.</p> <ul style="list-style-type: none"> <li>• Domain name=\$19.80/year</li> <li>• Hosting=\$139.20</li> <li>• Maintenance package=\$120</li> </ul> <p>An admin to maintain web regularly</p>	Halle	Ongoing	<p>More users regularly using website-- after evaluation, this indicator will be moved into effect in 2018 when there is more coalition work and one or two people can volunteer to help manage the webpage.</p> <p>No viruses or other maintenance issues</p> <p>Regular incremental increases in website traffic</p>	<p>List of users (will update every six months):</p> <p>12/2016: 2 6/2017: 3 12/2017: 3 6/2018:3 12/2018: 6/2019:</p> <p>Website traffic (six month totals):</p> <p>12/2016: 294 (Nov&amp;Dec 2016) 6/2017: 2157 (Jan-June2017) 12/2017: 3530 (July-Dec 2017) 6/2018: 3274 (Jan-June2018) 12/2018: 6/2019:</p>

Work with members to write content for distribution to outreach opportunities (web, newspapers, newsletters, Facebook, and so on)	Ongoing (started 12/2016)	Volunteers to write stories  Chair to coordinate and distribute articles	Halle	Ongoing	Articles published in weekly papers, regular Facebook posts (etc...)	Published weekly in 2 papers (Sentinel & Leader) and 1 online site (Drydenwire), on HB website, shared on HB Facebook, published monthly in 1 paper (The Vision). *see media list for details*
Create and manage editorial calendar	An editorial calendar draft is due annually in December for following year	Time	Halle	Ongoing	Volunteers signed up for each week (each member to have one article at min.)	Completed annually: 2016: N/A 2017: Yes (100%) 2018: In progress (90%) 2019:
Boost Facebook pages "likes"	Continue funding targeted campaigns (i.e. national health campaigns, healthy minute, ect...)	\$300 annually  Time	Halle/Marcelen	Ongoing	Steady increase in followers each month culminating in annual goal of 600 total "likes."	Number of Facebook likes: 12/2016: 363 6/2017: 445 12/2017: 481 6/2018: 512 12/2018: 6/2019:  (will update every six months)

Request members and organizations listed on HB website to add healthyburnett.org to their website.	Ongoing	Time	Halle	Ongoing	Greater percentage of organizations that show HB on their website.	Organizations Listing HB on website: 12/2016: 2 6/2017: 2 12/2017: 2 6/2018: 2 12/2018: 6/2019:  (will update every six months)
Promote Healthy Burnett Website through a minimum of three different media sources which may include two local newspapers, HB email distribution list, printed fliers, community presentations, and community newsletters	Ongoing	Funding for printing costs  Time	Halle, Marceleen, and others TBD	Ongoing	List of media venues Healthy Burnett website is promoted through.	Media Appearances (six month totals): 12/2016: 0 6/2017: 5 12/2017: 5 6/2018: 5 12/2018: 6/2019:  (will update every six months)
Promote AODA awareness initiatives	2016 - 2019	Time	Halle, AODA committee	2019	List of media venues Healthy Burnett is able to promote AODA messages.	Media Appearances (six month totals): 12/2016: 0 6/2017: 5 12/2017: 5 6/2018: 5 12/2018: 6/2019:  (will update every six months)

<p>Increase the number of newsletter appearances in members' newsletters.</p>	<p>Ongoing</p>	<p>Time</p> <p>List of orgs with newsletters</p> <p>Volunteer/orgs to submit our content</p>	<p>Halle</p>	<p>Ongoing</p>	<p>Number of instances of appearance in newsletter increases (baseline 2 per year)</p>	<p>Newsletter Appearances (six month totals):</p> <p>12/2016: 0</p> <p>6/2017: 1</p> <p>12/2017: 1</p> <p>6/2018: 2</p> <p>12/2018:</p> <p>6/2019:</p> <p>(will update every six months)</p>
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\*Evidence Based Activities

## AODA Strategic Action Plan 2017-2018

**Vision:** All of Burnett County and its residents will have optimal well-being.

**Mission:** Engage community partners and members to work collaboratively to promote the optimal well-being of Burnett County and its residents.

**Goal #1:** To address the top identified priority area of AODA and the following identified areas of need: communication among AODA professionals and the public; awareness and education about drug and alcohol use in Burnett County; and referrals to resources and/or programs/services available to help reduce drug and alcohol use in Burnett County.

Healthy Burnett Member: <b>Burnett Medical Center</b> Chair: Halle Pardun						
AODA Objective 1: By December 31, 2018, BMC will provide services and education to help reduce drug and alcohol use in Burnett County.						
Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<b>Acupuncture Treatment</b>	2 years- 2017-2018	Funding – not a billable service and would require cash payment from eligible patients. Will be looking for grants to ease access for patients	TBD	Dates/ Years completed:	<ul style="list-style-type: none"> <li>• Program Development (protocols approved by Medical Staff)</li> <li>• Sustainability ensured (Funding)</li> <li>• Patient Enrollment</li> <li>• Patient/PCP Surveys &amp; use of AUDIT-C tool</li> </ul>	Protocols Approved: _____  Funding ensured: _____ Number of enrolled patients, 2017: 0; and 2018: ____ Survey and/or Audit results: _____ <b>N/A due to new staffing</b>



Install a prescription drug collection receptacle	2018	<ul style="list-style-type: none"> <li>Staffing</li> <li>funding</li> </ul>	Halle	Dates/ Years completed: May 2018	<ul style="list-style-type: none"> <li>Track how many times the drop box needs to be emptied.</li> </ul>	The prescription drug drop box was successfully installed in May 2018. As of September 2018 the bin is almost full of unused prescription medications.
Education – various AODA related topics	Started in, 2016 and ongoing each year	<ul style="list-style-type: none"> <li>Staff time</li> </ul>	Halle	Dates/ Years completed: 2016, 2017	<ul style="list-style-type: none"> <li>Will host events such as the mock bedroom demonstration and gauge participation via attendance and/or survey.</li> <li>Number of AODA topics shared/posted on BMC’s Facebook page.</li> <li>Educational display board on prescription drugs.</li> </ul>	Mock bedroom demo. attendance and/or survey results: Aug 1 <sup>st</sup> ,2016 with positive results  2017: 12 2018:
Alcohol and other drug use screenings*	Starting on April 5th & Ongoing	None	Tamra	Dates/Years completed: 2017	BMC will screen all patients age 18 and greater for alcohol and other drug use via the social history in the Electronic Medical record.	Number of screens done in 2017: 1130 2018:

\*Evidence Based Activities

**Healthy Burnett Member: St Croix Regional Medical Center  
Megan Swenson and Carol Larson**

**AODA Objective 1: By December 31<sup>st</sup>, 2018, SCRMC will provide services and education to help reduce drug and alcohol use in Burnett County.**

