Putnam County Community Health Assessment Community Health Improvement Plan 2022 – 2024 Addendums

The Community Health Assessment (CHA) offers an overall view of the health issues in our community; the Community Health Improvement Plan presents how the community will work together to develop and implement evidence-based interventions for two priorities that will be reported to NYSDOH. However, community health improvement planning and implementation is a continuous process that goes far beyond these two priorities. Work on all the top ten health challenges identified in the CHA will continue with community health organizations and the health department's ongoing collaborations. This Addendum section will provide a method of updating the Early Childhood Vaccination and Substance Misuse interventions detailed in the CHA/CHIP report as well as initiatives targeting the other eight health challenges that are not covered in the CHA/CHIP report.

Priority Area: Prevent Communicable Diseases

Focus Area 1: Vaccine Preventable Diseases

Goal 1.1: Improve vaccination rates

Objective 1.1.1: Increase the rates of immunization among Putnam County 24-35-month-olds with the 4:3:1:3:3:1:4 series (4 DTaP, 3 polio, 1 MMR, 3 Hep B, 3 Hib, 1 varicella, 4 PCV13, commonly referred to as the early childhood vaccination series) from the 2022 baseline of 67.8% by 2.7% to the NYSPA 2024 target of 70.5% by December 2024¹

Disparities addressed: Children residing in county zip codes with lower polio vaccination rates, and children belonging to ethnic and racial minority groups

Timeframe: Enrollment of county medical practices participating in the federal Vaccines for Children (VFC) Program will occur on a rolling basis from January 2023 through December 2024.

Evidence Based Strategy

Intervention 1.1.2: Maximize use of the New York State Immunization System (NYSIIS) for vaccine documentation, assessment, decision support, reminders, and recall. Increased use of the registries can better inform assessments of vaccine coverage and missed vaccination opportunities and help address disparities in vaccine coverage including those for specific age groups.

¹ The baseline rate has been updated with most recent data available on New York State Prevention Agenda at: https://apps.health.ny.gov/public/tabvis/PHIG Public/pa/reports/#county

Intervention Methods

- The intervention targets children between the ages of 2-5 years, prior to initiation of vaccination requirements for school attendance, for whom vaccination may not be required if they do not attend licensed pre-school or daycare programs.
- County Pediatric Practices were recruited to participate on a rolling basis during Immunization Quality Improvement Program (IQIP) visits.
- Practices were prioritized for recruitment based on baseline practice coverage rates and patient population demographics.
- Participating practices follow a cyclical protocol of using NYSIIS to run reminder recall (RR) reports for
 patients between the ages of 2-5 years for vaccines in the early childhood series; reviewing and cleaning
 data in NYSIIS for patients appearing in report; sending notifications to patients due or overdue for
 vaccines; and keeping track of patients notified who subsequently make vaccine appointments (RR
 protocol cycles).

Implementation Partners and Roles

The Early Childhood Vaccination intervention is led by the Putnam County Department of Health (PCDOH). PCDOH developed the intervention, provides the practices with necessary materials (NYSIIS protocols, RR tracking tool, and metric workbook), offers technical assistance to practices, collects process metrics, pulls practice level coverage reports for participating practices, and reviews coverage reports with practices every 6 months.

Participating practices include private practices and the county's only Federally Qualified Health Center. Participating practices complete intervention protocols with assistance as needed, and report required metrics to PCDOH.

