



COOS COUNTY COMMUNITY  
HEALTH IMPROVEMENT PLAN  
PROGRESS REPORT

July 2020 through June 2021

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***Coos Healthier Together***

**2020-2021 Coos CHP Progress Report**

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## Introduction

The Coos County Community Health Improvement Plan (CHP) is a community level plan with broad strategies to address significant health issues in Coos County to improve the health of individuals, families, and the community at-large. It is implemented by a collective group of cross-sector individuals who make up Coos Healthier Together. Coos Healthier Together has a leadership team and multiple workgroups that meet regularly to address the priority areas outlined in the CHP. Advanced Health is the sole Coordinated Care Organization (CCO) involved in the Coos County CHP, as it is the only CCO that serves Coos County.

The current CHP was developed in 2019 based off the 2018 Community Health Assessment (CHA). The CHA and the CHP were developed by a large collaborative of many organizations from multiple sectors and several community members. The collaborative included representatives from Advanced Health, public health, hospitals, federally qualified health centers, tribal health services, oral health professionals, community action, school districts, addiction and mental health organizations, early learning and parenting groups, and social and human service agencies.

The priority areas and high-level strategies were chosen with community and organization input and informed by data in the CHA.

The high-level, broad priority areas of the CHP are:





1. Individuals and Families
2. Health Equity
3. Access and Capacity, and
4. Community Outreach and Engagement

Within each of these broad priority areas, Coos Healthier Together has further identified specific areas of focus, including high-level strategies as well as more specific strategic goals. These specific areas of focus are:

1. Adversity, Trauma, and Toxic Stress
2. Prevention
3. Housing and Homelessness
4. Food and Nutrition
5. Transportation
6. Economic Stability
7. Access and Integration of Services
8. Behavioral Health and Addictions
9. Coordination, Collaboration, and Communication

Throughout the report we have included relevant *population health indicators* to give a sense of improvement or worsening of the outcome shown within the measurement period.

To indicate the overall outcome of measures included in this report, we have used the colored symbols below:

	Indicates positive improvement (improvement of outcome)
	Indicates positive decline (improvement in outcome)
	Indicates negative decline (worsening of outcome)
	Indicates negative increase (worsening of outcome)

**Time Period:** This progress report will highlight Advanced Health CHP activities from July 1, 2020, through June 30, 2021.

**Priority Area 1: Individuals and Families – Adversity, Trauma, and Toxic Stress**

Adversity, Trauma, and Toxic Stress is a priority area of the Coos County Community Health Improvement Plan (CHP). The focus includes abuse and neglect, living in poverty, incarceration, family separation and exposure to racism and discrimination. Experiences such as these have lifelong negative effects on the health of individuals and families. The Coos County Community Health Assessment (CHA) highlighted the following data points for Coos County:

- Nearly 1 in 4 youth in Coos County report being intentionally hit or physically hurt by an adult in 2017.
- Child abuse reports are trending upward.
- Coos County is the 3<sup>rd</sup> highest county in the state for the number of children in foster care.
- 21% of the youth in the county are considered disconnected.

**Changes in community health priorities, goals, strategies, resources, or assets**

Trainings and other large group events were put on hold for several months during the initial stages of the Covid 19 pandemic. To comply with pandemic social distancing protocol and to ensure safety of our community members, adjustments in specific strategies were made. For example, training structure and material developed for in-person instruction, were revisited, and revised to be able to conduct in a live, virtual setting. In addition, some local programs created new ways to reach their goals given the restrictions and issues caused by the pandemic. One new initiative developed is the My Neighbor program by Every Child.

<b>Strategies and Goals – Adversity, Trauma, and Toxic Stress</b>
<b>High-level Strategy:</b>
<ul style="list-style-type: none"> <li>• Support efforts to mitigate trauma and increase resilience</li> </ul>
<b>Strategic Goals:</b>
<ul style="list-style-type: none"> <li>• Train community members on Adverse Childhood Experiences (ACEs) and the NEAR (Neuroscience, Epigenetics, ACEs, Resilience) sciences to prevent childhood adverse experiences and build resilience in individuals and community-wide</li> </ul>
<ul style="list-style-type: none"> <li>• Build a highly trauma-informed system of education that increases the success of our students while providing supports for all stakeholders</li> </ul>
<ul style="list-style-type: none"> <li>• Increase the number of certified foster families in Coos County to address the shortage of available foster families and inability to meet children’s needs in foster care.</li> </ul>

**Contributing Partners**

South Coast Together, a community collaborative formed in 2017, focuses on fostering resilience in Coos and Curry Counties by engaging community members as agents of change in

preventing the accumulation of Adverse Childhood Experiences (ACEs) and building resilience in children, adolescents, and families. In 2020, South Coast Together’s backbone agency transitioned from Advanced Health to the South Coast Education Service District (SCESD). SCESD serves all 10 school districts within Advanced Health’s service area of Coos and Curry Counties. Coos Healthier Together works with South Coast Together and all school districts throughout Coos County, as well as the many cross-sector organizations and individuals involved.

Every Child Coos program stemmed from The Contingent (formally doing business as Portland Leadership Foundation) who launched Every Child Oregon initiative in 2013. Every Child Oregon connects caring community members with vulnerable children and families to provide support in partnership with the Oregon Department of Human Services (ODHS) and other community organizations to solve Oregon’s foster care crisis. In 2019, Advanced Health began funding Every Child Coos to help provide a consistent director for the program and encourage the program to meet goals of increasing the number of certified foster families by recruiting and retaining efforts. Since 2019, we have worked closely with Every Child Coos and their fiscal agent, United Way of Southwestern Oregon, who has brought local leadership and support to the Every Child program.

