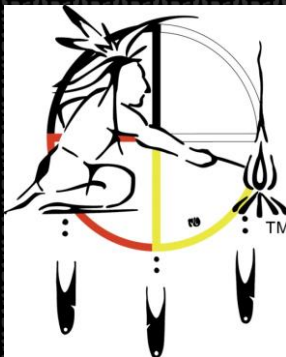


Forest County Potawatomi Community Health Improvement Plan 2013 – 2018



Forest County Potawatomi
Community Health Department
8201 Mish ko swen Drive
Crandon, WI 54520

Origin: 8/22/13 (HAC) Approval
Revised: 2/11/14, 3/25/14, 9/24/14
Reviewed:

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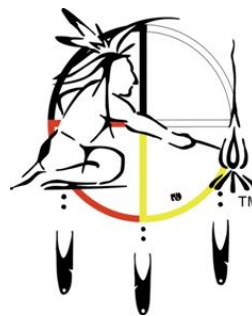
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**Forest County Potawatomi
Community Health
Department Purpose
Statement:**

*“The purpose of the Forest
County Potawatomi
Community Health
Department is to provide
essential public health
services and respond to the
healthcare needs of the
Forest County Potawatomi
Community.”*



Mish ko swen - Strong & Healthy

Bozho,

I am excited and honored to present the FCP Community Health Improvement Plan to the Members of the Forest County Potawatomi Community. This plan evolved from hard work put forth by individuals dedicated to improving services that promote a healthier Tribal Community.

This plan identifies health priorities, goals, and strategies that build the capacity and foundation for a healthier community. The plan will have little impact without the support and involvement from our community members. By working together and taking action we can achieve a healthier future for the Forest County Potawatomi Community.

I look forward to working with the community, collaborating with Tribal Departments and developing partnerships with local agencies in implementing this plan.

A special thank you is extended to community partners and workgroup members for their time and dedication throughout this process.

We invite you to take action to become Mish ko swen!

Chi Migwetch,



Lorrie Shepard, RN, FCP Community Health Department Director
FCP Tribal Public Health Accreditation Committee
FCP Community Health Department



FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
COMMUNITY HEALTH

Committee Acknowledgements

Thank you to the following individuals for taking the time out of their busy schedules to participate in the development of the Forest County Potawatomi Community Health Improvement Plan. A special thank you is extended to the FCP Health Advisory Committee for their guidance and direction throughout the assessment and improvement planning processes.

Tribal Public Health Accreditation Committee

- Lorrie Shepard, RN, Director – FCP Community Health Department
- Kristin Kuber, CHES, Health Educator – FCP Community Health Department
- Michelle Stoffregen, RN, Nurse Educator/Clinical Data Analyst – FCP Health and Wellness Center
- Sara Cleereman, BSN, RN – FCP Community Health Department
- Linda Sturnot, Q.I./Patient Services Administrator and HIPAA P.O., FCP Administration Department
- Heather Robinson, Assistant – FCP Community Health Department

Community Health Focus Area Teams

Obesity Prevention Workgroup

- Lisa Miller, Registered Dietician – FCP Community Health Department
- Brian Tupper, Athletic Director – FCP Recreation Center
- Kerry Fox, Director – FCP Family Services/Play Shoppe
- Joe Chaney, Director – FCP Youth CHOICES Program
- Yvonne Domke, Accounts Receivable Clerk – FCP Health and Wellness Center Business Office

Injury Prevention Workgroup

- Missy Anderson, MCH/HOC Program – FCP Community Health Department
- Chris Kalata, Emergency Preparedness Coordinator – FCP Health and Wellness Center
- Chris Skaggs, Assistant Clinical Services Administration – FCP Health & Wellness Center
- Sam Alloway, Director – FCP Security Department
- Gordon Tuckwab, Director – FCP Health and Wellness Center Maintenance Department
- Heather Van Zile – FCP Ordinance Department
- Yvonne Robles MCH/HOC Program CHR – FCP Community Health Department

AODA & Mental Health Workgroup

- Di Koch, RN, Behavioral Health Case Manager – FCP Community Health Department
- Anne Warren, Art Therapist – FCP Health and Wellness Center Mental Health Department
- Lorna Schneider, RN – FCP Medical Department
- Jeff Keeble, Director – FCP AODA Department
- Brian Waugh, AODA Counselor – FCP AODA Department
- James Powless, Administrative Assistant – FCP AODA Department
- Leah Littleton, CHR – FCP Community Health Department

Health Advisory Committee

Current Members:

- Cindy Miller, Chairperson
- Gordon Tuckwab, Member
- Brooks Boyd, Member

Former Contributing Members:

- Ken George Sr.
- Hazel George
- J.R. Holmes



Forest County Potawatomi Community Overview

The Potawatomi Reservation, which is located primarily in Forest County, totals 12,000 acres. The FCP Reservation forms a checkerboard pattern throughout Forest County and includes three communities: Stone Lake, Blackwell and Carter.

There are a total of 1,444 FCP Tribal Members; approximately 725 reside in Forest County. The FCP Community Health Department serves Tribal Members that reside in Forest County, as well as those that live in the service area, which includes areas in Oconto, Oneida and Langlade Counties.



Great Lakes Inter-Tribal Council
<http://www.glitc.org/>

The FCP Community Health Department is part of the FCP Health and Wellness Center, which is located in Stone Lake. The Health and Wellness Center provides Medical, Optical, Dental, Physical Therapy, Radiology, Laboratory, OB/GYN, Endocrinology, Podiatry, Pediatrics, Mental Health and AODA services. The clinic is open to FCP Tribal Members and the general population.

The Forest County Potawatomi Health and Wellness Center is accredited by the Accreditation Association for Ambulatory Health Care (AAAHC) and was provided with the Patient Centered Medical Home Accreditation Award in August, 2011.