Status Update, 2024

- In 2023, three practices were enrolled in the intervention, and PCDOH initiated participation in our own
 vaccination clinic. In 2024, PCDOH and 1 outside practice maintained participation in the intervention. Two
 practices curtailed participation for the first nine months of 2024, but resumed participation in October of
 2024. One new practice was recruited to participate in August of 2024. As of December 2024, a total of
 five (PCDOH plus four outside practices) are participating in the intervention.
- Two of the participating practices are located on the Western side of the county, where polio vaccination rates are lower² and one practice serves a high proportion of Hispanic patients.
- From May 2023-December 2024 four practices completed a total of 26 RR protocol cycles (range per practice 2-15 cycles completed). In December 2024 there are 4 RR cycles in progress.
- Across all 26 completed cycles, RR reports included a total of 757 records (range 0-159 records per report).
 After data cleaning, vaccine reminder/recall notifications were determined to be indicated for a total of 134 patients (17.7% of records on all RR reports), with a range of 9%-31% of records by practice.
- Of the 134 notifications sent, 66 vaccine appointments were scheduled, which is a 49% yield on appointments made per notifications sent.
- Practice vaccine coverage reports for patients aged 2-5 years, pulled just prior to practices starting the
 intervention, and after completion of two RR cycles showed an average 13.8% increase in coverage and a
 range of 3% decrease to 27% increase.
- Outcomes by practice, at one year post enrollment:
 - Practice A- had completed 11 RR cycles and increased coverage for 2-5 year-olds 22% from baseline
 - Practice B- had completed 3 RR cycles and increased coverage for 2-5 year-olds 27% from baseline
 - Practice C- had completed 2 RR cycles and increased coverage for 2-5 year-olds 1% from baseline
 - Practice D- had completed 4 RR cycles and increased coverage for 2-5 year-olds 11% from baseline

² The most recent polio vaccination rates for Putnam County zip codes released by NYSDOH can be found at: https://www.health.ny.gov/diseases/communicable/polio/zip code rates/docs/Putnam polio vaccination report.pdf

Priority Area: Promote Well-Being and Prevent Mental and Substance Use Disorders

Focus Area 2: Mental and Substance Use Disorders Prevention

Goal 2.2: Prevent opioid and other substance misuse and deaths

Objective 2.2.1 (modified based on preliminary rates in NYS County Opioid Quarterly Report): Reduce the annual crude rate of overdose deaths involving any opioid from the 2022 baseline of 22.4 per 100,000 population to the prevention agenda target of 14.3 per 100,000 population by December 2024³

Objective 2.2.4 (modified based on preliminary rates in NYS County Opioid Quarterly Report): Reduce the annual crude rate of outpatient emergency department visits involving any opioid overdose by 10% from the 2022 baseline of 28.5 per 100,000 population to 25.7 per 100,000 population by December 2024³

Disparities addressed: Intervention 2.2.2. Spanish speaking immigrants

Timeframe: Engagement of schools for participation in senior check-outs and on-site consumption liquor licensed establishments for participation in Narcan Behind Every Bar will occur on a rolling basis from January 2023 through December 2024. Engagement of first responder agencies for participation in Peer Referral Program will occur in the first quarter of 2023, with the engagement of individuals referred for peer support ongoing from January 2023 through December 2024.

Evidence Based Strategy #1

Intervention 2.2.2: Increase the availability of/access to overdose reversal (Naloxone) trainings to prescribers, pharmacies and consumers.

Intervention Activities

- Engage county high schools to require naloxone training for graduating seniors; conduct trainings at participating high schools (senior check-outs); distribute kits to all graduating seniors at senior checkouts.
- Engage on-site consumption liquor licensed establishments (OSCLLE) to participate in Narcan Behind Every Bar (NBEB) program; conduct trainings at participating establishments; distribute kits and opioid overdose emergency cabinets to participating establishments.

Implementation Partners and Roles

The Prevention Council of Putnam (PCP), through their substance use specialist and Master Counselor (CASAC) is the lead local harm reduction agency implementing evidence-based strategies and promising practices to reduce opioid overdose, expand community awareness about substance misuse and reduce stigma around addiction and normalize pathways to recovery. PCP will be the lead agency for this intervention.

PCDOH, (Health Education Division, NYSPHC fellows, and Nursing Division) will support PCP in expanding the reach of the interventions to the Spanish speaking communities of Putnam through the provision of Spanish speaking health educators and education material translation.

³ Updated based on most recent baseline rate available: https://apps.health.ny.gov/public/tabvis/PHIG_Public/opioid-quarterly/reports/#state

Status Update, 2023

- All 5 public Putnam County High Schools have been engaged to sign on to do senior check-outs and there
 have been 4 Naloxone trainings at Putnam County High Schools. There have been 624 naloxone kits
 distributed at school trainings to students.
- 41 on-site consumption liquor licensed establishments have signed on to Narcan Behind Every Bar (NBEB) and 38 on-site consumption liquor licensed establishments are trained and actively participate in NBEB.
- There are 2 NBEB establishments with Opioid Overdose Emergency Cabinets, and 38 NBEB establishments with Naloxone Kits on-site.