## **Efforts and Progress Made**

### **1. ACEs Trainings**

South Coast Together shifted their in-person ACEs trainings to live, virtual trainings to be able to hold trainings during the pandemic. They also moved forward with community events and were able to hold three virtual events, facilitated by Laura Porter of ACE Interface, with community members and focused on the impact of the pandemic on Coos and Curry Counties. In addition, they continued to expand their leadership by adding members to their steering committee and training additional presenters.

### **2. The Help That Helps Guide**

Coos Healthier Together supported South Coast Together in the development of a “What Helps” guide for parents and others with infographics and plain language to present foundational information about the importance of building resilience and strategies for doing so. Much to South Coast Together’s delight, both Rob Anda, MD, and Laura Porter of ACE Interface agreed to edit the guide. South Coast Together plans to sell this guide as a means of sustainable production. They have already received much interest from other trauma-informed training groups across the nation that would like to use the guide.

### **3. Trauma-informed Education System**

Coos Healthier Together supports the South Coast Education Services District, who partnered with University of Oregon/Oregon Research School Network, in building a


Social Emotional Learning/Trauma-Informed School District. Students face many adversities, including economic hardship, sexual assault, physical violence, and exposure to intimate partner violence. These hardships negatively impact student learning and school success. Fifty skills trainers and school staff in all 10 schools in Coos and Curry Counties underwent training to create a trauma-informed school. The training focused on social/emotional development, practical tools for school personnel and parents to use, and created an avenue to support youth. Their goals include improved attendance, reduction of disciplinary referrals, and improved grades and graduation rates.

**4. My Neighbor**

The My Neighbor program is Every Child Oregon’s response to Covid-19 needs that was implemented in 2020 by Every Child Coos. Systems and networks meant to serve foster children and foster families are challenged and taxed by growing needs caused by school closures, economic hardships, and a limited pool of foster homes. My Neighbor mobilizes community assets to respond to emergency needs of foster families and children in care. My Neighbor tracks tangible need requests, such as groceries, school items, and other supplies. Every Child staff, with the help of communities, put together flash boxes of supplies and respond to the emergency requests, meeting the emergency needs. Additionally, Every Child established The Neighborhood Fund for meeting emergency needs of foster families that the community is unable to meet.

**Measurement 1: Adverse Childhood Experiences (ACEs) Trainings**

Metric/indicator description: Number of ACE Trainings by South Coast Together Trainers in Coos County



Key Data Point	Baseline Measurement (2019)	Current Measurement (2020)	Outcome
Number of ACE Trainings Provided	41	18	

*Data source: South Coast Together training attendance system*

Data show that the number of trainings provided by the South Coast Together Training Team decreased significantly from 2019 to 2020. This is a direct result of the Covid 19 pandemic and the prohibition of large group gatherings for safety issues. The South Coast Together worked to modify their trainings so that they could be delivered in a virtual environment. To date, their trainers have already conducted 15 trainings from January 2021 through June 2021; thereby indicating a recovery back to the number of trainings delivered pre-pandemic.

**Measurement 2: Percent of 8<sup>th</sup> and 11<sup>th</sup> Grade Students Bullied**

Metric/indicator description: The percent of 8<sup>th</sup> grade and 11<sup>th</sup> grade students in Coos County who have been bullied at school (or on the way to/from school) for any reason.


Key Data Points	Baseline Measurement (2017)	Current Measurement (2019)	Outcome
8 <sup>th</sup> grade students	34.8%	39%	
11 <sup>th</sup> grade students	27.9%	25%	

Data source: Oregon Healthy Teens Survey, 2017 and 2019

Data from the Oregon Healthy Teens Survey show an increase in bullying for Coos County 8<sup>th</sup> grade students from 2017 to 2019, which tells us the situation for many students is worse. However, it shows a decrease in bullying for Coos County 11<sup>th</sup> grade students for the same measurement period, which is positive and indicates education and monitoring efforts have been impactful at the 11<sup>th</sup> grade level.

**Measurement 3: Children in Foster Care**

Metric/indicator description: Number of Children Experiencing at least one day in Foster Care in Coos County

Key Data Point	Baseline Measurement (2018)	Current Measurement (2019)	Outcome
Number of Children who spent at least one day in Foster Care	422	337	

Data source: Child Welfare Data Book, 2018 and 2019

In 2016, Coos County was the 3<sup>rd</sup> highest county in Oregon as far as number of children in foster care. Recent data show a decrease in the number of children who experienced at least one day in foster care from 422 children in 2018 to 337 children in 2019.

**Challenges and Barriers**

The Covid 19 pandemic put the county in a state of emergency and increased the need for essential services. Staff involved in the Adversity, Trauma, and Toxic Stress priority area initiatives were pulled away from daily work and immediately started to address emergency needs. The South Coast Together ACEs trainers stopped doing in-person trainings for many months; schools were tasked with developing distance learning curriculum and systems, rather than conducting ongoing training; and the pandemic caused increased stress and burden on our foster families, children in care, and community members overall.



## On the Horizon

Pandemic recovery work will continue; however, the work for each of these initiatives has resumed. Although the pandemic increased the volume of traumatic stress community-wide, it also allowed our communities to build resilience by supporting one another, sharing resources, and working together. We want to build off what we have learned: how we overcame barriers in our work due to the pandemic, how we collaborated to help each other, and what lessons we have learned to help us with any future emergency. Our work addressing adversity, trauma, and toxic stress is in higher demand now than ever before.

The South Coast Together Training Team is focused on scheduling trainings. The team has already almost provided as many trainings this year (as of June 2021) as they did in all of 2020.

