

COMMUNITY MENTAL HEALTH CENTER, INC.

COMMUNITY HEALTH NEEDS ASSESSMENT

2019

A Community Health Needs Assessment (CHNA) is a systematic, data-driven approach to determining the health status, behaviors, and needs of residents. The information gathered from this process may be used to inform decisions and guide efforts to improve community health and wellness.

A Community Health Needs Assessment provides information so that communities may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status. The CHNA serves as a tool toward reaching three basic goals:

- To improve residents' health status, increase their life spans, and elevate their overall quality of life. A healthy community is not only one where its residents suffer little from physical and mental illness, but also one where its residents enjoy a high quality of life.
- To reduce the health disparities among residents. By gathering demographic information along with health status and behavior data, it will be possible to identify population segments that are most at-risk for various diseases and injuries. Intervention plans aimed at targeting these individuals may then be developed to combat some of the socio-economic factors which have historically had a negative impact on resident's health.
- To increase accessibility to preventative services for all community residents. More accessible preventative services will prove beneficial in accomplishing the first goal (improving health status, increasing life spans, and elevating the quality of life), as well as lowering the costs associated with caring for late-stage diseases resulting from a lack of preventative care.

This CHNA is reflective of two initiatives: one focused on developing a CHNA from a regional perspective and one focused on a more specific service area; resulting from their overlap a CHNA addressing the service area served by Community Mental Health Center, Inc. (CMHC).

Community Mental Health Center, Inc. was an active participant in both of these initiatives. The first initiative was sponsored by The Health Collaborative and the Greater Dayton Area Hospital Association, covering 35 hospitals, 25 counties, 28 local health departments, 3 states (Ohio, Kentucky, Indiana). Participants included other providers, consumers, key stakeholders. Community Mental Health Center, Inc. specifically participated in this process when HighPoint Health conducted their assessment. Community Mental Health Center, Inc. also actively participated in this process when Margaret Mary Health conducted their assessment for their service area. Readers of this document are referred to The Health Collaborative, HighPoint Health, and Margaret Mary Health web-sites for the comprehensive CHNA reports and their findings.

Description of the Community Served/Service Area and Population:

Community Mental Health Center, Inc. is a provider of comprehensive behavioral health services, offering inpatient, outpatient, residential treatment, housing, substance use disorder treatment, gambling, sexual offender, supported employment, Intensive Family-Based services, home-based, school-based, and community-based services to individuals and families in Dearborn, Ohio, Switzerland, Franklin, and Ripley counties in southeastern Indiana. Community Mental Health Center, Inc. also provides integrated primary care/behavioral health services. Over the past 3 years, Community Mental Health Center, Inc. has partnered with other primary care providers and offered co-located primary care and behavioral health services at several of CMHC's sites and at other provider sites.

CMHC offers services at facilities located in the communities of Lawrenceburg, Vevay, Batesville, Brookville, St Leon. About 3-4% of the residents of the approximately 116,000 residents of CMHC's service area utilize the services of CMHC each year.

Southeastern Indiana is considered to be rural in nature. Great variation exists within the region. Dearborn County is primarily considered a rural suburb of Cincinnati, OH. Franklin and Ripley are also a mixture of suburban and rural communities based on their proximity to Inter-State 74. Switzerland and Ohio Counties are extremely rural. The largest community is Batesville with a population of 6600.

How the Community Was Determined/Methodology and Process:

Readers are referred to the Health Collaborative web-site, CHNA, Chapter 3, pages 30 – 54 for an explanation of how the Community was determined and for an explanation of methodology and process determination.

Community Health Needs Identified in the CHNA:

An impressive level of agreement emerged from both initiatives focused on the CHNA for CMHC's services area. Five health issues achieved consensus as high priorities by participants and were supported by secondary data, those being:

1. Substance abuse
2. Mental health
3. Access to care/services
4. Chronic disease
5. Healthy behaviors

These priorities have not significantly changed over the past 3 years. Awareness is more heightened by all citizens to these issues. The significance for CMHC of these results are that all 5 priorities are issues that CMHC addresses on a daily basis in its service provision.

CMHC Implementation Plan to Address Community Priorities:

CMHC is committed to address all identified needs by itself and via community collaborations and partnerships.

Substance Abuse:

Community Mental Health Center, Inc. will continue to provide substance use disorder treatment to individuals via our emergency services to assess and refer, inpatient unit (detox), residential treatment (Unity House) and community based treatment for individuals dually-diagnosed (mental health and addiction), outpatient and Intensive outpatient treatment, school-based treatment, working with Drug Court, Veterans Court, and community corrections, utilizing Peer Recovery Coaches, utilizing a trauma-informed approach to care. CMHC is actively engaged in providing Medication Assisted Treatment (MAT).

Community Mental Health Center, Inc. is in the process of developing a Level 2 Recovery residence in a community as part of a Comprehensive Addiction Recovery Center initiative. Unity House will become certified as a Level 3 & 4 residence. Plans are underway to address the needs of adolescents in the near future.

Community Mental Health Center, Inc. is very actively involved in local drug-free collations, focusing on preventative efforts. CMHC provides for community education on substance abuse via articles in local newspapers.

Community Mental Health Center, Inc. has been a very active participant with other stakeholders, partnering with the City of Lawrenceburg's Recovery Oriented System of Care initiative (Community Action Recovery Effort), working with 6 workgroups: Stigma and service

awareness, Screening, Transportation, Recovery Hub, Peer recovery Supports, Recovery Housing.

Mental Health:

Community Mental Health Center, Inc., in a like manner as described above, will continue to provide a continuum of care for mental health, including crisis/emergency services, inpatient or crisis stabilization, outpatient services, community-based & school-based services, case management, intensive family-based services, supported employment, housing for homeless individuals with mental health issues. CMHC provides for prevention via community education on mental health issues via articles in local newspapers, school-based educational programs, working with community partners regarding early childhood detection and intervention services.

Community Mental Health Center, Inc. continues to work closely with the local NAMI to address stigma and treatment. CMHC partners with NAMI to provide Critical Incident Training with local first responders, which addresses proper engagement and intervention with individuals with mental health and addiction issues.

Access to care:

Community Mental Health Center, Inc. will continue to be an active participant in working with all components of Indiana Medicaid and HIP 2.0, exchanges, and insurance. Navigators are provided to assist individuals gain access to a payor source, if eligible. CMHC will continue to provide a continuum of care for behavioral health and primary care. CMHC has expanded its service provision by partnering with Hillenbrand Industries and Ivy Tech Community College to provide EAP-like services. CMHC continues to offer Open Access for assessment. CMHC works with the Community Action Recovery Effort initiative to address transportation issues.

Chronic Disease:

Community Mental Health Center, Inc. will continue to address mental health and primary care chronic disease states via education efforts and active treatment as part of our core mission.

Healthy Behaviors:

Community Mental Health Center, Inc. will continue to focus on healthy behavior via community and individual education on the 8 dimensions of wellness, addressing smoking and vaping behavior, make healthy behaviors a core component of our mental health and Substance Use Disorder treatment efforts, offering free flu shots to employees.

Summary:

Community Mental Health Center, Inc. will continue to address these priority needs and others within our mission and focus, doing so within our capacity to do so. CMHC is invested in working with local providers, local governments, schools, businesses, and other local stakeholders to address the health needs of our communities served. CMHC is oriented to address the lifestyle/healthy behaviors that have an impact on so many of the health conditions which have been identified in the CHNA.