Executive Summary

The FCP Public Health Accreditation (PHA) Committee was established in 2010. The committee includes individuals from various sectors of the FCP Health and Wellness Center. The goal of the committee is not only to pursue public health accreditation, but to establish an ongoing process to assess and address the health of the FCP Community. The FCP Community Health Improvement Plan addresses health needs identified in the Community Health Assessment and provides an action plan for improving these health conditions in the FCP Community.

In 2012, a subgroup of the FCP PHA Committee was formed to collect data and develop the FCP Community Health Assessment. The subgroup reviewed various sources of data and used Healthiest Wisconsin 2020 as the framework for the report. The PHA Committee reviewed the assessment data and with the approval of the Health Advisory Committee, selected 3 focus areas and 2 subgroups to address in the FCP Community Health Improvement Plan.

1. Obesity Prevention
 - Nutrition
 - Physical Activity
2. Injury Prevention
3. AODA/Mental Health

Throughout the improvement planning process the FCP PHA Committee partnered with internal and external Tribal partners. Workgroups for each focus area were established and were responsible for researching best practices and identifying goals and strategies for the improvement plan. The FCP Community Health Improvement Plan was finalized and approved by the FCP Health Advisory Committee on August 22, 2013.

Community Health Improvement Definitions

What is a Healthy Community?

A healthy community is continually creating and improving physical and social environments and expanding community resources which enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential.¹

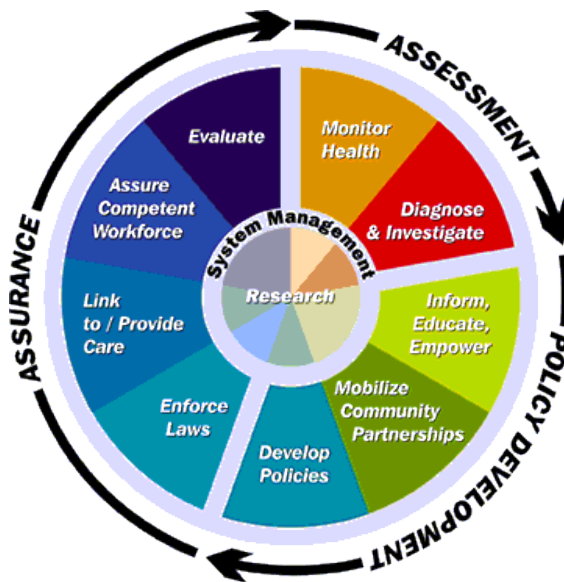


Purpose Community Health Assessment and Improvement Plans

The fundamental purpose of public health is defined by three core functions: **assessment, policy development and assurance.**

Community health assessments (CHAs) provide information for problem and asset identification and policy formulation, implementation, and evaluation. CHAs also help measure how well a public health system is fulfilling its assurance function. A CHA should be part of an ongoing broader community health improvement process.

A community health improvement process uses CHA data to identify priority issues, develop and implement strategies for action, and establish accountability to ensure measurable health improvement, which are often outlined in the form of a community health improvement plan (CHIP). A community health improvement process looks outside of the performance of an individual organization serving a specific segment of a community to the way in which the activities of many organizations contribute to community health improvement.²



¹ Centers for Disease Control and Prevention "About Healthy Places"

² National Association of County and City Health Officials (NACCHO)

Community Health Improvement Models

Socio-ecological Model

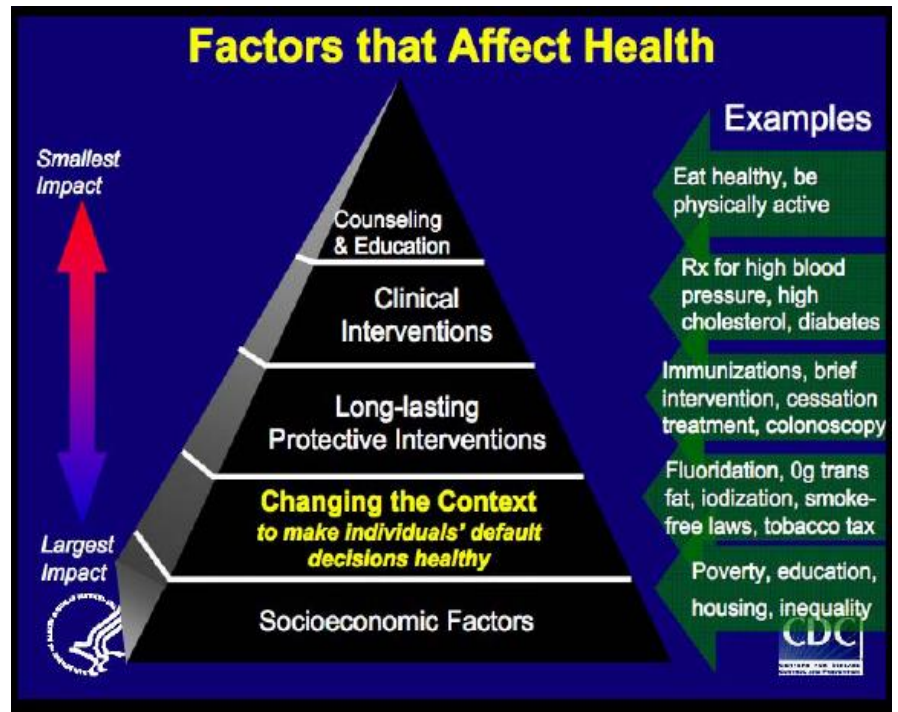


The FCP Community Health Improvement Plan is based on the **Socio-ecological Model**. The model depicts the different levels that influence change and overall health.

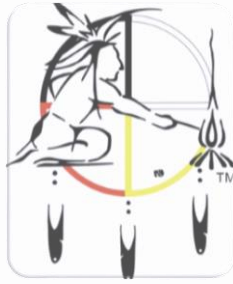
The model illustrates that when changes are made at an individual level they tend to only influence a small number of people. However, changes made at the community or public policy levels influence a larger amount of people, causing more to experience the change.

