

WASHOE
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HEALTH
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2018 Community Health Improvement Plan Executive Summary



2018 Community Health Improvement Plan

Executive Summary

The Executive Summary was prepared by the Washoe County Health District (WCHD). We would like to thank our community partners for dedicating their time and expertise to the CHIP committees.

Access to Health Care Network	Nevada Primary Care Association
ACTIONN	Reno Area Alliance for the Homeless
Boys and Girls Club of Truckee Meadows	Reno Housing Authority
Catholic Charities of Northern Nevada	Reno Initiative for Shelter and Equality
Children's Cabinet	Reno Police Department
City of Reno	Reno + Sparks Chamber of Commerce
City of Sparks	Renown Health
Communities in Schools, Western Nevada	Restart Reno
Community Foundation of Northern Nevada	Safe Embrace
Community Health Alliance	Salvation Army
Community Services Agency	Social Entrepreneurs, Inc.
Food Bank of Northern Nevada	The Eddy House
Health Plan of Nevada	The Life Change Center
High Sierra AHEC	Truckee Meadows Healthy Communities
Immunize Nevada	Truckee Meadows Regional Planning Authority
JTNN	United Health Care
Liberty Dental Plan	University of Nevada, Reno Cooperative
Nevada Division of Public and Behavioral	Extension
Health, Chronic Disease Prevention & Health	University of Nevada, Reno School of
Promotion	Community Health Sciences
Nevada Division of Public and Behavioral	Urban Roots
Health, Community Services	Volunteers of America Northern Nevada
Nevada Division of Public and Behavioral	Washoe County Courts Division
Health, Office of Suicide Prevention	Washoe County Chronic Disease Coalition
Nevada Division of Public and Behavioral	Washoe County Health District
Health, Primary Care Office	Washoe County Regional Behavioral Health
Nevada Interagency Council on Homelessness	Board Washoe County Human Services Agency
Northern Nevada HOPES	Washoe County School District
	Washoe County Sherriff's Office

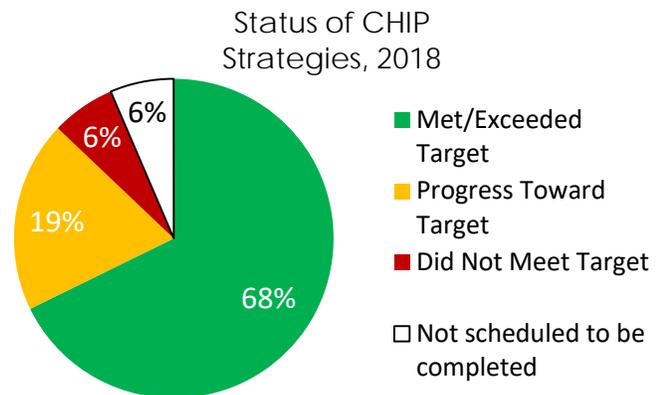
**WASHOE COUNTY
HEALTH DISTRICT**
ENHANCING QUALITY OF LIFE

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Executive Summary

EThe 2018 Community Health Improvement Plan (CHIP) Annual Report is a progress review of the first six months of CHIP implementation. While the CHIP is a community driven and collectively owned health improvement plan, the Washoe County Health District (WCHD) is charged with providing administrative support, tracking and collecting data, and preparing the annual report. We are excited to share an update on the initiatives that have been accomplished by working together to positively impact the community's health.



There are many factors that influence health and well-being in our community and addressing them all would be a monumental task. Gathering and examining primary and secondary data through the Community Health Needs Assessment (CHNA) was the first step towards developing the CHIP. Primary data (information gathered from first hand sources) and secondary data (county, state and national statistics) sources were analyzed and factored into a detailed methodology to prioritize the most important issues facing Washoe County. Organizations from across the community gave input on the areas the community viewed as most critical to be addressed and gave considerations to existing capacity to work on the issues identified. The Truckee Meadows Healthy Communities (TMHC) steering committee, a cross-sectorial coalition representing stakeholders in Washoe County, worked to identify areas of the highest need. After careful consideration and deliberation, the Steering Committee determined the following focus areas to be both the highest areas of need and were areas where there was community capacity to initiate work:

- 1** Housing and Homelessness
- 2** Behavioral Health
- 3** Nutrition and Physical Activity

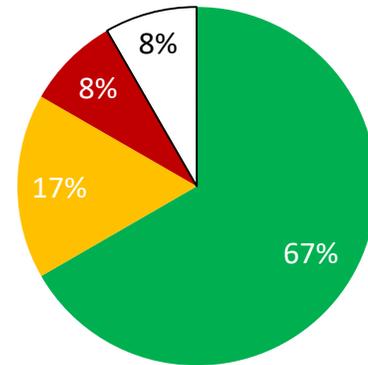
Subsequently, the CHIP was developed to outline the specific strategies and tactics to accomplish the objectives of the CHIP in a detailed action plan. Under each goal, the action plan details how the goals and objectives will be implemented and evaluated over the next three years. Committees from each focus area report on implementation efforts largely through quarterly committee meetings. The achievements to date underscore the continued need for a community wide, collaborative plan to aid in the focusing of efforts and resources as we collectively move towards a healthier community.