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status
<p>*Wellness Coach</p> <ul style="list-style-type: none"> <li>• Anyone can come to the Wellness Coach.</li> <li>• Currently available:               <ul style="list-style-type: none"> <li>○ SCF:M-F 8-430pm</li> <li>○ Lindstrom: W 8-430pm</li> </ul> </li> <li>• Kinisi is currently creating wellness coaching protocols for different diagnoses. Ex: Fibromyalgia, Chronic Pain</li> <li>• Protocol               <ul style="list-style-type: none"> <li>○ Physician/prover refers a patient to a wellness coach or puts in a referral.</li> <li>○ Patients can also call and schedule</li> <li>○ It is one on one meetings to discuss goals on creating a healthy lifestyle</li> </ul> </li> </ul>	<p>Started July 2016 &amp; Ongoing</p>	<p>Space will no longer be an issue once the Webster Health Center open Oct 1<sup>st</sup>, 2018</p> <p>Available Coaches</p>	<p>Megan Swenson</p>	<p>Started July 2016 &amp; Ongoing</p>	<p>Evaluation, measure of success &amp; tracking is done with participation rates and QOL survey improvement.</p>	<p>Currently offered in SCF in Kinisi has branched out to Lindstrom Clinic &amp; will continue to branch out to the other community clinics. <b>High potential to have availability in Webster Monday &amp; Fridays.</b></p>

<p>*Steady As You Go Class (Low Impact 1 hour exercise class)</p> <ul style="list-style-type: none"> <li>• Geared for participants 55 years of age and older.</li> <li>• People join due to word of mouth or referral from PT/Provider. From there they fill out paper work consisting of an Health Emergency Form, Waiver of Liability and Physicians Notification Approval Form. Cost is \$2 per class.</li> </ul>	<p>Started in 2011 &amp; Ongoing Tuesdays &amp; Thursdays</p> <ul style="list-style-type: none"> <li>• Standing Class: 12:00-1:00pm</li> <li>• Seated Class: 1:15-2:15pm</li> </ul>	<p>Webster Library Classes are full need more instructors and space.</p> <p>Space will no longer be an issue once the Webster Health Center open Oct 1<sup>st</sup>, 2018</p>	<p>Megan Swenson Lead Instructor: Jill Bednar</p>	<p>Started 2012 &amp; Ongoing</p>	<p>Evaluation, measure of success &amp; tracking is done with annual class and instructor survey, attendance &amp; fitness checks (when able).</p>	<p>Currently offered in Lindstrom, SCF, Unity, Frederic &amp; Webster. This class is not just for the physical part of the triangle spectrum, but also the social and mental aspects. Participants are able to work out while socializing with others and mentally challenging them with different exercises each day.</p>
<p>Licensed Social Worker, Certified in Substance Abuse Counseling</p>	<p>Started in 2017</p>	<p>Availability</p>	<p>Marcelle Dodge, LCSM, CSAC</p>	<p>October 2018</p>	<p>Evaluation, measure of success &amp; tracking is done with participation rates and QOL survey improvement.</p>	<p>Has been seeing patients in Frederic &amp; SCF. Will start seeing patients at the Webster Health Center Oct 1<sup>st</sup>, 2018</p>

\*Evidence Based Activities

**Healthy Burnett Member: Burnett County Prevention Coalition**

Chair: Lil Pinero

**DFC GOAL ONE: Increase Community Collaboration**

**AODA Objective 1:** By Sept. 2017, BCAAPC will recruit 1 new coalition member from the Fraternal/Religious, and Civic/Volunteer sectors.

**Strategy 1:** Recruit and involve members from the community to be engaged in coalition meetings, strategic planning and activities.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
1. Seek individuals and organizations to be engaged in the coalition and its efforts.	By Jan. 2017, and ongoing	Staff time	All Coalition Members	Dates/ Years completed: ____, ____,	Coalition Membership/Partnership Log	
2. At each meeting discuss who is needed to be involved to achieve action plan and who will recruit those people needed.	Ongoing	Staff time	Coalition Members and Staff	Dates/Years completed: ____, ____,	Coalition Meeting Minutes	
3. Conduct key informant interviews among identified community leaders to solicit support and participation in the coalition	Ongoing	Staff time	Hope Consulting	Dates/Years completed: ____, ____,	Key Informant Summary	

**Healthy Burnett Member: Burnett County Prevention Coalition**

Chair: Lil Pinero

**AODA Objective 2:** By Sept. 2017, 100% of active coalition members will be trained strategic prevention framework process.

**Strategy 1:** Build coalition capacity to comfortable integrate data into coalition work.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
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1. Collect quantitative data from partnering organizations: police, schools, service agencies, etc...	By Jan. 2017	Staff time	Coalition Staff	Date/ Years completed: ____, ____	County Profile	
2. Conduct focus group-listening sessions to gain qualitative data.	April 2017	Staff time	Coalition Staff, Hope Consulting, LLC	Dates/ Years completed: ____, ____	Focus Group Summary, County Profile	
3. Establish a data committee to oversee collection of data and to regularly present data to coalition.	Ongoing	Staff time	Coalition Staff, coalition members	Dates/Years completed: ____, ____	Coalition Meeting Minutes	
4. Collaborate with Rusk County Youth Council and the Barron County Community Coalition, and Polk United/W3TFL on an advocacy training for coalition members.	September 2017	Staff time	Staff, Lil Pinero, Sarah Turner, Julie Bever, Elizabeth Hagen	Dates/ Years completed: ____, ____	Speaking Engagement/Event Log	
<b>Strategy 2:</b> By February, 2017, conduct a community needs assessment related to marijuana, alcohol and prescription drug use among youth in Burnett County.						
<b>Activity</b>	<b>Timeframe</b>	<b>Resources Required</b>	<b>Lead Responsibility</b>	<b>Date Completed</b>	<b>Evaluation Indicators</b>	<b>Status and Outcomes</b>

<b>1. Prepare assessment document and information.</b>	February 2017	Staff time	Coalition members, partners, affiliates, Hope Consulting, LLC	Dates/ Years completed: ____, ____	County Profile	
<b>2. Presentation to local clubs and fraternal organizations; local churches and human services organizations.</b>	May 2017	Staff time	Coalition staff and coalition members	Dates/ Years completed: ____, ____	Speaking Engagement/Log	
<b>3. Present to school administration and other key community sectors.</b>	May 2017	Staff time	Coalition staff and coalition members	Dates/ Years completed: ____, ____	Speaking Engagement/Log	
<b>4. Media releases social media to raise awareness in Burnett County.</b>	February 2017	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____	Media Tracking Log	
<b>5. Host Town Hall meeting on drug and alcohol trends in Burnett County.</b>	April 2017	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____	Speaking Engagement/Log	
<b>6. Develop revised logic model.</b>	January 2017	Staff time	Coalition staff, Hope Consulting	Dates/ Years completed: ____, ____	Deliverable Review	

<b>7. Distribute revised logic model for review and approval from coalition.</b>	January 2017	Staff time	Coalition staff	Dates/ Years completed: ____, ____,	Media Tracking Log	
<b>8. Share revised logic model with partners and affiliates.</b>	January 2017	Staff time	Coalition staff and coalition members	Dates,/Years completed: ____, ____	Coalition Meeting Minutes	
<b>Strategy 3: Implement identified activities.</b>						
<b>Activity</b>	<b>Timeframe</b>	<b>Resources Required</b>	<b>Lead Responsibility</b>	<b>Date Completed</b>	<b>Evaluation Indicators</b>	<b>Status and Outcomes</b>
<b>1. Utilizing the revised logic model, review action plan and dedicate coalition time to review responsibilities.</b>	Ongoing	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____,	Coalition Meeting Minutes	
<b>2. Identify activities that need to be sustained and feasibility to do so.</b>	Ongoing	Staff time	Coalition staff	Dates/Years completed: ____, ____	Coalition Meeting Minutes	
<b>3. Each month dedicate coalition time to review progress of action plan and assign new duties as others are completed.</b>	Ongoing	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____,	Coalition Meeting Minutes	

