

# Poweshiek County and Grinnell Regional Medical Center Health Improvement Plan

Date Revised: 12/20/2020

For information about this plan:

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## Topic 1

Access to mental health care services and providers.

Access to mental health care services and providers.

### Goal 1

Access to Mental Health Services – Poweshiek County residents will have improved mental health through access to providers and services.

### Alignment with National Plans

Improve mental health through prevention and by ensuring access to appropriate, quality mental health services (Healthy People 2020).

### Alignment with State/Other Plans

Increase access to services and supports for individuals experiencing a mental health crisis (Healthy Iowans).

Access to mental health care services and providers.

### Objective 1.1

The Poweshiek County mental health provider ratio of 1 provider per 1090 population will reach the Iowa level of 1 provider per 642 population by 2023.

Baseline Year	Baseline Value	Target Year	Target Value
2020	1/1090	2023	1/642

### Data Source and Location

Data USA: Poweshiek County, IA. Accessed December 20, 2020: <https://datausa.io/profile/geo/poweshiek-county-ia>  
America's Health Rankings analysis of America's Health Rankings composite measure, United Health Foundation, AmericasHealthRankings.org, Accessed December 20, 2020.

<https://www.americashealthrankings.org/explore/annual/state/IA>

Healthy People 2020. Accessed December 20, 2020. <https://www.healthypeople.gov/2020/>

Healthy Iowans. Accessed December 20, 2020. <https://idph.iowa.gov/healthy-iowans>

Access to mental health care services and providers.

### Strategy 1.1-1

Capstone Mental Health Clinic opened in Grinnell in 2016 with providers available daily for mental health services.

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## Strategy Source and Location

Capstone Mental Health Clinic in Grinnell.

**Strategy Type:** Professional/provider-focused

## Who's Responsible

Capstone Mental Health Clinic

## Target Date

12/22/2023

### Strategy Progress Report 1

**Report Date:** 12/21/2020

**Progress on Strategy:** Complete

#### Progress Notes

Mental Health services began at Capstone Mental Health Clinic in Grinnell in the fall of 2016. Capstone employs one part-time psychiatrist and three full-time Physician's Assistants (PA). These providers work with patients and their mental health therapist (if applicable) to diagnose and treat mental health conditions with the use of psychotropic medications. Capstone also employs three licensed clinical psychologists and six mental health counselors/therapists. These providers work with clients and their medication management provider (if applicable) to diagnose and treat mental health concerns through a variety of psychotherapy interventions. Capstone also employs two individuals who can provide substance abuse services. Both providers complete substance abuse evaluations, both for clients who are self-referred or have been referred by the court. These providers also complete OWI evaluations. Substance abuse counselors at Capstone also provide extended outpatient substance abuse treatment for clients who have been either self-referred or court ordered for treatment.

The provider will meet with each client for an evaluation appointment and will work with the client to create an individualized treatment plan. Follow-up appointments are scheduled consistently throughout treatment based on each patient's specific needs. Capstone's treatment staff brings extensive experience in mental health treatment and expertise needed to treat a variety of mental health concerns for children, adults, couples, and families. In addition, the availability of our psychologists on staff allows Capstone to provide psychological testing services for both children and adults for a number of concerns. Capstone also provides community programs (including behavioral health intervention and integrated home care).

### Strategy Progress Report 2

**Report Date:** 12/21/2020

**Progress on Strategy:** Complete

#### Progress Notes

Capstone has used student loan repayment as a recruitment tool to bring new providers to the Poweshiek County area, and has provided mental health providers some tuition assistance through the National Health Corps as they are a considered a rural clinic.

Access to mental health care services and providers.

### Strategy 1.1-2

Grinnell College Student Health has offered tele-psychiatry services in October 2016 through the University of Iowa.

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## Strategy Source and Location

Grinnell College Student Health

**Strategy Type:** Professional/provider-focused

## Who's Responsible

Grinnell College Student Health/University of Iowa Hospitals and Clinics

## Target Date

12/22/2023

### Strategy Progress Report 1

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**Report Date:** 12/21/2020

**Progress on Strategy:** Complete

**Progress Notes**

Tele-psychiatry services are still ongoing.

Access to mental health care services and providers.

**Strategy 1.1-3**

Various Mental Health literacy programs have been held in the Poweshiek County community including Mental Health First Aide (via a local library) and the Make it Ok campaign. Additionally, local providers who are also QPR (Question, Persuade, and Refer) instructors have provided QPR trainings for people in the community.

