

# Community Health Implementation Plan

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2025 - 2028

# CHIP Guidebook



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**Presented By :**

**Memorial Health System**

*with community partners, Dickinson County Health  
Department and K-State Research and Extension*



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# Welcome Message

Dear Community Partner,

Thank you for being a vital part of Dickinson County. Memorial Health System and community partners, Dickinson County Health Department and K-State Research and Extension, invite you to participate in the Dickinson County Community Health Implementation Plan (CHIP).

This guidebook is more than a planning tool. It's a call to action, an invitation to collaborate, and a commitment to improving the lives of those we serve. It was designed to support local organizations, schools, healthcare providers, businesses, and community groups to play an active role in implementing impactful strategies that align with the five health priorities identified within the Community Health Needs Assessment for 2025.

Inside you will find:

- A “pick-your-path” approach that allows you to create a plan that aligns with the services and resources that you provide, ensuring a plan of success.
- A variety of ideas that you may tailor to fit the needs of the sector you work or volunteer with.
- A PDCA (Plan, Do, Check, Act) worksheet to help guide and track your efforts throughout each year.

We appreciate your commitment and leadership as we work collectively to make Dickinson County a place where health and wellness are within reach for everyone!

With great appreciation,  
The CHNA Committee

# Town Hall Meeting

April 23, 2025

## Focus Group

*Caring for you.*

This focus group was intentionally selected to represent a broad range of community sectors and to ensure comprehensive representation of Dickinson County. Leaders from across the county were invited to attend to this special town hall meeting. 42 community leaders joined together to identify and agree upon the top health priorities to be addressed over the next three years.

- Abilene Childcare Learning Center - Robin Hansen
- Abilene Fire Department - Jeremy Stuck
- CARES Coalition/Abilene USD School Board Member - Tom Schwartz
- Central Kansas Mental Health Center - Taylor Haws
- Central Kansas Mental Health Center - Leannitta Heller
- Chapman Community Member/Past MHS BOD Member - Millie Fink
- Chapman School Nurse - Tara Tiernan
- City of Abilene - Brandon Rein
- City of Solomon - Andrea McCook
- Central Kansas Foundation Addiction Treatment Center - Chelsey Copeland Eberwein
- Community Foundation of Dickinson County - Elizabeth Weese
- Dickinson County Economic Development Corporation - Jessica Goodale
- Dickinson County Health Department/CHNA Committee - Brenda Weaver
- Dickinson County Health Department - Julie Smith
- Dickinson County EMS - John Hultgren
- Dickinson County Sheriff's Office - Jerry Davis
- Family Eye Care of Abilene/Memorial Health Foundation - Jennifer Waite
- Harvey Drug Abilene - Sandy Kueker
- Herington Hearts Core Community - Kevin Bayes
- Herington School District Superintendent - Donalyn Biehler
- Hope/Rural Vista School District - Debbie Linder
- Impact Sports and Fitness - Anita Larson
- K-State Research and Extension - Rodney Denholm
- K-State Research and Extension - Tristen Cope
- K-State Research and Extension/CHNA Facilitator - Kyler Langvardt
- MHS CEO - Harold Courtois
- MHS CNO - Angie Johnson
- MHS CFO - Elgin Glanzer
- MHS CMO - Dr. William Short
- MHS SDO - Sara Boyd
- MHS Executive Asst./Memorial Health Foundation Mgr/CHNA Committee - Jonee Crump
- MHS Director of Marketing and Development/CHNA Committee - Haley Jones
- MHS BOD President - Dr. Steven Schwarting
- MHS BOD Member/CHNA Committee - Karman Diehl
- MHS BOD Member - Tony Geiger
- MHS Director of Clinic Operations - Karysa Reyer
- MHS Dietitian - Marcy Newcomer
- MHS Chronic Care Mgt. - Megan Espeseth
- MHS Emergency Department Mgr. - Chris Sare
- MHS Director of Home Health & Hospice - Dani Gantner
- MHS Inpatient Nurse Mgr. - Jessica Younkman
- MHS Patient & Family Advocacy Council/Retired MHS Doctor - Dr. Doug Sheern
- Neighbor to Neighbor Abilene - Amanda Robinson
- Solomon School District Superintendent - Justin Coup
- Quality of Life Coalition - Kat McKee

# Top 5 Health Priorities

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The 2025 Community Health Needs Assessment (CHNA) focus group identified five health priorities to address over the next three years.

