

Fond du Lac County Health Department

Community Health Improvement Plan (CHIP)

2018-2021



Public Health
Prevent. Promote. Protect.

**Fond du Lac County
Health Department**

Fond du Lac County Health Department

City/County Government Center

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Acknowledgements

Thank you to everyone who participated in the development of the Fond du Lac County Community Health Improvement Plan (CHIP). We would like to give a special thank you to the following groups and organizations who devoted time and efforts in developing the CHIP:

- Healthy Fond du Lac County 2020 Steering Committee
- Drug Free Communities of Fond du Lac County
- Living Well FDL Coalition
- Comprehensive Service Integration of Fond du Lac County, Inc.

Membership lists of the committees above is located in Appendix C.

Community Health Improvement Process Overview

Since 1993, Wisconsin State Statutes have required communities throughout Wisconsin to develop and implement local health plans to address health conditions affecting their residents. This process is called "Community Health Improvement Process". The community health improvement process has two major phases: the community health assessment and the community health improvement plan. These two processes work together to assess the unique needs of communities and allow public and private sectors to work collaboratively to address the identified health needs.

The 2018 Community Health Assessment process began in the fall of 2017 as commissioned by the Healthy Fond du Lac County 2020 Steering Committee. The Fond du Lac County Health Department and Healthy Fond du Lac County 2020 Steering Committee utilized the Wisconsin Guidebook on Improving the Health of Local Communities¹ to guide the community health improvement process. The guidebook is built on the Take Action Cycle by County Health Rankings and Roadmaps. The Take Action Cycle in Figure 1 outlines the framework followed for each step of the community health improvement process and core actions of each step are listed below.

Assess Needs & Resources

- Collect and analyze community health data
- Consider data to analyze health disparities
- Examine data on the underlying determinants of health
- Consider issues and themes identified by stakeholders and their community
- Identify community assets and resources

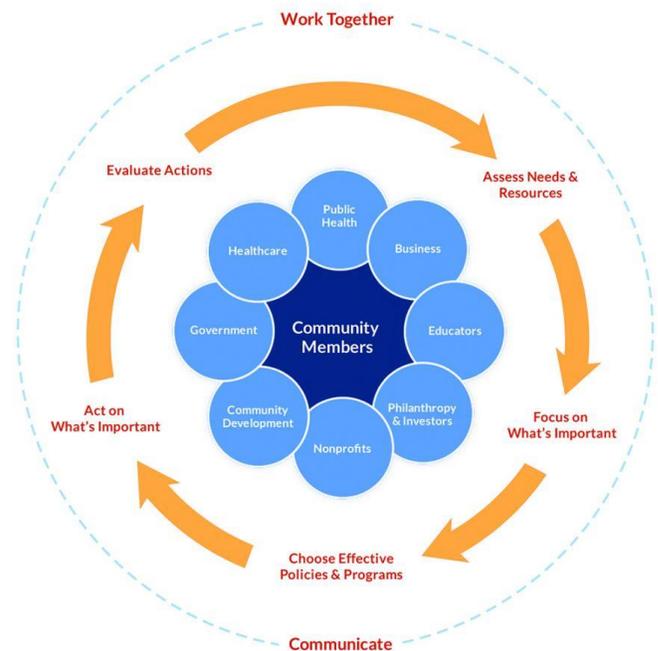


Figure 1: Take Action Cycle

© 2014 County Health Rankings and Roadmaps

Focus on What's Important

- Identify a set of priority community health issues to address
- Align the local health improvement plan with state and national priorities
- Summarize and disseminate the results of the assessment to the community

Choose Effective Policies and Programs

- Engage partners to plan and implement strategies
- Choose effective strategies
- Have multi-level approaches to change, including policy approaches

Act on What's important

- Develop a detailed action plan
- Use a work plan to actively track progress
- Maintain momentum

Evaluate actions

- Evaluate and monitor the process and the outcomes/indicators
- Revise the action plan based on evaluation results

Work Together and Communicate: Collaborate with Stakeholders and Community Members Throughout

- Include broad participation from the community
- Actively involve stakeholders throughout the process

Timeline

Dec. 2017	<ul style="list-style-type: none">• Community Health Survey Report
Jan. – Mar. 2018	<ul style="list-style-type: none">• Key Informant Interviews• Priority Health Issues Survey to collect public input and feedback• Collect secondary data
Mar. 2018	<ul style="list-style-type: none">• Compile and analyze
Apr. 2018	<ul style="list-style-type: none">• Present data to Healthy Fond du Lac County 2020 Steering Committee• Rank and identify community health priorities
Jun. 2018	<ul style="list-style-type: none">• Present priorities to public at a community event• Call to action for public
Jul. – Dec. 2018	<ul style="list-style-type: none">• Community partners and coalitions convene to discuss goals, strategies and objectives for work groups• Develop Community Health Improvement Plan (CHIP) report
Jan. 2019	<ul style="list-style-type: none">• CHIP report reviewed and approved by the Healthy Fond du Lac County 2020 Steering Committee

Data Collection and Analysis

The 2018 Community Health Assessment is comprised of four different data collection methods to include both primary and secondary data, as well as qualitative and quantitative data. The four methods included a Community Health Survey, Key Informant Interviews, Secondary Data Collection, and the Priority Health Issues Survey.

- The Community Health Survey conducted by JKV Research, LLC., provides primary, quantitative data collected from Fond du Lac County residents. The data gathered provides an overview of behavioral and lifestyle habits, prevalence of risk factors and disease conditions existing within the Fond du Lac County adult population. Aggregate data from four school districts within in Fond du Lac County is included in the Community Health Survey report to provide student data when comparable data was available. The complete report, including the survey methodology, is available on the [Fond du Lac County website](#).
- 20 Key Informant Interviews were conducted by the Fond du Lac County Health Department to provide more in-depth, qualitative data on community needs. The key informants identified were considered community experts who can provide valuable insight on pressing health issues in the Fond du Lac County community. The health focus areas ranked most consistently as the top five health issues for Fond du Lac County were: mental health, alcohol and other drug use, chronic disease, nutrition, and physical activity. Nutrition and physical activity were tied in the ranking for being the fourth most pressing health issue. See a complete summary of the Key Informant Interviews located in the appendix of the 2018 Community Health Assessment (CHA), available on the [Fond du Lac County website](#).
- The Priority Health Issues Survey was conducted to provide an outlet for the general public to provide additional input on the preliminary findings from the community health survey and voice concerns on what residents perceive as the most-pressing health issues. The survey was available in hard copy at the health department and online on the health department's website. The survey was distributed and made available at all public libraries in Fond du Lac County (Brandon, Campbellsport, Fond du Lac, North Fond du Lac, Oakfield, and Ripon), senior centers, and at community groups. The survey was promoted on social media, in the newspaper, on the radio, and via email to community partners. The survey was available to take in English and Spanish. Residents were encouraged to review key findings from the 2017 Community Health Survey beforehand to provide additional feedback. 284 residents of Fond du Lac County completed the Priority Health Issues Survey. The top five health focus areas ranked most consistently at the top five health issues for Fond du Lac County by respondents were: mental health, alcohol and other drug use, injury and violence, nutrition, and physical activity. See a complete summary of the Priority Health Issues Survey in the appendix of the 2018 Community Health Assessment (CHA), available on the [Fond du Lac County website](#).
- Secondary data was collected to supplement the Community Health Survey, Key Informant Interviews, and the Priority Health Issues Survey. This data helped to build a community health profile for Fond du Lac County and to be comparable to other counties and state and national benchmarks. The secondary data collected was included throughout the health focus area profiles in the 2018 Community Health Assessment report.

Once all data was collected, it was organized into twelve health focus areas, referencing the format used by Healthiest Wisconsin 2020 – Health Focus Area Profiles.

Analyzing and Determining the Priorities

On April 05, 2018, the CHA Task Force met to review the data collected and identify the CHA priorities. The CHA Task Force determined that there will be three priorities selected and up to two overarching priorities to focus on in the 2018-2021 community health improvement plan. After reviewing the data collected, the CHA Task force combined the health focus areas of physical activity and nutrition into one focus area for voting purposes. The CHA Task Force voted on the priorities using the multi-voting technique using the following prioritization criteria:

1. Actionable at the local level
2. Able to be impacted in 3-5 years
3. Viable strategies exist to impact the issue
4. Affects many people
5. Has a serious impact on population health

The voting of the priorities by the CHA Task Force resulted in the following community health priorities:

1. Mental Health
2. Alcohol and Drug Use
3. Nutrition and Physical Activity

The CHA Task Force determined to adopt the following overarching priorities in order to address underlying determinants of health and increase commitment to providing equal and fair opportunities for health:

- Trauma-Informed Care
- Social Determinants of Health

The community health priorities were revealed to the public at a community forum in June 2018. The development of the community health improvement plan in collaboration with community stakeholders and partners followed. Community partners and coalitions, also known as priority action teams, convened to discuss goals, effective strategies, and objectives to address the set of priorities over the next three years.