Graphic taken from: Nutrition Council and the Oregon Coalition for Promoting Physical Activity, 2007

There are many factors that influence health and how we address these factors can greatly affect the health of an individual and an entire community. For example, educating patients at a doctor’s visit will have very little impact on the overall health of an individual and a community. However, doctor’s visits combined with clinical interventions and policies that promote wellness will have a much greater influence on the overall health of an individual and community.



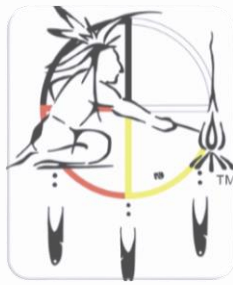
FCP CHIP Focus Area Vision Statements



Focus Area 1:

Obesity Prevention

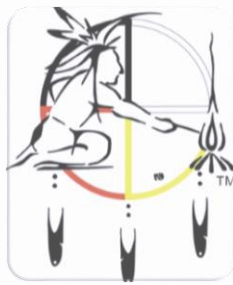
- Forest County Potawatomi Tribal Members will make healthy lifestyle choices related to nutrition, physical activity and weight management.



Focus Area 2:

Injury Prevention

- Forest County Potawatomi Tribal Members will live in a safe environment and have the skill set to make safer and healthier lifestyle choices.



Focus Area 3:

AODA & Mental Health

- Forest County Potawatomi Tribal Members will have the knowledge and skill set to nurture healthy lifestyles that benefit the mind, body and spirit.

Focus Area 1: Obesity Prevention

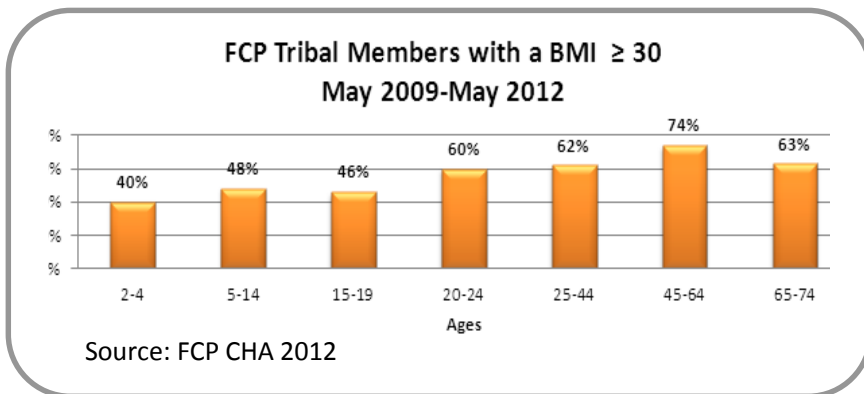
According to the Centers for Disease Control and Prevention (CDC), there has been a dramatic increase in obesity in the United States over the last 20 years and rates continue to remain high. More than one-third of U.S. adults (35.7%) and approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese. Obesity is defined as having a BMI greater than 30. Body Mass Index (BMI) is a screening tool used to estimate a person’s overall body fat. ³



Overweight and obesity are major risk factors for chronic conditions including heart disease, stroke, type 2 diabetes and certain types of cancer, which happen to be the leading causes of preventable death in the U.S. Childhood obesity increases risk for early onset of these chronic conditions. Children and adolescents who are obese are also at a greater risk for bone and joint problems as well as social and psychological problems. ³

Obesity rates in Forest County Potawatomi Tribal Members are significantly higher than the national averages.

Unhealthy diet, lack of physical activity, tobacco use/exposure, and excessive alcohol use are the major risk factors for chronic disease. By eliminating these leading risk factors for chronic disease, it’s estimated that at least 80% of all heart disease, stroke and type 2 diabetes would be prevented, as well as, over 40% of all cancers. ⁴



Obesity rates could significantly be reduced in Forest County Potawatomi Tribal Members, if more individuals increased their physical activity levels and improved their diet.

- **57% of FCP Adults exercise less than 3 times per week.**
- **63% of FCP Youth do not achieve 60 minutes of physical activity, 7 days a week.**
- **93% of FCP Adults do not eat adequate amounts of fruits and vegetables.**
- **56% of FCP Youth do not eat the recommended amount of vegetables.**
- **29% of FCP Youth do not eat the recommended amount of fruits.**⁵



³ Centers for Disease Control and Prevention “Obesity”

⁴ WI Department of Health Services- The Epidemic of Chronic Disease in Wisconsin: Why it Matters to the Economy and What You Can Do to Help- 2010

⁵ FCP CHA 2012

Obesity Prevention Improvement Plan 2013-2018

Vision: Forest County Potawatomi Tribal Members will make healthy lifestyle choices related to nutrition, physical activity and weight management.

Goal 1: Forest County Potawatomi Tribal Members will increase their physical activity levels.

Objectives	Strategies
<p>Objective 1: By December 2018, FCP Tribal Members will have an increased understanding of the physical activity guidelines and the benefits of an active lifestyle.</p>	<ul style="list-style-type: none"> • Implement a yearly physical activity, nutrition and weight management campaign featuring Tribal Members. • Submit quarterly physical activity articles to the Potawatomi Traveling Times & Community Health Department website. • Feature education about a variety of physical activity topics on the FCP HWC Extranet Page. • Develop protocol for health care providers to follow when conducting physical activity assessments and providing education to patients during visits. • Organize physical activity booths with awareness surveys at Community Events throughout the year.
<p>Objective 2: By December 2018, the number of adult FCP Tribal Members that exercise less than 3 times per week will decrease from 57% to 47%.</p>	<ul style="list-style-type: none"> • Disseminate a monthly listing of internal and external physical activity opportunities in the FCP and outlying communities. • Advocate for increasing walking trails in the FCP Community and ensuring usability.
<p>Objective 3: By December 2018, the number of FCP Youth that are active 60 minutes, 7 days a week will increase from 37% to 50%.</p>	<ul style="list-style-type: none"> • Increase implementation of evidence based exercise programs across the lifespan. • FCP Pre-School, Child Care and Youth Programs will adopt a policy requiring physical activity to be included each day or at every session. • Community Health Department will adopt a policy requiring physical activity at each event/program.
<p>Socio-ecological Model Targets - Individual, Interpersonal, Organizational, Community</p>	

Goal 2: Forest County Potawatomi Tribal Members will improve their eating habits.