**#1  
Mental  
Health**

**#2  
Chronic  
Illness**

**#3  
Substance  
Abuse**

**#4  
Physical  
Health**

**#5  
Insurance**

# How to Participate

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## Step 1. Establish Your Team

Start by establishing who will be involved in this journey to make positive change. You may choose to go solo, but having a team may mean more success depending on the project you choose. Working with a team will increase your impact and also make things more fun and rewarding. Find others in your establishment who have the knowledge, skills, and enthusiasm to make change happen!

## Step 2. Choose a Health Priority

Select one of the five health priorities that aligns with your organization, business, school, faith group, agency, etc. Maybe you are simply a passionate community member and you want to use your skills and connections to make a difference. There is sure to be something in this guidebook for you to use, too!

## Step 3. Find Your Sector

Next, identify your sector under the health priority you have chosen. You may find that your sector fits in more than one area, that's ok too, choose what works best!

## Step 4. Explore the Inspiration List

Within each health priority, and under each sector, you'll find an inspiration list that includes a collection of ideas, project starters, and possible goals to work toward; many of which derive from the town hall meeting. These are jumping off points to help you think creatively about how you or your organization could take action. Choose one, *or more if you are feeling ambitious*.

## Step 5. Collaborate with Other Sectors

Some projects may require support from other sectors. Don't hesitate to reach out and partner with other organizations that may be able to contribute. Collaboration and working together are key to lasting change.

## Step 6. PDCA (Plan-Do-Check-Act)

1. Use the PDCA form in this guidebook and tell us what you choose to work on.
2. Fill it out and turn it in now - this is the beginning of year one.
3. Continue to use the form throughout the year to help guide your project.
4. At the end of year one, the CHNA Committee will check in and ask for your Year-1-PDCA.
5. If your project is complete, choose another project for year two. If it's not complete, continue to work on your project, but start a new PDCA form for year two.



One thing is for certain, there is amazing work being done across Dickinson County. As you read through these lists for ideas, you may find that your organization has a project in progress already. If that is the case, let this help you see it to completion! fill out the PDCA and let us know what you are working on, and we will check back with in you year from now. Maybe you have already implemented one of these ideas, but you know it can be better with a few improvements, let that be your goal. Work smarter ~ not harder.

# Priority 1 Mental Health



## Ideas/Project Starters/Possible Goals

### Businesses and Employers

- Offer an Employee Assistance Program (EAP)
- Check in on employees/co-workers - implement team rounding strategies
- Create a message board in a convenient place - keep good communication - share about county resources
- Promote work-life balance policies
- Host 'Mental Health in the Workplace' events
  - lunch and learns
  - team building activities/contests
  - designate places for employees to re-group - make sure these places are accessible to all employees
- Employee engagement activities AWAY from the worksite
- Get creative and celebrate the wins, big and small
- Encourage employees to take their breaks
- Offer incentives for self care

### Healthcare

- Offer telehealth counseling for underserved populations
- Host seminars, lunch and learns, workshops, or other educational events on mental health and trauma informed care - in all communities of Dickinson County
- Integrate behavioral health into primary care visits
- Know what resources are available and be able to share community resources with patients and clients
- See a need and bridge the gaps with other community agencies
- Improve publicity of mental health services offered
- Utilize grant opportunities for mental health services
- Lobby state legislators to increase funding and expand of state mental health facilities (work with Kansas Hospital Association to help drive efforts)
- Offer incentives for employees who work in healthcare to utilize mental health services
  - first appointment for free or discounted
- Healthcare organizations look for ways to partner-up and tackle mental health issues together - Ex: MHS <--> CKMHC
- Educate all who work in healthcare - what to look for - how to help - who to refer to