4. Each month review progress of activities, budget needs and any challenges to achieving plan.	Ongoing	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____	Coalition Meeting Minutes	
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**Strategy 4: Evaluate coalition efforts and activities and plan for sustainability.**

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
1. Determine which strategies and activities should be evaluated.	January 2017	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____	Coalition Meeting Minutes	
2. Create evaluation tools for needed activities.	February 2017	Staff time	Coalition staff and Hope Consulting, LLC	Dates/ Years completed: ____, ____	Coalition Meeting Minutes	
3. Review sustainability plan and discuss at coalition meetings regularly.	Ongoing	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____	Coalition Meeting Minutes	
4. Evaluate all activities for budget and sustainability needs.	May 2017	Staff time	Coalition staff and Hope Consulting, LLC	Dates/Years completed : ____, ____	County Profile, DFC Quarterly Reports	

Healthy Burnett Member: **Burnett County Prevention Coalition**  
Chair: Lil Pinero

**DFC GOAL TWO: Reduce youth substance use**

**AODA Objective 1:** Reduce past thirty day use of alcohol by youth from 22% to 17% as shown by the YRBS 2018.

**Strategy 1:** Increase efforts to reduce underage alcohol use through environmental strategies.



Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<p><b>1. Support law enforcement to implement environmental strategies: Alcohol age compliance checks:</b></p> <ul style="list-style-type: none"> <li>• Send letters to licenses regarding possible upcoming compliance checks</li> <li>• Issue warnings, citations, and license revocations for repeat offenders</li> <li>• Offer debriefing of compliance check failure to the clerks and owners</li> <li>• Assist in establishment education</li> <li>• Recruit and train decoys for compliance checks</li> <li>• Set up list of decoys and share with regional partners</li> </ul>	Ongoing	Staff time	Coalition staff, law enforcement, youth decoys	Dates/Years completed: ____, ____,	Compliance Check Tracking	

<b>2. Parents Who Host Lose the Most campaign implementation</b>	Ongoing	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____,	Media Tracking Log, Speaking Engagement/Event Log	
<b>3. Implement Media Campaigns in various formats.</b>	Ongoing	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____,	Media Tracking Log	
<b>4.Reduce fines based on participation with Serve Burnett Safely Class via law enforcement and coalition</b>	Ongoing	Staff time	Coalition staff, law enforcement, youth decoys	Dates/Years completed: ____, ____,	Serve Burnett Safely Satisfaction Survey, Police Log	
<b>Strategy 2: Advocate for the implementation of evidence based practices at community festivals.</b>						
Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<b>1. Develop and distribute informational packets for event organizers.</b>	Summer 2017	Staff time	Coalition staff, law enforcement	Dates/ Years completed: ____, ____,	Material Distribution Log	
<b>2. Provide wristbands.</b>	Summer 2017	Staff time	Coalition staff and coalition members	Dates/ Years completed: ____, ____,	Material Distribution Log	
<b>3. Conduct compliance checks at festivals.</b>	Summer 2017	Staff time	Law enforcement, youth	Dates/ Years completed: ____, ____,	Policy Tracking Form, Compliance Check Tracking Form	

<b>Strategy 3: Increase education and consequences to stores/bars for serving alcohol to minors.</b>						
<b>Activity</b>	<b>Timeframe</b>	<b>Resources Required</b>	<b>Lead Responsibility</b>	<b>Date Completed</b>	<b>Evaluation Indicators</b>	<b>Status and Outcomes</b>
<b>1. Partner with police to conduct compliance checks.</b>	Ongoing	Staff time	Coalition staff, law enforcement, youth	Dates/Years completed: ____, ____,	Coalition Membership/Partnership Log, Compliance Check Tracking Form	
<b>2. Work with stores on product placement to monitor and limit theft of single alcohol cans/products.</b>	Ongoing	Staff time	Coalition staff, coalition members, establishment owners	Dates/Years completed: ____, ____,	Speaking Engagement/Event Log, Material Distribution Log	
<b>Strategy 4: Work with police to do in-person beverage server training to include education of risks and how to check ID's.</b>						
<b>Activity</b>	<b>Timeframe</b>	<b>Resources Required</b>	<b>Lead Responsibility</b>	<b>Date Completed</b>	<b>Evaluation Indicators</b>	<b>Status and Outcomes</b>
<b>1. Partner with police to conduct beverage server training.</b>	September 2017	Staff time	Coalition staff, and law enforcement	Dates/Years completed: ____, ____,	Speaking Engagement/Event Log	
<b>2. Create and distribute training invitation.</b>	September 2017	Staff time	Coalition staff and coalition members	Dates/ Years completed: ____, ____,	Material Distribution Log	
<b>3. Host training as requested.</b>	Ongoing	Staff time	Coalition staff	Dates/Years completed: ____, ____,	Speaking Engagement/Event Log	

4. Provide certificate to owners who participate.	September 2017	Staff time	Project Coordinator, Law Enforcement	Dates/Years completed: ____, ____,	Material Distribution Log	
<b>Healthy Burnett Member: Burnett County Prevention Coalition</b> <b>Chair: Lil Pinero</b>						
<b>DFC GOAL TWO: Reduce youth substance use</b> <b>AODA Objective 2: Reduce the lifetime use of taking a prescription drug without a doctor's permission from 13% to 10% as shown by YRBS 2018.</b> <b>Strategy 1: Education and awareness of the risks for misuse/abuse of prescription meds.</b>						
Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
1. Provide education and presentations to youth about risks.	May 2017	Staff time	Coalition staff	Dates/ Years completed: ____, ____,	Speaking Engagement/Event Log	
2. Host educational sessions around community regarding risks.	Ongoing	Staff time	Coalition staff	Dates/Years completed: ____, ____,	Speaking Engagement/Event Log	
3. Partner with school districts and health classes to educate on harm of prescription drug misuse.	Ongoing	Staff time	Coalition staff and coalition school members	Dates/Years completed: ____, ____,	Speaking Engagement/Event Log	

