Upstream Prevention: Promotion of Individual Well-Being
Regional Health Improvement Plan Workgroup

Join Zoom Meeting
https://zoom.us/j/602446710

Join by phone:
+1 669 900 6833
Meeting ID: 602 446 710

June 23, 2020, 3:30-5:00pm

**Aim/Goal**

All communities in Central Oregon have equitable access and opportunities to health, education, healthy relationships, community support, and experiences necessary to thrive at every stage of life from prenatal to adulthood.

**Future State Metrics**

1. Increase letter name recognition at kindergarten
2. Increase third grade reading proficiency
3. Increase proportion of pregnancies that are planned
4. Increase two-year-old immunization rates
5. Increase the number of people who feel they belong in their community

**AGENDA**

3:30-3:35      Welcome, Land Acknowledgement & Guiding Principles - All
3:35-3:45      Community Sharing - All
3:45-3:50      Small Group Introductions – All
3:50-5:00      Root Cause / Strategic Direction - All
1. By December 2023, letter name recognition at kindergarten readiness will be the following by county:

<table>
<thead>
<tr>
<th></th>
<th>Total Population</th>
<th>Economically Disadvantaged</th>
<th>Underserved Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crook County</td>
<td>15.8</td>
<td>14.3</td>
<td>12.8</td>
</tr>
<tr>
<td>Deschutes County</td>
<td>17.5</td>
<td>14.6</td>
<td>16.6</td>
</tr>
<tr>
<td>Jefferson County</td>
<td>13.2</td>
<td>11.3</td>
<td>11.1</td>
</tr>
</tbody>
</table>

Overall increase of at least 10% for all students, a 20% increase for students from economically disadvantaged (ED) and underserved races (UR).

2. By December 2023, increase third-grade reading proficiency to the following by county:

<table>
<thead>
<tr>
<th></th>
<th>All Students</th>
<th>Economically Disadvantaged</th>
<th>Underserved Races</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crook County</td>
<td>54.5%</td>
<td>51%</td>
<td>33.5%</td>
</tr>
<tr>
<td>Deschutes County</td>
<td>67.5%</td>
<td>52%</td>
<td>47%</td>
</tr>
<tr>
<td>Jefferson County</td>
<td>47.5%</td>
<td>49.5%</td>
<td>40.5%</td>
</tr>
</tbody>
</table>

Increase of 10% overall, and 15% for economically disadvantaged students (ED) and students from underserved races (UR).

3. By December 2023, increase the proportion of pregnancies that are planned in Central Oregon to 56%.

4. By December 2023, increase the Central Oregon two-year-old up-to-date immunization rates to 80%.

5. By December 2023, a Resilience Measure, such as the Child/Youth/Adult (CYARM) will be established, and the number of people who feel like they belong in their community (by gender, race, and ability) will increase by 10% from the baseline.
Regional Health Improvement Plan (RHIP) Workgroup

Guiding Principles

Shared Focus
We come together to improve the health and well-being of individuals living in various and diverse communities throughout Central Oregon region. We use the Regional Health Improvement Plan (RHIP) as our guide. It is our region’s shared vision of current problems and our aims. As workgroup partners we develop agreed-upon actions to solve the issues and keep the needs of our communities as the main focus.

Shared Metrics
We measure progress, process and outcomes through a shared lens. We use the Regional Health Assessment (RHA), Regional Health Improvement Plan and community dashboard.

Involve Targeted Population
The individuals living in our diverse Central Oregon communities are the center of our work. We make every effort to include people from every part of the region in our workgroups, discussions, processes and decisions.

Collaborate to Solve Complex Issues
Inviting diverse perspectives from throughout the Central Oregon region deepens our shared understanding of complex issues and propels us toward better progress and outcomes. We practice frequent, structured, open communication to build trust, assure shared objectives, and create common motivation. We respect the privacy and sensitivity of information partners share.

Coordinate Collective Efforts
We are made up of diverse partner organizations and individuals with unique strengths, skills, and resources. We coordinate our efforts and use our unique strengths and skills to meet the goals of the RHIP.