2018-2021 Community Health Improvement Priorities

Understanding goals, objectives, strategies

In order to help create a shared vision among stakeholders, community members, and partners, each priority area has identified goals, objectives, and strategies listed to help guide the work plan.

Priorities

The health areas of top concern identified by the Healthy Fond du Lac County 2020 Steering Committee based on the 2018 Community Health Assessment.

Goals

The priority area goals, developed by the priority action teams, are broad statements that provide the long-term vision to guide program objectives and strategies. Goals will be monitored using the indicators that are listed under each priority area.

Objectives

Along with a goal, each health priority area will also have objective(s) listed. The objectives are similar to goals in that they will help guide the progress being made towards improved health outcomes in each priority area. The main difference is that the objectives are more specific, measurable, and specify a timeline for completion. The objectives are set with the intention that they will help to reach the goal. Objectives will also be monitored.

Strategies

Strategies that are part of What Works for Health database have been reviewed and assigned evidence ratings and ratings for potential impact on health disparities. Strategies that were not part of the What Works for Health database do not have an evidence rating listed nor a potential impact listed for the health disparities rating.

Evidence ratings for selected strategies in the report include:

- **Scientifically Supported** - Strategies with this rating are most likely to make a difference. These strategies have been tested in many robust studies with consistently positive results.
- **Some Evidence** - Strategies with this rating are likely to work, but further research is needed to confirm effects. These strategies have been tested more than once and results trend positive overall.
- **Expert Opinion** - Strategies with this rating are recommended by credible, impartial experts but have limited research documenting effects; further research, often with stronger designs, is needed to confirm effects.

Potential impact on health disparities include:

- **Likely to decrease disparities** - strategies that are likely to reduce differences in health-related outcomes.
- **No impact on disparities likely** - strategies that generally benefit entire populations.

Monitoring and sustainability

To monitor implementation of the CHIP, documentation and tracking will be completed in a separate document at the county level. Updates will be provided annually to the community through the health department annual report and shared at community events. Continuous monitoring and tracking of community changes (i.e. policy, program, environmental) will help to increase the sustainability of CHIP initiatives.

Priority Area: Nutrition and Physical Activity

As established in the U.S. Dietary Guidelines (2005), good nutrition includes meeting nutrient recommendations yet keeping calories under control. Physical activity means any bodily activity that enhances or maintains physical fitness and overall health. Nutrition and physical activity are important to maintain and improve overall health and both play a prominent role in obesity prevention and control. Obesity is one of the most critical health issues of our time and is caused by many interacting factors in our society. The burden of obesity and other diet-related chronic diseases are vast and rates continue to rise. Changes at the community level, such as policies, systems, and environment, are more likely to be effective, although they may be more difficult to achieve.



Priority Action Team:

Living Well Coalition
 Fond du Lac County Health Department
 P: 920-929-3085

Snapshot of Nutrition and Physical Activity



Almost 1 in 4 adults met the recommended amount of physical activity & strength training.



1 in 4 adults reported eating the recommended servings of fruits and veggies per day.



Almost 3 in 4 adults classify as being overweight or obese.

Source: 2017 Fond du Lac County Community Health Survey

Goal Increase the number of Fond du Lac County residents living at healthy weight for their height through eating healthier and being more active.

Performance Measures

Indicators	Source	Frequency	Notes
By 2021, increase the percentage of adults engaging in the recommended amount of physical activity and strength training from 24% (2017) to 29%.	WI- BRFSS and Community Health Survey	Annual Every 3 years	
By 2021, increase the percentage of adults eating the recommended 5 servings of fruits and vegetables daily from 32% (2017) to 37%.	WI- BRFSS and Community Health Survey	Annual Every 3 years	
By 2021, increase the percentage of WIC infants ever breastfed from 74% (2017) to 81%.	FDL County WIC	Annual	
By 2021, increase the percentage of Fond du Lac County youth eating the recommended servings of fruits and vegetables daily from 17% (2017) to 22%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, increase the percentage of Fond du Lac County youth meeting the physical activity recommendation of 60 minutes every day from 21% (2017) to 26%.	Student Health Experiences and ATOD Survey	Annual	

By 2021, increase the percentage of FDL School District students in the healthy fitness zone from 29% (2017) to 34%.	FDL School District	Annual	FDL Public School BMI samples grades 5, 7, and 9
By 2021, decrease the percentage of overweight/obese Fond du Lac County youth from 27% (2017) to 24%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, decrease the percentage of obese adults from 37% (2017) to 34%.	Community Health Survey	Every 3 years	

Goal 1: Increase physical activity.

Objective 1.1 | By 2021, increase trail usage by 10% from 1496 (2016) total bike/pedestrian counts over a weeklong period to 1646.

Strategy | Bike and pedestrian master plans

Evidence Rating Some evidence	Focus Community	Likely to Impact Disparities No impact on disparities likely
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Objective 1.2 | By 2021, implement one physical activity campaign.

Strategy | Community-wide physical activity campaign

Evidence Rating Some evidence	Focus Community	Likely to Impact Disparities No impact on disparities likely
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Objective 1.3 | By 2021, increase the number of teachers in the FDL School District implementing wearable technology with students from 19 to 21.

Strategy | School-based physical education enhancements (PEP Grant)

Evidence Rating Scientifically supported	Focus School-based	Likely to Impact Disparities No impact on disparities likely
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Objective 1.4 | By 2021, increase the number of schools participating in safe routes to school from 23 to 27.

Strategy | Safe routes to schools and walking school buses

Evidence Rating Scientifically supported	Focus School-based	Likely to Impact Disparities No impact on disparities likely
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Goal 2: Increase fruit and vegetable consumption.

Objective 2.1 | A) By 2021, increase SNAP usage at the Wednesday Downtown FDL Farmers Market by 25% from \$278 (2018 YTD) to \$348.
B) By 2021, increase SNAP usage at the Saturday Downtown FDL Farmers Market by 10% from \$5,000 (2018 YTD) to \$5,500.

Strategy | Increase access to and affordability of fruits and vegetables through fruit and vegetable incentive program and EBT payment at farmers market.

Evidence Rating Scientifically supported and expert opinion	Focus Community	Likely to Impact Disparities Likely to decrease disparities
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Objective 2.2 | By 2021, increase the number of food forests planted from 4 (2018) to 5.

Strategy | Increase access to fruits and vegetables through the food forest initiative (urban agriculture and community gardens).

Evidence Rating Expert opinion/some evidence	Focus Community	Likely to Impact Disparities Urban agriculture – likely to decrease disparities
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Objective 2.3 | By 2021, increase the number of pounds of produce donated at the FDL farmers market by 10% from 3,500 lbs (2018 YTD) to 3,850 lbs.

Strategy | Increase access to fruits and vegetables through strengthening the food donation program at the farmers market

Evidence Rating Expert opinion	Focus Community	Likely to Impact Disparities Likely to decrease disparities
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Objective 2.4 | By 2021, increase the health promotion programs offered to low-income housing residents from zero to 9.

Strategy | Implement evidence-based health promotion programs at community-based settings.

Evidence Rating Scientifically supported	Focus Community/low-income housing	Likely to Impact Disparities No impact on disparities likely
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Goal 3: Increase breastfeeding.

Objective 3.1 | By 2021, increase the number of childcare centers and business centers who have adopted the Ten Steps to Breastfeeding-Friendly Toolkit from 7 (2017) to 15.

Strategy | Promote support for breastfeeding mothers in the workplace, early childhood education settings, and throughout the community.

Evidence Rating Scientifically supported and expert opinion	Focus Community	Likely to Impact Disparities Likely to decrease disparities
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Objective 3.2 | By 2021, increase the attendance at the annual Breastfeeding Celebration from 85 (2018) to 125.

Strategy | Increase access to education and programs that support breastfeeding initiation, exclusivity, and duration.

