



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

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.

2

Increase Adult Physical Activity

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

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 policies and initiatives that encourage physical activity.

Action Step:
Create and renovate parks and green spaces.

OUTCOMES

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