

# 2021 Implementation Goals & Implementation Strategies

## Physical Activity and Nutrition

☑ **Support and improve physical activity and nutrition education/programs to promote healthy lifestyles and reduce chronic disease.**

1. **Promote and organize Lifestyle Coaching classes:** located at the YMCA, BHS Health and Wellness Center, and other community sites on a monthly basis. This would include a facilitator to assist with the Zoom platform, cooking demonstrations and food tasting. Utilize the YMCA platform for marketing these classes to the YMCA membership and participants. Use additional marketing and promotion strategies for the community.
2. **Implement the “Healthy Together” program-** a fitness program for children and families exercise together at the YMCA, perhaps an exercise component for adults and separate one for children, combined with an educational piece in interactive classroom or cooking setting. Program could be 6-12 weeks long, but the idea is to bring the family unit together to not only learn how to eat healthier, but make healthier lifestyle choices. Focus on behavior modification and exercise. \*Make child care available for younger siblings.
3. **Develop the Exercise Institute-** a structured exercise program, administered by licensed physical therapists and located at the BHS Health & Wellness Center. Create specific and targeted marketing strategies for the community and physician referral processes. Lead community members/patients in individualized exercise programs focusing on cardiovascular health, strength training, flexibility strategies and balance activities. Education, home exercise, and referral to local exercise facilities will also be a part of the program.

## Behavioral Health and Substance Abuse

☑ **Expand partnerships to enhance behavioral health and substance abuse programs within the community.**

1. **Establish a Task Force:** investigate and develop strategies to improve mental health placement for inpatient and outpatient services.
  - a. Obtain market share data for behavioral health substance abuse services to determine what portion of the county is leaving the county to have needs met. Inpatient and Outpatient
  - b. Work with the county and other government officials to understand the shortage of post-acute care placement options for chronically ill patients.
  - c. Develop MAT discharge program from the ED and warm hand off to next care provider for opioid addiction.
  - d. Implement BHS behavioral health support groups within the Clarion community on a monthly basis.
2. **Promote Education of Hospital Staff**
  - a. Organize and implement monthly/quarterly education for ED physicians, providers, nurses, and other hospital staff about ARMOT program.
  - b. Establish and implement monthly training for the nursing staff on referral processes for AICDAC services.
3. **Recovery in Motion – Partner with AICDAC** – mission of the program is to promote long-term recovery from substance use disorders through education, advocacy and recovery support services, resulting in healthier individuals, families and communities. Classes would be free to attend for individuals referred

to by AICDAC. Partner with Hospital on nutrition and lifestyle modification classes twice/per month for participants who attend.

## **Food Insecurity**

☑ **Address the issue of food insecurity by giving community members access to healthy foods and nutrition resources.**

1. **Provide Monthly Lifestyle Coaching Classes** focused on healthy eating, reading labels, meal prep, etc., at the “Drop-In Center” at the Center for Community Resources in Clarion.
2. **Coordinate Healthier Food Selection** for the backpack program by partnering with the coordinators at the churches and school systems, while expanding this program to those schools who do not have it in place.
3. **Organize Quarterly Outreach Events** at area schools and churches for “high risk” families, providing education, cooking demonstrations and food distribution for those that attend.