# Priority 1 Mental Health



## Ideas/Project Starters/Possible Goals

### Community Organizations - Non-Profit/Faith/Volunteers

- Know the resources within the community and be able to refer people to them
- Host support groups for anxiety, grief, and caregiving
- Offer spiritual and emotional wellness workshops
- Collaborate with counselors to provide services in church spaces
- Train volunteers, clergy, and other staff in Mental Health First Aid
- Create a community wellness newsletter, blog, or column in the local newspaper
- Recruit and train more volunteer caregivers to provide respite for family caregivers
- Integrate mental wellness themes into sermons, scripture studies, or spiritual discussions
- Provide mobile or drop-in clinic options in church basements and community centers
- Provide debriefing support to individuals who help in high-stress environments
- Create safe and welcoming spaces to foster a sense of belonging and respectful engagement
- Offer support programs for parents, caregivers, and youth - bring generations together to help understand how to communicate more effectively, and identify stressors that impact everyday living - encourage intergenerational support and mentoring programs
- Integrate individual healing practices that are culture specific (spiritual, meditative, prayer and therapy, etc.)
- Normalize help seeking by use of storytelling by trusted leaders and other peer voices

### Government - First Responders - Law Enforcement

- Mental Health First Aid training for all staff
- Host low cost classes for the public on stress management, mental health first aid, suicide prevention, and emotional resilience
- Public campaigns to reduce mental health stigma
- Develop interdisciplinary teams who can respond to mental health crisis situations in the field without requiring law enforcement involvement
- Law enforcement and community organizations collaborate to offer alternate choices of discipline/punishment when appropriate
- Establish mental health hubs in communities - walk in for mental health triage, assessments and referrals to the appropriate services
- Fund a community health hotline
- Advocate for increased funding for organizations that support mental health
- Crisis Intervention Training for all staff



# Priority 1 Mental Health

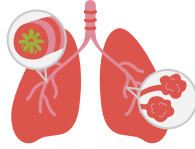


## Ideas/Project Starters/Possible Goals

### Schools/Education

- Implement peer support groups in schools - teach students how to be peer listeners and mental health ambassadors
- Host mental wellness weeks with a variety of activities and education
- Mental Health First Aid for all faculty
- Integrate mental health literacy into the curriculum - teach students about emotions, stress management
- Offer regular workshops and seminars on topics such as mindfulness, coping strategies, digital wellness, and healthy relationships
- Build partnerships with school counselors and mental health advisors
- Develop crisis intervention teams and create protocols for responding to mental health crisis quickly and compassionately
- Designate safe spaces for students and faculty to decompress during the day
- Allow appropriate accommodations for mental health needs such as flexible deadlines and reduced workloads during crisis situations
- Educate parents - host workshops that encourage parents and children to work together and understand each other
- Collaborate with other community organizations to build programs
- Use surveys to get feedback from students and parents - offer incentives for completion to increase response rates

# Priority 2 Chronic Illness



## Ideas/Project Starters/Possible Goals

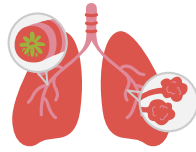
### Businesses and Employers

- Educate employers about chronic illnesses and how they may impact an employee's work performance - have clear understanding and expectations - managers lead with empathy and recognize invisible illnesses without bias and assumption
- Offer flexible work arrangements for employees who are managing ongoing treatment or flare-ups (remote and hybrid options)
- Develop customized return-to-work plans for employees who have had extended medical leave
- Offer workplace wellness incentives for chronic disease prevention
- Provide free fruit and water to employees - encourage healthy snacking
- Partner with local healthcare agencies and schedule on-site screening events
- Create an employee newsletter that offers tips on wellness - managing chronic conditions, stress, fatigue, and nutrition - use content that has been endorsed by medical professionals
- Share community resources with employees
- Ensure that plans offered to employees have options for prescription and equipment coverage
- Sponsor and advocate for public efforts around chronic illness awareness - *Ex: sponsor walks, fund research, promote significant awareness days*
- Obtain standards that recognize inclusive workplaces - Chronic Illness-Friendly Certification