The publishing and use of The Help That Helps Guide is in the near future and the South Coast Together teams are excited to share valuable information with our community.

Additionally, training is being planned to train additional Presenters, which will further the reach of South Coast Together and help with increasing the region's overall knowledge about the effects of toxic stress.

## Priority Area 2: Individuals and Families – Prevention

Prevention efforts contribute to overall well-being, and include screening, education, and other activities to address health behaviors. The Coos County CHA noted the following:

- Coos County has a high burden of Hepatitis C virus which is related to risk factors such as using street drugs, multiple sex partners, blood exposure, and injection drug use
- Obesity rates are higher in Coos County than the state average and is trending up, over 30% of the county is considered to be obese
- The leading causes of death in Coos County are cancer and heart disease

### **Changes in community health priorities, goals, strategies, resources, or assets**

Prevention efforts across the county were slowed in 2020 due to the worldwide Covid 19 pandemic. Regular, routine screenings and immunizations for healthcare patients resumed in late 2020 when safety measures, such as mask wearing and social distancing, were implemented at medical clinics and facilities. In December 2020, Covid 19 vaccination efforts began and continue to push forward in full force.

<b>Strategies and Goals – Prevention</b>
<b>High-level Strategy:</b>
<ul style="list-style-type: none"> <li>• Support individual prevention services, including but not limited to chronic disease, healthy behaviors, early detection, and screening</li> </ul>
<b>Strategic Goals:</b>
<ul style="list-style-type: none"> <li>• Increase awareness of the importance of immunizations, and the misuse of opioids and prescription medication.</li> <li>• Increase consumer awareness of local and online resources to improve intake of fruits and vegetables.</li> <li>• Support local health and wellness programs</li> </ul>

**Contributing Partners**

Prevention work is widespread throughout Coos County with the healthcare providers and facilities outreaching community members and working collaboratively with area non-profits and social groups, including religious communities and homeless service organizations. Local Federally Qualified Health Centers increased their capacity to provide mobile services that are focused on preventive care. Advantage Dental continues to work with each school in the county to provide oral health screenings and supplies. Contributing partners to the regional prevention efforts spans far and wide.

**Efforts and Progress Made**

**1. Preventive Education and Awareness Project**

Coos Healthier Together supports Southern Coos Hospital and Health Center with developing and implementing a preventive educational and awareness project that includes coordinated messaging and community education on immunizations, and the misuse of opioids and prescription medications.

The immunization awareness campaign include education on the importance of vaccines for all ages, as well as which vaccines are important for target populations, where they can receive them, and how to access health insurance or discounted services. Coordination amongst partners will incorporate the key messages of “the flu shot is safe and effective in protecting you against flu infection”; “getting vaccinated doesn’t take long and it’s safe”; “you will protect yourself and your loved ones, especially those at risk”; “you have the power to protect against vaccine-preventable diseases”; and, “vaccine-preventable diseases are still a threat - vaccination is the best protection”.

The immunization awareness campaign will target children and families with messaging on childhood immunizations and flu vaccines; teenagers and young adults with

messaging on HPV and flu vaccines; adults with messaging on flu vaccines; and seniors with messaging on flu and pneumonia vaccines.

The substance misuse campaign includes marketing material for the Bandon Police Department Drug Take Back Program, where and how to access treatment including via telehealth, and the three A's of intervention strategy, "**Ask** about RX use and watch for signs of potential abuse; **Advise** about proper medicine use; and, **Assist** people who may be experiencing challenges with RX abuse". Coordinated messaging amongst partners incorporates the key messages of "the physical and psychological realities of prescription drug abuse and addiction are devastating and can ruin a student's future aspirations", "there is a connection between abusing prescription medications and combining them with alcohol and over-the-counter (OTC) medications", "When taking as-directed, prescription medications are safe, but when not taken as directed or shared with others, the consequences can be extremely serious and life-threatening", and, "Proper medication storage helps to ensure that teens and family members are kept safe, and safe medicine disposal is an essential prevention strategy that impacts individuals and the environment".

The substance misuse awareness campaign targets youth and families with messaging on the physical and psychological realities of prescription drug abuse, the dangers of misuse, and the importance of proper disposal; and adults and seniors on the importance of proper use and disposal.

## 2. Nutrition Resource Booklets

Cancer is the number one cause of death in Coos County. Studies demonstrate that intake of fruits and vegetables can reduce incidence, severity, and morbidity of cancer. According to the 2018 Community Health Assessment, less than 15% of Coos County residents eat the minimum 5 fruits and vegetables per day.

The Wellness Education for Cancer Nutrition (WE CAN) cancer study, funded by OHSU Knight Cancer Institute, is designed to determine best practices to help cancer survivors improve treatment outcomes in Coos County. In the first year of funding, WE CAN conducted a community-wide assessment of the 10 key healthcare sites across the county to determine the extent to which nutrition education/support was being included in patient treatment plans. Results of the surveys identified gaps in nutrition education, services, and resources for both medical professionals and patients across Coos County; exacerbated by a paucity of Registered Dietitians and support staff to implement nutrition education programs.

The Coos Healthier Together Food and Nutrition Group worked collaboratively with Oregon State University, OHSU Knight Cancer Institute, and the Bay Area Cancer Center

to create a 52+ page nutrition resource booklet to be printed and distributed to 30 sites across Coos County. The nutrition resource booklet guides patients and their families to fresh produce, education, cooking classes and other community resources designed to increase intake of fruits, vegetables, and other plant foods.

The nutrition resource booklet aligns with the Food & Nutrition Group’s 3 data points from the CHA: 1) increase child and adult access to fruits and vegetables, 2) increase child and adult intake of fruits and vegetables, and 3) decrease adult consumption of sugar-sweetened beverages.

