



Stronger Together



COMMUNITY HEALTH INITIATIVE OF
FARIBAULT & MARTIN COUNTIES

COMMUNITY HEALTH IMPROVEMENT PLAN PROGRESS REPORT

JANUARY 2023- DECEMBER 2024

COMMUNITY RESILIENCY

01 Increase the knowledge of Adverse Childhood Experiences (ACEs) among community members and partners and their effect on the health of our community.

OBJECTIVES:

- By September 1, 2023, develop a communications plan to share information about ACEs data and to promote strength-based services to prevent ACEs
- Develop and disseminate one success story per month to highlight work happening within the community regarding ACEs that can be shared by coalition members in their networks.



ACTIVITIES COMPLETED:

- Public Health Staff presented to the Fairmont Service Club in September 2024 on ACEs in our community.
- Communications and Public Health staff created ACEs materials month-to-month for 2024. ACEs information and resources developed on FMCHS website for community.
- Statewide Health Improvement Partnership (SHIP) staff connected with Kandiyohi County to learn more about their ACE's campaign, utilizing some of their materials and ideas to promote ACEs awareness.
- Child Protection promoted Child Abuse Prevention Month in April 2024 by hosting a pancake breakfast, holding a coloring contest, and sharing ACEs related content on social media.
- Communications staff created a "Basic Needs" wall in both Human Services Buildings to connect clients to resources in the community.
- Public Health and communications staff were working on creating educational social media posts that highlighted different ACEs content, but social media posts were deemed to not be the most effective way to reach our target audiences. A new communication plan will be developed in early 2025.
- Communications staff work to share success stories in the form of blogs on the Faribault and Martin Counties Health Services (FMCHS) website and social media, but the goal of monthly stories has not yet been achieved.



02 Build resiliency in individuals, families, and in the community through the development and implementation of policies and practices.

OBJECTIVES:

- Quarterly, provide presentations and information updates to the Community Resiliency Team members on evidence-based, evidence-informed, or innovative strategies or ideas to increase resiliency among residents of Faribault & Martin Counties.
- By December 2024, develop an inventory of existing mental health and substance use resources and identify gaps in services.
- Working across sectors, implement multiple (at least 10) strategies that foster and build resilience among community members of multiple ages.



ACTIVITIES COMPLETED:

- Healthy Families of America (HFA) is continuously working with families and has the ability to take on more families. They are now back in person and routinely completing home visits. HFA is now accredited!
- HFA had trialed a Parent Advisory Board but was unable to get consistent attendance due to parent hesitation. They are working on finding other ways to implement a Parent Advisory Board.
- Martin County Substance Abuse Prevention Coalition (MCSAP) has passed out “Operation Parent” Handbooks that talk about screentime, mental health, gaming, drugs and alcohol, etc. in multiple versions including middle school, high school, Christian, and Spanish.
- MCSAP was awarded a grant in 2024 to expand their scope of work to include mental health and suicide prevention. They have completed asset mapping and are looking at risk and protective factors. They are looking to start a suicide prevention group and hope to partner with the Community Resiliency Team.
- CPS has continued to offer the Parent Support Outreach Program (PSOP) that works with parents that don’t meet child protection guidelines for an investigation but offers funding and help to guide parents. PSOP can support families and work to prevent bad outcomes in the future.
- CPS piloted a bi-county monthly meeting in 2023 to create more buy in from community partners including law enforcement, public health, medical providers, guardians, and the workforce center. Their purpose is to talk about what child protection is, the purpose, their status, their cases, how they will manage them, and they will continue to meet in 2025 after a successful 2024.
- In 2023, SHIP staff attended Trauma Informed Care (TIC) Train the Trainer and worked with Minnesota Department of Health (MDH) and 20 other statewide partners who attended the training to learn how to best bring this back to our community.