Objectives	Strategies
<p>Objective 1: By December 2018, FCP Tribal Members will have an increased understanding of how to prepare healthy foods and the benefits of a nutritious diet.</p>	<ul style="list-style-type: none"> • Implement a yearly physical activity, nutrition and weight management campaign featuring Tribal Members. • Submit fruit/vegetable of the month articles to the Traveling Times and Community Health Department website. • Feature education about a variety of nutrition topics on the FCP HWC Extranet Page. • Increase promotion of nutrition/weight management services provided by the Health and Wellness Center Registered Dietician and Nutritionist. • Organize nutrition booths with awareness surveys at FCP Community events throughout the year.
<p>Objective 2: By December 2018, FCP Tribal Members will have increased access to healthy foods.</p>	<ul style="list-style-type: none"> • Five FCP Departments/Programs will adopt a nutrition policy requiring healthy food choices to be provided at every event or throughout programs. • Offer fruit/vegetable of the month tastings and recipes at the Health and Wellness Center. • Collaborate with the Language and Culture Department (Community Garden) to organize a regular fruit & vegetable stand at the Health and Wellness Center during the growing season. • Promote Forest County Farmers Market to FCP Community.
<p>Objective 3: By December 2018, the number of FCP Tribal Members that are not eating the recommended amount of fruits and vegetables will decrease by 10%.</p> <p>(Adults - Fruits & Vegetables 93% to 83%, Youth - Vegetables 56% to 46%, Fruits 29% to 19%)</p>	<ul style="list-style-type: none"> • Increase implementation of evidence based nutrition/weight management programs across the lifespan. • Collaborate with the Language and Culture Department to organize family community garden events. • Increase referrals by health care providers to the Health and Wellness Center Registered Dietician and Nutritionist for nutrition/weight management consultations.
<p>Socio-ecological Model Targets - Individual, Interpersonal, Organizational, Community</p>	

Goal 3: Forest County Potawatomi Tribal Members obesity rates (BMI ≥ 30) will decrease.

Objectives	Strategies
<p>Objective 1: By December 2018, FCP Tribal Members will have an increased awareness of BMI and how it relates to overall health.</p>	<ul style="list-style-type: none"> • Implement a yearly physical activity, nutrition and weight management campaign featuring Tribal Members. • Submit quarterly weight management/goal setting articles to the Potawatomi Traveling Times and Community Health Department website. • Feature weight management education and resources on the FCP HWC Extranet Page. • Increase promotion of nutrition/weight management services provided by the Health and Wellness Center Registered Dietician and Nutritionist. • Establish protocol for health care providers to follow when calculating BMI and providing education to patients during visits. • Provide BMI screenings at adult exercise and weight management programs. • Include weight management education/ resources at physical activity and nutrition displays during FCP Community events.
<p>Objective 2: By December 2018, FCP Tribal Members with a BMI ≥ 30 will decrease by 10% in all age groups.</p>	<ul style="list-style-type: none"> • Increase implementation of evidence based nutrition/weight management programs across the lifespan. • Collaborate with FCP Physical Therapy Department to expand current diabetes, pre-diabetes and prevention programs and incorporate weight management education. • Increase referrals made by health care providers to the Health and Wellness Center Registered Dietician and Nutritionist for nutrition/weight management Consultations. • Increase the number of FCP families that have a weight management support system.
<p>Socio-ecological Model Targets - Individual, Interpersonal, Organizational</p>	

How will we know we are making progress?



Short Term (2013-2015)

- Survey results will indicate an increased understanding of physical activity, nutrition and BMI guidelines.
- Participation at physical activity, nutrition and weight management events will increase.
- Registered Dietician and Nutritionist will report an increase in referrals from primary care providers.
- Physical activity and nutrition policies will be developed for FCP Community Departments and Programs.

Long Term (2016-2018)

- FCP Tribal Members that achieve the recommended physical activity guidelines will increase.
- FCP Tribal Members that eat the recommended amount of fruits and vegetables will increase.
- FCP Tribal Members with a BMI of ≥ 30 will decrease.
- FCP Tribal Members will have increased access to fruits and vegetables.
- Five FCP Departments/Programs will sign and implement physical activity and nutrition policies.



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Focus Area 2: Injury Prevention

Everyone has been affected by injuries and violence at some point in their lives. These types of incidents know no boundaries and can affect anyone, regardless of age, race or socioeconomic status.

Injuries are the leading cause of death for people ages 1-44 in the U.S. Loss of life is only part of the problem. Each year, millions of people survive injuries and are faced with a wide array of problems including mental, physical and financial challenges.⁶

Injury and violence encompasses a broad array of topics. Unintentional injuries are often referred to as accidents despite being highly preventable. Examples include falls, drowning, motor vehicle crashes, suffocation and poisoning. Intentional injuries include those that were purposely inflicted, with the intent to injure or kill someone (including self).⁷

The most common types of injuries in FCP Tribal Members include:

1. **Stings/Venoms**
2. **Motor Vehicle**
3. **Accidental Falls**
4. **Animal Related**

When FCP Youth were asked about their use of helmets and seat belts:

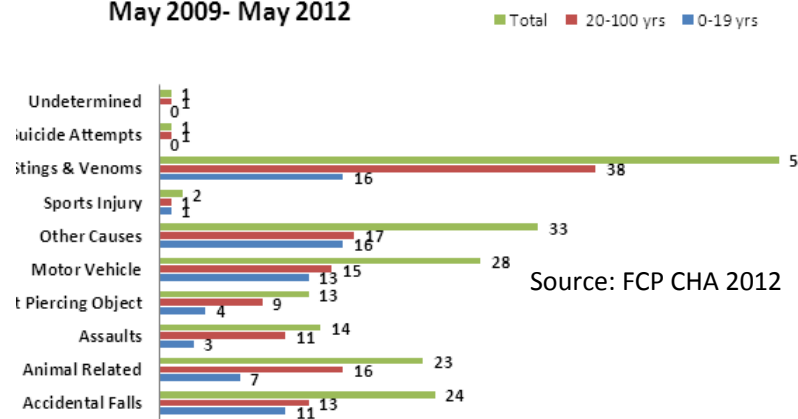
- **24% reported rarely or never using a seat belt when riding in a car.**
- **42% reported rarely or never using a helmet when riding an ATV or motorcycle.**⁵

Injuries and violence are so common that many consider them to be just a regular part of life. However, many injuries can be prevented and their consequences reduced through proper education and community programs and policies. For example:

- Seat belts have saved an estimated 255,000 lives between 1975 and 2008.
- Tai chi and other exercise programs for older adults have been shown to reduce falls by as much as half among participants.
- School-based programs to prevent violence have been shown to cut violent behavior 29% among high school students and 15% across all grade levels.⁶



FCP Tribal Member Injury Surveillance
May 2009- May 2012



⁶ Centers for Disease Control and Prevention "Injury Prevention & Violence"

⁷ Healthiest WI 2020 "Injury and Violence Focus Area Profile" July 2010

⁵ FCP CHA 2012

Injury Prevention Improvement Plan 2013-2018

Vision: Forest County Potawatomi Tribal Members will live in a safe environment and have the skill set to make safer and healthier lifestyle choices.

Goal 1: Forest County Potawatomi Tribal Members will decrease injuries related to environmental health hazards and reduce their consequences.

Objectives	Strategies
<p>Objective 1: By December 2018, FCP Tribal Members will have an increased understanding of environmental health hazards and their risks.</p>	<ul style="list-style-type: none"> • Submit quarterly articles to the Potawatomi Traveling Times & Community Health Department website focused on seasonal environmental health hazards and their risks. • Feature information about environmental health hazards on FCP HWC Extranet Page. • Provide educational materials related to seasonal environmental health hazards at the Health and Wellness Center Information Desk. • Organize environmental health hazard booths with awareness surveys at FCP Community events throughout the year.
<p>Objective 2: By December 2018, FCP Tribal Members will have increased access to services that address environmental health hazards in the community.</p>	<ul style="list-style-type: none"> • Develop and distribute an “Environmental Health Hazard Resource Guide” throughout the FCP Community. • Provide first aid kits to Tribal Members with education pertaining to basic first aid protocols and insect/animal bite prevention and treatment. • Collaborate with Indian Health Services to coordinate onsite rabies vaccination clinics for dogs and cats. • Collaborate with FCP Natural Resources Department to develop programs focused on environmental health hazards.
<p>Objective 3: By December 2018, injuries related to environmental health hazards will decrease among FCP Tribal Members due to the development of policies that create safe environments and practices.</p>	<ul style="list-style-type: none"> • Collaborate with the FCP Ordinance Department to develop ordinances related to animal control. • Community Health Department will review dog bite policy to determine needs for revisions. • Youth programs will adopt policy requiring children to use “all natural” insect repellent when participating in outdoor activities. • Youth Program Coordinators will receive annual training on prevention and initial treatment of insect/dog bites, as well as, first aid basics.
<p>Socio-ecological Model Targets - Individual, Interpersonal, Organizational, Community, Public Policy</p>	

Goal 2: There will be a decreased incidence of accidental falls in Forest County Potawatomi Tribal Members.

Objectives	Strategies
<p>Objective 1: By December 2018, FCP Tribal Members will have an increased understanding of how to prevent accidental falls.</p>	<ul style="list-style-type: none"> • Submit quarterly articles to the Potawatomi Traveling Times & Community Health Department website focused on fall prevention throughout the lifespan. • Feature information about fall prevention throughout the lifespan on the FCP HWC Extranet Page. • Promote programs that address accidental fall prevention in the FCP and outlying community.
<p>Objective 2: By December 2018, 100% of FCP Tribal Member Elders, ages 65 years and older, living with FCP Community Health Service Area, who are at high risk for falls, will be offered a Home Fall Risk Assessment.</p>	<ul style="list-style-type: none"> • All FCP Tribal Elders ages 65 years and older, Tribal Members at risk for falls and in-home care patients will be offered an annual Home Fall Risk Assessment by a Community Health Nurse or Physical Therapist. • Establish protocol with the Medical Department to ensure that Tribal Members (65 years and older) who are at high risk for falls, be referred to Community Health Staff or Physical Therapist for a more thorough Home Fall Risk Assessment.
<p>Objective 3: By December 2018, accidental injurious fall rates will decrease in all FCP Tribal Members by 10%.</p>	<ul style="list-style-type: none"> • Develop a system for monitoring Home Fall Risk Assessments and Home Safety Checks. • Home Safety Checks will be offered with all Newborn Assessments. • Offer incentives to Tribal Members that attend Hunter’s Safety Courses. • Collaborate with Physical Therapy Department to conduct Physical Activity Assessments to Tribal Elders to determine safe and appropriate exercise options. • Offer best practice, low-impact exercise programs to Tribal Elders.
<p>Socio-ecological Model Targets - Individual, Interpersonal, Organizational</p>	

Goal 3: There will be a decreased incidence of motorized and recreational vehicle injuries among FCP Tribal Members.