**Strategy Source and Location**

Poweshiek County

**Strategy Type:** Community-focused

**Who's Responsible**

Various providers

**Target Date**

12/22/2023

**Strategy Progress Report 1**

**Report Date:** 12/21/2020

**Progress on Strategy:** No progress

**Progress Notes**

Previous mental health literacy and education programs have only been intermittently offered in the past by providers on a pro-bono basis.

Access to mental health care services and providers.

**Strategy 1.1-4**

Mental health care services are provided by the following organizations within the community:

1. Counseling by Kun-Hong Lu, LISW: individual therapy and conjoint couples and family work. In-person sessions and tele-sessions are offered for Iowa residents.
2. Creative Hope Counseling offers mental health therapy for children, adolescents, and adults dealing with a myriad of issues, and using various techniques, including art/play therapy.
3. Davis Psychological Services, PC offers marriage counseling, and counseling for children 4 years old and up for a wide variety of issues such as: autism, attachment anxiety/stress, emotional regulation, grief and loss, behavioral problems, trauma, social interactions, depression, post-traumatic stress disorder, coping with emotions, relationship problems, death and dying issues, and behavioral problems. Psychological evaluations for needs including weight loss surgery, memory/dementia, IQ, personality, disability and diagnostic are also offered.
4. Healthy Homes Family Services offers mental health counseling for all ages, individuals, couples and families as well as Behavioral Health Intervention Services (BHIS) and in-home skill building working with children age 3 to 17 years, as well as their families struggling with a child's behaviors in the home or school setting.
5. Berryhill Psychiatry offers mental health care spanning pediatric general psychiatry and ADHD; and adult general psychiatry (refers for psychometric testing).

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6. The Station Clubhouse provides opportunities for men and women with mental illness to live, work and learn while contributing their talents through a community of mutual support.
7. Pauline M. Hampton, MS, SAP, LPHA, LMHC provides mental health and substance abuse services.
8. Jeff Wells provides individual therapy for adults and older adolescents as well as substance abuse evaluation and counseling.
9. Bridget Baechtel, LISW at Surgical Associates specializes in Bariatric Therapy; PTSD (trauma), eating disorders; individual, family and group therapy.
10. Midwest Counseling, LLC provides counseling services for all ages and also offers psych medication management.
11. H. Jacquie (Ye) Perman, Ph. D. offers strength-based, change-focused counseling to assist individuals in crises, cope with psychological vulnerability, and heal from complex past trauma.
12. Steiner & Associates offers clinical psychology services on Wednesday mornings only.
13. The National Alliance on Mental Illness Helpline offers general information about mental illness, referrals to local affiliates and support groups, and volunteer support.

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## Strategy Source and Location

Grinnell and Poweshiek County - various locations

**Strategy Type:** Professional/provider-focused

## Who's Responsible

The providers mentioned in the topic are responsible for providing services to community residents.

## Target Date

12/22/2023

## Strategy Progress Report 1

**Report Date:** 12/21/2020

**Progress on Strategy:** Complete

## Progress Notes

All organizations continue to provide mental health services.

*Access to mental health care services and providers.*

## Strategy 1.1-5

Central Iowa Community Services offers access to cost effective, evidenced based, conflict free targeted case management and supports service expansion efforts in 10 counties whose community service departments serve as primary access points.

Central Iowa Community Services has contracted to provide a crisis phone line (The Central Iowa Crisis Line) for residents living in a 10-county area. People can call for a variety of reasons including: a major loss, such as the death of a loved one, a divorce or serious illness, or it can be a series of smaller problems that have compounded and become overwhelming. Trained compassionate telephone counselors are available 24/7. All contacts are confidential.

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## Strategy Source and Location

Central Iowa Community Services

**Strategy Type:** Community-focused

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**Who's Responsible**

Central Iowa Community Services

**Target Date**

12/22/2023

**Strategy Progress Report 1****Report Date:** 12/21/2020**Progress on Strategy:** On track**Progress Notes**

Central Iowa Community Services continues to offer funding and access for case management and service expansion efforts. The Central Iowa Crisis Line is still ongoing.

## Topic 2

### Access to affordable and adequate health care.

Access to affordable and adequate health care.

**Goal 1**

All Poweshiek County residents will have access to affordable and adequate Health Care including transportation, pharmaceuticals, visiting specialists and insurance.

**Alignment with National Plans**

Create social and physical environments that promote good health for all (Healthy People 2020).

**Alignment with State/Other Plans**

Address health access and barriers in rural and agricultural communities (Healthy Iowans).