4. Provide posters to be used in hospitals/clinics of risk of prescription drug misuse.	Ongoing	Staff time	Coalition staff	Dates/Years completed: ____, ____,	Material Distribution Log	
5. Partner with doctors and pharmacies to educate patients of risk of addiction and need to secure, monitor and dispose.	April 2017	Staff time	Coalition staff	Dates/Years completed: ____, ____,	Coalition Membership/Partnership Log	
<b>Strategy 2: Educate community and businesses of need to monitor, secure and dispose of unused/outdated prescription drugs.</b>						
<b>Activity</b>	<b>Timeframe</b>	<b>Resources Required</b>	<b>Lead Responsibility</b>	<b>Date Completed</b>	<b>Evaluation Indicators</b>	<b>Status and Outcomes</b>
1. Develop and promote Secure, Monitor, and Dispose media campaign.	April and September 2017	Staff time	Coalition staff	Dates/Years completed: ____, ____,	Material Distribution Log, Media Tracking Log	
2. Conduct rural outreach drug collections.	April and September 2017	Staff time	Coalition staff, coalition members, law enforcement	Dates/ Years completed: ____, ____,	Rx Collection Log, Speaking Engagement/Event Log	
3. Promote permanent drug boxes and drug collections.	April and September 2017	Staff time	Coalition staff, coalition members, law enforcement	Dates/Years completed: ____, ____,	Material Distribution Log	

4. Partner with police to educate businesses the need to review product placement to secure over the counter medications and other restricted items from theft.	Ongoing	Staff time	Coalition staff and law enforcement	Dates/Years completed: ____, ____,	Speaking Engagement/Event Log	
5. Work with prescribers and pharmacies regarding safety, especially related to OTC medications.	April and September 2017	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____,	Coalition Membership/Partnership Log, Speaking Engagement/Event Log	
6. Disseminate information regarding regional drop boxes, in collaboration with surrounding counties.	September 2017	Staff time	Staff, Lil Pinero (Burnett), Sarah Turner (Barron), Julie Bever (Rusk), Elizabeth Hagen (Polk)	Dates/ Years completed: ____, ____,	Material Distribution Log	
<b>Healthy Burnett Member: Burnett County Prevention Coalition</b> <b>Chair: Lil Pinero</b>						
<b>DFC GOAL TWO: Reduce youth substance use</b>						
<b>AODA Objective 3: Reduce past thirty day use of marijuana by youth from 13% to 10% as shown by YRBS 2018.</b>						
<b>Strategy 1: Education and awareness of the risks for use of marijuana and synthetic marijuana.</b>						
<b>Activity</b>	<b>Timeframe</b>	<b>Resources Required</b>	<b>Lead Responsibility</b>	<b>Date Completed</b>	<b>Evaluation Indicators</b>	<b>Status and Outcomes</b>

<b>1. Write editorials, articles, and parent letters regarding risks and concerns of marijuana use.</b>	Ongoing	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____,	Media Tracking Log	
<b>2. Host educational sessions throughout the county.</b>	September 2017	Staff time	Coalition staff and coalition members, law enforcement	Dates/ Years completed: ____, ____,	Speaking Engagement/Event Log	
<b>3. Provide support for options for youth using marijuana.</b>	Ongoing	Staff time	Coalition staff and coalition members	Dates/Years completed: ____, ____,	Material Distribution Log	

\*Evidence Based Activities

Healthy Burnett Member: <b>Restorative Justice (RJ)</b> Chair: Brandy Horstman						
<b>AODA Objective 1:</b> By December 31, 2018, RJ will provide awareness, education, and resources available through at least six or more programs and/or activities provided to in the community to help reduce drug and alcohol use in Burnett County.						
Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<b>VIP Osceola School</b>	By March 2016	Speaker	RJ	March 2016	Number of students who attend	<b>Completed</b> , 475 students attended
<b>Leadership/Drugged Living &amp; Driving Webster &amp; Siren School</b>	By March 2016	Speaker	RJ	March 2016	Number of students who attend	<b>Completed</b> , 300 students attended

VIP Webster School	By April 2016	Speakers	RJ	April 2016	Number of students who attend	Completed, 150 students attended
Teacher in service – Grantsburg	By August 2016	Staff time	RJ	August 2016	Number of high school teachers who attended	Completed
Teacher in service- Webster	By August 2016	Staff time	RJ	August 2016	Number of middle & high school teachers who attended	Completed
Teacher in service – Siren	By January 2017	Staff time	RJ	January 2017	Number of teachers who attended and which grade levels	Completed,
Hidden In Plain Sight Room						
Burnett Medical Center	By July 2016	Staff time	RJ	July 2016	Number of staff & parents who attended	Completed, over 200 attended
Siren High School	By June 2016	Staff time	RJ	June 2016	Number of community persons who attended	Completed
Grantsburg High School	By August 2016	Staff time	RJ	August 2016	Number of staff & parents who attended	Completed
Webster High School	By August 2016	Staff time	RJ	August 2016	Number of staff & parents who attended	Completed
Shell Lake School	By November 2016	Staff time	RJ	November 2016	Number of staff & parents who attended	Completed
Spoooner High School	By December 2016	Staff time	RJ	December 2016	Number of staff & parents who attended	Completed
Burnett County Fair	By August 2016	Staff time	RJ	August 2016	Number of community persons who attended	Completed
Luck Library Club	By June 2016	Staff time	RJ	June 2016	Number of members who attended	Completed
Burnett County Board/County Employees	By February 2017	Staff time	RJ	February 2017	Number of board members and employees who attended	Completed



<p><b>AODA Circles*</b>  <b>For those youths at risk, or ordered by the court</b></p> <p>(To keep in touch at 3 months, 6 months, and 1 year.          To educate youth about the dangers of drugs and alcohol.          To reduce the hardship caused by drugs and alcohol to the community.)</p>	Ongoing	Speakers  Staff time	RJ	Dates/Years completed 2016, 2017, _____	Number of participants attended	<p><b>2016</b> number of participants: 42</p> <p><b>2017</b> number of participants: 47</p>
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\*Evidence Based Activities

**Healthy Burnett Member: Drug Court**

Chair: Tessa Anderson

**AODA Objective 1:** By December 31, 2018, Drug Court will provide at least 7 or more programs and/or activities in the community to help reduce drug and alcohol use in Burnett County.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<b>Matrix Program</b>	Throughout DAC	Aurora	DAC	Dates/Years completed 2016, ____, ____	Participants sobriety graduations/terminations reduction in recidivism	<b>Number of classes: ____</b>  <b>Number and/or % of participants who graduated: ____</b> <b>Number Termed: ____</b>
<b>Self help meetings</b>	Throughout DAC	Community *places to hold meetings *help w/transportation	DAC	Dates/Years completed 2016, ____, ____	Participants sobriety Changes in social networks	<b>Number of meetings: ____ and number attended ____</b>
<b>Drug testing</b>	Throughout DAC	Testing supplies: *patches *cups *PBT *oral fluid *Sobriotor *IID	DAC	Dates/Years completed 2016, ____, ____	Participants sobriety Graduations/terminations Reduction in recidivism Increase public safety Reduce drug related crimes	<b>Number and/or % of participants who graduated: ____</b> <b>Number Termed: ____</b>

