
PIKE COUNTY CONNECTIONS



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The Pike County Community Health Partnership Newsletter

October 2008

From the Coordinator's Desk

So much has happened since our first newsletter in June! Our staff has doubled by adding Margaret Lehr as Project Assistant. We are proving to be a great team, if I do say so myself.

We held our first full-day Steering Committee retreat on a beautiful day in August at the Lodge at Walnut Knob. We made fabulous progress in selecting a project goal for the Outreach Grant and developing a work plan to get the grant written and submitted in less than 60 days. This is my first experience in writing a federal grant, but I can see that 60 days is not the ideal time frame! The level of collaboration and cooperation required to achieve such a lofty goal was huge.

The Community Needs Assessment portion of our first federal grant is complete. Preliminary results were presented to the Steering Committee on Oct. 2nd. So what are the most critical needs of Pike County and how can we work together to meet them? Final results will be shared at the Oct. 28th Strategic Planning Kick-off meeting. The most critical needs will become our long-term goals.

The strategic planning process will explore the endless possibilities of our collaboration and will define how we can use our combined resources and focus our energies to meet our community's most critical needs.

Thus far, membership in the Partnership has simply meant that you agree with the mission, vision, and goals of the Partnership. Now is the time to put action behind your commitment. Please plan to participate in the strategic planning process and actively collaborate in achieving our goals.

Michele

Steering Committee Members:

Katie Wilson & Karen Epley
Mental Health Centers of Western Illinois,
Pike County location

Jennifer Mowen
University of Illinois Extension, Pike
County Unit

Connie Schroeder & Kathryn Rowles
Illini Community Hospital

Anita Andress & Jan Bleich
Pike County Health Department

Patricia McIntosh
Illini Community Health Care Foundation

At-Large Members:

Brenda Middendorf
Two Rivers Resource Conservation and
Development Area

Susan Bowen
PACT Headstart

PIKE COUNTY
Community Health Partnership

Collaborate • Communicate • Connect

VISION:

**All enjoy the highest degree of health,
wellness and quality of life possible.**

MISSION:

**To collaboratively strengthen the health
and wellness of those served in Pike
County.**

Network Development Grant Achievements

It has been a flurry of activity since the grant award was received in May. So how are we doing? We are proud to report our progress on the three goals of the grant.

Goal 1. Conduct a county-wide health needs assessment.

- A. Contract with a consultation service to perform the needs assessment.
 - ★ *PCCHP contracted with Illinois Institute for Rural Affairs to conduct the needs assessment.*
 - ★ *PCCHP compiled a list of health and social service providers, completed community profiles for General Health Overview, Community Care Services, and Environmental Quality, and arranged 3 focus groups during the needs assessment.*
 - ★ *IIRA examined existing data, conducted a service provider phone survey, and conducted the 3 focus groups. IIRA sent a preliminary report on October 9.*
- B. Identify the 3 – 5 most pressing health needs in the county.

The preliminary report has identified 5 pressing needs in Pike County.

Goal 2. Establish a 2 – 3 year strategic plan.

- A. Contract with a professional consulting firm.
 - ★ *PCCHP has hired Illinois Public Health Institute to facilitate the strategic plan. An initial conference call was held September 25. A strategic planning session is scheduled for October 28.*
- B. PCCHP will assist the consulting firm by arranging strategic planning meetings, coordinating work groups, conducting Strengths, Weaknesses, Opportunities, and Threats Analysis, and creating logic models as needed.
- C. PCCHP will educate other key stakeholders in the community.
 - ★ *All PCCHP members have been invited to the October 28 strategic planning session.*
- D. Choose evidence based interventions to address identified health priorities.

Goal 3. Strengthen the sustainability of PCCHP.

- A. Contract with a legal firm to draft and execute a formal MOA/MOU.
 - ★ *Hubert Staff has been contracted to draft and execute the MOA/MOU. He submitted a rough draft which the Steering Committee members are reviewing.*
- B. Develop sustainability plan:
 - 1. Identify potential funding revenues.
 - 2. Formalize the financial and in-kind contributions of the Steering Committee members.
 - ★ *Steering Committee members are reviewing their financial and in-kind contributions for the next 2 years and formalizing them in the MOA/MOU.*
 - 3. Revise the PCCHP bylaws.
 - ★ *Bylaw revisions have been completed and sent to the PCCHP Steering Committee for approval.*

A Public Dental Clinic in Pike County?