Status Update, 2024

- All 5 public Putnam County High Schools have been engaged to sign on to do senior check-outs and there
 have been 5 Naloxone training courses at Putnam County High Schools. There have been 723 naloxone
 kits distributed at school trainings to students
- 45 on-site consumption liquor licensed establishments and other food and beverage industry
 establishments have signed on to Narcan Behind Every Bar (NBEB) and 45 on-site consumption liquor
 licensed establishments are trained and actively participate in NBEB.
- There is 1 new NBEB establishment with an Opioid Overdose Emergency Cabinet, and 45 NBEB establishments with Naloxone Kits on-site.
- As of December 2024, the most recent county level outcome data available is the preliminary rate of 16.3 overdose deaths per 100,000 in 2023, a 27% improvement from 2022.

Evidence Based Strategy #2

Intervention 2.2.4: Build support systems to care for opioid users or at risk for overdose.

Intervention Activities

First response agencies (emergency medical service corporations, fire departments, and police departments) will be engaged to participate in naloxone leave behind and peer referral programs.

Participating first response agencies will distribute naloxone kits and offer referral to Certified Recovery Peer Advocate (CRPA) at all opioid related calls, and other substance-related calls.

Implementation Partners and Roles

The PCP CRPA is the lead contact in Putnam to connect individuals at risk of opioid overdose with support and linkage to services. The CRPA tracks the number of individuals per time period (month) referred by County agencies (Sheriff's Office, Department of Social Services, Department of Mental Health) in the following harm-reduction engagement activities:

naloxone, fentanyl test strips, never use alone line, detox check ins, short-term follow-up, long-term follow-up, referral to services, outcome.

Successful engagement is defined as one or more of the above.

Status Update, 2023

- Eighteen out of 18 first responder agencies have been engaged for participation in the peer referral program and the naloxone leave behind program.
- Through an expanded collaboration between public health and public safety, the peer referral program has been restructured. Rather than engaging agencies to refer substance-involved individuals to a peer, referrals are initiated through data collection efforts from 911 dispatch and ODmaps.

- Fifteen of 18 first responder agencies have signed on to the Naloxone Leave Behind Program. First
 responders will leave behind naloxone kits, which also include contact information for a Certified Recovery
 Peer Advocate.
- Thirty-one of 33 individuals identified through the 911 Dispatch and ODMAPs data collection method were referred to the peer program.
- Nine of the 31 referred cases had at least one successful engagement by a peer specialist.

Status Update, 2024

- Eighteen out of 18 first responder agencies have been engaged for participation in the peer referral program and the naloxone leave behind program.
- The peer referral program has been further refined. Referrals are initiated through data collection efforts from 911 dispatch and ODmaps/HIDTA and assessed by Putnam County Mental Health before being assigned to a CRPA. At times, first responder agencies will refer directly to the CRPA.
- Sixteen of 18 first responder agencies have signed on to the Naloxone Leave Behind Program. First
 responders will leave behind naloxone kits, which also include contact information for a Certified Recovery
 Peer Advocate.
- 53 individuals were identified through the enhanced referral method and successfully referred to the CRPA.
- Thirty-eight of the 53 referred cases had at least one successful engagement by a peer specialist.
- As of December 2024, the most recent county level outcome data available is the preliminary rate of 18.4 outpatient emergency department visits involving opioid-related overdoses per 100,000 in 2023, which exceeds the goal of a 10% reduction by 2024.

ADDENDUM 1, FEBRUARY 23, 2023: TRANSPORTATION, SOCIAL DETERMINANT OF HEALTH

The issue of limited public transportation was identified as Putnam's top social determinant of health (SDOH) in the CHA report and one of the top ten overall health challenges in the county. Amongst these ten health challenges, the CHIP Steering Committee expressed an urgent need to address deficits in transportation because impacts on residents were noted by all participating partners. The Committee recommended that county health partners explore avenues to address the issue and spearhead advocacy for county-level policy and system changes. To this end, the February 13, 2023 Live Healthy Putnam (LHP) Coalition meeting, hosted by PCDOH, included the Putnam County transportation manager for planned discussion on the topics of transportation access and availability. While recognition of this problem was not new, this meeting initiated a new collaborative focus on analyzing, researching and developing solutions to alleviate the issue. Collaborative community work is beginning with a work group to brainstorm solutions, identify grant possibilities and build broad based support with stakeholders.

