



Community Health Improvement Plan

Work Plan:

Citizen Advocates continues to review data as it becomes available focusing on the four following priority areas in the New York State Prevention Agenda.

Priority Area: Prevent Chronic Diseases
Focus Area 1. Tobacco Prevention
Goals & Interventions <ul style="list-style-type: none"> • Promote tobacco use cessation by increasing the utilization of smoking cessation counseling (and/or medications) among smokers who are enrolled in CA services. • Decrease the prevalence of any tobacco use by high school students. • Decrease the fast-moving trend of obesity in adults and youth.
Available Citizen Advocates Resources <ul style="list-style-type: none"> ✓ Smoking cessation services ✓ Health monitoring

Priority Area: Prevent Chronic Diseases
Focus Area 2. – Chronic Disease Preventive Care and Management
Goals & Interventions <ul style="list-style-type: none"> • Adoption of policies and implementation of practices to reduce (over) consumption of sugar-sweetened beverages (SSBs). • Multi-component school-based obesity prevention interventions. • Use media and health communications to highlight the dangers of tobacco, promote effective tobacco control policies and reshape social norms. • Promotion of testing for prediabetes and risk for future diabetes in asymptomatic people of any age with obesity or who are overweight, and who have one or more additional risk factors for diabetes, including first degree relative with diabetes, high risk race/ethnicity and history of cardiovascular disease. Promote testing for all other patients beginning at 45 years of age. Promote repeat testing at a minimum of 3-year intervals, with consideration of more frequent testing depending on initial results and risk status. • Improvement of self-management skills for people with chronic diseases, including asthma, arthritis, cardiovascular disease, diabetes and prediabetes and obesity.
Available Citizen Advocates Resources <ul style="list-style-type: none"> ✓ Smoking cessation services ✓ Health monitoring ✓ Case management & care coordination



- ✓ Peer Support Specialists
- ✓ Psycho-Social Rehabilitation Specialist
- ✓ Youth Peer Advocates

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

Focus Area 1. Promote Well-Being

Goals & Interventions

- Increase New York State's Opportunity Index Score by 5% Target: 59.2 out of 100.
- Reduce the age-adjusted percentage of adult New Yorkers reporting frequent mental distress during the past month.
- Decrease teen suicide rate and alcohol use.
- Reduce the number of youth grades 9-12 who feel sad or hopeless.
- Decrease the rate of binge drinking among adults.

Available Citizen Advocates Resources

- ✓ Assessment and evaluation
- ✓ Individual, group and family psychotherapy
- ✓ Tele-mental health services
- ✓ Peer Support Services
- ✓ Psychosocial Rehabilitation Specialists
- ✓ Youth Peer Advocates
- ✓ Depression screening & treatment
- ✓ 24/7/365 mental health crisis services
- ✓ 25/7/365 adult and youth crisis residence
- ✓ Eye movement desensitization reprocessing (EMDR) psychotherapy
- ✓ Mental health medication management
- ✓ Case management & care coordination
- ✓ Community social clubs
- ✓ School-based Mental Health Counselors
- ✓ School-based Prevention Specialists
- ✓ Signs of Suicide Program

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

Focus Area 2. Mental and Substance Use Disorders Prevention

Goals & Interventions

- Reduce the percentage of youth in grades 9-12 reporting the use of alcohol on at least one day for the past 30 days from 27.1% in 2017 to 24.4%.