Evidence Rating Not available	Focus Community	Likely to Impact Disparities Not available
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ALIGNMENT WITH STATE/NATIONAL PRIORITIES

Goal	Healthiest Wisconsin 2020	Healthy People 2020	National Prevention Strategy
1	Design communities to encourage activity	Increase legislative policies for the built environment that enhance access to and availability of physical activity opportunities (Physical Activity-15)	Encourage community design and development that support physical activity
2	Make healthy foods available for all; Increase access to healthy foods and support breastfeeding		Increase access to healthy and affordable foods in communities
3	Increase access to healthy foods and support breastfeeding	Increase the proportion of infants who are breastfed (Maternal, Infant and Child Health-21)	Support policies and programs that promote breastfeeding

Priority Area: Alcohol and Other Drug Abuse

DRUG FREE COMMUNITIES

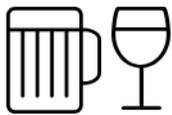
Fond du Lac County

Priority Action Team:

Drug Free Communities of Fond du Lac County (DFC)

P: 920-906-6700 Ext 4704

Snapshot of Alcohol and Other Drug Abuse



About 1 in 5 Fond du Lac County students reported to have drunk alcohol recently.



Nearly 2 in 5 adults reported binge drinking.

Binge drinking is defined as 4 or more drinks on an occasion for females and 5 or more drinks on an occasion for males.



is the number of opioid overdose deaths in 2017.

Sources: 2017 Fond du Lac County Community Health Survey, 2017 Student ATOD Survey, Fond du Lac County Medical Examiner's Office

Goal Decrease underage drinking, adult binge drinking, and the misuse and abuse of drugs, particularly opioids.

Performance Measures

Indicators	Source	Frequency	Notes
By 2021, increase the percentage of Fond du Lac County youth who report the community is actively discouraging alcohol use by youth in a way products are advertised, promoted or sold in the past 30 days from 47% (2017) to 49%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, decrease the percentage of Fond du Lac County youth who drank alcohol in the past 30 days from 21% (2017) to 17%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, decrease the percentage of Fond du Lac County youth who report they bought or drank alcohol at a Fond du Lac County Community Event from 6% (2017) to 4%.	Student Health Experiences and ATOD Survey	Annual	
By 2021, decrease the percentage of Fond du Lac County youth who report relative ease in obtaining prescription medication for non-medical use from 33% (2017) to 28%.	Student Health Experiences and ATOD Survey	Annual	

By 2021, decrease the percentage of Fond du Lac County youth who reported binge drinking in the past 30 days from 11% (2017) to 8%.	Student Health Experiences and ATOD Survey	Annual
By 2021, decrease the percentage of adults who reported binge drinking in the past 30 days from 38% (2017) to 35%.	Community Health Survey Report	Every 3 years
By 2021, decrease the number of opioid-related overdose deaths from 7 (2017) to 5.	Fond du Lac County Medical Examiner's office	Annual

Goal 1: Reduce underage drinking and adult binge drinking.

Objective 1 | By 2021, increase the number of festivals evaluated annually throughout Fond du Lac County from 7 (2017) to 12.

Strategy | Community Events Tool-kit

Evidence Rating Evidence-based	Focus Community	Likely to Impact Disparities No impact on disparities likely
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Objective 2 | By 2021, increase the number of law enforcement agencies completing annual compliance checks from 2 (2017) to 4.

Strategy | Enhanced enforcement of laws prohibiting alcohol sales to minors.

Evidence Rating Scientifically supported	Focus Alcohol retailers	Likely to Impact Disparities No impact on disparities likely
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Goal 2: Reduce misuse and abuse of drugs, particularly opioids.

Objective 1 | By 2021, increase the number Narcan kits distributed annually through community Narcan Trainings from 54 (2017) to 75.

Strategy | Naloxone education and distribution programs

Evidence Rating Some evidence	Focus Community	Likely to Impact Disparities Likely to impact disparities
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Objective 2 | By 2021, increase number of providers using the evidence-informed screening tool SBIRT for early intervention and referral for treatment from 0 (2017) to 4 or more.

Strategy | Screening, Brief Intervention, Referral and Treatment (SBIRT) program.

Evidence Rating	Focus	Likely to Impact Disparities
Scientifically supported	Healthcare providers	No impact on disparities likely

ALIGNMENT WITH STATE/NATIONAL PRIORITIES

Goal	Healthiest Wisconsin 2020	Healthy People 2020	National Prevention Strategy
1	Engage community coalitions and local leaders in discussion and educational sessions on the evidence-informed policies that prevent and reduce excessive alcohol use. Reduce youth access to alcohol through continued support of municipal ordinances and other evidence-informed policies.	(Epidemiology and surveillance) Substance Abuse-14 Reduce the proportion of persons engaging in binge drinking of alcoholic beverages.	Support state, tribal, local, and territorial implementation and enforcement of alcohol control policies.
2	Reduce the number of overdose deaths hospitalizations, and emergency department visits associated with nonmedical use. Increase outreach, intervention and referral to treatment and support services for nonmedical opioid use.	Reduce substance abuse to protect the health, safety, and quality of life for all, especially children	

Priority Area: Mental Health

According to the World Health Organization, the definition of health is a “State of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.” (2014) Mental health is something we all have, and it varies in its degree from time to time. It is only when there is a significant impact on our thinking, feeling and/or behavior that treatment services or intervention may be required. In general, the sooner one gets treatment, the better the outcome. Having an untreated mental disorder can create serious problems such as increasing the chance of risky behaviors, drug or alcohol addiction, and in extreme cases, death. It also can ruin relationships, cause problems at work, and make it difficult to overcome serious illnesses.



Priority Action Team:

Comprehensive Service Integration
of Fond du Lac County, Inc. (CSI)

P: 920-906-6700 Ext. 4721

Snapshot of Mental Health

**1 in 5
adults** 
reported to have a mental health
condition in the past three years.

In 2017, 21 people
died by suicide in
Fond du Lac County.
The rate of death by
suicide in Fond du Lac
County is above state
and national levels.

Sources: 2017 Fond du Lac County Community Health Survey,
Fond du Lac County Medical Examiner’s Office

Goal Reduce stigma around mental health and suicide, and increase access to behavioral health services across the lifespan, and for those in high-risk groups, and decrease the number of deaths by suicide.

Performance Measures

Indicators	Source	Frequency	Notes
By 2021, decrease the percentage of adults who report they "considered suicide" from 5% (2017) to 4%.	FDL County Community Health Survey (CHS)	Every 3 years	
By 2021, decrease the percentage of Fond du Lac youth who report they "considered suicide" from 13% (2017) to 12%.	Student Health Experiences and Attitudes, and ATOD Survey	Annual	Aggregate survey data incorporated into CHS when there is a comparable adult question (every 3 years)

By 2021, increase the percentage of adults who agree that, "people are caring and sympathetic towards persons with mental illness" from 59% (2017) to 65%.	CHS	Every 3 years	Measures stigma
By 2021, decrease the percentage of adults who report that they or someone in their household, "did not get the mental health care needed" from 9% (2017) to 8%.	CHS	Every 3 years	Measures access
From 2018-2020, the average number of suicides per year in Fond du Lac County will be 9, a 50% decrease from the average of 19 per year from 2015-2017.	FDL County Medical Examiner	Annual (3 year average)	Using multi-year averages is preferred to single-year counts due to the relatively small number.

Goal 1: Decrease number of deaths by suicide through earlier identification of mental distress.

Objective 1 | The number of individuals who report they “considered suicide” will decrease to 4% of adults, 12% of youth.

Objective 2 | The average number of suicides per year in Fond du Lac County will decrease to 9.

Strategy | Increasing number of those who live and work in Fond du Lac County who are trained as gatekeepers in Question, Persuade, Refer (QPR), Mental Health First Aid for Adults (MHFA), and Youth Mental Health First Aid (YMHFA).

Evidence Rating Some Evidence	Focus Community	Likely to Impact Disparities Likely to decrease disparities
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Strategy | Promoting use of universal and targeted screening across the lifespan in both clinical and non-clinical settings.

Evidence Rating Scientifically supported	Focus Healthcare providers / community	Likely to Impact Disparities Likely to decrease disparities
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Goal 2: Reduce stigma around mental health and suicide which can limit help-seeking behaviors.

Objective 1 | The number of adults who agree that, "people are caring and sympathetic towards persons with mental illness" will increase to 65%.

Strategy | Education & Awareness activities: Coordinated messaging campaign (via radio, website, newspaper, etc.), including the facts related to mental health conditions, their occurrence in the general population, and the effectiveness of treatment.

Strategy | Promoting positive mental health and resiliency.

Goal 3: Increase access to behavioral health services across the lifespan, and for those in high-risk groups.