Focus Area #1: Housing and Homelessness

Washoe County's community agencies, organizations and individuals have made progress on four of six objectives and have advanced ten of 12 strategies which are currently meeting or exceeding the performance measure. In 2018, the CHIP Housing Committee outlined strategies and tactics under the following two goals to improve housing and homelessness:

- **Goal 1:** To stabilize and improve housing security for people spending more than 30% of their income on housing.
- **Goal 2:** To stabilize and improve housing security for people spending more than 50% of their income on housing.

Status of CHIP Housing and Homelessness Strategies 2018

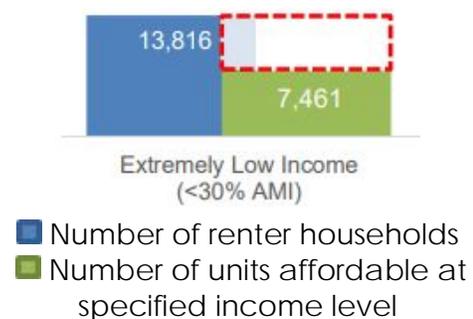


- Met/Exceeded Target
- Progress Toward Target
- Did Not Meet Target
- Not scheduled to be completed

Key Highlights

- Truckee Meadows Healthy Communities (TMHC) and Truckee Meadows Regional Planning Association (TMRPA) partnered with Enterprise Community Partners to develop a plan outlining actionable steps to increase production of affordable housing throughout Washoe County.
- Phases 1-3 of the Enterprise Affordable Housing Regional Strategy has been completed.
- [A Community Profile](#) was completed and contains an inventory of policies, programs (government and non-government), and financing tools that could be implemented in the short, medium and long terms.
- The CHIP Committee developed a document which outlines alternative funding models to fund housing for homeless individuals with a Serious Mental Illness (SMI).
- A bill draft request (BDR) was submitted

Total affordable units by income level (2016)



to the Legislature to expand the Medicaid 1915 (i) State Plan Options. At the time of print this was included in the Governor’s proposed budget.

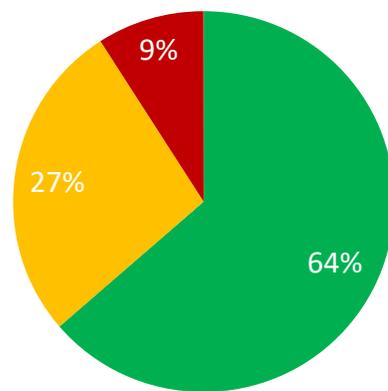
- The Health District deployed a survey to identify existing case managers in Washoe County across government and non-profit agencies to learn more about the barriers to further coordination of services.
- To address the barriers identified, materials were developed and distributed on how to conduct a “warm hand-off”. Referrals conducted by case managers through a warm hand-off, where referrals are made in person and include the client, are considered best practice for optimal case management outcomes.
- Case Managers at the Community Assistance Center Family Shelter successfully implemented diversions practices to assist families in finding appropriate housing to prevent them from needing to be housed at the family shelter.
- To address youth homelessness in Washoe County, the Youth Homelessness Roadmap was developed and then endorsed by the Reno Area Alliance for the Homeless (RAAH) Leadership council.

Focus Area #2: Behavioral Health

Washoe County’s community agencies, organizations and individuals have made progress on two of four objectives and have advanced seven of 10 strategies which are currently meeting or exceeding the performance measure. In 2018, the CHIP Behavioral Health Committee outlined strategies and tactics under the following three goals to improve behavioral health:

- **Goal 1:** To stabilize and improve housing security for the severely mentally ill (SMI).
- **Goal 2:** Assess and address current status and need for Behavioral Health services in Washoe County
- **Goal 3:** Reduce depression and suicidal behaviors in adolescents

Status of CHIP Behavioral Health Strategies 2018



- Met/Exceeded Target
- Progress Toward Target
- Did Not Meet Target
- Not scheduled to be completed

Key Highlights

- A Behavioral Health Data Profile report was developed and outlines profiles of substance use and abuse, mental health prevalence data and provides information of the behavioral health needs in Washoe County.
- At the time of print, a bill draft request was submitted to address lack of provider data which would enable our state to determine the workforce development increased needed to address the gaps in available services.
- To address challenges with licensure delays, the Provider Data workgroup is exploring opportunities to expedite provider licensures.
- The Washoe County Health District provided funding to continue implementing the Signs of Suicide program in Washoe County middle schools and high schools.
- In the first six months of implementation, Children’s Cabinet staff provided education to four middle schools. Just under 1,500 students were provided suicide prevention education and over 300 students were screened. Of those screened, about 30% had a positive screen and follow-up services were provided (Fall semester SY 2018).