Learn and Adapt Together
We embrace shared learning and a growth mindset. We create a space that allows for mistakes, failures, second changes, and a celebration of brave attempts. We adjust and apply our learnings to the complex and changing landscape of health and well-being in Central Oregon.
Directions for Root Cause Titles:

Summarize what is blocking progress toward our metrics

3 - 7 Words

Adjective + Noun

No Solutions

Prompting Questions:

1.)What are the key words in this cluster?

2.)How have you experienced this?

3.)How does this block? What is it blocking?

4.)What 3-7 word title best describes the root cause blocking our progress?

Upstream Prevention: Promotion of Individual Well-Being

Purple - Information (we didn't get to one statement)
- Ability to access and consume information
- Gaps in knowledge, information or action
- Gap in available information in terms of access or consume
- Not able to put these into action

4. Increase two year-old immunization rates
2. Decrease food insecurity.
1. Increase high school graduation rates among economically disadvantaged youth

Upstream: May - Confirm Clusters and start naming

Unbalanced distribution of resources across the region
unbalanced resource allocation
duplication of efforts

Outdated teaching practices around reading instruction
- Lower parental literacy
- Family access to education surrounding parenting

Lower parental literacy
Family access to education surrounding parenting

Information. PURPLE

technology access and know how

Geographic distribution across the region
Resources PINK

Policy level – school boards blocking access to contraceptives
philosophical differences on reproductive health
Social media amplifies rhetoric to spread (echo chamber)
beliefs of gov. overstepping boundaries
access to/stigma contraceptive counseling

Upstream: May - Confirm Clusters and start naming

Overarching barrier: Poverty
kids are raising kids
instability. BLUE

Access to childcare
Accessing barrier: Poverty

inconsistency of adults in child’s life
Overarching barrier: Poverty

Trust in relationships with resources

Racism and unconscious bias
Unbalanced bias creating isolation (connection vs alienation)

Language barriers

Connections to schools (attendance, “community”)

Outdated focus on academic success

Intensive focus on academic success

Exclusive focus on opportunities (language, literacy, economic)

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Unbalanced bias creating isolation (connection vs alienation)

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Stable Housing and Supports

**Background: Why are we talking about this?**

<table>
<thead>
<tr>
<th>1990s</th>
<th>2000s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mill Closures / Timber Industry Decline</td>
<td>Population Growth in Central Oregon</td>
</tr>
<tr>
<td>Federal Housing Policy</td>
<td>Housing shortage</td>
</tr>
<tr>
<td>The Great Recession</td>
<td>The Great Recession</td>
</tr>
<tr>
<td>Wage Vs. Housing Costs</td>
<td>Wage Vs. Housing Costs</td>
</tr>
<tr>
<td>Single Income Households</td>
<td>Single Income Households</td>
</tr>
</tbody>
</table>

Stable, healthy housing is a basic need. Insecure housing and an unhealthy living environment impact both physical and behavioral health conditions. By spending much of their income on housing, individuals and families must cut corners on other living expenses such as food, transportation, and medications, which can also significantly influence their health outcomes and overall well-being.

**Current Condition: What’s happening right now?**

- In 2017, 18% of Central Oregonians paid more than half of their income for rent and mortgage
- In Central Oregon, minority households experience more housing challenges than their white counterparts
- Central Oregon has a critical shortage of supportive housing units to meet the needs of people with disabilities, with co-occurring mental health or substance use disorders, and/or extended history of homelessness

**Current State Metrics:**
1. In 2017, 18% of Central Oregon households were severely rent or mortgage burdened
2. In 2018, only 30% of Housing Choice Voucher holders were able to find and lease a housing unit
3. No system to determine an accurate number of those experiencing homelessness exists in Central Oregon

**Goal Statement: Where do we want to be in 4 years?**

**Aim/Goal**
Central Oregonians experiencing homelessness and those most at-risk of homelessness will have increased and equitable access to housing and supports that offer opportunities for stability and increased individual well-being.