### Healthcare

- Deploy mobile clinics to underserved areas for basic screenings and chronic disease management
- Partner with community organizations and offer screenings: regular blood pressure checks, cholesterol, glucose, etc. at community centers, churches, and other community held events
- Offer FREE or low-cost wellness fairs - preventative checkups and other basic screenings
- Host regularly scheduled workshops or other educational events *Ex: Monthly Diabetic Support Group*
- Suggest the use of digital tools for medication management, dietary tracking, and virtual coaching
- Know community resources available and be able to guide patients in the right direction
- Create teams for individualized care plans: doctor, specialists, pharmacist, social worker, etc.
- Work closely with local health departments and pool resources for a broader impact

# Priority 2 Chronic Illness



## Ideas/Project Starters/Possible Goals

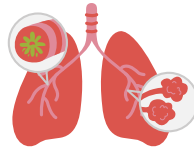
### Healthcare cont....

- Consider better environments for individuals with chronic illnesses - walkways, furniture, food options - ensure areas are accessible for everyone
- Use telehealth when appropriate
- Partner with schools and workplaces to implement chronic disease prevention (healthy meals, exercise initiatives, etc.
- Regularly involve patients and community members in conversations that help drive progress and initiatives
- Publish data regarding chronic illness outcomes and disparities

### Community Organizations - Non-profit/Faith/Volunteers

- Host community health workshops
- Work with faith leaders, community leaders, and volunteers to deliver information about chronic illnesses
- Host events for open forums and story telling from trusted members of the community who are willing to share their experiences
- Organize walking groups, fitness classes, healthy cooking classes, etc.
- Create teams with representatives from different community organizations to tackle challenges that people face when living with chronic illnesses
- Develop healthy eating initiatives
- Establish community gardens where community members can learn how to garden, learn about the nutritional benefits from the foods produced, from the garden, and enjoy the benefits of eating the foods from the garden
- Facilitate support groups that are held regularly - community members checking in on each other
- Caregivers - host an educational event to recruit more caregivers - caregivers need respite too
- Help community members find prescription discounts and other charitable options to cover medical expenses
- Organize volunteer check-ins on the elderly or isolated individuals with chronic illnesses to provide companionship and informal monitoring
- Know the resources in your community and be able to guide people in the services they need

# Priority 2 Chronic Illness

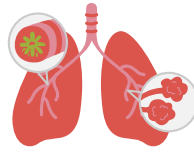


## Ideas/Project Starters/Possible Goals

### Government - First Responders - Law Enforcement

- Help fund public awareness campaigns on chronic illness
- Use of trusted messengers - leverage first responders, local officials, and community leaders to deliver health messages to the communities they serve and protect
- Partner with local health institutions and deploy city-run mobile health units to deliver vaccinations, chronic illness screenings medication refills, etc.
- Implement a community paramedicine program to reduce 911 calls and ER visits
- Set up kiosks or rooms in community centers and other public places where residents can access telehealth appointments with their providers
- Equip public places with resource navigation hubs in public places like libraries, municipal offices, local clinics, community food banks, etc.
- Under a Mayor's Wellness Initiative launch city-wide wellness challenges and encourage participation from local business, schools, community agencies, etc. *Ex: "100,000 steps challenge"*
- Invest in infrastructure to encourage physical activity - build sidewalks, bike lanes, and improve public parks - create safe outdoor spaces
- Incentivize grocery stores and farmers markets to set up in underserved areas of the county where it can be difficult to access food resources
- Maintain lists (with voluntary participation) of community residents with critical health conditions for use during dangerous weather and/or evacuations
- 911 referral calls - train dispatchers to refer non-emergency chronic care cases to the appropriate health partners
- Ensure all law enforcement is trained on health conditions and how chronic illness can affect a person