As a next step, the LHP Coalition decided to form a community transportation work group, including the County's transportation manager. This group will meet in the first quarter of 2023 and review the county's transportation assessment, identify if updates to the assessment are necessary, brainstorm and research solutions, identify grant opportunities, build broad-based support with stakeholders, and advocate for policy and systems level changes to improve equity in access to transportation.

UPDATE, OCTOBER 18, 2023:

At the time of the LHP meeting on May 8, the transportation work group had met twice. Potential pilot programs were discussed that would test a demand-response model of transportation. Putnam County Transportation Department is taking into consideration the recommendations and concerns of the work group as they further develop plans for revision and eventual assessment and surveys. One need identified by the group is a large educational marketing campaign so residents are aware of transportation design and implementation options both prior to and after surveys are completed. LHP partner agencies will support these efforts in whatever ways they can.

UPDATE, 2024:

Due to a retirement in the Putnam County Transportation Department, the transportation workgroup was not convened in 2024. The group continues to seek funding opportunities to expand transportation access in Putnam, particularly for populations at risk for poor health outcomes.

ADDENDUM 2, OCTOBER 13, 2023: TICKBORNE DISEASE, COMMUNICABLE DISEASE

The high burden of tickborne disease was identified as one of several communicable disease concerns, and one of the top ten overall health challenges in the county. High rates of tickborne disease are a long-standing problem in the Hudson Valley that garners considerable concern from residents and the attention of lawmakers (Dunne, 2021). In 2023, the Putnam County Department of Health (PCDOH) re-committed to promoting tick bite prevention strategies and early disease recognition in the county. To this end the following efforts have been launched or are in development:

• Tick Warning Signs

- During the summer of 2023, Putnam County Parks posted 25 signs to new sections of the Putnam Trailway and replaced damaged or missing signs in existing sections. Two signs were also provided to each of five county sleep-away camps.
- o Efforts will continue to add signage in parks, camps, and other outdoor recreation areas in 2024.

Outreach and Education Events

- To date in 2023 PCDOH staff have provided tickborne disease prevention education and distributed educational materials at five community events across the county. Educational presentations were given to school nurses at a meeting hosted by Putnam|Northern Westchester BOCES on August 21st, and to the general public at Mahopac Library on May 20th.
- Residents and organizations can submit requests for PCDOH staff to provide tickborne disease
 education (or education on other health topics) at events or in presentations using forms available
 on the <u>department's website</u>.

Tick Removal Kits

- 250 tick removal kits (fine tipped tweezers, alcohol swab, tick identification card, and a collection tube) were distributed to the public at community events in 2023.
- PCDOH has received sponsorship from Nuvance Health to purchase approximately 500 kits for distribution in 2024.

• Diagnostic Resources for Healthcare Providers

To promote early diagnosis and treatment of tickborne disease, 25 diagnostic manuals and 25 erythema migrans (EM) rash identification posters were distributed to county medical offices.
 Thirty-five EM rash identification posters were provided to school nurses.

• Web Page

o A dedicated tickborne disease web page is in development, with plans to launch in early 2024.

UPDATE, 2024:

- A dedicated <u>tickborne disease prevention webpage</u> was launched on the PCDOH website in March of 2024
- A total of 41 tick warning signs were posted across 23 different sites in the county
- A total of 411 tick removal kits were distributed to county residents
- All eight overnight camp health offices and two newly opened urgent care facilities were provided with tickborne disease diagnostic manuals and EM rash identification posters
- Tickborne disease prevention education was provided, and educational materials were distributed at 12 community outreach events across the county

ADDENDUM 3, NOVEMBER 13, 2023: OBESITY, CHRONIC DISEASE

The 2022-2024 CHA identified obesity as a primary chronic disease concern, and one of the top ten overall health challenges in the county, based on increasing rates of obesity in adults and children alongside increasing consumption of sugary beverages and decreasing days per week consuming a healthy diet. More recent data released since the publication of the CHA shows that the increasing trend in adult obesity continued from 2018 to 2021 (NYSDOH, 2024).