**Future State Metrics - By December 2023:**
1. Decrease severely rent and mortgage-burdened households
2. Increase Housing Choice Voucher holders able to find and lease a unit
3. Accurately capture Central Oregonians experiencing homelessness

**Analysis: What’s keeping us from getting there?**

**Strategic Direction: What are we going to try?**

{insert}

**Focused Implementation: What are our specific actions? (who, what, when, where?)**

{insert}

**Follow-Up: What’s working? What have we learned?**

{insert}
Central Oregon Health Council
COVID-19
Mini-Grant Report

This report gives an overview of the status of all COVID-19 mini-grants funded by the Central Oregon Health Council (COHC).

There are two funding streams available for COVID-19 mini-grants. One is from the RHIP Workgroups, who elected to pool their money. Each workgroup contributed $25,000, for a total of $150,000. Grant applications for this funding stream directly impact a RHIP metric. See pages two and beyond for information on which metrics have been impacted through COVID-19 mini-grants.

The second funding stream is provided from the COHC reserves in a matching amount of $150,000. This funding pool is drawn from when a COVID-19 mini-grant is submitted due to an emergent need, but does not align with a RHIP metric. See a complete list of these mini-grants on the bottom half of page one.

### Non-RHIP COVID-19 Mini-Grants

<table>
<thead>
<tr>
<th>Month</th>
<th>Organization</th>
<th>Funding Category</th>
<th>Grant Title/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>MARCH</td>
<td>Creach Consulting, LLC</td>
<td>Non-RHIP</td>
<td>COVID-19 Virtual Community Supports</td>
</tr>
<tr>
<td>MARCH</td>
<td>Jefferson County Public Health Department</td>
<td>Non-RHIP</td>
<td>Stay Home, Save Lives Outreach Campaign</td>
</tr>
<tr>
<td>MARCH</td>
<td>Jefferson County Public Health Department</td>
<td>Non-RHIP</td>
<td>Prevent COVID-19 for At-Risk Populations</td>
</tr>
<tr>
<td>MARCH</td>
<td>Mosaic Medical</td>
<td>Non-RHIP</td>
<td>COVID-19 Care Kits for the Homeless</td>
</tr>
<tr>
<td>APRIL</td>
<td>Central Oregon Pediatric Associates</td>
<td>Non-RHIP</td>
<td>PPE Sterilization</td>
</tr>
<tr>
<td>APRIL</td>
<td>Crook County Health Department</td>
<td>Non-RHIP</td>
<td>COVID-19 Outreach Campaign</td>
</tr>
<tr>
<td>APRIL</td>
<td>Family Access Network</td>
<td>Non-RHIP</td>
<td>FAN COVID-19 Response</td>
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<tr>
<td>APRIL</td>
<td>NeighborImpact</td>
<td>Non-RHIP</td>
<td>Homeless Services</td>
</tr>
<tr>
<td>APRIL</td>
<td>REACH</td>
<td>Non-RHIP</td>
<td>COVID-19 Services for Homeless</td>
</tr>
<tr>
<td>APRIL</td>
<td>Ronald McDonald House Charities</td>
<td>Non-RHIP</td>
<td>COVID-19 Virtual Family Supports</td>
</tr>
<tr>
<td>APRIL</td>
<td>Rugged Thread Outerwear Repair Inc.</td>
<td>Non-RHIP</td>
<td>Manufacturing Surgical Masks</td>
</tr>
<tr>
<td>APRIL</td>
<td>Sparrow Clubs U.S.A.</td>
<td>Non-RHIP</td>
<td>Virtual Sparrow Clubs for 2020-21 School Year</td>
</tr>
<tr>
<td>APRIL</td>
<td>The Latino Community Association</td>
<td>Non-RHIP</td>
<td>COVID-19 Emergency Funds for Families</td>
</tr>
<tr>
<td>MAY</td>
<td>REACH</td>
<td>Non-RHIP</td>
<td>Solar Chargers for Homeless</td>
</tr>
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</table>