Objectives	Strategies
<p>Objective 1: By December 2018, FCP Tribal Members will have an increased understanding of the negative impact of unsafe practices while operating or occupying motorized and recreational vehicles.</p>	<ul style="list-style-type: none"> • Submit quarterly articles to the Potawatomi Traveling Times & Community Health Department website focused on motorized and recreational vehicle safety. • Feature education about motorized and recreational vehicle safety on the FCP HWC Extranet Page. • Collaborate with Law Enforcement and FCP AODA Department on events focused on Drinking and Driving. • Collaborate with external agencies on events focused on motorized and recreational vehicle safety with emphasis on youth prevention. • Solicit Tribal Members to “<i>Share their Stories</i>” about their experiences related to motorized and recreational vehicle accidents at events or via articles in the Potawatomi Traveling Times.
<p>Objective 2: By December 2018, the number of FCP Tribal Youth that report always using a seat belt when riding in a vehicle will increase from 27% to 37%.</p>	<ul style="list-style-type: none"> • Collaborate with Law Enforcement on youth events promoting seat belt use. • Revamp the Car Seat Safety Program to incorporate more visual and hands-on components. • Establish protocol for Pediatricians to assess car seat and seat belt use and provide education.
<p>Objective 3: By December 2018, the number of FCP Tribal Youth that report always wearing a helmet when riding a motorcycle or ATV will increase from 29% to 39%.</p>	<ul style="list-style-type: none"> • Promote and offer incentives to youth that attend ATV and Snowmobile Safety Programs. • Collaborate with external partners on youth events focused on ATV, motorcycle and snowmobile safety. • Implement a head injury awareness campaign featuring Tribal Members.
<p>Objective 4: By December 2018, 25% of FCP Tribal Youth, ages 2- 12, and their parents/guardians will participate in a bike safety program.</p>	<ul style="list-style-type: none"> • Offer bike safety program to youth and their families annually. • Collaborate with Law Enforcement to expand youth ice cream incentive program for helmet use throughout Forest County.
<p>Socio-ecological Model Targets - Individual, Interpersonal, Organizational, Community</p>	

How will we know we are making progress?



Short Term (2013-2015)

- Survey results will indicate an increased understanding of environmental health hazards and their risks.
- First aid kits will be distributed to FCP Tribal Members.
- FCP Environmental Health Hazard Resource Guide will be developed.
- Participation at educational events related to environmental health hazards, fall prevention and motorized/recreational vehicle safety will increase.
- Policies that create safe environments and practices (animal control, dog bite and insect repellent use) will be developed.
- System for monitoring Home Fall Risk Assessments and Home Safety Checks will be developed.

Long Term (2016-2018)

- FCP Environment Health Hazard Resource Guide will be distributed to the FCP Community.
- FCP Ordinance Department will sign and implement policies that create safe environments and practices (animal control, dog bite and insect repellent use).
- 100% of Tribal Elders, ages 65 years and older who are at high risk for falls will be offered an annual Home Fall Risk Assessment.
- 100% of FCP households with newborns will be offered a Home Safety Assessment.
- There will be an increased number of FCP Tribal Members that “Share their Story” about motorized/recreational vehicle accidents.
- FCP Tribal Members that consistently use car safety seats correctly will increase.
- Pediatricians will report an increase in car safety seat and seat belt use among Tribal Families.



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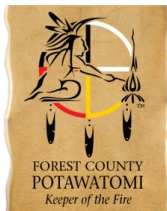
Focus Area 3: AODA & Mental Health



The burden of mental illness in the United States is among the highest of all diseases and is one of the most common causes of disability. It is estimated that 1 in 4 or 25% of adults in the U.S. have a type of mental illness. Rates of mental disorders are growing at an alarming rate in children and adolescents. In 2010, it was estimated that 1 in 5 children in the U.S. had a mental illness. Many mental disorders go unnoticed and as a result are left untreated. When mental illnesses are left untreated it can lead to unhealthy and unsafe behaviors including substance abuse, violent and self-destructive behavior and suicide.⁸

Mental health and substance abuse are often times interlinked. According to the National Alliance of Mental Illness, recent studies indicate that that nearly one-third of people with all mental illnesses and approximately one-half of people with severe mental illnesses also experience substance abuse. On the other hand, more than one-third of all alcohol abusers and more than one-half of all drug abusers are also battling mental illness. Often times individuals with mental illnesses use drugs and alcohol to self-medicate. Drugs and alcohol may cause feelings of euphoria in the moment; however they ultimately worsen the underlying condition.⁹

Similar to national statistics, Forest County Potawatomi Tribal Members also experience similar challenges when it comes to mental illness and drug and alcohol abuse. When Adult FCP Tribal Members were asked questions about their mental health and substance abuse, they reported the following:

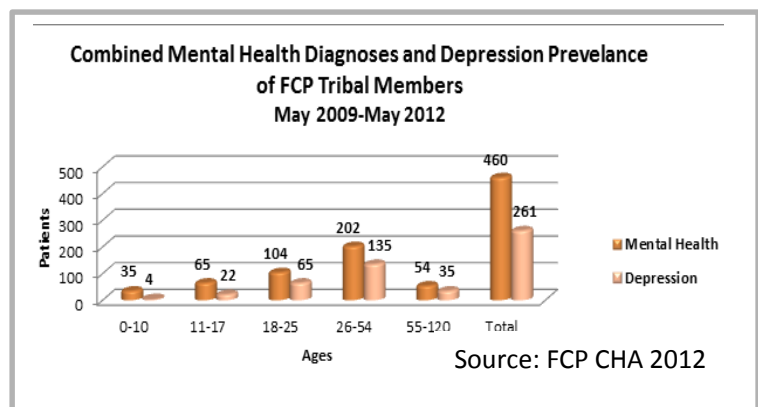


- **36% (46 out of 128) have depression.**
- **33% (42 out of 128) have an alcohol problem.**
- **25% (30 out of 121) have had emotional problems.**
- **20% (25 out of 125) abuse drugs.**
- **18% (28 out of 153) have needed support for feeling lonely.**
- **11% (16 out of 145) have had suicidal thoughts during difficult times.**⁵

Depression is the most prevalent diagnosis in the mental health category amongst FCP Tribal Members; however data specific to the root causes are unavailable. Research indicates that community programs that focus on addressing the root causes of depression such as chronic disease, substance abuse, bullying, intentional injuries and unhealthy lifestyle choices can significantly lower rates.

