

Healthy Sussex QUARTERLY

COMING TOGETHER FOR A HEALTHY SUSSEX COUNTY

October 2018

HERE COMES THE SUN

Over the last couple of years there has been a tremendous focus on the need for expanded care for people suffering with mental health issues. This, coupled with the opioid crisis, has led to a significant amount of work, both locally and statewide, to begin to develop additional quality programs in a more comprehensive system of care. Sussex County Health Coalition (SCHC) has been a leader in helping foster dialogue, examine needs and create collaborations to address these pressing issues and gaps. We have also had a seat at the table for statewide discussions.

In the past four years we have seen comprehensive school based mental health programming emerge in four of the five school districts in Sussex County, increased capacity from providers expanding in our area both geographically and in the service arrays and healthcare systems taking a proactive and collaborative role in this work. Engaging in the work of building solutions, expanding messaging around addiction, fighting stigma and finally prevention has emerged as a priority to focus on our youth.

Multiple things have aligned that have brought us to a tipping point regarding mental health in our community and state.

- The creation of a statewide Behavioral Health Consortium
- New legislation for a statewide *Overdose System of Care*
- Delaware Center for Health Innovations Mental Health Parody work
- The opening of SUN Behavioral Health in Sussex County

This is not to say we are done, there is still much more work to do. However, I am highly optimistic we are locally, as well as statewide, heading in the right direction. We need all stakeholders in the mental illness arena to continue to fight the stigma associated with mental illness. We remain committed to our work and invite you to join us in our efforts by supporting our partners National Association of Mental Illness of Delaware (NAMI DE), Mental Health Association of Delaware (MHA) and atTACK addiction. It will take all of us to continue this critical work.



In communities across the country and right here in Sussex County, many people have suffered from mental illness and substance use disorders. Seeing those unmet needs, CEOs from three downstate healthcare institutions—Jeffrey Fried (Beebe Healthcare), Terry Murphy (Bayhealth) and Steve Rose (Nanticoke Health Services)—voiced their concerns and needs to the team at SUN Behavioral Health. At SUN, our mission is to partner with communities. We wholeheartedly welcome the opportunity to solve unmet needs for those suffering from mental illness and substance use disorders in Sussex County and beyond.

Our hospital is part of a community-wide solution: helping those seen in emergency rooms or sent to community hospitals that don't have mental health units, helping those transferred to other law enforcement agencies, correctional facilities and homeless shelters and helping patients who do not receive the appropriate mental health care for their needs. SUN is committed to interrupting this escalating and dangerous cycle. We are working collaboratively with health care professionals and local neighborhoods to create appropriate services delivered in the finest facility with the highest standard of care. Our team of board-certified psychiatrists, doctors, nurses and other care providers brings extensive professional expertise and experience to all patients and their families. SUN is here. We're committed to being at the forefront of this critical and dynamic field. And we are committed to helping all our neighbors across Sussex County.

Article written by Amy Wood, CEO for SUN Behavioral Health

SCHC MISSION

The Sussex County Health Coalition exists to engage the entire community in collaborative family-focused effort to improve the health of children, youth and families in Sussex County.



SCHC VISION

We envision a community in which our citizens and institutions (public, private, and not-for-profit) are actively engaged in community health promotion as a shared community good, and working together to create a cultural and physical environment which supports healthy lifestyles for our children and their families.

THE HERREN PROJECT
**PROJECT
 PURPLE**
initiative™

We are deeply thankful for the support of all those who together made this event a successful community gathering! Together, we bring a message of prevention, hope and healing!

stand up against substance abuse



THE SUSSEX COUNTY HEALTH COALITION PARTNERED WITH CHRIS HERREN, (former NBA player and addict in recovery), and Project Purple to share the importance of:

- EDUCATION AND TREATMENT
- ENDING THE STIGMA OF ADDICTION
- BRINGING A MESSAGE OF HOPE in the fight against the Opioid Epidemic

the direction of the Sussex County Health Coalition." Sussex County Council Proclamation

- "Awareness and education are the key factors in combating this horrible epidemic that kills more people than cars, guns, and falling per year as reported by the CDC." House of Representatives Proclamation
- "Whereas, local businesses, establishments and religious institutions will turn the community purple ... to take a stand against substance abuse." Office of the Governor Proclamation

Over 650 community members attended the September 11 Chris Herren event at Crossroad Community Church along with Lt. Governor Bethany Hall Long, Representatives Daniel Short and Ruth Briggs King, and Sussex County Council President Mike Vincent to hear Mr. Herren's inspiring message of HOPE... HOPE in recovery, HOPE for families and HOPE for continued health and sobriety. What began as Seaford Goes Purple, quickly became Sussex Goes Purple, Kent Goes Purple and NOW... Delaware Goes Purple! The entire state is rallying around this critical initiative in support of those who are suffering. The Sussex County Council, The House of Representatives and The State of Delaware have all drafted official Proclamations in support of this paramount initiative:



- "Whereas, Delaware, like other states across the nation, is seeing firsthand the effects of the opioid epidemic, with 345 drug overdoses occurring in the state in 2017, 64 of which occurred in Sussex County; ...Project Purple is hoping to reverse these statistics by launching the Seaford Goes Purple, Sussex and Delaware Goes Purple initiatives under



"LIFE MATTERS" YOUTH EMPOWERMENT CAMP



Sponsored by Nemours and held at Camp Barnes from August 24–26, this event targeted students from 7th to 12th grade and served a total of 75 participants.