During the mandatory Network Development Grant training in June, Patty and Michele became aware of another grant opportunity, an Outreach grant from the Office of Rural Health Policy's (ORHP) Rural Health Care Services.

The Outreach Grant Program encourages the development of new and innovative health care delivery systems in rural communities that lack essential health care services. The maximum award, including direct and indirect costs, is \$150,000 for the first year of the budget period, \$125,000 for the second budget year, and \$100,000 for the third year, for a total maximum request of \$375,000 over three years. The budget period is from May 1 – April 30 for each year. ORHP does not anticipate awarding the Outreach grant again until 2012.

On August 6, 2008, a one day retreat for Pike County Health Partnership steering committee members was conducted by Becky Bean, an external meeting facilitator. After considering all perspectives, looking at the current health issues, and examining local data, the group made the unanimous decision to pursue grant funding to establish a safety net dental clinic in Pike County. Becky then led the group in identifying and assigning the tasks to be completed during

the grant writing process.

The Steering Committee, with the help of Mary Moss, have met weekly since then to accomplish those tasks. With support from the community, local service providers, and many others from surrounding areas, the grant was submitted on October 8, 2008.

The grant proposes that through the collaborative efforts of the Pike County Community Health Partnership and with Rural Health Care Services Outreach Grant funding, the Pike County Dental Clinic will open by May 2010 in the building under the Pittsfield water tower. It will begin with one operatory and be open one day per week. The Pike County Dental Clinic services will be initially targeted to children with Medicaid coverage. A Pike County Dental Clinic Advisory Board, with broad community representation, including local dentists, will be established to determine the target population for future services as additional funding becomes available.

The Office of Rural Health Policy's Rural Health Care Services will review the grant proposals in February or March. Grant awards will be announced in April or May.

Nationally, in 2006, 82.4% of children with private insurance visited a dentist, 71.2% with public insurance visited a dentist, and 48.8% of uninsured children visited a dentist.

According to the 2003—2004 Healthy Smiles/Healthy Growth survey, 37% of 3rd graders in Illinois rural counties like Pike County have untreated tooth decay.

There are 8 dentists in the county, but none of them are accepting new Medicaid patients.

What if all children in Pike County could get the dental care they need?

Welcome to PCCHP

Susan Bowen

At the June 17, 2008 membership meeting, Partnership members elected Susan Bowen, Health Coordinator, PACT for West Central Illinois, as the newest At-Large member of the Steering Committee. We welcome Susan and look forward to the insight she can share related to the needs of young children and their families.

Two At-Large Steering Committee members serve 2-year rotating terms so that a new At-Large member joins the committee each year. The purpose of At-Large members is to infuse the Steering Committee with new ideas, perspectives, and energy. During their term, At-Large Steering Committee members have all the rights and responsibilities of regular Steering Committee members, except that they do not complete a Memorandum of Understanding and are not held to the same level of in-kind and financial contributions.



Margaret Leahr

One of the exciting results of the HRSA Network Development Planning Grant has been the ability to hire Margaret Leahr as Project Assistant for the Partnership. Margaret was selected from several qualified candidates. She experienced trial-by-fire when she had to independently oversee the June Annual Membership Meeting after just a few days on the job when Michele was unexpectedly called to the HRSA grantee conference in Maryland. In a few short months, Margaret has proven herself to be just the right person for the job. She brings excellent organizational and communication skills to her role in assisting with all grant activities.

Margaret is a JWCC graduate, parent, and “farm wife” from Chambersburg who has broad clerical experience from a rich employment history – not to mention all the skills required to run a farm operation. She brings invaluable contributions to the Partnership office. We are thrilled to have Margaret on the Partnership team.

Contact Margaret for information and assistance related to the Partnership by calling the office or emailing her at info@pikehealthpartnership.org.



Please contact the PCCHP office if you have any changes in your mailing or email addresses.

Proposed Bylaw Revisions

Jan Bleich, Kent Hawley, Katherine Rowles, Dr. Ron Short, Katie Wilson, and Michele Westmaas agreed to serve as the bylaws revision workgroup. Margaret Leahr also assisted.

The workgroup met on July 15 and chose *HRSA Board Structures, Bylaws, and Meetings: Addressing the Challenges* and Illinois Rural Health Association Bylaws as the sources for any proposed revisions. They met again on July 24 and August 21 to complete the revisions.

The revised bylaws are currently under review. We expect that the Steering Committee will vote on the revisions at their October 22 meeting.