# Priority 2 Chronic Illness



## Ideas/Project Starters/Possible Goals

### Schools/Education

- Integrate chronic disease into health classes - teach about diabetes, asthma, heart health, and obesity prevention
- Facilitate learning opportunities with a hands-on approach to teach techniques for “healthy living”
- School gardens - implement garden-based learning as a required class and not an elective
- Eliminate junk food and offer nutritious options at school events
- Ensure students have access to daily movement - not just during a gym class - take brain breaks during long class lectures
- Create after school wellness clubs for students who do not participate in school athletic programs - get those student more active - *Ex: high school yoga club or high school walking club, etc.*
- Ensure that school nurses and health aides have proper training in chronic illnesses and are able to identify the signs of asthma, diabetes, epilepsy, etc.
- Offer counseling for students who live with chronic illnesses or stress related to family members who live with chronic illnesses
- Create spaces for peer support groups to share their challenges with chronic illness
- Stress management education - teach mindfulness, emotional regulation, and coping strategies to reduce health-compromising stress
- Host family health nights and parent workshops
- Identify unhealthy environments - reduce mold, dust, and fumes - install air purifiers
- Encourage teachers and staff to model healthy behaviors - especially those teachers who students tend to idolize and respect, those teachers who engage well and can easily influence ideas

# Priority 3 Substance Abuse



## Ideas/Project Starters/Possible Goals

### Businesses and Employers

- Normalize mental health and substance abuse conversations - train managers to talk openly and nonjudgmentally about behavioral health - emphasize and support recovery efforts
- Host awareness campaigns that align with National Recovery Month
- Promote Employee Assistance Programs (EAP) with posters, emails, wallet cards
- Expand benefits to include treatment programs
- Offer recovery coaches or buddies through health plans or community partnerships
- Address root causes - support healthy work-life balance options, determine manageable workloads, create positive workplace cultures to reduce burnout and unhealthy coping that can lead to substance abuse
- Train leaders to recognize warning signs and have conversations with employees; referring them to the appropriate resources
- Build recovery-to-work programs and second-chance hiring opportunities
- Support confidential groups or 12-step meetings during work breaks

### Healthcare

- Offer Medication-Assisted Treatment (MAT) options
- Ensure staff is trained in trauma-informed care
- Provide naloxone distribution and education
- Offer integrated behavioral health services and partner with addiction treatment centers
- Educate on proper prescribing and opioid alternatives
- Participate in prescription drug monitoring programs (PDMPs)
- Create care plans that support long-term recovery
- Host support groups within healthcare facilities
- Use SBIRT (Screening, Brief Intervention, Referral to Treatment)
- Reduce stigma through provider education and language use
- Create culturally competent treatment approaches
- Include families in treatment planning when appropriate
- Provide post-treatment follow-up and relapse prevention support
- Support harm reduction strategies
- Distribute patient education on substance use and recovery
- Collaborate with schools on early intervention programs
- Ensure providers are trained appropriately in overdose response protocols

# Priority 3 Substance Abuse



## Ideas/Project Starters/Possible Goals

### Community Organizations - Non-Profit/Faith/Volunteers

- Host community education events on substance abuse
- Support recovery-friendly community spaces
- Provide peer support and mentorship programs
- Distribute educational materials on substance misuse
- Partner with treatment centers to support clients post-care
- Create safe, sober events for youth and adults
- Organize campaigns to reduce stigma around addiction
- Train faith leaders in addiction support and referrals
- Ensure meeting spaces for recovery groups like AA/NA
- Support housing programs for people in recovery
- Develop transportation support for treatment access
- Advocate for local funding for treatment services
- Distribute naloxone and provide training
- Promote Red Ribbon Week or similar initiatives
- Provide food and clothing to support stability in recovery
- Collaborate with law enforcement on diversion programs
- Highlight recovery stories in community newsletters
- Train volunteers in motivational interviewing techniques
- Offer free or low-cost counseling resources
- Coordinate with schools for prevention education programs

### Government - First Responders - Law Enforcement

- Implement crisis intervention training for officers
- Support co-responder models for substance-related calls
- Develop and maintain drug take-back programs
- Fund naloxone for first responders
- Support court diversion programs for substance use offenses
- Advocate for mental health and recovery-focused policies
- Ensure jail-based substance use treatment options
- Include recovery community representation on advisory boards
- Develop public service announcements on prevention
- Support community service sentencing for substance abuse users



# Priority 3 Substance Abuse



## Ideas/Project Starters/Possible Goals

### Government - First Responders - Law Enforcement cont....

- Expand treatment access in rural areas
- Offer training in trauma-informed policing
- Fund prevention campaigns in schools and communities
- Partner with public health to monitor local trends
- Provide safe syringe and harm reduction services
- Support recovery housing development through zoning
- Encourage drug-free zones near schools and parks
- Ensure language accessibility for all outreach materials
- Promote employer incentives for hiring in recovery
- Host public forums to discuss local substance abuse issues
- Track and report overdose and treatment statistics transparently