What case management information is not collected that you would like to have the option to collect?



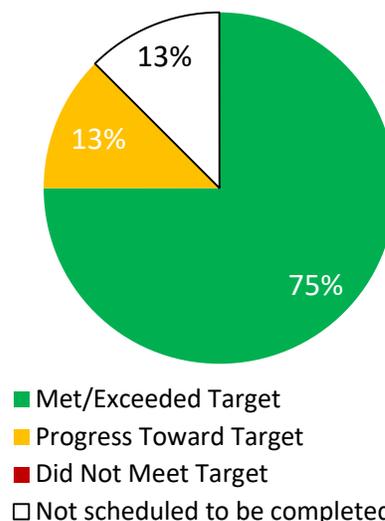
1. Referrals
2. Program utilization

Focus Area #3: Nutrition and Physical Activity

Washoe County’s community agencies, organizations and individuals have made progress on three of four objectives and have advanced six of eight strategies which are currently meeting or exceeding the performance measure. In 2018, the CHIP Physical Activity and Nutrition Committee outlined strategies and tactics under the following three goals to improve physical activity and nutrition:

- **Goal 1:** To increase physical activity and nutrition among adults and youth using the 5210 Let’s Go Framework.

Status of CHIP Physical Activity and Nutrition Strategies 2018



Key Highlights

- A Healthy Washoe team was established to develop the infrastructure to support program implementation.
- The directors from Let's Go Headquarters in Maine provided a three-day training course on the Let's Go! model for obesity prevention and evaluation methods.
- Implementation plans were developed to address youth and businesses to reach families where they live, learn, work and play to reinforce the importance of healthy living.
- The Reno-Sparks Chamber of Commerce partnered with the Healthy Washoe team to deploy the 5210 Workplace Wellness survey, assessing the interest of wellness in the workplace.
- The Washoe County Health District's Chronic Disease and Prevention team formed a healthy vending and concessions committee to lead implementation efforts and increase sites with healthy vending and concessions. The committee utilized federal and non-profit wellness guidelines to determine healthy standards for vending and concessions in Washoe County.
- Renown Health is conducting a pilot program to improve the nutritional value of concession stand offerings. To date, about 100 meals are being purchased per event at the Healthy Concession stands and sell out at locations including, University of Nevada, Reno football and basketball games, Reno Aces and 1868 FC, and South Reno Little League.
- Over a thousand individuals participated at the Family Health Festivals held in July and October at Miguel Ribera Park and O'Brien Middle School in North Valleys.
- The WCHD's Chronic Disease Prevention Program (CDPP) conducted park assessments to understand utilization.
- To increase usage of parks and installing healthy living cues through signs and art, CDPP held a Family Field Day held in September at Yori Park in Reno. Ten community partners were invited to share resources and conduct activities on active living and healthy eating and approximately 200 individuals from the surrounding neighborhood attended the event to learn about how parks can be part of a healthy and active lifestyle.
- CDPP also teamed up with Washoe County's GIS Technology Services to build an interactive regional park directory promoting park usage in our community. This interactive directory includes all parks in the Reno, Sparks and Washoe County jurisdictions and can filter by park amenity, name, or location.



Conclusion

The Executive Summary highlights the achievements in the 2018 CHIP Annual Report. The Community Health Improvement Plan (CHIP) was developed to foster alliances across organizations in multiple sectors to target community health issues together for greater impact and has seen great success in meeting that goal. The CHIP is the culmination of a community health improvement planning process that began with a Community Health Needs Assessment (CHNA) and resulted in the development of the 2018-2020 CHIP, which includes specific actions to take to address these issues. In the first six months we have accomplished so much as a community.

We are grateful for the contributions and expertise made by our community partners to improve health outcomes in Washoe County. The accomplishments in the first six months would not have been possible without the dedication and passion from our partners. The relationships forged through the collaborative work and resource sharing will continue to strengthen the strategic direction and concrete actions outlined in the plan. As we implement the next steps of the CHIP, we look forward to achieving mutual goals and working with our partners to bring positive and sustainable change to the health and wellness of the Washoe County.