- In 2023, SHIP staff attended the SHIP statewide conference and presented with 3 other communities on working to build resilience.
- In 2024, SHIP staff worked on expanding the TIC Training into a Community of Practice to include more organizations out of schools.
- In 2024, SHIP staff provided the TIC training to GHEC elementary para staff.
- In 2023, SHIP Contacted with Move Mindfully to create posters to help implement trauma informed mindful movement into the classroom and at worksites.
- In March 2024, Teen Truth came to Martin County West High School (MCW) to hold an assembly at the high school and elementary school. It was a 2-hour youth leadership summit about substance abuse and bullying.
- In 2023, SHIP staff provided 10 steps to resilient schools training for Trauma Responsive Collaborative members.
- In 2023, SHIP staff and contracted evaluator assessed school-based mental health resources in our TIC Community of Practice.
- School partners are continuing to refer students to trauma informed therapy programs, however, there continues to be long wait times.
- Three Kinship of Martin County staff have been trained to be facilitators of Getting Ahead in a Just Getting by World.
- Local Homeless Prevention Staff member attended Getting Ahead Facilitator training in December 2024.
- Three Bridges Out of Poverty (BoP) trainings were offered to the community between 2023 and 2024 as well as one training for GHEC paras in the Fall of 2024.
- Two Human Services employees were trained as a trainer for Bridges out of Poverty.
- Kinship of Martin County simulated a “Game of Life” at GHEC for 12th grade students.
- Motivational interviewing training was completed with Child Protection and Child’s Mental Health staff in 2023. Staff also completed train the trainer to sustain the training and model with new staff and partners.
- CPS has maintained the Recovery Specialist role to work with families with substance use.

- Through Opioid Settlement Funds Assessment, relationships are being built with Faribault and Martin County Corrections staff.
- FariCARES is working with the USC school counselor for wellness programs, working in classrooms with substance prevention education.
- FariCARES hosted The Lion Heart Experience that focused on being who you want to be and finding the right path to get there.
- FariCARES has been brought into Blue Earth Area Schools in 2024 by hosting a breakfast, bringing them a speaker for the high school students, and planning events spring and summer 2025.
- FariCARES is working to implement the Botvin Life skills curriculum into Blue Earth Area and United South-Central School health classes next school year.
- SHIP supported GHEC schools in purchasing new Social Emotional Learning Curriculum.
- Martin County Kinship was supported by SHIP to move forward with their calm rooms, and they were completed in 2024.
- SHIP staff attended the Blue Earth Area Schools Carnival in May 2024 to provide attendees with tobacco prevention education and mental health resources.
- SHIP staff completed 5 trauma informed trainings in October 2024 for Beyond Brink and South-Central Service Co-Op and have 7 additional sessions scheduled for 2025 with MCSAP, Empower Youth, MNRAAA, and para groups.
- MCSAP held a Screenagers Event where a short film was shown that spoke about substance use during the social media age. The event had an attendance of 50 people and after the screening a prevention panel was held to answer questions from the audience about the film.

- HFA serving Faribault, Martin, & Watonwan Counties and Kinship of Martin County were awarded the 2023 Community Resiliency Award by the Community Resiliency Team for promoting resiliency in the community, children, and families.
- MCSAP and Blue Earth Area Moms were awarded the 2024 Community Resiliency Award by the Community Resiliency Team for promoting resiliency in the community, children, and families.
- MCSAP, Empower Youth, and Human Services partnered to hold a coloring contest for Fairmont Elementary School 5th and 6th grade students to promote resiliency.
- SHIP staff is working with Adult Drug Court program staff to conduct Trauma Informed Care training.
- Motivational Interviewing Train the Trainer occurred with Child Protection and Community Mental Health staff in 2024 as part of the Families First Prevention Service Act.
- Mayo Clinic Health System has shifted away from using the Road to Resilience Toolkit. They launched “Journey to Wellness” in December 2024. This new tool has been shared with community partners and will be promoted in 2025.
- SHIP Staff partnered with MCSAP to offer trauma informed leadership training and offered resilient focused workshop station for students.
- FariCARES met with MCSAP to talk about Empower Youth groups and are hoping to partner with Empower Youth to talk to BEA and USC students to inspire them to start their own youth group.



CHRONIC DISEASE PREVENTION

01 Increase the availability of evidence-based prevention programs aimed at reducing the onset of chronic disease.

OBJECTIVES:

- Increase the availability of evidence-based chronic disease prevention programs (tobacco cessation, diabetes prevention, heart disease prevention, etc.) available within Faribault and Martin Counties by December 2025.
- Increase referrals to programs providing chronic disease programs by December 2025.



**FULL OF
POTENTIAL: YOUR
BRAIN **NICOTINE &
CANNABIS** FREE**

Did you know we offer student and staff presentations on nicotine and/or cannabis?