<b>AODA/MH programming</b>	Throughout DAC	Aurora SCT MH/AODA	DAC	Dates/Years completed 2016, ____, ____	Participants sobriety Graduation/termination Reduction in recidivism	<b>Number and/or % of participants who graduated:____ Number Termed:____</b>
<b>Case management</b>	Throughout DAC	Staff time	DAC	Dates/Years completed 2016, ____, ____	Improvement of criminal thinking Healthier families Participant's sobriety	
<b>Community Service</b>	Throughout DAC	RJ Community service sites w/in the community	DAC	Dates/Years completed 2016, ____, ____	Giving back to the community, reduction in DAC fee's, reduction in fines (if approved to pay off fines)	<b>Reduction in fees/fines by:____# and/or %</b>
<b>Sober activities*</b> (Barriers: cost & opportunities available)	Throughout DAC	New Beginnings Alano Club Recovery Community Incentives (Funding, and Opportunities)	DAC	Dates/Years completed 2016, ____, ____	Improved family relationships Changes in peer groups  List of activities completed	<b>List of activities:</b>
<b>Training for team members</b>	Throughout DAC	Funding, Training opportunities	DAC	Dates/Years completed 2016, ____, ____	List of trainings and dates completed	<b>WATCP in May 16 NWC Meth Summit in April 16, __, __</b>

Sanctions/incentives	Throughout DAC	Donations from community	DAC	Dates/Years completed 2016, _____	Improvement of criminal thinking	List of sanctions/incentives: _____
*Evidence Based Activities						

Healthy Burnett Member: **Perinatal Illicit Drug Use Task Force**

Chair: Jodi Reed

**COMMUNITY ACTION RECOMMENDATION PLAN**

Targets	Recommendation	Strategies
All community members	Support substance using pregnant women	<p>Reduce the stigma associated with substance use and pregnancy by becoming educated in <a href="#">trauma-informed approaches</a></p> <p>Incorporate <a href="#">trauma-informed approaches</a> education in community-wide events</p> <p>Learn to recognize <a href="#">signs of substance use</a></p> <p>Post Task Force’s social marketing signs to prevent substance use during pregnancy in local businesses</p> <ul style="list-style-type: none"><li>• hospitals/clinics</li><li>• social service agencies</li><li>• pharmacies</li><li>• taverns/restaurants</li><li>• casinos</li></ul> <p>Make a “Preparedness Plan” should you encounter a substance using pregnant woman and know what resources you can connect her with</p> <p>Help pregnant women access regular, ongoing, prenatal care by assisting with transportation to appointments or offering childcare during appointments</p>

Targets	Recommendation	Strategies
County and Tribal Health and Human Service Agencies	Identify substance using women, substance exposed infants, and their families in a timely manner across all systems.	Implement evidence-based practices for universal screening of pregnant women for substance use
Clinics and Hospitals		Implement evidence-based practices for universal screening of women of childbearing age for substance use
Private Support Service Agencies		

Targets	Recommendation	Strategies
<b>Clinics and Hospitals</b>	Promote home visiting programs to women during pregnancy and after birth	Foster partnerships between local home visiting programs ( <a href="#">St. Croix Tribal Home Visiting</a> and <a href="#">Family Resource Center Home Visiting</a> ) and local hospitals/clinics providing obstetric services
<b>Home Visiting Programs</b>		Connect clients with home visiting program staff prior to discharge from hospital after delivery
<b>County and Tribal Health and Human Service Agencies</b>		Market home visiting programs on agency websites and community wide events

Targets	Recommendation	Strategies
<p><b>Clinics and Hospitals</b></p> <p><b>Mental Health and AODA Service Providers, including counselors</b></p>	<p>Promote awareness of medication-assisted treatment as an evidence-based treatment for pregnant women with opioid use disorders</p>	<p>Educate clients and their families about medication-assisted treatment using the <a href="#">Substance Abuse and Mental Health Services Administration brochure</a></p> <p>Consider making Public Service Announcements to educate the public about medication-assisted treatment and share through your social media</p> <p>Refer clients who are eligible for medication-assisted treatment to providers that are accredited to prescribe medication-assisted treatment (Dr. Vitale at <a href="#">Burnett Medical Center</a>)</p>
<p><b>Child Protective Services, Indian Child Welfare</b></p> <p><b>Agencies with Mandated Reporters (within Burnett County)</b></p>	<p>Develop and disseminate guidance for local health care providers, teachers, and other mandated reporters to clarify child welfares response for children identified with substance exposure</p>	<p>Host lunch and learns to clarify the role of CPS, information needed by CPS and define unborn child abuse by Wisconsin laws</p> <p>Take the <a href="#">Wisconsin Child Welfare Professional Development System Mandated Reporter Online Training</a></p>



**Healthy Burnett Member: Indianhead Community Action Agency**

**Chair: Josie Penberthy**

**AODA Objective #1:** By December 31, 2018, ICAA will have staff making referrals to individuals seeking help w/ AODA to agencies providing education, services/programs, and resources available with helping to reduce drug and alcohol use in Burnett County.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<p><b>Start tracking number of referrals made to individuals seeking help w/ AODA, and to what agencies or programs they were referred to.</b></p> <p>(Do not have a baseline number from previous years)</p>	Starting in April 2017, and ongoing	Staff time	JOSIE, staff members	Dates/Years completed: 2017, _____	Number of referrals and list of which agencies or programs referred to.	<p><b>Active/Pending:</b></p> <p><b>Number of referrals in 2017 to agencies helping w/ AODA: 1, and list of agencies: Mental health – med management plus drug issue</b></p> <p><b>2018 number of referrals _____, and list of agencies: _____, _____, _____</b></p>
<p><b>Provide information or brochures to individuals seeking help w/ AODA about the agencies or programs that provide education, services, and resources available in helping to reduce AODA in Burnett County.</b></p> <p>(Information or brochures will be made available to staff to make referrals as needed, and manager will follow up on referrals)</p>	Starting in April 2017, and ongoing	Staff time	JOSIE, staff members	Dates/Years completed: 2017, _____	Staff trained to make referrals to agencies or programs that provide education, services, and resources in helping to reduce AODA.	<p><b>Pending:</b></p> <p><b>Number of staff trained to make referrals in 2017: 3</b></p> <p><b>Number of staff trained to make referrals in 2018: _____</b></p>

**\*Evidence Based Activities**

**Healthy Burnett Member: ADRC**

**Chair: Carrie Meyers**

**AODA Objective #1:** By December 2018, the ADRC will conduct a at least 5 activities and/or classes to provide medication management resources, increase awareness of the importance of proper medication management and use, and decrease the stigma associated with AODA in the populations we serve.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<b>Review and update AODA resources in the ADRC Resource Guide Annually</b>	By the end of May 2017 and May 2018	Up to date information on resources available to Polk and Burnett Counties residents	Carrie Myers	Dates/ Years completed: May 2017	Manual reviewed and updated	<b>Updated manual completed &amp; yrs.: 2017; 2018</b>
<b>Complete 3 Stepping On Fall Prevention Classes* in Burnett County</b> <ul style="list-style-type: none"> <li>• <b>Medication Management is strong focus of the class</b></li> </ul>	By the end of 2018	Workshop location Marketing Continued involvement of workshop leaders	Carrie-ADRC	Completion date of 3 <sup>rd</sup> workshop: May 2018	Completed class with at least 8 registrations.  Workshop survey	Spring 2016 Workshop Completed with 15 participants. Spring 2017 Workshop Completed with 14 participants. Fall 2017 workshop canceled-not enough participants. Spring 2018 Workshop Completed with 10 participants. <b>Number of Classes completed:3</b> <b>Number of Participants: 41</b> <b>Survey Results: 5 (out of 5)</b>