The Nutrition Resource Guide is planned to be printed and distributed starting July 2021.


### 3. Health and Wellness Program

Coos Healthier Together continued to work with the Advanced Health Active Living Program, sponsored by Advanced Health, that provides free access to walking groups, swimming pools, exercise classes and weight loss classes for all Coos County residents.

#### Measurement 1: Immunized 2-Year-Old Children

Metric/indicator description: Percent of two-year-old children (24 to 35 months of age) residing in Coos County that are up to date on immunizations.

(Note: Fully immunized with 4 doses of DTaP, 3 doses IPV, 1 dose MMR, 3 doses Hib, 3 doses HepB, 1 dose Varicella, and 4 doses PCV; this is the official childhood vaccination series)


Key Data Point	Baseline Measurement (2018)	Current Measurement (2020)	Outcome
Percent of Two-Year-Old Children up to date on Immunizations	67%	69%	

*Data Source: ALERT Immunization Information System, Oregon Immunization Program*

Immunization data for Coos County shows that there is an increase in the number of two-year-old children who are fully immunized from 2018 to 2020. In fact, there has been a steady and significant incline since 2014 when 49% of two-year-old children were fully vaccinated.

**Measurement 2: Percent of Coos County Residents who have are fully vaccinated for Covid 19**

Metric/indicator description: The percent of residents in Coos County who have received the Covid 19 vaccine (2 doses of Moderna, 2 doses of Pfizer, or 1 dose of Johnson & Johnson vaccines are available)

Key Data Point	Goal	Current Measurement	Outcome
Coos County residents vaccinated for Covid 19	65%	56.5%	

*Data Source: ALERT ISS immunization data system (relative to 2020 Portland State University Population Data)*

Although Coos County has not yet met the goal of 65% vaccination, there is a daily steady incline of .5% that is expected to continue. Coos County is currently in the low-risk category and is on track to remain in low-risk.

**Challenges and Barriers**

Vaccine hesitancy has been a challenge as well as reaching populations living in outlying areas. Ongoing community education is much needed around the safety and benefits of immunizations. Coordinated efforts among cross-sector community organizations were necessary to reach unhoused populations, people in outlying rural areas, and people who are wary and hesitant to receive vaccinations. Mobile service vans were utilized, and several socially distanced vaccine clinics were held throughout the county.

**On the Horizon**

Many new partnerships were formed as service organizations came together to align priorities, share resources, and address the crisis caused by the pandemic in the region. The priority became to meet the basic needs, such as food and shelter, for the population, while also planning and implementing upstream interventions such as Covid 19 vaccinations.

Coos Healthier Together is looking back over the past year to learn and share how challenges were overcome and what type of planning is needed to become more prepared for pandemics in the future. This type of work aligns well with our overall preventive efforts in the county as well as working together to build resilience.

### Priority Area 3: Health Equity – Housing and Homelessness

The **Health Equity** focus area is vast and covers many areas where inequities and gaps have been identified. In addition, the organizations that make up Coos Healthier Together have worked together to bring training to our region on diversity, equity, and inclusion; trauma-informed practices and organizations; cultural sensitivity, health literacy, Culturally and Linguistically Appropriate Services (CLAS), as well as many other related trainings. These trainings increase knowledge, thereby increasing awareness to help identify current disparities and allow organizations to strive for equity within their organization as well as throughout the services they provide.

Advanced Health helped form the South Coast Equity Coalition, and actively served on the planning committee for the 1<sup>st</sup> Annual South Coast Diversity Conference held in 2019 with over 300 people in attendance. For the 2<sup>nd</sup> South Coast Diversity Conference (which, unfortunately had to be cancelled in April 2020) Advanced Health will bring livestreaming capabilities to the conference to allow for healthcare providers and staff to attend, as well as any other interested group. The 2<sup>nd</sup> South Coast Diversity Conference is planned for Spring 2022.

Advanced Health is working diligently to fully implement Culturally and Linguistically Appropriate Services (CLAS) Standards as our organizational structure. Our internal Equity Steering Committee is leading this initiative. Other equity-related initiatives involve ongoing training for our staff and provider network, continued work to address identified disparities, as well as continued support to community coalitions and collaborative groups focused on equity work.

Coos Healthier Together, the collaborative group implementing the Coos County CHP, offers support to the South Coast Diversity Conference Planning Committee, South Coast Equity Coalition, Coos Hispanic Leadership Council, and several other diversity, equity, and inclusion focused groups.

Focus groups and surveys conducted during the 2018 Community Health Assessment (CHA) identified **Housing and Homelessness** as a significant concern in Coos County. A couple of data points reported in the CHA are:

- The number of homeless students by district is increasing and trending up
- 37% of the population in the county are cost-burdened or are experiencing housing problems such as overcrowding or incomplete facilities

#### **Changes in community health priorities, goals, strategies, resources, or assets**

Shelter, temporary housing, and permanent housing needs increased significantly during 2020-2021 due to the Covid 19 pandemic's effect on the economy. Coos County's unemployment

rate skyrocketed as employees were getting laid off and small businesses were closing. This caused renters to be unable to afford to pay their rent and caused landlords to get behind in mortgage payments, as we have seen nation-wide. The federal government and state-wide legislature addressed this crisis by setting up funds designated to help with rent assistance and financial assistance to qualifying renters and landlords.

The focus of Coos Healthier Together for the past year has been to address the housing crisis, to provide shelter to those in immediate need.