Central Oregon Health Council
### RHIP COVID-19 Mini-Grants

<table>
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<tr>
<th><strong>Bend Farmers Market</strong></th>
<th>Fresh Veggies for SNAP Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BestCare Treatment Services</strong></td>
<td>Expanding Telehealth Capacity for COVID-19 Needs</td>
</tr>
<tr>
<td><strong>Brightways Counseling Group</strong></td>
<td>Access to Care - Telehealth</td>
</tr>
<tr>
<td><strong>Cascade Peer and Self Help Center</strong></td>
<td>COVID-19 Supports for Clients</td>
</tr>
<tr>
<td><strong>Central Oregon Veteran Outreach</strong></td>
<td>COVO COVID-19 Crisis Homeless Outreach</td>
</tr>
<tr>
<td><strong>Council on Aging of Central Oregon</strong></td>
<td>Addressing Urgent Food Needs for Seniors</td>
</tr>
<tr>
<td><strong>DAWNS House</strong></td>
<td>COVID-19 Basic Needs Relief</td>
</tr>
<tr>
<td><strong>Deschutes County Health Services</strong></td>
<td>Expansion of Telehealth Services</td>
</tr>
<tr>
<td><strong>Friends of the Children</strong></td>
<td>COVID-19 Support for Youth and Family</td>
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<td><strong>Healthy Beginnings</strong></td>
<td>Continuity of Care During Covid-19</td>
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<tr>
<td><strong>High Desert Food and Farm Alliance</strong></td>
<td>Food Security for Vulnerable Residents and Farmers</td>
</tr>
<tr>
<td><strong>Jericho Road</strong></td>
<td>COVID-19 Food Services</td>
</tr>
<tr>
<td><strong>La Pine Community Health Center</strong></td>
<td>The Behavioral Health COVID-19 Telehealth Project</td>
</tr>
<tr>
<td><strong>Mountain Star Family Relief Nursery</strong></td>
<td>Providing Basic Necessities to At-Risk Families</td>
</tr>
<tr>
<td><strong>NeighborImpact</strong></td>
<td>Social Distancing Shelter Alternatives</td>
</tr>
<tr>
<td><strong>Redmond Senior Center</strong></td>
<td>Home Meal Services - Ensuring Food Security</td>
</tr>
<tr>
<td><strong>Rimrock Trails</strong></td>
<td>Telehealth Counseling Amidst the COVID-19 Crisis</td>
</tr>
<tr>
<td><strong>St. Charles Health System</strong></td>
<td>Purchase Frio Insulin Cooling Cases</td>
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<tr>
<td><strong>Still Serving Counseling Services</strong></td>
<td>COVID-19 Veteran Mental Health Telehealth</td>
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<tr>
<td><strong>Sunstone Recovery, LLC</strong></td>
<td>Telehealth</td>
</tr>
<tr>
<td><strong>The Giving Plate, Inc.</strong></td>
<td>COVID-19 Food Relief</td>
</tr>
<tr>
<td><strong>Thrive Central Oregon</strong></td>
<td>Basic Needs Support to Low-Income Households</td>
</tr>
<tr>
<td><strong>Treehouse Therapies Associates</strong></td>
<td>Telehealth Program</td>
</tr>
</tbody>
</table>

Decrease food insecurity
Decrease percent of individuals living at poverty level and income constrained
Decrease housing and transportation costs as a percent of income
Increase availability of behavioral health providers in marginalized areas of the region
Increase timeliness and engagement when referred from primary care to specialty BH
Standardize screening processes for appropriate levels of follow-up care
Decrease asthma, cancer, cardiovascular disease, and diabetes rates
Increase fruit/vegetable consumption and physical activity in youth
Decrease risk factors for cardio-pulmonary and/or preventable disease
Accurately measure Central Oregonians experiencing homelessness
Decrease binge drinking among adults
Increase additional services for alcohol or drug dependence for individuals newly diagnosed
Reduce mental health/substance abuse emergency department visits in Madras, Prineville and Warm Springs
Increase letter name recognition at kindergarten

April

**RHIP COVID-19 Mini-Grants**

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**St. Charles Health System** Purchase Frio Insulin Cooling Cases
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**Sunstone Recovery, LLC** Telehealth
**The Giving Plate, Inc.** COVID-19 Food Relief
**Thrive Central Oregon** Basic Needs Support to Low-Income Households
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Updated 5.6.2020
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Healthy Families Oregon - High Desert Basic Needs for Families
Stroke Awareness Oregon Stroke Education & Prevention