<p><b>Complete 1 Living Well with Chronic Conditions workshop*</b></p> <ul style="list-style-type: none"> <li>A few topics covered: Medication management, decision making, resources and supports, and using the mind to manage symptoms</li> </ul>	<p>By the end of 2017</p>	<p>Marketing!!</p>	<p>Carrie-ADRC</p>	<p>Date successful workshop is completed: November 30<sup>th</sup>, 2017</p>	<p>Completed class with at least 8 registrations. Revised registration criteria to 5 participants because location of area is a smaller area</p> <p>Workshop survey</p>	<p>Fall 2017 workshop Completed 11/30/2017.</p> <p><b>Number of Classes: 1</b>  <b>Number of Participants: 5</b>  <b>Survey Results: 5 (out of 5).</b></p>
<p><b>Include 3 articles annually in The Voice related to AODA</b></p>	<p>By the end of 2017 and 2018</p>	<p>Information/articles from good sources!  Volunteers/professionals to write and submit articles</p>	<p>Carrie-ADRC</p>	<p>Dates/ Years completed: August 2018</p>	<p>Completed articles</p>	<p>3/6 articles complete.  <b>Articles:</b></p> <ol style="list-style-type: none"> <li>Feb 2017—<i>Substance Abuse in Older Adults</i></li> <li>June 2017---<i>Aging Effects of Medications</i></li> <li>July 2017---<i>Medications... What else works?</i></li> <li>February 2018—The White Ribbon</li> <li>March 2018—Midyear Formulary Changes</li> <li>August 2018—Older Adults Overlooked in Opioid Abuse Epidemic, State Officials Says</li> </ol>

<b>Handout at least 30 Medication Management Educational Brochures</b>	By the end of 2018	Invitations to local events to hand brochures out at. Successful Stepping On and Living Well workshops—to include in bag of resources each participant gets	ADRC staff	Dates/Years completed: May 2018	Count of brochures handed out	<b>Number of brochures handed out: 44</b>
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\*Evidence Based Activities

**Healthy Burnett Member: Early Head Start Childcare Partnership**

**Chair: Amy Nelson**

**AODA and Overall Program Goals:** To provide high quality systems or programs for families and children to improve their condition and quality of life. The Early Head Start partners with families to encourage, motivate, and assist them in their own efforts. Contribute to child's learning and development through implementing a research based curriculum. Effective assessments and teaching child interactions so children and families are ready for schools.

**Staffing Objective:** By 2019, establish an effective leadership and engagement system to increase employee retention.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status
Ensure all staff have or obtain the Child Development Associate Program per performance standard	Ongoing at hire	Staff time and funding	Education Specialist		Number of staff completing this program	End of 2017: 12 End of 2018: 5 End of 2019:
Provide training for staff and partners on leadership skills	Ongoing yearly	Staff time and funding	Education Specialist and Agencies Coordinator		Number of trainings and staff attendance per year	End of 2017: 53 End of 2018: 50 End of 2019:
All teachers attend teaching strategies GOLD training curriculum*	Ongoing at hire	Staff time and funding	Education Specialist and Agencies Coordinator		Number of trainings and staff attendance per year	End of 2017: 30 End of 2018: 16 End of 2019:

**Healthy Burnett Member: Early Head Start Childcare Partnership**

**AODA Goal:** To provide high quality systems or programs for families and children to improve their condition and quality of life. The Early Head Start partners with families to encourage, motivate, and assist them in their own efforts.

**Chair: Amy Nelson**

**Family Objective:** By 2019, use the development tool, nurturing parenting curriculum and triple p plan with participating families to increase their knowledge about resources available and to give them the ability to be able to apply best practice parenting skills.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status
*Development tool	Ongoing (Within 90 days)	CAP services— Family Development Partnership Planning Tool	Family Resource Provider		Goal Sheet follow up PIR	Results: 2017: 58 2018: 48
*Nurturing Parenting	Yearly Class	Nurturing Parenting Curriculum	Family Resource Provider		Assessments done within the class.	Results/Summary of Assessments: 2017: 8 2018:0
*Triple P	Ongoing	Positive Parenting Plan	Family Resource Provider and our CANPB coordinator		Assessments done within the program.	2017: 94 2018:76
Development Screeners	Every 4 months or rescreen	Ages and Stages 3	Family Resource Provider And teacher		Assessment Score Sheet	2017: 74 2018: 81
Social Emotional developmental screener	August and February Or rescreen	Ages and stages SE:2	Family Resource Provider and Teachers		Assessment score sheet	Results/Summary of Assessments: 2017: 8 2018:0

**Healthy Burnett Member: Early Head Start Childcare Partnership**

**AODA Goal:** To provide high quality systems or programs for families and children to improve their condition and quality of life. The Early Head Start partners with families to encourage, motivate, and assist them in their own efforts.

**Chair: Amy Nelson**

**Children Objective:**

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status
Referrals	Within 90 days and on going	Appropriate agency or program	Family Resource Provider		follow up on needs satisfied	2017: 1315 2018: 1706
Application	Ongoing	Families to do applications with	Family Resource Provider		Intakes into the program	2017: 36 2018:24
Interest Survey	Before start date	Appropriate agency or program to share information or refer to	Family Resource Provider		Follow up on need satisfied	2017: 58 2018: 58

\*Evidence Based Activities

## Mental Health Strategic Action Plan 2016-2018

**Vision:** All of Burnett County and its residents will have optimal well-being.

**Mission:** Engage community partners and members to work collaboratively to promote the optimal well-being of Burnett County and its residents.

**Goal #1:** To address the top identified priority area of MH and the following identified areas of need: to improve communication among Mental Health Professionals and the public; to reduce the stigma associated with mental health and seeking mental health services; to reduce suicide; and to provide mental health training such as QPR (Question, Persuade, and Refer) for paraprofessionals.

Healthy Burnett Member: **Mental Health Task Force of Burnett County (MHTFBC)**

**Focus Area: Reduce Suicides**

**Chair: Emily Ovik**

**Mental Health Objective #1:** By December 31, 2018, MH Crisis Line Posters will be distributed to 50 county organizations.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
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<p>Promote Crisis Line by distributing posters, brochures and business cards throughout county.</p>	<p>By the end of December 2017 and 2018</p>	<p>Staff Time, coalition members/ volunteers to help w/ posting or distributing</p> <p>Gun Locks – local law enforcement</p>	<p>Emily</p>	<p>Dates/Months, or Years completed: 2017</p>	<p>Number of posters distributed throughout the county.</p> <p>List of places posters where distributed at.</p> <p>Tracking of crisis calls over the years.</p>	<p><b>Number of posters distributed 2017____; 2018____</b></p> <hr/> <p>September 2, 2017: Blizzard Youth Hockey Gun &amp; Sport Show-Crisis line cards, Man Therapy posters, Gun Locks</p> <p><b>Crisis line cards and brochures:</b>  September 14-15, 2017: Frederic Varsity sporting events</p> <p>October 5, 2017: Siren, Grantsburg and Webster High and Middle School guidance counselors</p> <p>October 11, 2017: Siren High School parent teacher conferences</p> <p>October 26, 2017: Frederic High School guidance counselor</p> <p>October 28, 2017: Frederic Elementary Halloween Party. Grantsburg area Trunk or Treat at the Ice Arena</p> <p>February 15, 2018  50 brochures, 100 cards  Northwest Alliance</p>
<p><b>Last Updated: 2/16/2018</b></p>			<p><b>Page 40</b></p>			