<b>Strategies and Goals – Housing and Homelessness</b>
<b>High-level Strategy:</b>
<ul style="list-style-type: none"> <li>• Increase housing availability, increase quality and safety of housing and support projects that address homelessness</li> </ul>
<b>Strategic Goals:</b>
<ul style="list-style-type: none"> <li>• Support fundraising efforts for the housing development fund for Coos County</li> <li>• Increase access to services and supplies that are vital to those who are currently unhoused</li> </ul>

**Contributing Partners**

Advanced Health, South Coast Ruralhealth Integrated Provider Team (SCRIPT) and Coos County Action Team developed the Coos Housing Access Program (CHAP) Housing Trust Fund.

The Nancy Devereux Center works collaboratively with Advanced Health, Coos Health and Wellness, ADAPT, Bay Area First Step for helping the homeless access substance abuse treatment. They also work with Oregon Coast Community Action (ORCCA) in assessing client needs as well as Bay Area Hospital, Waterfall Community Health Center, Coast Community Health Center, Oregon Department of Human Services, United Methodist Church, as well as many other community agencies.

**Efforts and Progress Made**

**1. Coos Housing Access Program Housing Trust Fund**

The Coos Housing Access Program (CHAP) was organized to create and administer a Housing Trust Fund that can raise money and secure property to be used for the development of affordable and workforce housing. CHAP initially generates funds through board-directed fund-raising, higher-order grant development, charitable trusts, and land donations, and then distributes these funds or real property to entities that will oversee construction or renovation in the form of grants, loans, revolving loan funds, or other mechanisms as determined by the Board of Directors. *Affordable Housing* is defined as *housing that is attainable for households in Coos*

*County earning less than 60% of Area Median Income (AMI) which is \$43,308 per the 2018 US Census.* In other words, the CHAP is seeking to develop affordable housing options for families with incomes as low as \$26,000 per year. The ultimate goal is to create housing that will be owned by the occupant, rather than tenant housing. [Workforce Housing is defined as housing that is attainable for households in the County earning between 60% and 120% of Area Median Income (AMI).]

Over the course of the past three years, the Coos Housing Action Team (HAT) generated \$85,000 in contributions and grant resources that was used to retain consultants to develop a *Coos Housing Needs Assessment Study* and a *Coos Housing Plan*. The assessment and planning documents were widely received, have been adopted by Coos County and most of the cities within Coos County. One of the critical steps identified in the *Coos Housing Plan* was the creation of a non-profit housing trust fund. Under the leadership of the Coos Housing Action Team (HAT), and with support provided by Advanced Health and South Coast Ruralhealth Integrated Provider Team (SCRIPT, an Oregon not-for-profit corporation), the housing trust fund was created and incorporated as a nonprofit entity under the name, *Coos Housing Access Program*, or CHAP.

The CHAP's most important work is to complete its internal infrastructure (board recruitment and training) and engage in sufficient community awareness regarding the housing needs, conditions, and shortages in Coos County.

Coos Healthier Together supports the CHAP and increases community awareness by funding the development of marketing and educational material, public presentations, a web site, and a speakers' forum, that in turn lays the groundwork for essential fund-raising success. The goals of the marketing program are to increase community stakeholder awareness of the compelling housing issues that must be confronted through a rigorous, aggressive, and targeted fund-development (fundraising) campaign.

The marketing program has begun, and we are looking forward to continuing to support the CHAP in their vital work for our community.


## **2. Services for the Homeless**

The Nancy Devereux Center serves the homeless and extremely low-income in Coos County. Their direct client services include providing clothing, laundry, prescription expenses and pick-up, food bags, backpacks, tents, and tarps. Coos Healthier Together directly supports The Nancy Devereux Center who experienced a significant increase in demand for their services when the Covid 19 pandemic hit the area. The center's clientele depends on the center's services to meet their basic daily needs.



**Measurement 1: Homeless Students by District**

Metric/indicator description: The percent of K-12 enrolled students who are homeless by school district in Coos County.


Key Data Point	Baseline Measurement (2017-2018)		Current Measurement (2019-2020)		Outcome
<b>Percent of Enrolled Students who are Homeless by District in Coos County</b>	Bandon:	1.72%	Bandon:	--	
	Coos Bay:	11.37%	Coos Bay:	13.85%	
	Coquille:	5.32%	Coquille:	6.91%	
	Myrtle Pt:	6.96%	Myrtle Pt:	8.70%	
	North Bend:	2.22%	North Bend:	2.66%	
	Powers:	8.94%	Powers:	4.46%	

Data source: Oregon Department of Education, McKinney-Vento data, 2017-2018, 2019-2020

The percent of enrolled students who are homeless increased in every school district in Coos County from 2017-2018 to 2019-2020. (Note: data for Bandon School District was unavailable for 2019-2020)

**Measurement 2: Homeless Point in Time Count**

Metric/indicator description: Number of Homeless Individuals in Coos County included in the Point in Time Homeless Count

Key Data Point	Baseline Measurement (2018)	Current Measure (2019)	Outcome
<b>Number of Homeless Individuals</b>	940	1299	

Data source: Oregon Coast Community Action, Homeless Point in Time Report, 2018, 2019

The Homeless Point in Time data show an increase of 36% in the number of homeless individuals from 2018 to 2019. This data is prior to the pandemic hitting our region. The current number of homeless is estimated to be much higher now; however, the point in time count data for 2021 is unavailable.

**Challenges and Barriers**

Coos County is a rural region that has limited services available to help with shelter and housing needs. However, we do have a core group of community stakeholders who have worked together to provide resources and address the ongoing needs of the community.

Coos County continues to have a high need for shelter, affordable housing, low-income housing, working class housing, as well as available market rate housing. Transitional housing capacity is also a need as well as permanent supportive housing.