Access to affordable and adequate health care.

**Objective 1.1**

Add two resources to increase availability of pharmaceuticals, access to insurance, and low cost health care.

Baseline Year	Baseline Value	Target Year	Target Value
2020	2	2023	4

**Data Source and Location**

Healthy People 2020. Accessed December 20, 2020. <https://www.healthypeople.gov/2020/>

Healthy Iowans. Accessed December 20, 2020. <https://idph.iowa.gov/healthy-iowans>

Access to affordable and adequate health care.

**Strategy 1.1-1**

Distribute resource information by directory booklet/link on school and Grinnell Regional Medical Center website.

**Strategy Source and Location**

Grinnell Regional Medical Center

**Strategy Type:** Community-focused**Who's Responsible**

Grinnell Regional Medical Center

**Target Date**

12/22/2023

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## Strategy Progress Report 1

**Report Date:** 12/21/2020

**Progress on Strategy:** No progress

### Progress Notes

Status unknown

Access to affordable and adequate health care.

### Strategy 1.1-2

The Marion County Maternal Child Health program has created a resource book for Poweshiek County that can be handed out to all Public Health clients. This resource book is updated yearly.

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#### Strategy Source and Location

Marion County Maternal Child Health program

**Strategy Type:** Community-focused

#### Who's Responsible

Marion County Maternal Child Health program

#### Target Date

12/22/2023

## Strategy Progress Report 1

**Report Date:** 12/21/2020

**Progress on Strategy:** Complete

### Progress Notes

The Marion County Maternal Child Health program has provided an up-to-date resource book for Poweshiek County that can be handed out to all Public Health clients.

Access to affordable and adequate health care.

### Strategy 1.1-3

Grinnell Regional Medical Center continues to explore with Unity Point and the University of Iowa any specialties that could be provided by Telehealth. Grinnell Regional ER uses telehealth for certain specialties. Grinnell Regional Medical Center has provided space for the Primary Health Care division to bring a Mobile Clinic to Grinnell for Reproductive Health and STD testing and treatment.

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#### Strategy Source and Location

Grinnell Regional Medical Center

**Strategy Type:** Professional/provider-focused

#### Who's Responsible

Grinnell Regional Medical Center

#### Target Date

12/22/2023

## Strategy Progress Report 1

**Report Date:** 12/21/2020

**Progress on Strategy:** On track

### Progress Notes

Telemedicine options and services have increased during the COVID-19 pandemic (and related, loosened regulations in Telehealth coverage)

Access to affordable and adequate health care.

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## Objective 1.2

Increase transportation options such as Peoplerides for rural residents to come to Grinnell by 2023, and increase same day accessibility of appointment by 15%.

Baseline Year	Baseline Value	Target Year	Target Value
2020	3 transportation options	2023	5 transportation options
<b>Data Source and Location</b>			
N/A			

Access to affordable and adequate health care.

### Strategy 1.2-1

Start a volunteer transportation register for providing rides to medical appointments.

#### Strategy Source and Location

Local Churches/ Service groups/ Grinnell Regional

**Strategy Type:** Community-focused

#### Who's Responsible

Local Churches/ Service groups/ Grinnell Regional

#### Target Date

12/22/2023

### Strategy Progress Report 1

**Report Date:** 12/21/2020

**Progress on Strategy:** On track

#### Progress Notes

Grinnell Errand Service has been started and can provide transportation in Grinnell for \$5. This couple will also take residents to out of town appointments for a fee. The Presbyterian Church in Grinnell does offer volunteers to transport people in the community who do not have other options available, and is the only known church who offers this service. People Rides still has the same transportation options and schedule. Peoplerides has not made any changes to the transportation services provided in Poweshiek County due to funding restrictions.

## Topic 3

Availability of quality, effective health education.

Availability of quality, effective health education.

### Goal 1

Increase the quality, availability, and effectiveness of health education for school age and adult population in Poweshiek County.

#### Alignment with National Plans

Increase the quality, availability, and effectiveness of educational and community-based programs designed to prevent disease and injury, improve health, and enhance quality of life (Healthy people 2020).

#### Alignment with State/Other Plans

Healthy growth and development: where possible align the resources for smoking cessation, healthy eating and exercise to reach the goal of Iowa as the healthiest state in the nation (Healthy Iowans).

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Availability of quality, effective health education.

## Objective 1.1

Increase access to family planning for 15% of residents in Poweshiek County, and continue other health prevention/education programs.

