



Community Health Improvement Plan

The community health improvement plan is developed collaboratively, and defines a vision for the community's health; the community health improvement plan is the community's plan, not public health's plan for the community.



Community Health Assessment



Community Health Improvement Plan

Goal 1: All residents in Aitkin-Itasca-Koochiching Service Area will experience positive mental wellbeing.

Aitkin Objectives

Decrease adults in Aitkin county reporting suicidal thoughts in the last year by 1% by 2020.²

Decrease 9th grade students who have seriously considered attempting suicide in the last year by 3% by 2022.³

Strategies

- Strengthen CAPS (Committee for the awareness and Prevention of Suicide) membership
- Raise awareness and education offered by:
 - text line information and education in schools
 - crisis line referrals
 - safe messaging training
 - QPR (Question, Persuade, Refer) training
 - safeTALK training
 - ASIST training
 - Applied Suicide Intervention Skills Training
- ACEs (Adverse Childhood Experiences) trainings
- Provide Mental Health awareness information and share resources to seniors and the under 65 population every 6-months
- Provide postpartum mental health awareness and referrals

Partners

- Aitkin County Health and Human Services Advisory Committee
- Committee for Awareness and Prevention of Suicide
- Crisis Line and Referral
- ISD1, ISD2, ISD4
- Local Advisory Council
- MDH (Minnesota Department of Health)
- Northern Minnesota Suicide Prevention Crisis Text Line
- Northern Pines
- Northland Counseling Center and Club House
- AMHI Region 5+
- Regional Suicide Text Line

How will we know if we're making a difference?

- Inclusive CAPS membership, high coalition attendance rate
- Measure number of media campaigns, estimate number of people reached
- Measure number of trainings given, number of people attended



Community Health Improvement Plan



Goal 2: All residents in Aitkin-Itasca-Koochiching Service Area will abstain from alcohol, tobacco, and other drug misuse.

Aitkin Objective

Aitkin County 9th grade students reporting use of any tobacco, including e-cigarettes and hookah, in the last 30-days will decrease by 3% by 2022.¹

Strategies

- Monitoring underage tobacco sales using Congratulate and Educate and regulatory compliance checks
- School and community education and information presentations

Partners

Tobacco Checks:

- Aitkin County Attorney's Office
- Aitkin County Auditor's Office
- Aitkin Police Department
- Aitkin County Sherriff's Office
- Clearway MN

Adult Education:

- American Lung Association
- City of Aitkin
- City of Palisade
- Community Education of ISD1, ISD2, ISD4
- Licensed Businesses
- Riverwood Healthcare Center

Youth Education

- ISD 1, ISD 2, ISD 4

How will we know if we're making a difference?

Tobacco checks:

- Measure the percent of licensed businesses checked yearly
- Measure percent of businesses that pass the checks

Adult Education:

- Online poll of participants knowledge
- Percent of tobacco vendors that are sent educational information regarding how to properly check ID's for tobacco sales.
- Measure what schools offer education for staff, number of opportunities and attendees

Youth Education

- Track school, grade, and approximate number of attendees given education
- Pre and post presentation assessments will be utilized to measure knowledge of tobacco and vaping related information

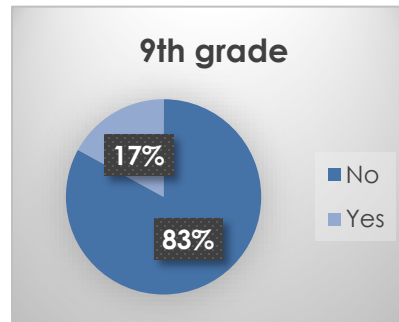


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DATA

- 2019 MN Student Survey Data, Aitkin County Students: **Use of Any Tobacco, Including E-cigarettes and Hookah, in the Past 30 Days**



- 2015 Bridge to Health Data of Aitkin County: **Have You Thought About Killing Yourself? (During the Last Year)**

Adults	
200% poverty or less	6.2%
More than 200% poverty	4.1%
Total	6.2%

- 2019 MN Student Survey Data, Aitkin County Students: **Have You Ever Seriously Considered Attempting Suicide? (Mark All That Apply)**

9 th Grade	
No	73.5%
Yes, during the last year	16.2%
Yes, more than a year ago	14.7%

Questions for you, our community stakeholders

- Do these objectives and strategies make sense for what need you see in the community? If not, what should be changed?

- Are you working on strategies to reduce substance misuse or improve mental wellbeing of Aitkin County residents? If so, what? And, how can we collaborate?