



# EXECUTIVE SUMMARY

## 2023

# Year One



# MENTAL HEALTH AND ADDICTION



1

## Reduce Adult Binge Drinking

*Health Equity Population:*

### Strategy 2:

Evidence based behavioral health screenings

### Action Step:

Provide SBIRT training to care providers.

### Strategy 3:

Community based comprehensive programs to reduce alcohol abuse

### Action Step:

Develop and promote binge drinking education campaigns.

2

## Reduce Adult and Youth Depression and Suicide Deaths

*Health Equity Population: Household income below \$50,000*

### Strategy 1:

Community based mental health education.

### Action Step:

Promote mental health education through trainings, classes and social marketing.

### Strategy 2:

Evidence based behavioral health screenings

### Action Step:

Provide SBIRT training to care providers.

### Strategy 4:

Social and emotional instruction

### Action Step:

Determine programming need of Delaware County schools.

# ACCESS TO CARE



1

## Reduce Adult Depression and Suicide Deaths

*Health Equity Population: Household income below \$50,000*

**Strategy 1:**  
Digital access to treatment services and crisis response

**Action Step:**  
Evaluate the effectiveness of telehealth services for walk-in patients.

**Strategy 5:**  
Comparable insurance coverage for behavioral health (parity)

**Action Step:**  
Seek opportunities to educate and advocate for parity.

2

## Reduce Adult and Child Unmet Need for Mental Health Care

*Health Equity Population: Children*

**Strategy 3:**  
Public transportation systems

**Action Step:**  
Provide feedback for Delaware County Transit's strategic plan.

**Strategy 4:**  
Recruit behavioral health providers and personnel

**Action Step:**  
Track provider wait times and identify solutions to reduce wait times.

**Action Step:**  
Connect students to mental health careers and internships in the county.

**Strategy 5:**  
Comparable insurance coverage for behavioral health

**Action Step:**  
Seek opportunities to educate and advocate for parity.

**Strategy 6:**  
Support and expand the role of peer support specialists

**Action Step:**  
Pilot two new peer support groups.

**Action Step:**  
Promote existing peer support groups.

**Action Step:**  
Strengthen existing peer support groups with evidence-based tools.

# ACCESS TO CARE



3

## Increase Local Access to Health Care Services

*Health Equity Population: Children*

**Strategy 2:**  
Culturally competent workforce in underserved communities

**Action Step:**  
Identify what organizations are already doing, identify assessment tools, and identify evaluation measures.

**Strategy 3:**  
Public transportation systems

**Action Step:**  
Provide feedback for Delaware County Transit's strategic plan.

**Strategy 4:**  
Recruit behavioral health providers and staff/personnel

**Action Step:**  
Track provider wait times and identify solutions to reduce wait times.

**Action Step:**  
Connect students to mental health career and internships in the county.

**Strategy 6:**  
Support and expand the role of peer support specialists

**Action Step:**  
Pilot two new peer support groups.

**Action Step:**  
Promote peer support groups.

**Action Step:**  
Strengthen existing peer support groups with evidence-based tools.

OUTCOMES

# HEALTH BEHAVIORS



1

## Increase Adult Fruit and Vegetable Consumption

*Health Equity Population: Household incomes under \$50,000*

**Strategy 1:**  
Adopt healthy food initiatives

**Strategy 2:**  
Promote healthy lifestyle practices through education and skill building

**Action Step:** Increase the ability of food pantries to offer healthy foods.

**Action Step:** Implement, expand and evaluate In Your Neighborhood education program.

**Action Step:** Promote nutrition education.

**Action Step:** Expand nutrition voucher programs.

2

## Increase Adult Physical Activity

*Health Equity Population: Household income below \$50,000*

**Strategy 3:**  
Community fitness programs

**Strategy 4:**  
Promotion of physical activity through the adoption of built environment changes and green spaces

**Action Step:**  
Create and promote a community fitness program directory.

**Action Step:**  
Conduct walk audits.

**Action Step:**  
Advocate for policies and initiatives that encourage physical activity.

**Action Step:**  
Create and renovate parks and green spaces.

# HEALTH BEHAVIORS



3

## Decrease Adult Obesity

*Health Equity Population: Household incomes under \$50,000*

**Strategy 1:**  
Adopt healthy food initiatives

**Action Step:**  
Increase the ability of food pantries to offer healthy foods.

**Action Step:**  
Promote nutrition education.

**Action Step:**  
Expand nutrition voucher programs.

**Strategy 2:**  
Promote healthy lifestyle practices through education and skill building

**Action Step:**  
Implement, expand and evaluate In Your Neighborhood education program.

**Strategy 3:**  
Community fitness programs

**Action Step:**  
Create and promote a community fitness program directory.

**Strategy 4:**  
Promotion of physical activity through the adoption of built environment changes and green spaces

**Action Step:**  
Conduct walk audits.

**Action Step:**  
Advocate for initiatives to improve walkability.

**Action Step:**  
Create and renovate parks and green spaces.

OUTCOMES

# COMMUNITY CONDITIONS



1

## Reduce Housing Problems, Improve Affordability, Quality, and Reduce High Costs

*Health Equity Population: Children and youth*

### Strategy 2:

Affordable and attainable housing development and preservation

### Action Step:

Implement housing study action steps.

OUTCOMES