After the Steering Committee approves the revisions, the proposed changes will be sent to the Partnership membership for approval. The membership will have at least 15 days to review the revision before a voting. Voting for the bylaws revisions will be held by mail or email.

Take Action to Support Breast Cancer Awareness in October.

- **Health care providers** - Recommend that your female patients have a mammogram. According to the National Breast Cancer Awareness Month organization, *“Program Leaders who work as health care providers have a tremendous opportunity to boost mammography use. In one study, 94 percent of women whose physicians had recommended mammograms had obtained 1 in the last 2 years, while only 36 percent of women whose physicians had not made the recommendation had done so.”* **
- **Employers** – Check that your employee benefits include sufficient mammography screening benefits. Encourage female employees to get mammograms. *“Women make up more than 50 percent of the American workforce. Approximately 44 percent of those diagnosed with cancer will be employed at the time of their diagnosis. Chances are some of those women are employees at your workplace.”* **
- **Individuals** – Do monthly self-exams and get mammograms as recommended by your health care provider. Encourage female friends and family members to do the same.

Illini Hospital can now take self-referrals for screening mammograms for women over 40. That means you don't need a doctor's order. And they take walk-in appointments on Mondays, Wednesdays and Fridays. So... if you are due for a mammogram, walk right in and get one now! If you have your mammogram done in October, you will receive a pink carnation to celebrate your healthy choice!

** According to the National Breast Cancer Awareness Month organization at www.nbcam.org

Pike County Skaters on the Move!

On July 7, 2007, thirteen skaters met at the Westmaas residence along with 3 adults interested in supporting their dream of a skateboard park in Pike County. There are currently 90 youth members in Pike County Skaters.

Illini Community Health Care Foundation, recognizing the positive impact of a skate park in the community, acts as fiscal sponsor for the group. Pike County Skaters have been working with the approval of the Pittsfield Park Board, Mayor John Hayden, and the City Council to plan for and fund the municipal park. On Oct. 15, 2007, the Pittsfield Park Board approved the Coultas memorial horseshoe area of King Park as the park site.

Youth involvement is one of the key components of Pike County Skaters. The youth have been involved in every meeting and activity of the group. They were instrumental in development of the park design. Working with American Ramp Company (ARC), the youth submitted their "wish list" to ARC's design team and then revised the initial design to better meet their goals and fit their budget. ARC "phased" the design so that it can be built as funds are acquired. At each of the 3 phases, the park is enjoyable for skaters of all ages and abilities.

Pike County Skaters submitted their first grant application this month to the Tony Hawk Foundation whose focus is on the creation of public skateboard parks in low-income communities. ARC has a grant to match those funds if they are awarded. Combined, the two grants have the potential of funding Phase 1 of the park.

Fundraising efforts have included raffles at local festivals. For the Color Drive, a beautiful hand-crocheted afghan is being raffled. The Skaters are selling "shares" in the park foundation. For \$10/share, anyone can own a piece of the concrete foundation of the park — complete with a shareholders' certificate suitable for framing! Organizations, businesses and individuals can also sponsor a particular piece of equipment for the park. Sponsorships are available from \$500 to \$13,500. Additional grant funding will also be sought.

Quality of life in Pike County will be improved by the increased recreational activities the park will provide. Skaters from across the region will travel to Pike County to visit the park (much like golfers travel to regional golf courses). Skateboarding builds stamina, coordination, balance, and perseverance, and promotes cooperation among skaters.

To make a donation, to purchase park shares, to sponsor park equipment, to schedule a presentation to your group or organization, or to get more information, please contact Michele Westmaas, President, Pike County Skaters, at 285-2301 (home) or 285-9460 (PCCHP office) or Patty McIntosh, Executive Director, Illini Community Health Care Foundation at 285-6080.

According to the Tony Hawk Foundation, "The easy answer is that [skate parks] provide a place for kids who aren't attracted to traditional team sports a place to go and express themselves in an individual and athletic manner. Getting kids, particularly at-risk kids, involved in a personal and esteem-building activity like skateboarding helps them build the confidence to do well in other aspects of their lives." **What if Pike County youth had many recreational opportunities?**

Community and Parents Keep Kids Safe from Alcohol and Drugs

Submitted by Peggy Johns, Prevention Specialist, ATOD

Community leaders and parents along with the ATOD (Alcohol, Tobacco, and Other Drugs) Task Force are bringing the Safe Homes Project to Pike County.

The Safe Homes Project is a collection of names of parents who sign pledge forms committing to take an active role in assuring a healthy, alcohol and other chemical-free environment for children.