- Reduce the age-adjusted percentage of adult (age 18 and older) binge drinking (5 drinks or more for men during one occasion, and 4 or more drinks for women during one occasion) during the past month by 10% to no more than 16.4%.
- Reduce the age-adjusted overdose deaths involving any opioid.
- Increase the age-adjusted rate of people who received at least one Buprenorphine prescription for opioid use disorder.
- Reduce all emergency department visits (including outpatients and admitted patients) involving any opioid overdose, age-adjusted rate, by 5% to 53.3 per 100,000 population.
- Prevent opioid and other substance misuse and deaths by December 2024.
- Reduce suicide attempts by New York adolescents (youth grades 9 to 12) who attempted suicide one or more times in the past year.
- Reduce the age-adjusted suicide mortality rate.
- Reduce alcohol access, implement responsible beverage services, reduce risk of drinking and driving and underage alcohol access.
- Implement/Expand School-Based Prevention Services. Life Skills Training (LST) is a school-based program that aims to prevent alcohol, tobacco and marijuana use and violence by targeting major social and psychological factors that promote the initiation of substance use and other risky behaviors.
- Early Intervention via Teen Intervene is a brief intervention program for 12- to 19-year-olds who display the early stages of alcohol or drug involvement. Integrating stages of change theory, motivational enhancement and cognitive-behavioral therapy, the intervention aims to help teens reduce and ultimately eliminate their substance use.
- Trauma-informed approaches, including staff training, protocol development and cross-system collaboration.
- Routine screening and brief behavioral counseling in primary care settings to reduce unhealthy alcohol use for adults 18 years or older, including pregnant women.
- Screening, Brief Intervention and Referral to Treatment (SBIRT) Electronic screening and brief interventions (e-SBI) using electronic devices (e.g., computers, telephones or mobile devices) to facilitate delivery of key elements of traditional SBI.
- Increase availability of/access to medication-assisted treatment (MAT) including buprenorphine.
- Increase availability of/access to overdose reversal (Naloxone) trainings for prescribers, pharmacists and consumers.
- Promote and encourage prescriber education and familiarity with opioid prescribing guidelines and limits as imposed by NYS statutes and regulations.
- Build support systems to care for opioid users at risk of an overdose.
- Establish additional permanent safe disposal sites for prescription drugs and organized take-back days.
- Implement evidence-based cognitive behavioral approaches such as Eye Movement Desensitization and Reprocessing (EMDR) therapy; Peter Lewinsohn's Coping with Depression course and Gregory Clarke's Cognitive-Behavioral Prevention Intervention.



- Implement Combined Parent-Child Cognitive-Behavioral Therapy (CPC_CBT): This is a short-term (16-20 sessions), strength-based therapy program for children ages 3-17 and their parents (or caregivers) in families where parents engage in a continuum of coercive parenting strategies. These families can include those who have been indicated for physical abuse, those who have had multiple unsubstantiated referrals, and those who fear they may lose control with their child.
- Strengthen access and delivery of suicide care: Zero Suicide is a commitment to comprehensive suicide safer care in health & behavioral health care systems.
- Create protective environments: reduce access to lethal means among persons at risk of suicide; integrate trauma-informed approaches, reduce excessive alcohol use.
- Identify and support people at risk: Gatekeeper Training, crisis intervention, treatment for people at risk of suicide, treatment to prevent re-attempts, postvention, safe reporting and messaging about suicides.
- Promote connectedness, coping and problem-solving skills, social emotional learning, parenting and family relationship programs, peer norm program.

Available Citizen Advocates Resources

- ✓ Tele-mental health services
- ✓ Peer Support Services
- ✓ Psycho-Social Rehabilitation Specialists
- ✓ 24/7/365 substance use disorder crisis services
- ✓ 24/7/365 crisis residence
- ✓ Impaired driving assessment and remediation
- ✓ Case management
- ✓ Community social clubs
- ✓ School-based mental health counselors
- ✓ Naloxone training
- ✓ Individual, group and family psychotherapy
- ✓ Substance use disorder evaluation and treatment
- ✓ Ancillary withdraw services
- ✓ MAT
- ✓ Individualized co-occurring behavioral health services

Next Steps

Citizen Advocates will create a dashboard and track outcomes regularly. At the conclusion of three years, a formal reassessment of needs, resources, achievements, and challenges will be conducted to inform future planning.