Key Partners for this annual camp included:

- Delaware State Police
- Nemours
- First State Community Action Agency
- DE Public Health
- Kent Prevention Services
- Communities in School
- For His Glory Ministries
- The CAUSE, and other local community partners

This was the second year for this overnight camp. Impact was made in all areas of health (mental, spiritual, financial and physical). Access to healthcare was one of the primary focus points to this underserved population. Kids were exposed to presentations on various topics including opioid drug prevention, Botvin Life Skills, ACES and Water Safety. They also learned how to deal with trauma associated with violence in their communities and neighborhoods. This free camp was

supported financially by Nemours and utilized monetary or food donations from local partners including: For His Glory Ministries, The Starboard Restaurant, DE State Police, and the Sussex County Health Coalition, as well as others.

This summer program is committed to helping youth be more resilient as they deal with trauma and adverse childhood experiences (ACES) that could lead to improved health. Noted local providers included:

- Dr. Brittany Hazzard, School Therapist/Cape Henlopen School District
- Mark Harmon, Kent Prevention Services Drug Prevention Trainer
- Dr. Alisha Broughton, College Prep
- Jessica Morris, Life Guard- Water Safety

The youth received scholarship information from colleges and universities and information about community programs and resources that may be helpful for them as well as their families. The campers also produced a short PSA video with "The CAUSE" in order to promote awareness around opioid addiction. These PSA's may be selected to air throughout the state.

SCHC BRINGS BOTVIN TO SEAFORD MIDDLE SCHOOLERS with a little help from our FFA friends at Seaford High School and the University of Delaware!

The evidence-based Botvin curriculum is a life-skills program that focuses on teaching Middle Schoolers to set goals, be strong against peer pressure and to communicate with other teens when it comes to drugs and alcohol. Our unique program trained eleven youth ambassadors from Seaford High School, specifically, from the Future Farmers of America student group, on the Botvin program. These students will in turn become Botvin youth trainers to Seaford Middle School students under the direction and supervision of the University of Delaware 4H Botvin certified trainer's program. We loved meeting and spending time with the Seaford High School students and were most impressed with their dedication, sincerity and maturity. As a group, they had the opportunity to spend some personal time with Chris Herren after he spoke at their high school. Now, they become Botvin youth trainers for Seaford Middle School students as well as "purple ambassadors" for their high school. Go move those mountains FFA! We are so proud of you!



photo courtesy of Lisa Wile

COMMUNITY HEALTH NEEDS ASSESSMENT

In 2011, the three Sussex County hospitals initiated a unique collaboration to begin to address common healthcare needs and disparities for Sussex county residents. This collaborative group is known today as the Healthier Sussex County (HSC) Task Force. As a critical connection to many health and social service agencies, the Sussex County Health Coalition very quickly became a key partner in this organization, having already collaborated with each of the three hospitals to support, promote and pilot a number of health initiatives to improve the health of our community as well as develop programs that address previously identified gaps in care or areas of need.

With the start of HSC, the three not-for-profit healthcare systems, (Nanticoke Health Services, Beebe Healthcare and Bayhealth), began to work together to collect data needed for the IRS-mandated Community Health Needs Assessment (CHNA); required of all non-profit hospitals every three years.

This needs assessment process involves surveying individual community members at large as well as key stakeholders. Key stakeholders are defined as those who work within organizations and agencies whose role is to provide critical support for populations in need related to healthcare, social services or other areas impacting a person's ability to lead a healthy lifestyle. It is critical to meaningfully connect with these stakeholders during the assessment process.

They have numerous interactions with fellow residents. They provide a unique insight; a broad perspective on access issues, disparities and needs in a more in-depth and personal way, providing understanding of the healthcare challenges our community encounters.

HSC along with the Sussex County Health Coalition have together begun the 2019 Community Health Needs Assessment data collection process. As a part of reaching more stakeholders and gathering more meaningful input, Sussex County Health Coalition is generously providing a unique opportunity. Three of their upcoming meetings are slated as CHNA Stakeholder survey roundtable discussions. Through the contributions of each meeting's attendees, the goal is to garner detailed information related to the health needs of our fellow community members as well as proposed recommendations



and solutions to the challenges and barriers preventing access to proper and preventative health care in Sussex County. The three hospitals and the Sussex County Health Coalition will be working together to facilitate and record all feedback provided during these meetings.

Information from stakeholder input along with the community surveys being collected by each organization will be shared amongst the group and analyzed. While each hospital uses results relevant to its area of service to determine community member needs, collectively along with the Sussex County Health Coalition, common crucial areas of need will be identified for collaborative projects. Healthier Sussex County, the Sussex County Health Coalition, and partner organizations can work together to develop an implementation plan to continue to work on gaps in care or to better support ongoing initiatives addressing these areas of need with the desired outcome being programs and initiatives that have the greatest potential for success and beneficial impact.

Each hospital's Community Health Needs Assessment and Implementation plan is published on individual hospital websites. Additionally, the combined plan for Healthier Sussex County and the Sussex County Health Coalition will be shared on the SCHC website in June of 2019.



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