### Schools/Education

- Implement evidence-based substance abuse prevention curriculum
- Train staff to recognize signs of substance use
- Host parent education nights on youth substance abuse
- Create peer support programs for prevention and recovery
- Collaborate with community agencies on prevention efforts
- Provide school-based mental health services
- Host Red Ribbon Week and similar campaigns
- Develop student-led prevention awareness projects
- Offer support groups for students affected by substance use
- Incorporate stress management into health education
- Provide resources for families to discuss drugs at home
- Develop clear policies with supportive, not punitive, approaches
- Engage student athletes in drug-free leadership roles
- Partner with law enforcement for prevention talks
- Ensure access to school counselors trained in addiction
- Encourage service learning projects in recovery support
- Utilize anonymous reporting systems for substance concerns
- Provide referral pathways to community services
- Celebrate youth making healthy choices
- Include recovery speakers at school assemblies

# Priority 4

# Physical Health

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## Ideas/Project Starters/Possible Goals

### Businesses and Employers

- Offer employee wellness programs
- Partner with local fitness centers for employee discounts
- Offer employee wellness programs, including exercise incentives
- Provide healthy food options in break rooms or vending machines
- Organize workplace fitness challenges
- Host on-site fitness or yoga classes
- Include physical activity breaks in the agendas of long meetings
- Encourage use of stairs through signage and campaigns
- Provide standing desks or ergonomic workstations
- Sponsor community races or fitness events
- Promote bike-to-work days
- Create walking groups for lunchtime
- Provide insurance discounts for active lifestyles
- Celebrate National Physical Fitness and Sports Month
- Host company picnics in local parks
- Sponsor recreation teams for your organization
- Offer free annual health screenings for employees

### Healthcare

- Prescribe physical activity as part of treatment plans
- Screen for physical inactivity during checkups
- Collaborate with community centers to offer free fitness classes
- Develop physical activity referral programs
- Include physical activity counseling in chronic disease management
- Support active living prescriptions for kids and adults
- Partner with local gyms or trainers for patient referrals
- Provide resources for at-home physical activities
- Lead community walks or health challenges
- Incorporate fitness into mental health treatment plans
- Promote active lifestyles in clinic waiting areas
- Host physical health fairs or wellness expos
- Distribute pedometers or fitness trackers to patients
- Use social media to promote movement and exercise tips
- Educate on proper posture and injury prevention
- Lead community health challenges

# Priority 4 Physical Health

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## Ideas/Project Starters/Possible Goals

### Community Organizations - Non-Profit/Faith/Volunteers

- Organize health and fitness events or fairs
- Promote physical health through sermons or outreach
- Organize community events to work in community gardens - encourage active living and healthy eating
- Find ways to support existing or create new after-school sports or recreation programs
- Offer transportation to fitness activities happening in the community - help people get there
- Develop peer-led physical activity programs
- Offer a new service line - help people host their own fitness parties
- Collaborate with local fitness centers - create more access for all community members
- Provide childcare during fitness programs
- Promote intergenerational physical activities
- Include fitness content in newsletters or bulletins
- Develop volunteer opportunities that include physical activity
- Host events in existing places in your community that offer opportunities for physical activities
- Support bike-share initiatives
- Engage members in cleanup walks or trail maintenance
- Celebrate movement milestones - celebrate community member wins
- Educate public - where to go for physical activity
- Collaboration of community businesses - offer incentives for attending physical activity events
- Develop water drinking stations in public areas
- Help underserved community members acquire fitness gear

# Priority 4 Physical Health



## Ideas/Project Starters/Possible Goals

### Government - First Responders - Law Enforcement

- Improve infrastructure for walking and biking where it is needed - ensure safe routes to school and public spaces to encourage active transportation
- Encourage use of public spaces for physical activity - through upkeep and maintenance
- Incentivize local businesses to support fitness efforts
- Support zoning that encourages physical activity (walking/biking)
- Develop public service announcements promoting activity
- Ensure lighting and safety in recreational areas
- Conduct park audits to ensure accessibility
- Expand community center hours for access
- Maintain sports fields and outdoor gyms
- Help support public wellness events
- Participate in public fitness challenges or wellness events as role models.
- Help with safety at local fitness challenges and wellness events