Kaley.hernandez@fmchs.com

Stronger Together

The graphic has a yellow background. At the top, a white speech bubble contains the text "FULL OF POTENTIAL: YOUR BRAIN NICOTINE & CANNABIS FREE" in black and pink. To the right of the text is a pink brain icon with starburst lines. Below the speech bubble is a circular portrait of a woman with brown hair, wearing a blue blazer. To the right of the portrait is a pink icon of a person at a presentation board. Below the portrait is the "Stronger Together" logo. At the bottom right is the SHIP logo.

ACTIVITIES COMPLETED:

- Communications staff have continued to share relevant health messaging like tips on heart health and ways to encourage an active lifestyle for posting in 2023-24.
- SHIP staff presented to area schools at the South-Central Service Coop School Health Conference on Vaping 101, Prevention, and Cessation in partnership with American Lung Association.
- SHIP Staff presented to Blue Earth Area 6th grade students on tobacco and cannabis prevention in October 2024.
- Community listening sessions were hosted in Faribault and Martin Counties for the Opioid Settlement Funds Assessment in late 2023/early 2024.
- Public Health staff met with ministerial associations in Martin County and substance abuse prevention coalitions to gain feedback on Opioid Settlement Funds.
- Public Health staff partnered with community members with lived experience to gain insights from the recovery community.
- Stronger Together members were a vital part in determining Opioid Settlement Fund priorities in treatment and prevention strategies for each county and then were asked to vote on Opioid Settlement Fund grants for community organizations.
- Opioid Settlement Fund grants are scheduled to start in early 2025. Stronger Together will be updated on progress and when a new round of grants need to be approved.
- SHIP and Public Health staff met with YMCA to initiate a partnership to provide programing for chronic disease prevention and management programs in April 2024. YMCA has been delayed in being introduced in Martin County.

02 Implement evidence-based strategies to promote breastfeeding for all new mothers in Faribault and Martin Counties

OBJECTIVES:

- 100% of prenatal and postpartum WIC participants will be referred to lactation services (IBCLC, Peer Breastfeeding Program, Baby Café).
- Increase initiation of breastfeeding among WIC participants (92% Faribault, 74% Martin County).



"I would recommend Baby Café to all new moms that are breastfeeding. Even if they are not struggling, the socialization and support from other new moms is amazing"

-Alecia,
Baby Cafe Mom

ACTIVITIES COMPLETED:

- SHIP partnered with Supplemental Nutrition Assistance Program (SNAP) for Women, Infant, and Children (WIC) to send out postcards to all worksites in FMW counties to update them on the new policies for breastfeeding and mothers in the workplace.
- 100% of prenatal and postpartum WIC participants have been referred to lactation services.
- Breastfeeding among WIC participants were 66.7% in Martin County and 92.9% in Faribault County at the end of September 2024.
- Family Health Services staff go to United Hospital District (UHD) (and previously Mayo Clinic Health System-Fairmont) Labor and Delivery and provide an overview of all programs and offer lactation support to new parents.
- Prenatal Baby café, renamed to Baby Café Prenatal and Beyond, started in 2024 with help from SHIP funds. Staff cover monthly topics and invite speakers.
- FMCHS staff are working on a process for checking out breastfeeding tents to support breastfeeding parents in our counties.
- FMCHS added a new lactation staff in 2024 with a total of 6 Certified Lactation Consultants (CLC) and 1 International Board-Certified Lactation Consultant (IBCLC).
- A new Baby Café location was opened in Wells in April 2023 due to the high attendance of Wells parents at the Blue Earth Baby Café but was subsequently closed in 2024 due to a lack of attendance.
- Communications staff were able to interview participants of Baby Café to share on social media and advertise topics that are discussed at sessions.
- UHD was awarded the 2024 Worksite Supportive of Breastfeeding Award by the Access to Health Team for providing support to their breastfeeding employees.
- Between January 2023 and December 2024, 189 Baby Cafés were held in Fairmont, Wells, and Blue Earth.

03 Implement evidence-based strategies to reduce chronic disease, obesity, and tobacco use across Faribault and Martin Counties.