Objective 1 | The number of adults who report that they or someone in their household, "did not get the mental health care needed" will decrease to 8%.

Strategy | Develop a Pathways to Care Mental Health Navigation Tool for Fond du Lac County adults.

Strategy | Develop a more universal approach to safety planning across the county, which includes creating a document with a common language and format that can be used across populations and settings.

Strategy | Partner with individuals who have lived experience to share their stories and inform efforts.

ALIGNMENT WITH STATE/NATIONAL PRIORITIES

Goal	Healthiest Wisconsin 2020	Healthy People 2020	National Prevention Strategy
1	Goal: Prevent suicide Increase use of evidence-informed practices to reduce suicide	Mental Health and Mental Disorders (MHMD) -1 Reduce the suicide rate MHMD-2 Reduce suicide attempts by adolescents	Promote early identification of mental health needs and access to quality services.
2	Promote community-wide gatekeeper trainings; support suicide prevention coalitions	MHMD-9 Increase the proportion of adults with mental health disorders who receive treatment	Provide individuals and families with the support necessary to maintain positive mental well-being.
3	Establish trauma-sensitive schools; enhance support groups; expand access to services for mental health & substance use disorders	MHMD-6 Increase the proportion of children with mental health problems who receive treatment	Promote early identification of mental health needs and access to quality services.

Overarching Priority Area: Trauma-Informed Care (TIC)

Trauma-informed care is a strengths-based service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment (SAMSHA, 2014).



Priority Action Team:

Comprehensive Service Integration
of Fond du Lac County, Inc. (CSI)

P: 920-906-6700 Ext. 4721

Snapshot of Trauma-Informed Care (TIC)

Fact: **57%** of WI residents have experienced at least one ACE.

The term **Adverse Childhood Experiences (ACEs)** is used to describe traumatic, negative life experiences which occur before age 18 and have potential to impact healthy child development. ACEs can have long-term damaging consequences, and are connected to behaviors that can lead to poor health.

Goal 1: Increase the education opportunities on trauma-informed care in Fond du Lac County.

- Objective 1.1** | In partnership with CSI marketing group, create literature on the importance and role of TIC in our community. Materials will be finalized and ready for distribution to community partners by January 1, 2019.
- Objective 1.2** | Provide a minimum of two (2) public, information session around trauma-informed care as a culture by December 21, 2019.
- Objective 1.3** | Provide a minimum of two (2) TIC trainings specifically for the organizations who signed the letter of commitment December 31, 2019.

Goal 2: Obtain community commitment for trauma-informed care services.

- Objective 2.1** | Create a list of community-based organizations, churches, schools, childcare programs, clinical services and government entities to be recruited to join the TIC movement by November 1, 2018.
- Objective 2.2** | Create a letter of support to be signed by community agencies that provide a commitment to TIC, training, policy updates and distribution of literature by March 1, 2019.
- Objective 2.3** | Distribute and collect letters of commitment from a minimum of 40 community partners by May 1, 2019.

Goal 3: Acquire and/or develop a trauma-informed care assessment to deliver to a variety of community organizations.

Objective 3.1 | Discuss a potential timeline for public release of the TIC assessment with leadership at United Way of the Fox Valley by December 1, 2018.

Objective 3.2 | Research other forms of TIC assessments to determine if other templates could serve our needs by December 1, 2018.

Objective 3.3 | Select, evaluate and localize a formal trauma-informed care assessment no later than April 1, 2019.

Strategy | Trauma-informed approaches to community building

Evidence Rating

Expert Opinion

Focus

Community

Likely to Impact Disparities

Likely to decrease disparities

ALIGNMENT WITH STATE/NATIONAL PRIORITIES

Goals	Healthiest Wisconsin 2020	Healthy People 2020	National Prevention Strategy
1, 2, & 3	Identifies ACEs, trauma, and resilience as emerging issues.		

Overarching Priority Area: Social Determinants of Health

The social determinants of health are the conditions in which people are born, grow, live, work and age. Health begins in these environments where we spend the majority of our time. Research shows that individual health behaviors and access to clinical care only make up about half of what predicts health. Social, economic, and physical environments (often referred to as the social determinants of health) make up the other half of what predicts health outcomes.

Snapshot of Social Determinants of Health



Education

Almost 92% of adults over the age of 25 in FDL County are high school graduates or have an equivalent degree (2012-2016)



Neighborhood & Built Environment

Severe Housing Problems: 13% of households were reported to have at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities (2010-2014)



Income & Poverty

FDL County median household income: \$56,376



Community & Social Support

Adults 65 years and older live alone: 28% (2012-2016)
Children live in single-parent household: 27% (2012-2016)



Health Care System

Ratio of Providers to population:
Primary care physicians: 1,820:1 (2015)
Dentists: 1,520:1 (2016)



Food Insecurity

FDL County Food insecurity rate: 8.7%
Child Food insecurity rate: 14.8% (2016)

Data Sources: U.S. Census Bureau, County Health Rankings, Feeding America

Goal 1: Increase awareness of the influence social determinants have in shaping health outcomes.

Objective 1.1 | By December 31, 2021, one new or existing strategy will be implemented to build capacity to address the social determinants of health.

Strategy | Example: Establish a health equity team or committee.

Goal 2: Improve health consideration in decision-making.

Objective 2.1 | By December 31, 2021, one new or existing strategy will be implemented, strengthened or expanded on to increase health consideration during policy development to eliminate health disparities.

Strategy | Example: Health Impact Assessments and Health in All Policies

ALIGNMENT WITH STATE/NATIONAL PRIORITIES

Goals	Healthiest Wisconsin 2020	Healthy People 2020	National Prevention Strategy
1 & 2	Calls special attention to social determinants and their importance of social determinants in health outcomes	Topic: Social Determinants of Health Goal: Create social and physical environments that promote good health for all	

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Appendix A: Practices to improve health across individual, organizational, and community levels

A list of practices to improve health across individual, interpersonal, organizational, community and policy, levels was generated for each priority area to help identify next steps and actions that can be taken to improve health for each of the priority areas identified. The list is not intended to be all inclusive.

Priority: Nutrition and Physical Activity

Individual level | Knowledge, Attitude, Skills

- Learn more about nearby trails and parks in your area to be active, such as the Loop at www.fdlloop.com and county parks and trails at www.fdlco.wi.gov.

Interpersonal level | Family, Friends, Social Networks

- Role model healthy eating habits for children; consistently offer a variety of fruits and vegetables for meals and snacks.
- Support and promote community gardens; donate excess produce to a food pantry or the Farmers Market Donation Program.

Organizational level | Organizations, Schools, Workplaces

- Develop or expand a Safe Routes to School Program; Increase options to provide opportunities for 60 minutes of physical activity per day for students.
- Implement or enhance a worksite wellness program; offer healthy foods at meetings, conferences, and catered events; become breast-feeding friendly.
- Participate in a healthcare-community partnership to facilitate referrals of patients to resources that increase access to opportunities for physical activity and high quality nutritious foods and beverages.

Community level | Design, Access, Connectedness, Spaces

- Establish or strengthen local bike/pedestrian committees to develop community plans to increase active transportation options.
- Start or expand farmer's markets, community-supported agriculture, food forest initiatives, and Electronic Benefit Transfer (EBT) access.

Policy level | National or Local Laws and Policies, Elected Officials

- Communicate to and educate the public and decision makers on the burden of poor nutrition, physical inactivity and obesity and evidence-based solutions.
- Increase access to public or community facilities for physical activity through multi-use agreements.
- Sponsor or be a champion for your local community coalition.

Priority: Alcohol and Other Drug Abuse

Individual level | Knowledge, Attitude, Skills

- Learn more about substance use and join DFC and volunteer to prevent alcohol and drug use.
- Secure and dispose of old and unused medications.

- Learn how to administer Naloxone/Narcan, a medication that may reverse an opioid overdose, and become prepared to save a life.

Interpersonal level | Family, Friends, Social Networks

- Start the conversation – talk to someone, you are not alone. Talk to your child about alcohol and drug use.
- Be your own advocate, talk with your doctor about the alternatives or quantity of pain medications being prescribed.
- Discourage underage drinking.

Organizational level | Organizations, Schools, Workplaces

- Implement workplace alcohol and drug policies and collaborate with treatment services to support employees struggling with substance use.

Community level | Design, Access, Connectedness, Spaces

- Develop and implement public awareness campaigns to highlight the dangers of substance use and prevention efforts.
- Increase inclusive community events that do not include alcohol.