Throughout the next 5 years community improvement efforts will focus on the following areas:

- **Substance Abuse Prevention**
- **Bullying Prevention**
- **Suicide Prevention**



⁸ HealthyPeople.gov "Mental Health"

⁹ National Alliance on Mental Health (NAMI)

⁵ FCP CHA 2012

AODA & Mental Health Improvement Plan 2013-2018

Vision: Forest County Potawatomi Tribal Members will have the knowledge and skill set to nurture healthy lifestyles that benefit the mind, body and spirit.

Goal 1: The number of Forest County Potawatomi Tribal Members living in sobriety will increase.

Objectives	Strategies
<p>Objective 1: By December 2018, FCP Tribal Members will have an increased knowledge of the negative consequences associated with substance abuse.</p>	<ul style="list-style-type: none"> • Implement evidence-based AODA awareness campaigns twice a year throughout the FCP Community. • Submit quarterly AODA articles to the Potawatomi Traveling Times & Community Health Department website. • Feature education about a variety of AODA topics on the FCP HWC Extranet Page. • Organize AODA booths with awareness surveys at FCP Community events throughout the year.
<p>Objective 2: By December 2018, FCP Tribal Members will report an understanding of available resources related to substance abuse.</p>	<ul style="list-style-type: none"> • Collaborate with the AODA Department to develop an AODA Resource Guide. • Increase promotion of AODA Department programs, resources and community Mentors. • Organize AODA booths with awareness surveys at FCP Community events throughout the year.
<p>Objective 3: By 2018, FCP Tribal Member Youth will have increased access to various prevention programs and events related to substance abuse.</p>	<ul style="list-style-type: none"> • Collaborate with the AODA Department and FCP Youth Programs to organize evidence-based substance abuse programs and events for Tribal Youth. • Collaborate with local Law Enforcement to provide education to Tribal Youth regarding the legal consequences associated with substance abuse. • Organize a self-sustaining FCP Mothers Against Drunk Driving (M.A.D.D.) Group.
<p>Socio-ecological Model Targets - Individual, Interpersonal, Organizational, Community</p>	

Goal 2: Bullying rates amongst Forest County Potawatomi Tribal Youth will decrease.

Objectives	Strategies
<p>Objective 1: By December 2018, FCP Tribal Youth will have an increased awareness of the negative consequences related to bullying.</p>	<ul style="list-style-type: none"> • Implement an anti-bullying campaign throughout the FCP Community and at Forest County Schools twice a year. • Submit quarterly anti-bullying articles to the Potawatomi Traveling Times & Community Health Department website. • Feature education about bullying on the FCP HWC Extranet Page. • Distribute bullying awareness surveys to youth at Forest County Schools, FCP Youth Programs and FCP Community Health events.
<p>Objective 2: By December 2018, FCP Tribal Youth will have access to a Bullying Resource Guide, which includes online resources, safety tips and contact information for local resources.</p>	<ul style="list-style-type: none"> • Develop a Youth Bullying Resource Guide. • Introduce the Youth Bullying Resource Guide to Forest County School Guidance Counselors, the FCP Tribal Guidance Counselor as well as students of all ages. • Promote the Youth Bullying Resource Guide via Potawatomi Traveling Times, Community Health Department website and FCP Extranet. • Identify youth advocates that offer support to those who have been bullied and take action to prevent bullying in the FCP Community.
<p>Objective 3: By December 2018, 25% of FCP Tribal Youth will participate in anti-bullying events and programs.</p>	<ul style="list-style-type: none"> • Collaborate with internal and external Tribal partners to offer annual anti-bullying event to youth and families. • Collaborate with internal Tribal partners to offer annual self-esteem event for youth.
<p>Socio-ecological Model Targets - Individual, Interpersonal, Organizational, Community</p>	

Goal 3: Reports of suicides and suicide attempts will decrease amongst Forest County Potawatomi Tribal Members.

Objectives	Strategies
<p>Objective 1: The stigma surrounding mental health will decrease amongst Forest County Potawatomi Tribal Members by 2018.</p>	<ul style="list-style-type: none"> • Implement a mental health awareness campaign twice a year throughout the FCP Community. • Submit quarterly articles focused on mental health topics to the Potawatomi Traveling Times and Community Health Department website. • Feature education about mental health topics and resources on the FCP HWC Extranet Page. • Organize mental health booths with awareness surveys at FCP Community Events throughout the year.
<p>Objective 2: By 2018, FCP Tribal Members will have an increased understanding of suicide warnings signs and know who to contact during a suicidal situations.</p>	<ul style="list-style-type: none"> • Offer annual QPR (Question, Persuade, Refer) Trainings to FCP Tribal Members and Staff. • Include education about suicide warning signs and protocols for handling suicidal situations to the Potawatomi Traveling Times, Community Health Department website, FCP Extranet and program mailings. • Collaborate with the Mental Health Department to develop a Mental Health/Suicide Prevention Resource Guide.
<p>Objective 3: By 2018, FCP Tribal Members will have increased access to programs and services that promote positive mental health.</p>	<ul style="list-style-type: none"> • Collaborate with the Mental Health Department to develop evidence based programs that promote positive mental health. • Increase promotion and referrals for the Mental Health Care Team. • Collaborate with the AODA Department to develop programs focused on the mental health effects associated with substance abuse. • Collaborate with the AODA Department to incorporate cultural concepts into health care practices and programs.
<p>Socio-ecological Model Targets - Individual, Interpersonal, Organizational, Community</p>	

How will we know we are making progress?



Short Term (2013-2015)

- Survey results will indicate an increased understanding of basic concepts associated with substance abuse, bullying, and mental health, as well as, available community AODA and mental health resources.
- Distribute AODA Department's Resource Guide.
- Participation at educational events related to substance abuse, anti-bullying, suicide prevention and coping skills will increase.
- Develop Youth Bullying Resource Guide.
- Develop an Anti-Bullying Pledge Campaign for Tribal Youth.
- Develop and distribute bullying surveys at schools to determine baseline data of bullying incidence.