The pandemic has caused a loss of revenue due to reductions in tourism, increased unemployment, and an overall loss in economic stability.

### **On the Horizon**

Churches and non-profit organizations have created and continue to create Homeless Camps. The local community action agency brought in Pellet Houses to help meet the needs of the unhoused. Coos Healthier Together and the Advanced Health Community Advisory Council (CAC) continue to support these efforts as well as the long-term, sustainable efforts of the Coos Housing Action Program.

## **Priority Area 4: Health Equity – Food and Nutrition**

Food insecurity is a significant issue in Coos County with 1 in 4 children food insecure. Overall, Coos County experiences more food insecurity than the state as a whole. A few data points that show this are:

- Less than 15% of the adults in the community consume at least 5 servings of fruits and vegetables a day, compared to 20% in the state as a whole
- One in four children under the age of 18 are food insecure
- Soda consumption is higher in adults in Coos County than the state

### **Changes in community health priorities, goals, strategies, resources, or assets**

Access to food became one of our top needs throughout our community once schools closed and public transportation halted in 2020 due to the Covid 19 pandemic. Almost half of all students, and many of their families, rely on meals provided by schools.

The schools began producing sack lunches and had their bus drivers deliver food to students and their families several times per week. The local Food Share was bringing and providing 10 times as much food per month than they normally would to meet the increased demand. Services organizations for low-income and homeless ramped up their food supplies and distribution to help feed the hungry. Collaborative groups made up of community agencies and clinics formed to organize efforts. Medical clinics expedited the process of implementing food pharmacies and some clinics began mobile operations to help bring services to people in need.

<b>Strategies and Goals – Food and Nutrition</b>
<b><i>High-level Strategy:</i></b>
<ul style="list-style-type: none"> <li>• Support efforts to decrease food insecurity and increase availability of healthy, nutritious food for all ages</li> </ul>
<b><i>Strategic Goals:</i></b>
<ul style="list-style-type: none"> <li>• Support mobile units that address social determinants of health</li> <li>• Support the development and implementation of Food Pharmacies at each major health care clinic in Coos County</li> <li>• Increase community awareness of recommended nutrition for the Prevention of Disease (POD)</li> </ul>

### **Contributing Partners**

The Federally Qualified Health Centers in Coos County, Waterfall Community Health Center and Coast Community Health Center, are leading the way with mobile screening units deployed to outlying areas. The Food Share and local Food Pantries work with local medical clinics and hospitals to develop and implement Food Pharmacies.

Coos Healthier Together Food and Nutrition Group is made up of representatives of several community organizations, such as Oregon State University (OSU) Extension Services, Waterfall Community Health Center, Oregon Department of Human Services, Advanced Health, Advanced Health Community Advisory Council (CAC) consumer members, Coos Health and Wellness, Coos Head Food Co-op, Coos County Friends of Public Health, as well as others.

### **Efforts and Progress Made**

#### **1. Mobile Social Determinant of Health (SDH) Units**

Local clinics launched mobile units that screen for social determinants of health in outlying regions of our county where transportation to services is limited. Advanced Health supported the distribution of healthy food and clothing as well as other items to meet people's basic needs. The development of mobile units has really improved access to services.

#### **2. Food Pharmacies**

The Oregon Coast Community Action (ORCCA) Food Share Program worked tirelessly to meet the increase in demand during the pandemic. In partnership with Coos Healthier Together and the Food Share program, several clinics launched Food Pharmacies within their medical clinic. These food pharmacies allow patients easy access to fresh vegetables and fruits as well as other healthy items that are free of charge to patients who have been prescribed access by their health care provider.

### 3. Healthy Bytes

The Food and Nutrition Group (FNG) established the *Healthy Bytes Initiative* designed to unite community partners in an effort to support a healthy Coos County through good nutrition.



The Healthy Bytes Initiative focuses on helping residents improve intake of fruits, vegetables, and other healthy foods. Content has been developed by a Registered Dietitian with Oregon State University Extension and circulated with support from Advanced Health.

It is the goal of the Healthy Bytes Initiative that partners unite in sharing the same nutrition information at the same time across the county. Residents will see the messaging in different locations which will reinforce the nutrition education and potentially lead to better food choices.

#### Measurement 1: 8<sup>th</sup> and 11<sup>th</sup> Graders Who Eat 5 or more Servings of Fruits/Vegetables a Day

Metric/indicator description: Teens who ate 5 or more servings of fruits and vegetables per day for the past 12 months

*Data source: Oregon Healthy Teens Survey, 2017, 2019*

Key Data Point	Baseline Measurement (2017)	Current Measurement (2019)	Outcome
8 <sup>th</sup> graders	22.7%	18%	
11 <sup>th</sup> graders	17.7%	10%	

*Data source: Oregon Healthy Teens Survey, 2017, 2019*

The percent of 8<sup>th</sup> and 11<sup>th</sup> graders who eat the recommended 5 or more servings of fruits and vegetables a day decreased in both age groups from 2017 to 2019.

#### Challenges and Barriers

Food needs in Coos County increased 10-fold during the pandemic. Many families were struggling to provide enough food for their families. Over half the students in Coos County schools rely on meals provided by the schools for their nutrition. Schools worked hard to continue to provide food to students and their families throughout the summer of 2020 as well as through the 2020/2021 school year when most students were distance learning due to the pandemic. Medical facilities formed Food Pharmacies to try to address the need. Most social

and human service agencies also created and delivered food boxes to families. Emergency Covid 19 relief funding also focused on food and delivery of food.