Housed in the health department, the Putnam County Employee Wellness Program's goal is to support well-being, lessen workplace stress, increase productivity, reduce healthcare costs, and improve the lives and health of County employees and MRC volunteers. In 2023 the Wellness Program aimed to reduce obesity through the following activities:

- Fitness classes, including low-intensity Yoga and high-intensity interval and weight training ("Boot Camp"), were offered to Putnam County employees, interns, and volunteers.
- <u>Walk for Wellness</u> was a 4-week challenge offered in the summer of 2023 to increase exercise and improve physical fitness and stamina. Two dozen corrections officers and 30 other county employees tracked their steps and submitted a combined 4,452,955 steps to the health department.
- Lunchtime Learning presentations:
 - o Healthy Plate, Healthy Planet: Simple Changes towards a healthy and sustainable future, benefits of integrating more plant-based foods into your lifestyle.
- In collaboration with Putnam Hospital Center (PHC), a hospital community education display is updated monthly to include heart health awareness.
- County employees also receive emails containing health information which is also showcased on Putnam County Department-Wide Wellness Boards, such as:
 - o A digital version of The Nutrition Action Newsletter which provides honest, unbiased, science-based advice on nutrition and health.
 - o Office Stretches
 - o Wear Red, Heart Disease/Blood Pressure information
 - o "Desk Friendly Yoga Stretches" showcasing PCDOH Employees
 - o Self-Care at Work
 - o Guided Hikes brochure shared from Cornell Cooperative Extension, Putnam County

UPDATE, 2024:

• The Putnam County Employee Wellness Program offered 58 yoga classes with a total of 562 attendees, and 63 Boot Camp classes with a total of 407 attendees.

- CPR "Be Ready to Save a Life" class was designed for employees to recognize a cardiac emergency and teach life-saving skills until EMS arrives.
- Two lunchtime learning seasons related to healthy eating had a total of 20 attendees.
- The Walk for Wellness Challenge was again held in June of 2024 with 35 county employees logging a total of 2,675,600 steps.
- Continued collaboration with PHC wellness board with an addition of Back-to-School Healthy Meals and Snacks.

Plans for 2025:

- Re-establishment of the Putnam County Employee Wellness Committee to plan events, assess employee wellness needs, and evaluate ongoing programing.
- Employe SharePoint site where employees can view all wellness offering will go live with the new Wellness Committee providing input and content, ensuring the site meets the needs and interests of all employees.
- Promote physical activity with an additional employee walk for wellness challenge in the fall.

ADDENDUM 4, NOVEMBER 20, 2023: MENTAL HEALTH

The 2022-2024 CHA identified mental health as a main health challenge based on resident input on the Community Priority Poll and increases in self-reported poor mental health and depressive disorders from 2016 to 2018. More recent data released since the publication of the CHA shows that these increasing trends continued into 2021 (NYSDOH, 2024).

The Putnam County Department of Health (PCDOH) and the Department of Social Services, Mental Health and The Youth Bureau (PCDSS/MH) have implemented several programs to address this main health challenge:

Through the New York State Public Health Corps (NYSPHC) Fellowship, PCDOH has been able to send a public health fellow, who is also a licensed social worker, to schools throughout the county to provide direct therapy as well as social and emotional support and additional interventions:

- Provided individualized support for approximately 46 students identified by needs assessments of behavioral health/clinical teams.
- Consulted with 14 staff and faculty seeking additional methods to support the mental health of students.
- Presented two workshops for school district staff on mental health issues and trends among youth, and how to identify and support students who are experiencing mental health crises.