**\*Evidence Based Activities**

**Healthy Burnett Member: Mental Health Task Force of Burnett County**

Focus Area: **Reduce Stigma**

Chair: Emily Ovik

**MH Objective #2:** By December 31, 2018, a minimum of four activities will be conducted in Burnett County to reduce stigma associated with mental health and seeking mental health services.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
Chalk Art Competition – mid October	By mid October 2017 and 2018	Staff Time, coalition members/ volunteers to help w/ coordinating	Emily	Dates/Months, or Years completed: October 27, 2017	List of schools who participated, winner of competition, and list of media sources promoting and running articles on event.	<p><b>2017 List of schools:</b> Siren High School, Webster Middle School, Webster High School, Northwest Journey, Grantsburg High School</p> <p><b>Winner:</b> 2017: Webster High School</p> <p><b>Media Sources:</b> Healthy Burnett Facebook page, Burnett County Sentinel newspaper, InterCounty Leader newspaper</p> <p><b>2018 List of schools:</b></p> <p><b>Winner:</b> _____</p> <p><b>Media Sources:</b></p>

Webster HS open house info booth – late August	By the end of August 2017 and 2018	Staff Time, coalition members/ volunteers to help w/ coordinating	Emily	Dates/Months, or Years completed: August 29, 2017	Completion of the booth and attendance (count number of people who picked up material or asked about service)	<p><b>Booth Completed: August 29, 2017</b></p> <p><b>Number attending booth:</b> Did not keep track, appeared to be more than 2016, some did request additional information.</p>
National Night Out info booth – early August	By the first week in August 2017 and 2018	Staff Time, coalition members/ volunteers to help w/ coordinating	Emily	Dates/Months, or Years completed: August 1, 2017 August 7, 2018	Completion of the booth and attendance (count number of people who picked up material or asked about service)	<p><b>Booth Completed: August 1, 2017</b></p> <p><b>Number attending booth:</b> Did not keep track, appeared to be more than 2016, some did request additional information.</p> <p><b>Booth Completed: August 7, 2018</b></p> <p><b>Number attending booth:</b> Did not keep track. We did have 80 yo-yo balloons to give away to kids and were successful in giving them all away.</p>

Suicide Prevention display at the Burnett County Government Center, Lobby	By the first of September in 2017 and 2018	Staff Time, coalition members/ volunteers to help w/ coordinating	Emily	Dates/Months, or Years completed: September 1, 2017	Completion of the booth and attendance (count number of people who picked up material or asked about service)	<b>Display Completed: September 1, 2017</b>  <b>Number attending booth: unable to keep track</b>
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**\*Evidence Based Activities**

<b>Healthy Burnett Member: Mental Health Task Force of Burnett County</b> <b>Chair: Emily Ovik</b>						
<b>Focus Area: QPR (Question, Persuade, Refer) Trainings</b>						
<b>MH Objective #3:</b> By December 31, 2018, a minimum of four or more organization will receive Question, Persuade, Referral (QPR) training in Burnett County.						
Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes

<p>Conduct QPR Trainings in Burnett County *</p>	<p>By the end of December 2016, 2017, and 2018</p>	<p>QPR Trainers Staff Time, and coalition members/volunteers to help w/ coordinating as needed.</p> <p>Marketing of trainings, and for groups wanting the training</p>	<p>Emily</p>	<p>Dates/Months, or Years completed:</p> <p>6/1/16 6/15/16 9/12/16</p> <p>1/27/17 2/15/17 4/21/17 10/4/17</p> <p>6/20/18</p>	<p>Number of QPR Trainings conducted each year and list of locations/groups receiving training.</p> <p>Results from evals/surveys?? How do you measure effectiveness? Tracking trends, reports, surveys, etc...??? – there is a QPR survey we could use.</p>	<p><b>Number of QPR Trainings in 2016: 3 trainings, 37 individuals</b>  <b>2017: 4 trainings, 90 individuals</b>  <b>And 2018: _____</b></p> <p><b>Locations/Groups Trained:</b>  2016: Webb Lake, A7H Senior Center, Lakeside Community Church</p> <p>2017: Siren HS Staff, Grantsburg Community, Family Resource Center Staff, St Croix Tribal Health Clinic Staff</p> <p>2018: Siren Lionesses</p> <p><b>Other outcomes:</b></p>
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\*Evidence Based Activities

**Healthy Burnett Member: ADRC  
Chair: Carrie Myers**

**Focus Areas:** Reduce Stigma, Support for Caregivers, and Create Dementia Friendly Communities

**Mental Health Objective #1:** By December 2018, ADRC will conduct at least 6 activities to increase awareness of and decrease the stigma associated with mental illness in the populations we serve; provide education and supports to family caregivers to prevent burnout and other mental illness that accompany burnout; and work with area communities to create dementia friendly communities, businesses, neighbors and access to resources.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<b>Review and update Mental Health Section of ADRC Resource Guide Annually</b>	By end of May 2017 and May 2018	Up to date information on resources available to Polk and Burnett Counties residents Staff time Local agencies to submit their program/service updates and or attend ADRC staff meetings	Carrie Myers	Dates/ Years completed: May 2017 May 2018	Manual reviewed and updated.  Feedback from staff regarding new resources to add and changes to older resources that need to be made.	<b>Updated manual completed &amp; yrs: 2017; 2018</b>
<b>Complete 1 Powerful Tools for Caregivers in Burnett County* annually</b> • Workshop focused on the family caregiver and their self care.	By end of 2017 and 2018	Workshop location Marketing	Carrie-ADRC	Dates/ Years completed:	Completed class with at least 8 registrations.  Workshop survey results	2017 canceled due to low registrations Start Planning January 2018 <b>Class Completed/location: _____</b> <b>Survey data results: _____</b>