### Schools/Education

- Provide daily opportunities for physical activity for all students
- Incorporate movement into classroom activities
- Host before and after-school fitness clubs
- Promote active recess with structured play
- Educate students on the benefits of exercise
- Partner with local organizations for fitness events
- Offer family fitness nights or weekend events
- Use fitness trackers or pedometers in lessons
- Train teachers on incorporating movement into lessons
- Provide inclusive PE for students of all abilities
- Promote walking or biking to school programs - offer rewards
- Develop wellness committees with student input
- Create fitness challenges across grade levels
- Enhance playground equipment for more activity
- Celebrate physical activity milestones
- Offer extracurricular sports for all interest levels
- Send home physical activity resources for families
- Ensure all students have access to athletic wear
- Encourage student-led fitness initiatives

# Priority 5

# Insurance



## Ideas/Project Starters/Possible Goals

### Businesses and Employers

- Offer comprehensive health insurance plans to employees
- Educate employees on how to use their insurance benefits
- Provide annual insurance enrollment assistance sessions
- Include mental health and preventive care in insurance plans
- Partner with insurance providers to offer competitive premiums
- Incentivize employees to complete health risk assessments
- Host lunch-and-learns on understanding insurance terms
- Encourage employees to utilize preventive services
- Offer assistance with claims and billing questions
- Provide coverage for dependents and family members
- Support open enrollment awareness campaigns
- Offer telehealth coverage in insurance plans
- Negotiate lower co-pays and deductibles for employees
- Work with brokers to find the best community-inclusive plans
- Educate part-time staff on marketplace insurance options
- Provide multilingual insurance materials and assistance
- Support employees through insurance grievance processes
- Sponsor on-site enrollment events during open enrollment
- Share community insurance resources with staff
- Promote screenings that are covered by insurance

### Healthcare

- Train staff to help patients understand their coverage
- Offer on-site insurance enrollment help
- Educate patients about preventive services covered by insurance
- Help patients apply for Medicaid or marketplace insurance
- Host community insurance fairs with navigators
- Ensure billing transparency and insurance coverage clarity
- Provide multilingual insurance education materials
- Coordinate with case managers to assist uninsured patients
- Use EMR prompts to identify uninsured or underinsured patients
- Develop charity care policies for the uninsured
- Create partnerships with insurance brokers or navigators
- Promote insurance literacy through health classes

# Priority 5 Insurance



## Ideas/Project Starters/Possible Goals

### Healthcare cont....

- Encourage regular checkups using covered benefits
- Reduce patient confusion with clear benefit breakdowns
- Provide staff training on insurance plan differences
- Track patient insurance trends to guide outreach
- Send reminders for insurance renewals and eligibility
- Collaboration between hospitals and pharmacies on insurance support
- Offer telehealth insurance education visits
- Develop care coordination for patients transitioning between plans

### Community Organizations - Non-Profit/Faith/Volunteers

- Offer insurance enrollment assistance programs
- Host workshops on navigating the health insurance marketplace
- Train volunteers to serve as insurance navigators
- Provide education on Medicaid, CHIP, and ACA options
- Partner with clinics and hospitals to spread insurance info
- Distribute flyers during community events on insurance access
- Use newsletters to explain insurance updates
- Translate insurance materials into common local languages
- Help residents gather documentation for applications
- Collaborate with libraries to provide insurance resources
- Host panel discussions on health equity and insurance access
- Support insurance sign-ups during back-to-school drives
- Provide transportation to insurance assistance sites
- Connect members with local health department services
- Educate on insurance fraud and patient rights
- Promote the importance of maintaining coverage year-round
- Support faith leaders in promoting health coverage
- Offer childcare during insurance enrollment sessions
- Create PSAs on insurance deadlines and resources
- Provide assistance navigating medical bills and insurance appeals