Additionally, a bilingual fellow has worked with Brewster Central School District to offer education to parents. Parent University is a K-12 initiative created to engage bilingual parents through virtual meetings which are in Spanish and tailored specifically to the needs of this community. A NYSPHC Fellow presented virtually in Spanish on the topic of Mental Health and Wellbeing (Salud Mental y Bienestar). During this meeting the following information was provided:

- What is mental health?
- Myths and realities of mental health
- Videos were shown providing information supporting the story of an adolescent surviving an episode of depression.
- Treatment and alternatives to improve our mental health.
- Facts about mindfulness and mindfulness exercise.
- PDF pamphlet was shared with the parents with information about mental health.

PCDOH and PCDSS/MH have also offered no-cost Youth Mental Health First Aid® training to school district staff and faculty throughout Putnam County. Youth Mental Health First Aid is designed to teach adults how to help an adolescent (age 12-18) who is experiencing a mental health or substance use challenge or is in crisis.

• Three training courses, with 45 school staff trained in 2023.

UPDATE, 2024:

- The Putnam County Employee Wellness Program has offered seven lunchtime learning sessions promoting well-being, with a total of 87 employees/Medical Reserve Corps (MRC) volunteers in attendance.
- To promote awareness of mental health through the employee wellness program, infographics were distributed via email to all county employees and members of the MRC encouraging them to wear green. A collage featuring 56 employees/MRC was created and shared with all employees as well as on the PCDOH social media platforms.
- Information about the Employee Assistance Program (EAP) is provided to employees, offering free and confidential counseling and referral services for various personal issues.
- PCDOH and PCDSS/MH continued to offer no-cost Youth Mental Health First Aid® training to school district staff and faculty. One training course for 14 school staff from two districts was completed in 2024.
- PCDOH co-facilitated two <u>Tending the Roots</u> trainings. Tending the Roots is a course collaboratively developed by the New York State Office of Mental Health and the New York State Trauma-Informed Resource Center. The training explores how racism, trauma, and social factors impact health. Over 50 staff from two different agencies servicing Putnam County residents completed the two-day training. Participants learned how to use resources and skills to promote healing and resilience.

ADDENDUM 5, NOVEMBER 22, 2023: SEXUALLY TRANSMITTED INFECTIONS, COMMUNICABLE DISEASE

Sexually transmitted infections (STIs) were identified as one of the county's 10 main health challenges in the 2022-2024 CHA based on upward trends in cases of chlamydia, gonorrhea, and syphilis from 2011-2021. More recent data shows incidence remains high through 2023 (PCDOH, 2023). In 2023 PCDOH conducted the following STI prevention activities:

- During STI awareness month, the Westchester Medical Center Mobile van visited two county locations and provided education, condoms and STI testing to over 30 participants, including teens. The van was stationed at Chamber Park in Mahopac on April 17th and at the Carmel Fire Department on April 24th.
- PCDOH provided STI education and information at 8 community events. Condoms were distributed at three of these events.
- Kits containing condoms and HIV and STI testing information, along with health information on other topics, were created and distributed to the following:
 - 440 condoms were provided to 18 local community businesses and health centers including barber shops, nail salons, bars, a food pantry, urgent cares, and the Federally Qualified Health Center.
 - Over 1,000 condoms were provided to an addiction treatment and drug rehabilitation center.
 - Over 500 condoms were distributed at the monthly PCDOH Vaccines for Adults Clinics, vaccine clinics coordinated for the under or uninsured population in Putnam County. These clinics provide vaccines and tuberculosis screening and are held in the evening to

- accommodate client work hours. Condoms are provided to clients in envelopes, or a basket located in the waiting area.
- 500 condoms were provided to summer camps for their staff.
- PCDOH worked with two county prenatal care providers with incidence of patients presenting with syphilis during pregnancy to ensure awareness of clinical consulting resources available through the Clinical Education Initiative (CEI) within the AIDs Institute at the New York State Department of Health, and to provide clinician resources for treatment of syphilis during pregnancy.

UPDATE, 2024:

- A total of 3942 condoms were provided for distribution to 21 different sites across the county
- STI education and information was provided at fifteen community events. A total of 324 condoms were distributed at seven of these events.
- In October, PCDOH partnered with Planned Parenthood to offer STI/HIV testing in Garrison. The mobile health center offered STI/HIV testing, birth control and the HPV vaccine. Education was provided to clients on STI, HPV, HIV and healthy relationships. Safe sex kits were provided to 10 clients.

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