Policy level | National or Local Laws and Policies, Elected Officials

- Support local, state, and national policies that help to regulate and prevent substance abuse.

Priority: Mental Health

Individual level | Knowledge, Attitude, Skills

- Read articles that appear in the newspaper about mental health issues. Attend a community training on mental health awareness.
- Talk with your human resources department about your mental health benefits; know if your employer offers Employee Assistance Program (EAP) services.

Interpersonal level | Family, Friends, Social Networks

- Train healthcare providers to screen for mental disorders and how to make appropriate referrals.
- Train adults who provide supervision of our youth in Mental Health First Aid and/or Question, Persuade, Refer in order to recognize signs of mental disorders and suicide risk.

Organizational level | Organizations, Schools, Workplaces

- Train supervisors in the workforce to recognize the signs of a mental disorder and how to respond to take appropriate steps. Look for affordable ways to provide coverage for mental health issues.
- Develop policies and procedures that promote early identification of anyone with a mental health concern and how to make an appropriate referral.

Community level | Design, Access, Connectedness, Spaces

- Implement a public awareness campaign that educates on the commonness of mental disorders, services available, and the effectiveness of treatment services.
- Make a commitment to increase the number of mental health providers in the community through collaborative recruitment efforts.

Policy level | National or Local Laws and Policies, Elected Officials

- Promote mental health parity in insurance coverage and advocate for more affordable care through reasonable deductibles and co-pay options.

Overarching Priority: Trauma-Informed Care

Individual level | Knowledge, Attitude, Skills

- Learn more about ACEs and trauma by visiting fosteringfutureswicsonsin.org

Interpersonal level | Family, Friends, Social Networks

- Build strong, positive relationships - make sure children feel comfortable talking about problems such as bullying and seek appropriate assistance as needed.

Organizational level | Organizations, Schools, Workplaces

- Train key community members (e.g., adults who work with the elderly, youth, and armed services personnel) to identify the signs of depression and suicide and refer people to resources.

Community level | Design, Access, Connectedness, Spaces

- Provide education and outreach to increase the understanding of trauma-informed care and its importance in the community.

Policy level | National or Local Laws and Policies, Elected Officials

- Promote integrating knowledge about trauma-informed care into policies, procedures and practices

Overarching Priority: Social Determinants of Health

Individual level | Knowledge, Attitude, Skills

- Learn more about conditions in your community like food insecurity, health care, education, social support and poverty levels.

Interpersonal level | Family, Friends, Social Networks

- Donate to local food pantries and other community efforts.

Organizational level | Organizations, Schools, Workplaces

- Train key community members (e.g., adults who work with the elderly, youth, and armed services personnel) to recognize signs of poor health conditions and refer people to resources.

Community level | Design, Access, Connectedness, Spaces

- Provide education and outreach to increase the understanding of social determinants of health and its importance in the community.

Policy level | National or Local Laws and Policies, Elected Officials

- Promote policies addressing gaps in the community such as access to health services, food insecurity, healthy food options, opportunities for physical activity, housing safety, transportation, community involvement, and those living in poverty.
- Communicate to and educate the public and decision makers on the burden of poor living conditions and food insecurity and evidence-based solutions.

Appendix B: Asset Inventory List

List of Identified Community Assets to Address Priority Concerns

The following is a list of assets and resources in Fond du Lac County that are already in place to help address the priority health concerns identified by the Healthy Fond du Lac County 2020 Steering Committee. The priority concerns are mental health, alcohol and other drug abuse, and nutrition and physical activity. This list is not intended to be all-inclusive.

Mental Health

Service Name	Contact Information	Description
Fond du Lac County Health Department	www.fdlco.wi.gov 160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3085	Improves lives by preventing disease, protecting the community, and promoting healthy living for all. M – F: 8 am- 4:30 pm.
Crisis Intervention	459 East 1st Street Fond du Lac, WI (920) 929-3535	Available 24 hours per day, 7 days per week. Walk In Crisis Intervention Services.
Solutions Center	www.solutionfdl.com 39 North Sophia Street Fond du Lac, Wisconsin Crisis line: (920) 923-1700 (800) 852-9571 Offices: (920) 923-1743	Solutions Center offers a multitude of services to those dealing with domestic abuse and homelessness. Domestic Violence Shelter: (920) 923-2880 Men's Shelter: (920) 922-8122
Runaway Hotline	www.1800runaway.org (800) 786-2929	24 hour hotline for children who have run away, or are considering running away.
National Hopeline Network	(800) 784-2433	The Hopeline links callers to a certified crisis center nearest the caller's location.
National Suicide Prevention Lifeline	(800) 273-8255	Suicide prevention and mental health crisis care. For Veterans: Dial then press 1.
St. Agnes Hospital Behavioral Health Services/ Outpatient Mental Health Services	430 East Division Street Fond du Lac, WI 54935 (920) 929-1200	Mental health professionals provide assessment/ treatment for depression, anger, anxiety and stress management, eating disorders, child and adult behavioral disorders, attention deficit disorders, relationship issues and other areas.
Bereavement Center & Grief Relief	1161 West Johnson Street Fond du Lac, WI 54935 (920) 907-3940	Groups offered on specific topics in some groups (such as loss of a spouse or a child) and offer groups for children and teens.

Mental Health Continued

Service Name	Contact Information	Description
Comprehensive Service Integration of Fond du Lac County (CSI)	www.csifdl.org 72 West 9th Street Fond du Lac, WI 54935 (920) 906-6700 ext. 4703	Outlines available mental health resources in Fond du Lac County. Provides information to help locate the right mental health provider for the client, including insurance coverage.
ASTOP (Assist Survivors/ Treatment/ Outreach/ Prevention)	21 South Marr Street Fond du Lac, WI 54935 (920) 926-5395 Crisis Line: (920) 926-5395 24 hour crisis: (800) 418-0270	Professional staff provides counseling, prevention education, client advocacy services, and medical advocacy services for survivors. All services are free of charge.
Catholic Charities	191 South Main Street Fond du Lac, WI 54935 (920) 923-2550	Provides certified outpatient mental health center and family/individual/couple counseling. Tu & Th: 9am- 5pm for appointments.
Domestic Violence Services – Agnesian Healthcare	21 South Marr Street Fond du Lac, WI 54935 24/7 line: (920) 926-4207 Crisis Line: (920) 926-4290	Provides counseling, treatment programs, advocacy, support and education to individuals who experience domestic violence.
Kathleen Morgan, ATR, LPC	481 East Division Street Suite 400 Fond du Lac, WI 54935 (414) 708-4388	A licensed registered art therapist and licensed professional counselor. She works one-on-one in talk therapy, offers group therapy, classes and art therapy.
Lutheran Social Services	74 South Main Street Suite 103 Fond du Lac, WI 54935 (920) 730-1321	Counseling for children, adolescents, adults, couples and families; specializing in mental health and family issues.
SHARDS INC.	www.shardsinc.org/ 645 Forest Avenue Fond du Lac, WI 54935 (920) 204-6570	Serves the uninsured and underinsured in Fond du Lac County and the surrounding areas by facilitating affordable mental health services.
Coordinated Family Services Program (CFSP)	87 Vincent Street Fond du Lac, WI 54935 (920) 929-3919	Provides intensive services to families with children who have severe emotional disabilities.
Acute Psychiatric Unit	459 East 1st Street Fond du Lac, WI 54935 (920) 929-3513	A licensed specialty psychiatric hospital, providing 24 hour structured inpatient treatment within a locked setting.
University of Wisconsin-Extension: Family Living Program	400 University Drive Room 227 Fond du Lac, WI 54935 (920) 929-3170	Provides education in building family strengths, focusing on parenting, money management, youth development, health and diet concerns.