OBJECTIVES:

- Increase awareness of safe walking and biking opportunities through social media, bike education in schools, and worksite wellness programs by May 2024.
- Decrease the percentage of 11th graders who are overweight or obese according to BMI by 3% by August 2024.
- Decrease the percentage of adults who are overweight or obese according to BMI by 5% by August 2024.
- Decrease youth tobacco usage by 10% by August 2024.
- Offer bike safety education and/or bike rodeos at all schools in both counties one time per year by August 2024.
- Increase food insecure screened clients served by area food shelves through referrals from providers through use of Find Help resources and Social Determinants of Health screening tools by October 2025.
- Implement 2 new community garden sites by March 2024.
- Increase all area districts participation in Walk/Bike to school days two times per year by August 2025.



ACTIVITIES COMPLETED:

- Truman Active Living in partnership with SHIP staff held a bike rodeo for 3rd and 4th graders of public and private Truman Schools, utilizing the Tri-County Bike Fleet in 2023 and 2024.
- Blue Earth Area Schools completed bike safety for grades 5th-10th utilizing the Tri-County Bike Fleet.
- Power of Produce (PoPs) Clubs were started at Trimont and Truman Farmers' Markets.
- Kinship of Martin County educated kids on gardening with the use of SHIP funds to purchase gardening materials for kids to plant produce.
- SHIP staff, local partners and MNSU partnered with the Southern MN Vaping Action Team in 2023 to break down silos and implement anti-tobacco education curriculums in Faribault, Martin, and Watonwan county schools.
- SHIP and MCSAP partnered at the Martin County Fair for tobacco prevention and mental health promotion.
- SHIP also attended Faribault County Fair and conversed with community members about tobacco prevention and cessation in partnership with FariCARES.
- Worked with schools to update tobacco policies and provide education and encouragement on support over suspension models for students that are caught vaping/smoking on campus.
- Partnered with Region 9 and Regional SHIP Coordinators to survey current food environments at all Region 9 counties, including Faribault and Martin Counties.
- Blue Earth Active Living applied to become a Bikeable Community but were unfortunately only awarded an honorable mention.
- Blue Earth Area Schools and United South-Central School utilized new roller-skates they were able to purchase with the help from SHIP funds in 2024.

- Schools in Faribault and Martin Counties were evaluated for wellness policies and practices aimed at improving access to healthy foods, physical activity, stress management, and tobacco prevention
- Wells Area Food Shelf (WAFS) became a SuperShelf with help from SHIP Funds and U of MN extension.
- Fairmont Chamber of Commerce was able to purchase walking pads with help from SHIP funds.
- Faribault County Food shelf was able to purchase new items, with help from SHIP funds, including 2 upright freezers to increase their capacity and ease of access of foods.
- SHIP Staff supported volunteers from Bricelyn to help furnish the Bricelyn Food Pantry with a commercial fridge and freezer in 2024.
- SHIP staff also supported Fairmont Project 1590 Kids Just Want to Have Fun to fill out a SHIP grant for a bike share program in Fairmont, a project that has been in the works since 2022, and is expected to be running in Spring 2025.
- Blue Earth Active Living were granted SHIP funds to map out new trail signage and should be installed in 2025.
- Faribault and Martin Counties Human Services implemented their treadmill check out system for staff to utilize throughout the day.
- Blue Earth Area Schools were able to purchase treadmills with help from a SHIP grant to promote worksite wellness.
- SHIP Staff are working to identify how the current Mayo Clinic Health System-Fairmont Garden utilizes the previously SHIP funded garden beds and how to implement a policy to encourage patients to participate in a Food RX program.

ACCESS TO HEALTH CARE

01 Improve access to culturally and linguistically appropriate medical, dental, and mental health care for all residents of Faribault and Martin Counties

OBJECTIVES:

- Establish a dental network in Faribault County by December 31, 2026
- Increase the percentage of children who are up to date with child and teen check-up and immunizations by December 2026
- Recruit mobile dental provider to provide services within Faribault & Martin Counties by December 2026.
- Increase partnerships and awareness of mental health services available to residents of Faribault & Martin Counties.