**On the Horizon**

1. Community Education Initiative - The Coos Healthier Together Food and Nutrition Group, who focuses on addressing food and nutrition deficits, is developing a community education initiative called Peapodcasts. The focus of the podcasts is to engage residents using written, audio and video platforms to present nutrition information focused on increasing intake of fruits and vegetables for the Prevention of Disease (POD).
2. Health Coach Network – The creation of a Health Coach Network has been launched. About forty individuals completed training to become a Health Coach and many of those are currently becoming nationally certified. Coos Healthier Together plans to continue to support the Health Coach Network and integrate it into the whole-person care model. Advanced Health is interested in working with the Health Coach Network as part of our health and wellness program, Active Living, and as a possible resource for flexible funding and care management and intensive care coordination teams.

**Priority Area 5: Health Equity – Transportation**

Transportation and limited public transit systems remain an issue in Coos County, particularly for those with limited resources. The most affected are low-income individuals and families, people with disabilities and older adults. Transportation was a consistent concern in the CHA focus groups and surveys and data on transportation was listed as a gap and priority for future data collection.

**Changes in community health priorities, goals, strategies, resources, or assets**

The transportation issues in the county were significantly magnified when the Covid 19 crisis hit as public and school transportation halted for several weeks and then began back up with very limited capacity due to safety regulations. This put an increased burden on the limited transportation system and created barriers for people to access services.

<b>Strategies and Goals – Transportation</b>
<b><i>High-level Strategy:</i></b>
<ul style="list-style-type: none"> <li>• Support efforts to increase transportation options</li> </ul>
<b><i>Strategic Goals:</i></b>
<ul style="list-style-type: none"> <li>• Support local transportation options for high-risk populations</li> </ul>

## **Contributing Partners**

Coos Healthier Together works with The Nancy Devereux Center, Coos Health and Wellness, ADAPT, Bay Area First Step, Harmony Methodist Church, Bay Cities Brokerage, YellowCab, and Advanced Health to provide transportation for the homeless in Coos County. Additionally, Coos Healthier Together works with Bay Area Enterprises to provide transportation to and from work sites for people with disabilities who otherwise would not have transportation.

## **Efforts and Progress Made**

### **1. Transportation for Homeless**

The Nancy Devereux Center is a non-profit organization that provides services to the unhoused. Services provided include meals, showers, laundry facilities, case management, housing assistance, and referrals for substance use treatment and other resources. The Devereux Center recently acquired a van to help with transportation needs, such as bringing people to the center to access services from the homeless camp at Harmony Methodist Church in Coos Bay. However, they lacked funds to pay for transportation costs, such as insurance, staffing, fuel, and repairs/maintenance. Coos Healthier Together support The Devereux Center with funding to assist with the transportation needs. In addition to their van, The Devereux Center also utilizes Bay Cities Brokerage and local taxi services. There are an estimated 900 homeless individuals in Coos Bay/North Bend area and about 1500 in Coos County.

### **2. Transportation for Persons with Disabilities**

Bay Area Enterprises provides multiple services including one-on-one job coaching and job development for persons with disabilities, including persons with I/DD, mental health, mobility impairment, veterans with service-connected disabilities, and the blind/deaf population. Their goal is long-term employment for their clients. They have placements throughout Coos county in a large variety of different employment setting providing countless services to the community. In addition to job placement, Bay Area Enterprises helps to break down barriers to employment for their clients.

Transportation was identified as a huge barrier for Bay Area Enterprise clients to access employment given the fact that public transportation was closed-down due to the Covid 19 pandemic and Bay Area Enterprises did not have any means to provide additional transportation for their clients. Coos Healthier Together provided funding to allow Bay Area Enterprises to purchase two vehicles so that they could provide consistent and reliable transportation to their clients allowing them to help their clients retain employment during the crisis, as well as meet their goals of long-term employment.

### Measurement 1: Means of Transportation to Work

Metric/indicator description: Number of Coos County workers by Means of Transportation to Work for residents 16 years of age and over.

Key Data Point	Baseline Measurement (2018)
<b>Total Workers</b>	22,840
<b>Public Transportation (excluding taxis)</b>	122
<b>Car, Truck, Van</b>	21,252
<b>Walking</b>	925
<b>Taxi, Motorcycle, Bicycle</b>	541
<b>Railroad, Ferry Boat</b>	66
<b>Bus</b>	56

*Data source: US Census Bureau; American Community Survey, 2018*

Coos County lacks public transportation, and it is evident by the chart above that shows the means that workers use to get to their jobs. 122 workers out of a total of 22,840, less than 1%, use public transportation to get to work.

As we gather current data on the means of transportation, we will be able to see changes and trends.

### Challenges and Barriers

Coos County is a rural region where most residents rely on their own form of transportation. The area has advocated via legislation for funding to build the infrastructure needed for a regional transportation system and will continue to do so.

### On the Horizon

Coos Healthier Together plans to continue to support local transportation efforts to increase transportation options for high needs populations.

**Priority Area 6: Health Equity – Economic Stability**

Coos County has lower average and median incomes than the state while poverty levels are higher in the county compared to state levels. Economic data points from the CHA include:

- 1 in 3 children in Coos County are living in poverty, higher than state percentages
- The percentage of people living in poverty in the county is higher than state percentages, ranging 18-20%

**Changes in community health priorities, goals, strategies, resources, or assets**

The issues identified in the CHA related to economic stability were magnified during the past year as the Covid 19 pandemic caused high rates of unemployment resulting in increased families struggling with extreme low-income and poverty. Basic needs skyrocketed and service organizations worked tirelessly to care for the community.