Safe Homes' parents are part of a published network of parents supporting one another in the stand against underage drinking and other drug use by youth in the community. Parents can use the published directory to confirm which other parents have made the Safe Homes commitment.

The Operation Snowball and SADD chapters passed out the pledge sheets at the Fourth of July Celebration in Pleasant Hill. There were drop boxes at Central State Bank, Bank of Kampsville, Jiffi Stop and Bob's Grocery Store. Now the project will expand throughout Pike County.

"Safe Homes will be our first project for the coalition and I'm very excited about it," says Peggy Johns, chair of ATOD Task Force in Pike County. "It has worked well in Adams County and I have high hopes for it here in Pike County. It will be an important tool for

the parents of Pike County students."

Drug and alcohol abuse is a real threat to the lives and futures of our young people. The goal of this project is to let pre-teen and teenagers in the community know that we care what happens to them and that we will do everything we can to prevent their use of alcohol and other drugs.

You can help by getting the Safe Home Pledge forms into the hands of Pike County parents of students from 7th to 12th grade. Please distribute by email or hardcopy to parents you know.

For more information, contact Peggy Johns at pjohns@mhcwi.org or 285-4436.

Agencies' involved in the ATOD Task Force in Pike County include: McDonald's, Pike County Probation Office, Griggsville/Perry School District, SADD, Pleasant Hill School District, Western, School District, John Wood Community College, Pikeland Board Office, Pittsfield City Hall, Addicts Victorious, Pike County Courthouse, State Attorney, Pike County Health Department, Pike County Sheriff's Department, Illini Community Hospital, Pleasant Hill Baptist Church, Pike County Community Health Partnership, Illinois State Police, Metal Health Centers of Western Illinois, Illini Community Health Care Foundation and Jiffi Stop.

A December 2002 survey of Pike County students showed:

- ★ 49% report attending 1 or more parties in the last year "where other kids your age were drinking". (Range: 16% for 7th grade to 79% for 12th grade).
- ★ 27% have used alcohol 3 or more times in the last 30 days or got drunk once or more in the last two weeks. (Range: 10% for 7th grade to 43% for 12th grade).
- ★ 14% have used illicit drugs 3 or more times in the last 12 months. (Range: 4% for 7th grade to 20% for 12th grade).

What if every child in Pike County said "no" to drugs and alcohol?

SAFE HOMES PROGRAM

A program of the Pike County ATOD Task Force (Alcohol, Tobacco, and Other Drug)

What is Safe Homes? The SAFE HOMES Program is a drug-prevention program for parents/guardians of youth in 7-12th grades. The SAFE HOMES program offers parents an opportunity to join together in providing safe environments for their teens to socialize while presenting a clear message to all youth that there will be NO USE of alcohol, tobacco or other drugs by youth in their homes.



SAFE HOMES Pledge

By signing the SAFE HOMES pledge below you agree:

- To **actively supervise** all gatherings/parties that will be held in your home.
- **Not to serve alcohol** to any guest under the age of 21 years of age.
- That you will not allow the possession or use of tobacco, alcohol or drugs by youth **in your home or on your property**.
- To acknowledge that there are civil/criminal offenses associated with serving alcohol to anyone under 21 years of age.
- That you are willing to have your name and phone number published periodically in school hand-outs, newspapers or other media to inform other parents that you have signed the Safe Homes Pledge and agree to abide by its terms.

By signing the SAFE HOMES Pledge, you will join other parents in your community who are actively trying to prevent underage drinking and teen drug abuse. If you would like more information regarding the Pike County ATOD Task Force or the Safe Homes, please contact Peggy Johns @ 217-285-4436 or pjohns@mhcwi.org.

This pledge is not a legal contract, but rather is meant as a good faith effort to follow its principles. By signing this pledge and submitting it, you will receive a list of the other parents who have signed this pledge and have the security in knowing that if your teen is invited to their home for a party or gathering that alcohol and drugs will not be a part of that gathering.

(Detach and send to Peggy Johns @ MHCWI 121 S. Main, Pittsfield, IL 62363)

SAFE HOMES PLEDGE. I agree to adhere to the guidelines outlined in the Safe Homes Pledge to promote and ensure an alcohol and drug free environment for youth.

_____	_____	_____
Print parent/guardian name	Signature of parent/guardian	Date
_____		_____
Address		Phone #
_____		_____
Names (s) of your students		Graduation year
_____		_____
_____		_____
_____		_____

Deadline Dec. 1, 2008