Mental Health Continued

Service Name	Contact Information	Description
National Alliance on Mental Illness (NAMI)	http://namifonddulac.org/ 21 East 2nd Street Fond du Lac, WI 54935 (920) 979-0512	Empower those young and old affected by mental illness and reduce stigma through support, education and outreach.
SOS (Survivors of Suicide) Group	www.communityforhope.org 401 West Fond du Lac Avenue Ripon, WI 54971	Held in Immanuel United Methodist Church first Thursday of the month 6:30 - 8:30 pm.
Comprehensive Community Services Program (CCS)	459 East 1st Street Fond du Lac, WI 54935 (920) 929-3565	For adults and children living with mental health or substance abuse diagnoses which interferes with or limits major life activities.
Friendship Corner	www.namifonddulac.org 21 E 2nd Street Fond du Lac, WI 54935 (920) 266-8447	Provides a safe, supportive place for individuals recovering from mental illness to go and gain peer support and friendship. M- Sat: 10 am - 4 pm.
FDL Senior center	151 East First Street Fond du Lac, WI (920) 322-3630	A community focal point and meeting place for people 50 and over. Activities range from social and recreational to educational and travel.
Dementia Friendly Coalition	www.dementiafriendlyfdl.com (920) 322-3632 dementiafriendlyfdl@gmail.com	Works with area businesses to provide employees with specialized training to help them work with customers that may have dementia.
The Reporter	www.fdlreporter.com N6637 Rolling Meadows Drive Fond Du Lac, WI 54936 (920) 922-4600	Newspaper based in Fond du Lac for media coverage.
Treffert Center	www.treffertway.com 371 East 1st Street Fond du Lac, WI 54935 (920) 907-3967	K-6 community-engaged public charter school open to all children to provide endless possibilities for the exceptional learner.
Beacon House (women)	www.beaconhousefdl.org 166 South Park Avenue Fond du Lac, WI 54935 (920) 923-3999	Residential treatment facility for recovering alcohol and/or drug dependent women. Children under 10 years of age may remain with their mother while she stays.
Berry House	178 Sixth Street Fond du Lac, WI 54935 (920) 922-8580	Provides services to those diagnosed with a mental illness and chemical dependency. Dual-diagnosis or mental health needs only; not for those with only AODA needs.
Blandine House (men)	www.blandinehouse.org 25 North Park Avenue Fond du Lac, WI 54935 (920) 922-9487	AODA Residential Treatment Facility. For adult males who have completed detoxification and are over 18 years of age. 24 Hours a Day, 7 Days a Week.

Mental Health Continued

Service Name	Contact Information	Description
Adult Care Consultants	272 North Main Street Fond du Lac, WI 54935 (920) 322-6481	Specializing in community integration for adults and children with mental health needs.
United Way	74 South Main Street Suite 201 Fond du Lac, WI 54935 (920) 921-7010	Focused on the building blocks for a good life.
FDL County Department of Community Programs (DCP)	459 East First Street Fond du Lac, WI 54935 (920) 929-3500 24 Hour Hotline: (920)929-3535	Outpatient mental health services, including individual and group counseling for children/ adolescents/ adults, marital counseling and mediation intervention.
District Equity Leadership Team of Fond du Lac School District (DELT)	www.ebonyvisionfdl.org (920) 744-5169	This team consist of various employees of the FDL School District, parents and community entities and the core issue is addressing race. Partner with Ebony Vision.
Fond du Lac Area Women’s Fund	www.fdlwomensfund.com 116 North Main Street P.O. Box 1171 Fond du Lac, WI 54935 (920) 322-8778	Promotes positive change in the lives of Fond du Lac area women and girls by education, leadership development, financial self-sufficiency, safety, dignity and freedom from violence.
Fond du Lac Family YMCA	www.fdlmca.org 90 West 2nd Street Fond du Lac, WI 54935 (920) 921-3330 Fax: (920) 921-3376	Programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and a community comes together for the common good.
Boys and Girls Club of Fond du Lac	76 West 2nd Street Fond du Lac, WI 54935 (920) 924-0530	Empowers all young people to reach their full potential as productive, caring, responsible citizens through academic, social and emotional support.
Department of Social Services	87 Vincent Street Fond du Lac, WI 54935 (920) 929-3400	Provides innovative services to promote self-sufficiency and quality of life. Mon-Fri: 8 am-4:30 pm.
LGBTQ+ Support Groups	Paul Clark: (920) 926-4382 Leann Vice-Reshel: (920) 926-4428	Confidential support group for adults 18 and older who identify with the lesbian, gay, bisexual, transgender, queer (LGBTQ) community, and/or seeking support surrounding their sexual orientation.

Alcohol and Other Drug Abuse

Service Name	Contact Information	Description
Crisis Intervention	459 East 1st Street Fond du Lac, WI 54935 (920) 929-3535	Available 24 hours per day, 7 days per week. Walk In Crisis Intervention.
2-1-1 United Way	www.211now.org dial 211	24/7 information and referrals.
Beacon House (women)	www.beaconhousefdl.org 166 South Park Avenue Fond du Lac, WI 54935 (920) 923-3999	Residential treatment facility for recovering alcohol and/or drug dependent women. Children under 10 years of age may remain with their mother while she stays.
Berry House	178 Sixth Street Fond du Lac, WI 54935 (920) 922-8580	Provides services to those diagnosed with a mental illness and chemical dependency. Dual-diagnosis or mental health needs only; not for those with only AODA needs.
Blandine House (men)	www.blandinehouse.org 25 North Park Avenue Fond du Lac, WI 54935 (920) 922-9487	AODA Residential Treatment for adult males who have completed detoxification and are over 18 years of age.
Mahala's Hope	www.mahalashope.com N4590 US Highway 45 Eden, WI 53019 (920) 904-0444	Offers substance abuse and trauma programs using nature-based and equine therapy methods to promote change and recovery. Programs available for women, men and teens.
Alcoholics Anonymous (AA)	Helpline: (920) 922-7512 www.aa.org www.area75.org/meetings.html	Provides support for people with alcohol problems. Provides a safe environment for people in recovery.
Gratitude Club	gratitudeclub.net 295 Ruggles Street Fond du Lac, WI 54935 (920) 921-0143	The club is open to all interested in recovery. Offers meeting rooms and fellowship for a variety of 12-Step programs.
Narcotics Anonymous (NA)	Helpline: (866) 635-2254 www.na.org www.wisconsinna.org www.iluana.org/meetings	Recovering addicts who meet regularly to help each other stay clean.
Drug Court	Sarah Shockley, DC Coordinator 459 East 1st Street Fond du Lac WI 54935 920-929-3568 920-929-3500	A three Phase Intervention program for adults involved in the Criminal Justice System due to non-violent, drug/alcohol motivated offenses, who have a difficulty remaining clean and sober.
Al-Anon	www.al-anon.alateen.org	Support group for friends and relatives who meet to help themselves and others overcome the frustration caused by living with an alcoholic.

Alcohol and Other Drug Abuse Continued

Service Name	Contact Information	Description
Al-Ateen	www.al-anon.alateen.org	Support group discussing difficulties in living with an alcoholic family member and to learn effective ways to cope with the problems caused by alcoholism.
NAR-Anon	www.nar-anon.org	Family Groups are for those affected by someone else's addiction. As a twelve step program offers help by sharing our experience, strength, and hope.
Families United	www.facebook.com/familiesunited 315 Eureka Street Ripon, WI 54971	A support group open to anyone who has been affected by addiction. To provide education, support and hope for the future.
SMART Recovery	www.smartrecovery.org (866) 951-5357	Offer meetings for self-management and recovery training.
Celebrate Recovery	www.celebraterecovery.com 46 North Main Street Fond du Lac, WI 54935 (920) 913-3311	A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind.
C.A.R.E (Community Awareness and Recovery Environment)	www.carefordc.org/ 900 Greenvalley Road Suite 2 Beaver Dam, WI 54916 (920) 631-7155	Bring awareness and education to Dodge County and its neighboring communities about substance use disorders.
FDL County Department of Community Programs (DCP)	459 East First Street Fond du Lac, WI 54935 (920) 929-3500 24 Hour Hotline: (920)929-3535	Alcohol and drug abuse counseling services including individual counseling for adolescents, adults, and families, group counseling, recovery groups.
SSM Agnesian Behavioral Health	430 East Division Street 5th Floor Fond du Lac, WI 54935 (920) 926-4200	Detox (inpatient) for up to 72 hours, residential treatment services, day treatment program, intensive outpatient program (IOP), relapse prevention group and one-on-one counseling.
Agnesian HealthCare Samaritan Clinic	St. Agnes Hospital 430 East Division Street Fond du Lac, WI 54935 (920) 926-4841 Waupun Memorial Hospital 620 West Brown Street Waupun, WI 53963 (920) 324-6540 (Waupun)	Provides quality healthcare to the uninsured/low income patients within these counties and to be a force for a healthier community.