Baseline Year	Baseline Value	Target Year	Target Value
2020	0%	2023	15%

### Data Source and Location

Healthy People 2020. Accessed December 20, 2020. <https://www.healthypeople.gov/2020/>

Healthy Iowans. Accessed December 20, 2020. <https://idph.iowa.gov/healthy-iowans>

Availability of quality, effective health education.

## Strategy 1.1-1

Grinnell Regional Medical Center has provided space for the Primary Health Care division to bring a Mobile Clinic to Grinnell for Reproductive Health and STD testing and treatment which began in November of 2017.

### Strategy Source and Location

Grinnell Regional Medical Center

**Strategy Type:** Community-focused

### Who's Responsible

Grinnell Regional Medical Center

### Target Date

12/22/2023

### Strategy Progress Report 1

**Report Date:** 12/21/2020

**Progress on Strategy:** On track

### Progress Notes

Mobile/free services are still provided.

Availability of quality, effective health education.

## Strategy 1.1-2

Tobacco prevention education has been provided throughout the community as part of a tobacco prevention grant RN for programs for youth and adults in Poweshiek County.

### Strategy Source and Location

Grinnell Regional Public Health

**Strategy Type:** Community-focused

### Who's Responsible

Grinnell Regional Public Health

### Target Date

12/22/2023

### Strategy Progress Report 1

**Report Date:** 12/21/2020

**Progress on Strategy:** On track

### Progress Notes

Tobacco prevention education services are still ongoing.



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*Availability of quality, effective health education.*

## Strategy 1.1-3

Virtual backpacks (online resource for parents to reference including educational materials on health) will be provided to parents.

### Strategy Source and Location

Grinnell Regional Public Health and Poweshiek County public schools.

**Strategy Type:** Demographic/socioeconomic-focused

### Who's Responsible

Public schools, Public Health, MICA

### Target Date

12/22/2023

## Topic 4

### Promoting healthy diets and exercise

*Promoting healthy diets and exercise*

#### Goal 1

Promote healthy diet and exercise for the achievement and maintenance of health body weights.

#### Alignment with National Plans

Promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights (Healthy People 2020)

#### Alignment with State/Other Plans

Healthy Growth and development - where possible align the resources for smoking cessation, healthy eating and exercise to reach the goal of Iowa as the healthiest state in the nation (Healthy Iowans).

*Promoting healthy diets and exercise*

#### Objective 1.1

Reduce the Poweshiek County obesity rate from 31% to 21% by 2023.

Baseline Year	Baseline Value	Target Year	Target Value
2020	31%	2023	21%

#### Data Source and Location

Healthy People 2020. Accessed December 20, 2020. <https://www.healthypeople.gov/2020/>

Healthy Iowans. Accessed December 20, 2020. <https://idph.iowa.gov/healthy-iowans>

*Promoting healthy diets and exercise*

#### Strategy 1.1-1

Partner with Poweshiek County providers to collect information on weight, BMI and then start a family center for weight management.

#### Strategy Source and Location

Grinnell Regional Medical Center and Public Health

**Strategy Type:** Community-focused

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**Who's Responsible**

Grinnell Regional Medical Center and Public Health

**Target Date**

12/22/2023

**Strategy Progress Report 1**

**Report Date:** 12/21/2020

**Progress on Strategy:** No progress

**Progress Notes**

No progress to date

Promoting healthy diets and exercise

**Strategy 1.1-2**

Extend the "Fit Kid's program to families in Poweshiek County

**Strategy Source and Location**

Public schools in Poweshiek County

**Strategy Type:** Demographic/socioeconomic-focused

**Who's Responsible**

Schools in Poweshiek County

**Target Date**

12/22/2023

**Strategy Progress Report 1**

**Report Date:** 12/21/2020

**Progress on Strategy:** On track

**Progress Notes**

The Grinnell PTO has previously created a program to encourage children to exercise call the Mileage club. The children get rewards after running so many laps during recess. The PTO also organizes a "Tiger Trot" for the children yearly.

**Strategy Progress Report 2**

**Report Date:** 12/21/2020

**Progress on Strategy:** On track

**Progress Notes**

The Healthy Choices Coalition has had ongoing presentations/meetings in recent years with community partners to discuss how obesity rates and eating can be improved in Poweshiek County. Further meetings with other stakeholders will continue to be organized in the future to explore options for our community.

**Strategy Progress Report 3**

**Report Date:** 12/21/2020

**Progress on Strategy:** On track

**Progress Notes**

Grinnell Schools have used AmeriCorps members to introduce children to new healthy foods and exercise options.