

Community Health Needs Assessment Improvement Plan



Priority #1 Addiction and Substance Misuse

Substance misuse is a major public health issue, impacting individuals, families and entire communities. Drug and alcohol use can lead to other chronic medical conditions and, as such, contributes to costly physical, mental, and public health problems. The effects of substance misuse are cumulative. In addition to the considerable health implications, substance misuse also puts a strain on the criminal justice system.

Substance misuse can be especially hard to combat in underserved communities due to limited resources for prevention, treatment and recovery. It is also true that people diagnosed with a mental health issue are more likely to use alcohol or drugs than those not affected by a mental illness.

Objective: Improve access to substance misuse/mental health prevention and treatment while reducing associated stigma so that individuals and families who need treatment seek and receive it.

Strategy: Further efforts with community partners to "connect" individuals and families with the appropriate services and level of care.

Tactics:

- Grow the reach and effectiveness of FACT and CAT teams in the communities currently being served by Centerstone.
- Expand Comprehensive Treatment Court Services in Sarasota County (where individuals with third degree felonies can receive treatment in lieu of serving jail time).
- Expand Mobile Crisis Response to 24 hours/day, where possible (Manatee/DeSoto Counties).
- Provide care via telehealth.
- Secure additional support for Psychiatric Residency and Psychology Internship programs to help stem critical shortage of psychiatrists/psychologists.
- Continue to obtain grants that improve access to care, e.g. The Reach Program, mentor/recovery coach-modeled assistance to facilitate re-entry after incarceration.

Strategy: Promote prevention through awareness, increased intervention, treatment and recovery options.

Tactics:

- Integrate therapy, intervention and prevention programming in public schools and charter schools throughout Manatee County.
- Leverage SBIRT program that currently serves 14 Florida counties, providing addiction screening and intervention to at-risk individuals.
- Pursue growth opportunities for Centerstone treatment teams so that a greater number of individuals and families can be served.

Priority #2 Suicide Prevention

Mental health includes one's emotional, psychological, and social well-being, often impacting how individuals handle stress, relating to others, and making choices. Mental health is relevant at every stage of life and influenced by several factors including one's biology (genes or brain chemistry), life experiences (trauma or abuse), and family history of mental health. Research on the risk factors of individuals with major depressive conditions and other mood disorders often shows a direct connection to suicide and reveals the significance of predicting and preventing death by suicide. Studies indicate that greater than 90 percent of those who die by suicide have a diagnosable mental disorder, but fewer than 50% have received a diagnosis and treatment.

With Manatee County's suicide rate currently at 15.4 per 100,000 people (higher than state average; higher than national average), a county-wide effort comprised of government and private agencies is needed to move toward a zero-suicide community by combatting mental health issues.

Objective: Work with community partners to develop a community-wide suicide prevention campaign that will resonate with the community and serve as a platform for depression awareness and suicide prevention.

Strategy: Promote suicide prevention through awareness; increase intervention and treatment options for mental health conditions.

Tactics:

- With support of community leaders, identify partners (government and private agencies) who can contribute financially to community-wide campaign; secure buy-in from community partners who will commit to delivering campaign message through their own channels; serve as campaign lead.
- Increase Centerstone resources that are directed at screening/identifying those individuals with suicidal tendencies, leveraging its current presence in Manatee County.
- Participate in and facilitate awareness events like Life;Story that bring attention to depression awareness and suicide prevention; participate in community health fairs and events where Centerstone has the opportunity to educate.
- Provide training on suicide prevention and screening techniques with clinical service providers; promote suicide prevention as a core component of overall healthcare.
- Integrate therapy, intervention and prevention programming in public schools and charter schools throughout Manatee County.