Alcohol and Other Drug Abuse Continued

Service Name	Contact Information	Description
ARC Community Services	www.arccommserv.com 27 3rd Street Suite B Fond du Lac, WI 54935 (920) 907-0460	Provides women-specific AODA treatment, parenting education, counseling, trauma and grief education, case management, job-readiness skills, budgeting/ money management and day treatment. 24 Hour Crisis Intervention.
Premier Care of Wisconsin	23 West Scott Street Fond du Lac, WI 54935 (920) 926-0101	Medication assisted opioid addiction treatment (methadone or suboxone). Behavioral health services and crisis intervention.
Veteran's Outreach & Recovery Program (VORP)	(920) 226-9898	Connect Veterans to community services, provide case management and support, with a special focus on treatment and recovery.
Salute the Troops, FDL	www.salutethetroopswi.org 54 East 1st Street Fond du Lac, WI 54935 (920) 322-3291	Focused on supporting, assisting and raising funds to help Veterans and their families in Fond du Lac & Sheboygan Counties.
Drug Free Communities of Fond du Lac County	www.drugfreefdl.com www.csifdl.org 72 West 9th Street Fond du Lac, WI 54935 (920) 906-6700 Ext. 4704	A collaboration of agency and community members, who have come together to address the growing problem of substance abuse in our community. Host "Parents Who Host, Lose The Most" Campaign.
Aids Resource Center of Wisconsin (ARCW)	633C West Wisconsin Avenue Appleton, WI 54911 (920) 733-2068 / (800) 773-2068	Provide HIV prevention, care and treatment. For local Narcan Trainings visit: www.fdlco.wi.gov
Drug Drop Boxes	www.drugfreefdl.com (920) 906-6700, ext. 4704	List of Fond du Lac County Drug Drop Box Locations
City of FDL Police Dept.	126 North Main Street Fond du Lac, WI 54935 Phone: (920) 322-3700 Fax: (920) 322-3701	To request an officer, please call the Dispatch Center at (920) 906-5555. Crime Alert: (920) 322-3740
Comprehensive Service Integration of Fond du Lac County (CSI)	www.csifdl.org 72 West 9th Street Fond du Lac, WI 54935 (920) 906-6700 ext. 4703	Outlines available mental health resources providing information to help locate the right mental health provider for the client, including insurance coverage.
National Alliance on Mental Illness (NAMI)	namifonddulac.org 21 East 2nd Street Fond du Lac, WI 54935 (920) 979-0512	Empower those young and old affected by mental illness and reduce stigma through support, education and outreach.
Life Enforcement program	PO Box 503 Fond du Lac, WI 54936 (920) 933-4589 contact@lifeenforcement.com	To inspire and guide our community member's passion and focus it on purposeful Selfless Acts of Kindness.

Nutrition

Service Name	Contact Information	Description
Fond du Lac School District	www.fonddulac.k12.wi.us 72 West 9th Street Fond du Lac, WI 54935 (920) 929-2900	Offers free or reduced lunches for those who qualify. Healthy vending machines and snack options. School gardens and nutrition education. Wellness policies.
UW-Extension's FoodWise Program	400 University Drive Room 227 Fond du Lac, WI 54935 (920) 929-3170	Serves families and individuals with limited incomes in Fond du Lac and Sheboygan Counties. Offer group classes on healthy eating, food budgeting, and food safety.
Feeding America Eastern Wisconsin	feedingamericawi.org 2911 West Evergreen Drive Appleton, WI 54913 (920) 202-3690	Backpack Buddies is a supplemental weekend feeding program providing nutritious foods for the purpose of nourishing children.
Downtown Fond du Lac Farmers Market	downtownfdl.com <u>Main Street</u> (Sheboygan Street to Western Avenue) Sat: 8 am - 12 pm (May-Oct.) <u>Main Street Plaza</u> W: 11 am - 3 pm (June – Sept.) Fond du Lac, WI 54935	A fun, interactive way to give back to the community by supporting local farmers, producers, and artisans, while educating market visitors about healthy eating habits, good nutrition, and the benefits of “eating fresh and local.”
Fond du Lac Winter Farmers Market	www.facebook.com/fdlwintermkt 19 East 3rd Street Fond du Lac, WI 54935 (920) 923-4172	The Winter Farmers Market will be held indoors to continue providing locally raised food and arts/crafts. Runs Saturdays Nov. thru Feb. 9 am - 12 pm.
Downtown FDL Partnership	131 South Main Street Suite 101 Fond du Lac, WI 54935 (920) 322-2006 info@downtownfdl.com	Dedicated to bringing people, activity, and business to the heart of Fond du Lac.
UW-Extension: Fond du Lac Area Community Garden	(920) 929-3172	Cost of plot varies by size. Starting at \$20 per year. Families can supplement their meals with wholesome food they raised in the community garden
Holy Family Catholic Community Gardens	271 4th Street Fond du Lac, WI 54935 (920) 923-3372	Garden plots open to public to rent and are organic only. \$15 for 20x20 plot, \$20 for 20x40 plot. On church grounds.
Fond du Lac County Department of Senior Services - Mobile Meals	www.fdlco.wi.gov/senior-services (920) 929-3113	Provide one nutritionally balanced hot meal five days per week on a temporary or permanent basis to the home bound.
Fond du Lac County Department of Senior Services - Senior Dining	www.fdlco.wi.gov/senior-services (920) 929-3937	Provide one hot, nutritious meal containing one-third of the daily dietary needs at nine sites throughout the county.

Nutrition Continued

Service Name	Contact Information	Description
St. Agnes Mobil Meals	(920) 926-4670	Provides a noon hot meal delivered Monday thru Friday.
Senior Meal Dining Sites		Any person 60 and over or married to someone 60+. Provide one hot meal a day (5 times per week). M-F 11:45 am Times vary by location.
Fond du Lac Senior Center	151 East First Street Fond du Lac, WI 54935 (920) 929-3937	
Northgate	350 Winnebago Street North Fond du Lac, WI 54937 (920) 929-3937	
Portland Square	55 North Portland Street Fond du Lac, WI 54935 (920) 929-3937	
Riverview	101 Western Avenue Fond du Lac, WI 54935 (920) 929-3937	
Westnor	653 West Arndt Street Fond du Lac, WI 54935 (920) 929-3937	
Salvation Army	237 North Macy Street Fond du Lac, WI 54935 (920) 923-8220	Receive food once a month. Income guidelines and must be resident of Fond du Lac County. Food Pantry Hours: M, Tu, Th, F: 9am-12:30pm & W: 9-11:30am & 12:30- 5pm.
Presentation Church Food Pantry	706 Michigan Avenue North Fond du Lac, WI 54937 (920) 922-3650	Emergency food is available. Not a regular pantry. Provides food and clothing to anyone in need.
Loaves & Fishes	158 S Military Rd Fond du Lac WI 54935 (920) 921-8215	No eligibility. Hot meal, milk, bakery on Mondays & Wednesdays from 5:00-5:30 pm to Carry-Out or 5:30-6:00 pm for eat in.
Fondy Food Pantry	51 West Division Street Fond du Lac, WI 54935 (920) 322-0369	Food boxes every other month. Pick up times M-Th: 9am- 1pm.
Broken Bread St Paul's Cathedral	51 West Division Street Fond du Lac, WI 54935 (920) 921-3363 Ext. 6 (Church)	No eligibility requirements. Please bring box for groceries. 80% perishable foods, 20% nonperishable foods. Light meal available every Fri. 2:00-6:00pm.

Nutrition Continued

Service Name	Contact Information	Description
Women Infants and Children (WIC) Nutrition Program	www.fdlco.wi.gov 160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3104	Promote and maintain the health and well-being of nutritionally at-risk pregnant, breastfeeding and postpartum women, infants and children (under age 5). M, W, Th, F: 8 am - 4:30 pm & Tu: 8 am - 5:30 pm.
WIC Farmers Market Nutrition Program	160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3104	Provides WIC participants with nutrition education and vouchers to purchase locally-grown fresh fruits, vegetables and herbs at farmers' markets.
FoodShare Nutrition Program	www.dhs.wisconsin.gov/foodshare Call Center: 1-888-446-1239	Helps people with limited money buy the food they need for good health. M, Tu, Th: 8 am-4 pm/ W & F: 10 am-4 pm
Congregation of Sisters of St. Agnes (CSA)	320 County Road K Fond du Lac, WI 54937 Lisa – (920) 907-2321	A health resource along with wellness education to promote self-responsibility for one's own health and well-being.
Envision Greater Fond du Lac	www.envisiongreaterfdl.com 207 North Main Street (920) 921-9500	Efforts focused on business assistance and promotion. M-Th: 7:30 am - 5 pm & F: 7:30 am - 4:30 pm.
Living Well Coalition	www.livingwellfdl.org (920) 929-3085	Coordinating community efforts to improve the physical health and well-being of all people in FDL through healthy eating and active living.