ACTIVITIES COMPLETED:

- Apple Tree Dental established an office in partnership with Mayo Clinic Health System
- Bi-County Transportation Assessment was started in 2024 with results becoming available in early 2025.
- Access to Health now also serves as the Transit Advisory Committee (TAC) for Prairie Lakes Transit.
- Mayo Clinic Health System introduced a new telehealth application for existing patients to utilize with the goal of reducing unnecessary emergency room trips.
- OpenDoor opened a clinic at the beginning of the 2024 school year in partnership with Fairmont Area Schools and is located in the elementary school. OpenDoor is capable of seeing patients for well child check-ups, sports physicals, minor injuries, acute illnesses, hearing and vision tests. They are hoping to expand to offer lead testing and welcome both insured and uninsured patients.
- Midwest Dental, a new dental provider in Faribault County, has established a practice in Wells in 2024.
- Dental varnish has continued to be provided at WIC appointments and well child checks at both Mayo Clinic Health System and United Hospital District.



02 Increase the percentage of adults and children who receive annual preventative health care services

OBJECTIVES:

- Identify or develop system changes that promote ease of scheduling to increase patient utilization of preventative services.
- Implement coordinated patient education and awareness campaign to promote preventative health services.
- Complete outreach with medical and dental providers to promote child and teen check-ups.



ACTIVITIES COMPLETED:

- Child and Teen Checkups (C&TC) have resumed fully in person and are continuously working to advertise in the community in various ways like billboards, social media posts, community education catalogs, and merchandise handed out to WIC clients and other community members receiving services from Human Services.
- C&TC has encountered issues with having no shows or last minute cancellations for appointments.
- Outreach to medical and dental providers to promote child and teen check-ups continues to be done yearly by staff at Human Services
- Systems change on scheduling has not happened, but Human Services continues to offer scheduling at any time and are flexible with in house appointments as needed.
- Family Health Services has partnered with Child Protection Services to offer well child checks for children placed in out of home placements as they are required to have one within 30 days of placement.
- The OpenDoor Clinic at Fairmont Elementary School has and will continue to hold vaccination clinics every month. Since opening they have provided over 22 students with vaccines to catch them up to the recommended vaccine schedule. During vaccination clinic appointments staff also take the time to educate families on other preventative care options.
- Communications staff continues to share clinical training opportunities including Hearing Basic Screening Skills, Vision Basic Screening Skills, and Sports Physical, as well as in-person and webinar trainings and Lunch'n Learn Opportunities to applicable community and healthcare partners who would benefit from attending.
- A continued barrier to training additional Human Services staff and healthcare partners is the lack of frequently offered trainings that present how to conduct a full well-child examination from start to finish so new providers need to wait until one is offered before they can begin seeing patients.

- Human Services staff held 19 in house Child & Teen Check-up clinics in 2024 and are looking to maximize participation in clinics by adjusting hours and focusing on outreach in 2025.
- Communications staff has created immunization magnets that are distributed in C&TC outreach letters as well as immunization posters in Spanish and English for all ages up in both Human Services lobbies and shared with OpenDoor Clinic in Fairmont Elementary School.
- Family Health Services staffs has met with UHD nurses and providers in 2024 to provide information on C&TC.



Acronyms List

- A2H:** Access to Health
- ACEs:** Adverse Childhood Experiences
- BEAS:** Blue Earth Area Schools
- BOP:** Bridges out of Poverty
- CHA:** Community Health Assessment
- CHIP:** Community Health Improvement Plan
- CLC:** Certified Lactation Consultant
- CPS:** Child Protection Services
- CRT:** Community Resiliency Team
- C&TC:** Child and Teen Check-ups
- FMCHS:** Faribault and Martin Counties Community Health Services
- GHEC:** Granada Huntley East Chain School
- HFA:** Healthy Families of America
- IBCLC:** International Board-Certified Lactation Consultant
- IM:** Income Maintenance
- MCHS:** Mayo Clinic Health System
- MCSAP:** Martin County Substance Abuse Prevention Coalition
- MCW:** Martin County West High School
- MDH:** Minnesota Department of Health
- MNRAAA:** Minnesota River Area Agency on Aging
- MSHO:** Minnesota Senior Health Options
- PoPs:** Power of Produce
- PSOP:** Parent Support Outreach Program
- RFP:** Request for Proposal
- SHIP:** Statewide Health Improvement Partnership
- SNAP:** Supplemental Nutrition Assistance Program
- SUD:** Substance use Disorder
- TAC:** Transit Advisory Committee
- TIC:** Trauma Informed Care
- UHD:** United Hospital District
- USC:** United South Central School
- WAFS:** Wells Area Food Shelf
- WIC:** Women, Infants, and Children Program