<p><b>Include 10 articles in The Voice related to, caregiver health and wellness and mental health issues common in the population we serve—dementia/Alzheimer, anxiety, depression, PTSD ect. annually</b></p>	<p>By end of 2017 and 2018</p>	<p>Information/articles from good sources! Volunteers to help write articles.</p>	<p>Carrie-ADRC</p>	<p>Dates/ Years completed: 2017 2018</p>	<p>List of articles completed and dates</p>	<p>10/10 articles complete. <b>Articles:</b></p> <ol style="list-style-type: none"> <li>1. Jan. 2017 <i>Everyone with a Brain is at Risk for Dementia</i></li> <li>2. Jan. 2017- Caregiver Column: <i>How to Keep the Promise We Make To Ourselves This Year</i></li> <li>3. Feb 2017- Caregiver Colum: <i>Eat Well, Care Well</i></li> <li>4. Feb 2017—Veteran Column: <i>Disordered Eating</i></li> <li>5. March 2017— Caregiver Column: <i>Grand Love</i></li> <li>6. April 2017— Recognize Caregiver Burnout</li> <li>7. June 2017---Love Your Brain Always</li> <li>8. June 2017---Don't Worry Be Happy</li> <li>9. September 2017--- How Do You Recharge?</li> <li>10. October 2017--- Myths and Realities about Suicide</li> <li>11. April 2018—National Stress Awareness Month</li> <li>12. April 2018—Tele Health Programs for Vets with PTSD</li> <li>13. May 2018—Mental Health Month</li> <li>14. July 2018—Find Support in Your Caregiving Rolle</li> <li>15. July 2018—Life in a</li> </ol>
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<b>Host a Dementia Summit</b>	April 26 <sup>th</sup> , 2017	Marketing! Help inviting and getting community leaders to attend event.	Carrie, Dawn and Barb from ADRC of NW WI	Dates completed: April 26 <sup>th</sup> , 2017	Completed event, event evaluation form/results and businesses signing up to receive the Dementia Friendly Business Training	<b>Event/location completed:</b> April 26 <sup>th</sup> , 2017 <b>Eval. Results:</b> 35 volunteers gained, 5 organizations/businesses interested in DFBT <b>Number of Participants: 70</b>
<b>Distribute at least 80 Dementia/ Alzheimer's Awareness Posters</b>	By end of 2018	Help posting posters throughout the Burnett communities	Carrie, Dawn and Barb from ADRC of NW WI	Date completed:	Number of posters distributed and list of locations distributed at	<b>Number of posters distributed:</b> 40 <b>List of locations:</b> Healthy Burnett Meeting Transition of Care Coalition Meeting ADRC Staff Meeting National Night Out Caregiver Conference Final Affairs
<b>Establish a Memory Café in Burnett County</b>	By end of 2017	Co-Facilitators Refreshments Funding/Support Marketing	Carrie, Dawn and Barb from ADRC of NW WI	Date of first Memory Café with at least 4 participants:	Café up and running with at least 4 participants in attendance.  Quarterly Café survey results	Postponed to be completed in 2018. Location and Meeting Dates: Average Number in attendance:____ Quarterly Survey Results:_____

<p><b>Complete 5 Dementia Friendly Business Trainings in Burnett County</b></p>	<p>By end of 2018</p>	<p>Dementia Friendly Business Trainers</p> <p>Businesses who would like to be trained</p>	<p>Carrie at the ADRC and other ADRC staff trained to train businesses</p>	<p>Months and Year in which the 5<sup>th</sup> training was completed: 5/30/2018</p>	<p>Dates of trainings and list of businesses trained.</p>	<p>Train the trainer training scheduled for March 31<sup>st</sup> 2017 to train ADRC staff.</p> <p>Train the trainer completed at Transition of Care Coalition Meeting 5/15/18.</p> <p>Working in increase awareness of the training.</p> <p>Dates of Trainings and businesses trained:</p> <ol style="list-style-type: none"> <li>1. Bremer Bank-Siren 5/31/2017</li> <li>2. Burnett County I Team 6/21/2017</li> <li>3. Connections Store and More 8/22/2017</li> <li>4. Grantsburg Public Library 1/25/2018</li> <li>5. Lean on Me Home Care 5/30/2018</li> </ol>
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\*Evidence Based Activities



**Healthy Burnett Member: St. Croix Regional Medical Center  
Chair: Megan Swenson and Carol Larson**

**Focus Areas:** Wellness Coaching and Exercise Class

**Mental Health Objective #:** By December 31<sup>st</sup>, 2018, SCRMC will provide services and education to help mental health services in Burnett County.

Activity	Timeframe	Resources Required	Lead Responsibility	Date Completed	Evaluation Indicators	Status and Outcomes
<p><b>Wellness Coach</b></p> <ul style="list-style-type: none"> <li>• Anyone can come to the Wellness Coach.</li> <li>• Currently available in SCF               <ul style="list-style-type: none"> <li>○ M-F 8-430pm</li> </ul> </li> <li>• Kinisi is currently creating wellness coaching protocols for different diagnoses. Ex: Fibromyalgia, Chronic Pain</li> <li>• Protocol               <ul style="list-style-type: none"> <li>○ Physician/provider refers a patient to a wellness coach or puts in a referral.</li> <li>○ Patients can also call and schedule</li> </ul> </li> </ul> <p>It is one on one meetings to discuss goals on creating a healthy lifestyle</p>	Started July 2016 & Ongoing	Space/Coach Providers	Megan Swenson Coaches: Shelby Baillargeon Emily Jansen	Started July 2016 & Ongoing	Evaluation, measure of success & tracking is done with participation rates and QOL survey improvement.	Currently offered in SCF in Kinisi. Will be branching out into community clinics once the primary care model is complete. **Primary Care Pilot is out in Lindstrom with success now starting to move forward discussing with providers. (2018)

<p><b>Steady As You Go Class</b> (Low Impact 1 hour exercise class)</p> <ul style="list-style-type: none"> <li>Geared for participants 55 years of age and older.</li> <li>People join due to word of mouth or referral from PT/Provider. From there they fill out paper work consisting of an Health Emergency Form, Waiver of Liability and Physicians Notification Approval Form. Cost is \$2 per class.</li> <li>This class is not just for the physical part of the triangle spectrum, but also the social and mental aspects. Participants are able to work out while socializing with others and mentally challenging them with different exercises each day.</li> </ul>	<p>Started in 2011 &amp; Ongoing Tuesdays &amp; Thursdays</p> <ul style="list-style-type: none"> <li>Standing Class: 12:00-1:00pm</li> <li>Seated Class: 1:15-2:15pm</li> </ul> <p>Tuesdays &amp; Thursday (Frederic)</p> <ul style="list-style-type: none"> <li>10-11a Senior Center</li> </ul>	<p>Webster Library Classes are full need more instructors and space.</p>	<p>Megan Swenson Lead Instructor: Jill Sontag</p>		<p>Evaluation, measure of success &amp; tracking is done with annual class and instructor survey, attendance &amp; fitness checks (when able).</p>	<p>Currently offered in Lindstrom, SCF, Unity, Frederic &amp; Webster. ** A Frederic class has begun Tu &amp; Thurs 10-11a Frederic Senior Center.(2018)</p>
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<p>Webster Health Center Wellness Center (2018)  Will be more like a fitness studio for fitness classes, workshops &amp; seminars.</p> <ul style="list-style-type: none"> <li>• Offer a wide variety of fitness classes</li> <li>• Workshops <ul style="list-style-type: none"> <li>○ Stress Management</li> <li>○ Prevent Type 2 Diabetes</li> <li>○ Financial Well-Being <ul style="list-style-type: none"> <li>▪ Open to suggestions</li> </ul> </li> </ul> </li> </ul>	<p>Hoping to be up and running Fall of 2018</p>	<p>Space  Instructors  Marketing  Participants</p>	<p>Megan Swenson</p>	<p>Fall 2018</p>	<p>Evaluation, measure of success &amp; tracking is done with participation &amp; satisfaction rates.</p>	<p>Developing schedules and instructors while the Webster Health Center is being built</p>
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\*Evidence Based Activities