Physical Activity

Service Name	Contact Information	Description
Fond du Lac Family YMCA	90 West 2nd Street Fond du Lac, WI 54935 (920) 921-3330	Putting Christian principles into practice through programs that build healthy spirit, mind and body for all.
Fond du Lac Loop Trail	fdlloop.com Fond du Lac Area Convention & Visitors Bureau (920) 923-3010	A 16-mile bicycle/ pedestrian pathway designed to facilitate a safe, healthy, and enjoyable way to explore the Fond du Lac area and its wide variety of scenic landscapes.
City of Fond du Lac Parks, Trails, and Trees	www.fdl.wi.gov 160 South Macy Street Fond du Lac, WI 54935 (920) 322-3590	The City of Fond du Lac offers a wide variety of parks (19 total) and trails to walk and bike.
Fond du Lac County Planning and Parks Department Parks and Trails	www.fdlco.wi.gov 160 South Macy Street Fond du Lac, WI 54935 (920) 929-3135	Fond du Lac County currently maintains 14 recreational facilities and 6 recreational trails across the county which provide opportunities for hiking, bicycling, walking, swimming, cross-country skiing, snowmobiling and more.
Fond du Lac County Health Department	www.fdlco.wi.gov 160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3085	Improves lives by preventing disease, protecting the community, and promoting healthy living for all. M - F: 8 am- 4:30 pm.
Fond du Lac Area Businesses on Health (FABOH)	140 North Main Street Fond du Lac, WI 54935 (920) 924-3780	Offers businesses a large, cohesive voice and leverage to provide healthcare on their terms benefiting everyone.
Fond du Lac School District	www.fonddulac.k12.wi.us 72 West 9th Street Fond du Lac, WI 54935 (920) 929-2900	Physical Education Program (PEP) grant. Gym and exercise rooms available at the schools.
Fond du Lac School District Recreation Department	85 Morningside Drive Fond du Lac, WI 54935 (920) 929-2885	Providing recreation & leisure services to residents of the FDL School District and beyond. M - F: 7:30 am - 4 pm.
Healthy Fond du Lac County 2020 Steering Committee: Living Well Coalition	www.livingwellfdl.org (920) 929-3085	Our mission is to assess, identify, address and monitor priority health needs through community collaboration.

Appendix C: Membership List of Committees and Work Groups

Healthy Fond du Lac County 2020 Steering Committee Members

Erin Brendelson - Fond du Lac School District
Michael DeGere, DPM - Agnesian HealthCare/SSM Health
Erin Gerred - Fond du Lac County
JJ Raflik - Fond du Lac YMCA
Sara Hathaway - Ripon College
Amber Kilawee - Fond du Lac Area United Way
Bill Lamb - Fond du Lac City Police Department
Marian Sheridan – Comprehensive Service Integration of FDL County, Board Member
Kim Mueller – Fond du Lac County Health Department
Kelly Norton - St. Mary's Springs Academy
Lalitha Ramamoorthy, Ph.D. - Marian University
Larry Richardson - Fond du Lac Area Businesses on Health
Jackie Runge - Fond du Lac Area Foundation
Marty Ryan - Rotary
Jim Salasek, Ph.D. - Community Member
Heather Schmidt, DO - Agnesian HealthCare/SSM Health
Lori Schrage - Moraine Park Technical College
Michelle Tidemann - UW- Extension Fond du Lac County
Eric Toney - Fond du Lac County
Jennifer Walters - Aurora Health Care
Melissa Worthington - Envision Greater Fond du Lac

Drug Free Communities of Fond du Lac County (DFC)

DFC Opioid & Other Drugs Initiative – Steering Committee Membership:

Kevin Galske, Fond du lac County Sheriff's Office
Les Mier, Blandine House
Alex Berg, Drug Free Communities of Fond du Lac County
Ellen Sorensen, Drug Free Communities of Fond du Lac County
Sara Faust, Fond du Lac County Health Department
Megan Herdrich, Fond du Lac County Health Department
Kevin Fessler, Agnesian HealthCare/SSM Health
Jeri Loewe, Agnesian HealthCare/SSM Health
Donna VanBuren, Agnesian HealthCare/SSM Health
Kathy Teletzke, CARE for Recovery
Laura Berndt, Agnesian HealthCare/SSM Health
Sandy Foote, Co-Chair, Drug Free Communities of Fond du Lac County
Erik Foster, Fond du Lac Police Department
Sandy Hardie, Mahala's Hope
Amy Johannes, Agnesian HealthCare/SSM Health, Behavioral Health
Kim Mueller, Fond du Lac County Health Department
Matt Bertram, North Fond du Lac School District

Living Well FDL Coalition Membership

Heather Schmidt, Agnesian HealthCare/SSM Health
Dru Mitchell, Fond du Lac School District
Joyce Mann, Fond du Lac County Health Department
Kara Kerrigan, Fond du Lac County Health Department
Sarah Faust, Fond du Lac County Health Department
Kim Mueller, Fond du Lac County Health Department
Nicole Wiegert, Agnesian HealthCare/SSM Health
Jeff Butz, Fond du Lac Area Businesses on Health
Sharon Simon, Fond du Lac School District
Amanda Miller, UW-Extension Fond du Lac County
Sean Fitzpatrick, Marian University
Haleigh Kaiser, Moraine Park Technical College
Jennifer Walters, Aurora Health Care
Michelle Bachaus, WI Bike Federation
Mary Jo Neumann, Fond du Lac YMCA
Joel Mason, Agnesian HealthCare/SSM Health
Cathy Loomans, Fond du Lac Senior Center
Julie Wisneski, Aurora HealthCare
Karissa Schneider, Boys & Girls Club Fond du Lac
Amanda Cassidy, Fond du Lac County Health Department
Melanie Kautzer, ADVOCAP
Deb Winterhack, Agnesian HealthCare/SSM Health
Oliver Clements, Agensian HealthCare/ SSM Health
J.J. Raflik, Fond du Lac YMCA
Rosa Rhoden, UW-Health/Quartz
Michelle Picard, Fond du Lac School District
Sam Tobias, Fond du Lac County Planning & Parks
Terri St. Lawrence, Agnesian Health Care/ SSM Health
Haley Madson, Downtown Fond du Lac Partnership
Valerie Graczyk, Community Member/ Summer of Fun Initiative Coordinator
Kendra Little, United HealthCare

Comprehensive Service Integration of Fond du Lac County, Inc. (CSI)

Mental Health Access Committee Members

Miranda Amerling, SSM Health

Kimberly Arndt, YScreen

Erin Brendelson, Fond du Lac School District

Lindsey Bruins, YScreen

Jamie Eithun, Mayville Engineering Company

Sarah Faust, Fond du Lac County Health Department

Samantha Freimund, North Fond du Lac School District

Jill Goebel, North Fond du Lac School District

Doug Hedman, National Guard Chaplain/Local Clergy

Greg Henderson, Aurora Health Care

Caitlin Henriksen, Solutions Center

Tammi Kohlman, Destination Zero/ Comprehensive Service Integration of Fond du Lac County Inc. (CSI)

Angie Meilahn, Ripon Area School District

Aimee Meyer, Delta Center

Tiffany Parker, SSM Health & CSI – Trauma-Informed Care committee

Holly Rabe, Oakfield School District

Jim Salasek, Chair, Community Member

Tanya Sanderfoot, Ripon Area School District

Christine Sesing, Fond du Lac School District

Marian Sheridan, Comprehensive Service Integration of Fond du Lac County Inc. /Community Member

William Tadych, Fond du Lac County Sheriff's Office

Rob Toepel, Ripon Area School District

Robyn Williams, Marian University

Brittani Woods, NAMI Fond du Lac & Fond du Lac County Department of Community Programs

Trauma-Informed Care Committee Members

Bonnie Bruckner, Fond du Lac School District

Sarah Faust, Fond du Lac County Health Department

Sandy Hardie, Mahala's Hope

Dan Hebel, Boys and Girls Club of FDL

Nicole Johnson, Solutions Center

Amber Kilawee, Fond du Lac Area United Way

Lauren Martin, Chair, Fond du Lac County Department of Social Services

Carrie Nitz, Green Lake County

Tiffany Parker, Co-Chair, SSM Health

Matricia Patterson, Family Connections

Jim Salasek, Community Member

Christine Schultz, North Fond du Lac School District

Marian Sheridan, Community Member

Michelle Tidemann, UW-Extension

Clarita Wesley, Catholic Charities of Fond du Lac

Monica Zindler, Fond du Lac School District