Long Term (2016-2018)

- There will be an increase in Tribal Youth that pledge to not bully.
- The Youth Bullying Resource Guide will be shared with Forest County School Guidance Counselors, the FCP Tribal Guidance Counselor as well as students of all ages.
- Substance abuse will decrease among FCP Tribal Members.
- Bullying rates among FCP Youth will decrease.
- Reported suicides and suicide attempts will decrease among FCP Tribal Members.
- There will be an increase in the number of FCP Tribal Members and FCP Staff that are trained in QPR.
- Cultural practices will be incorporated into Community Health Department programs.



FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
COMMUNITY HEALTH

Additional Health Priorities

The following health priorities were not chosen as the focus areas for the Forest County Potawatomi Community Health Improvement Plan; however these topics greatly influence the overall health of the community. By continuing to address these health issues through community programs and partnerships we will work toward minimizing disease and maximizing health in the FCP Community.

Chronic Disease Prevention and Management

Wisconsin's 2020 Goals:



- Increase sustainable funding and capacity for chronic disease prevention and management programs that reduce morbidity and mortality.
- Increase access to high-quality, culturally competent, individualized chronic disease management among disparately affected populations of differing races, ethnicities, sexual identities and orientations, gender identities, and educational or economic status.
- Reduce the disparities in chronic disease experienced among populations of differing races, ethnicities, sexual identities and orientations, gender identities, and educational or economic status.

Forest County Potawatomi Actions:



- Follow best practice guidelines for chronic disease management and prevention.
- Provide education about healthy lifestyle choices and the importance preventive screenings and well visits.
- Promote and encourage self-management support.
- Promote services offered by the Patient Centered Medical Home Care Coordinator.

Communicable Disease

Wisconsin's 2020 Goals



- Protect Wisconsin residents across the lifespan from vaccine-preventable diseases through vaccinations recommended by the U.S. Advisory Committee on Immunization Practices.
- Implement strategies focused to prevent and control reportable communicable diseases and reduce disparities among populations with higher rates.

Forest County Potawatomi Actions:



- Provide education about communicable diseases and universal precautions.
- Offer education about the importance of immunizations as a method for the prevention of communicable disease.
- Continue emergency preparedness planning, syndromic surveillance, electronic disease reporting, and partner communication.

Healthy Growth and Development

Wisconsin's 2020 Goals



- Increase the proportion of children who receive periodic developmental screening and individualized intervention.
- Provide pre-conception and inter-conception care to Wisconsin women in population groups disproportionately affected by poor birth outcomes.
- Reduce the racial and ethnic disparities in poor birth outcomes, including infant mortality.

Forest County Potawatomi Actions:



- Promote and educate about the importance of breastfeeding, newborn screenings, well child visits, immunizations, maternal and infant nutrition and physical activity.
- Provide education about tobacco and substance abuse and its effects on healthy growth and development.
- Educate about the importance of safe sleep practices as a method of preventing SIDS.
- Conduct regular youth speech screenings and assessments, educate parents and staff about speech therapy methods and make appropriate referrals to outside agencies.

Oral Health

Wisconsin's 2020 Goals



- Assure access to ongoing oral health education and comprehensive prevention, screening and early intervention, and treatment of dental disease in order to promote healthy behaviors and improve and maintain oral health.
- Assure appropriate access to effective and adequate oral health delivery systems, utilizing a diverse and adequate workforce, for populations of differing races, ethnicities, sexual identities and orientations, gender identities, and educational or economic status and those with disabilities.

Forest County Potawatomi Actions:



- Provide education about the importance of oral health and regular dental visits throughout the lifespan.
- Educate about the importance oral health during preconceptional, prenatal and postnatal periods and how it affects the mother and baby's health.
- Promote childhood oral preventive health measures, such as fluoride supplements, varnish and dental sealants.

Reproductive and Sexual Health

Wisconsin's 2020 Goals



- Establish a norm of sexual health and reproductive justice across the life span as fundamental to the health of the public.
- Establish social, economic and health policies that improve equity in sexual health and reproductive justice.
- Reduce the disparities in reproductive and sexual health experienced among populations of differing races, ethnicities, sexual identities and orientations, gender identities, and educational or economic status.

Forest County Potawatomi Actions:



- Collaborate with partners to provide education about sexually transmitted infections (STIs), screening guidelines, testing options, prevention and treatment.
- Continue to distribute condoms and STI education through the FCP Brown Bag Program.

Tobacco Use and Exposure

Wisconsin's 2020 Goals



- Reduce tobacco use and exposure among youth and young adults by 50 percent.
- Reduce tobacco use and exposure among the adult population by 25 percent.
- Decrease the disparity ratio by 50 percent in tobacco use and exposure among populations of differing races, ethnicities, sexual identities and orientations, gender identities, educational or economic status, and high-risk populations.

Forest County Potawatomi Actions:



- Organize and promote Youth Tobacco Program and Events.
- Continue to educate the community about the health risks associated with tobacco use and exposure
- Continue to offer the Tobacco Cessation Program through the FCP Community Health Department.

Actions for a Healthier Forest County Potawatomi Community



Spread the Word

Educate your friends, family, coworkers and community about the identified health issues and the initiatives outlined in this plan. Lead by example; role model healthy behaviors to your family and loved ones.



Engage Community

Talk to community members and attend Tribal Meetings to identify ways to improve the health of the Forest County Potawatomi Tribe, specifically related to the prevention of obesity, injuries, mental health and substance abuse. Even the smallest actions can make a difference!



Establish Partnerships

Agencies and organizations can review the FCP Community Health Improvement Plan and identify opportunities for alignment between their work and the health priorities outlined in this plan. Successful change requires involvement from the entire community. Seek opportunities for collaboration and partnerships with internal and external agencies within the FCP Community or throughout Forest County.



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