# Priority 5 Insurance



## Ideas/Project Starters/Possible Goals

### Government - First Responders - Law Enforcement

- Promote awareness of local insurance assistance programs
- Include insurance information in city utility or tax mailings
- Support funding for local health navigators
- Use public buildings as enrollment event venues
- Ensure city employees have access to robust health coverage
- Incorporate insurance outreach into emergency response programs
- Create public signage on insurance enrollment deadlines
- Support insurance literacy campaigns in underserved areas
- Fund public health staff for insurance education efforts
- Provide space for nonprofits to assist with enrollment
- Develop emergency service referral cards with insurance info
- Partner with schools for parent insurance outreach
- Ensure continuity of coverage for justice-involved individuals
- Leverage community policing efforts for insurance outreach
- Track local insurance rates to inform policy
- Use social media to share insurance resources and deadlines
- Engage public libraries in digital sign-up support
- Include insurance education in disaster preparedness plans
- Advocate for Medicaid expansion and access improvements
- Provide translation services for citywide insurance efforts

### Schools/Education

- Send home flyers about CHIP and Medicaid programs
- Include insurance literacy in health education curriculum
- Host parent nights with health navigators
- Collaborate with food service staff to identify uninsured families
- Encourage preventive care for students through covered services
- Assist high school seniors transitioning off family plans
- Incorporate health insurance topics in career readiness programs
- Celebrate National Health Literacy Month with activities
- Include local health departments in parent-teacher meetings
- Encourage teachers to discuss health resources in class
- Ensure student-athletes meet insurance and physical requirements



# Community Health Improvement Plan

June 2025 - June 2026

## Chip Project Sheet

Project Title: \_\_\_\_\_

Sector (Business, Healthcare, etc.): \_\_\_\_\_

Agency/Organization Name: \_\_\_\_\_

Project Team Members: \_\_\_\_\_

Project Timeline: \_\_\_\_\_

### PLAN

Define the goal and the health priority it addresses:

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### Project Description

Describe your project idea and the strategy you plan to use:

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### DO

#### Project Objectives

List the specific objectives your team must achieve to accomplish this goal:

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### CHECK

Describe how you will measure progress or success for this project:

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### ACT

What improvements or adjustments were made during year one?

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### Project Completed

YES \_\_\_\_ , we are starting a new project for year two.

NO \_\_\_\_ , we are working on the same project for year two.

# Community Health Improvement Plan

## Chip Project Sheet

Project Title: \_\_\_\_\_

Sector (Business, Healthcare, etc.): \_\_\_\_\_

Agency/Organization Name: \_\_\_\_\_

Project Team Members: \_\_\_\_\_

Project Timeline: \_\_\_\_\_

### PLAN

Define the goal and the health priority it addresses:

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### Project Description

Describe your project idea and the strategy you plan to use:

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### DO

#### Project Objectives

List the specific objectives your team must achieve to accomplish this goal:

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### CHECK

Describe how you will measure progress or success for this project:

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### ACT

What improvements or adjustments were made during year one?

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### Project Completed

YES \_\_\_\_ , we are starting a new project for year three.

NO \_\_\_\_ , we are working on the same project for year three.

## Community Health Improvement Plan

### Chip Project Sheet

Project Title: \_\_\_\_\_

Sector (Business, Healthcare, etc.): \_\_\_\_\_

Agency/Organization Name: \_\_\_\_\_

Project Team Members: \_\_\_\_\_

Project Timeline: \_\_\_\_\_

#### PLAN

Define the goal and the health priority it addresses:

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#### Project Description

Describe your project idea and the strategy you plan to use:

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#### DO

##### Project Objectives

List the specific objectives your team must achieve to accomplish this goal:

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#### CHECK

Describe how you will measure progress or success for this project:

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#### ACT

What improvements or adjustments were made during year two?

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#### Project Completed

YES \_\_\_\_ , we are ready for the next Community Health Needs Assessment!

NO \_\_\_\_ , but were are going to continue working on it!

***Thank You***  
**for your**  
**participation**  
**and your efforts to**  
**help make a healthier**  
**Dickinson County!**

**CHNA Committee**  
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