<b>Strategies and Goals – Economic Stability</b>
<b>High-level Strategies:</b>
<ul style="list-style-type: none"> <li>• Support workforce development and employment programs</li> </ul>
<b>Strategic Goals:</b>
<ul style="list-style-type: none"> <li>• Support local Traditional Health Worker training to help meet hiring needs and expand health care services throughout Coos County</li> <li>• Support local employment programs targeting high need populations</li> <li>• Support local non-profit organization capacity building to increase social services to the community</li> </ul>

**Contributing Partners**

Advanced Health worked with Southwestern Oregon Community College and Southern Oregon Workforce Investment Board (SOWIB) to bring Community Health Worker training to Coos County to meet the local hiring needs as well as expand services and improve access to care coordination services.

Coos Healthier Together supported the Bay Area Enterprises work program for people with disabilities.

**Efforts and Progress Made**

**1. Traditional Health Worker Training**

Advanced Health sponsored several terms of Community Health Worker training, open to community members at no cost, to quickly increase the number of certified



Traditional Health Workers in the service area to meet the hiring needs of Advanced Health, provider network organizations, and local community-based organizations. Prior to this program, the only options to attend a Traditional Health Worker training program were out of the area, making it unfeasible for most community members who were interested in obtaining certification.

**2. Employment Support for People with Disabilities**


Bay Area Enterprises provides supported employment services to people with disabilities. Coos Healthier Together provided funding to Bay Area Enterprises to allow the purchase of two vehicles for their program. In addition to providing safe transportation for clients to/from their worksites during the pandemic, the vehicles ensure Bay Area Enterprises’ ability to decrease absenteeism and improve long-term employment capabilities.

**3. Non-profit Capacity Building**

Advanced Health supported local non-profit organizations in building their own capacity which would allow them to better meet their strategic goals, many of which are to address social determinants of health needs in the county. United Way of Southwestern Oregon was one such non-profit who has taken a significant role within Coos Healthier Together to improve the health of Coos County.

**Measurement 1: Unemployment Rate**

Metric/indicator description: Coos County Unemployment Rate


Key Data Point	Baseline Measurement (2018)	Current Measurement (2021)	Outcome
Unemployment Rate	5.3%	7.40%	

*Data source: US Bureau of Labor and Statistics, 2018-2021*

Coos County’s unemployment rate was 5.3% in 2018; 5.10% in 2019, 11.30% in 2020, and is now at 7.40%. Although it is currently higher than two years ago, it is showing a decline since 2020 when the Covid 19 pandemic hit and closed the country. This is good news, and we will continue to monitor the unemployment rate in our region.

**Measurement 2: Median Household Income**

Metric/indicator description: Coos County Median Household Income


Key Data Point	Baseline Measurement (2018)	Current Measurement (2019)	Outcome
Median Household Income	\$43,308	\$45,051	

Data source: US Census Bureau, 2018-2019, Curry County

The median income of Coos County residents is slowly inclining, which shows improvement in the economy. However, we have yet to see the impact of the Covid 19 pandemic.

**Measurement 3: Persons Living in Poverty**

Metric/indicator description: Percent of Persons Living in Poverty in Coos County

Key Data Point	Baseline Measurement (2018)	Current Measurement (2019)	Outcome
Persons Living in Poverty	17.1%	17.9%	

Data source: US Census Bureau, 2018-2019, Curry County

The percent of people living in poverty in Coos County increased slightly from 2018 to 2019. We have not yet seen the impact of the Covid 19 pandemic and expect that this percent will continue to increase.

**Challenges and Barriers**

The largest challenge in the area of economic stability is the negative impact that the Covid 19 pandemic had and is having on the economy in Coos County and across the nation.

**On the Horizon**

Coos Healthier Together is tracking data on economic stability and looking at ways to outreach populations that face the most challenges. Coos Healthier Together is fortunate to work with programs that offer specialized supports to an array of populations.

Recruit HIPPO is a creative program that helps high school students obtain work experience via internships and volunteer opportunities. Bay Area Enterprises specializes in supportive employment for people with disabilities. Southwest Oregon Workforce Investment Board works collaboratively with the local community college and businesses to help train residents to meet the workforce demands. These are just a few examples of services available to our community members to help them gain and retain employment.

As we learn what the impacts of the pandemic have been on our region, Coos Healthier Together will be better informed and able to focus on effective ways to help.

**Priority Area 7: Access and Capacity – Access and Integration of Services**

All people (100%) in Coos County are considered to be living in a health service shortage area. Trouble finding a provider was listed often as a barrier to care in the 2018 CHA focus groups and surveys. Access has increased since 2004 but continues to be a challenge. Data points from the CHA include:

- Over 62% of the entire county population is enrolled in public insurance (Medicaid, VA, or Medicare)
- Coos County is considered a medically under-served area and a health professional shortage area for dental and mental health providers

**Changes in community health priorities, goals, strategies, resources, or assets**

The Covid 19 pandemic forced access to care and services to become a significant priority in the county. Our strategic goals included education, outreach, and mobile units, but we further modified the goals to meet our needs during this pandemic. Thereby, making Telehealth, Covid 19 Vaccines, and Mobile Outreach top priorities.

<b>Strategies and Goals – Access and Integration of Services</b>
<b><i>High-level Strategies:</i></b>
<ul style="list-style-type: none"> <li>• Support efforts to increase access to health services</li> <li>• Support continued integration of services across physical, behavioral health, and oral health services</li> </ul>
<b><i>Strategic Goals:</i></b>
<ul style="list-style-type: none"> <li>• Increase access to care by developing new and expanding current Telehealth programs</li> <li>• Increase awareness of the benefits of the Covid 19 vaccines and improve access to the vaccines for all people of Coos County</li> <li>• Increase access to social determinant of health screening and supply distribution</li> </ul>

**Contributing Partners**

Coos Healthier Together works with all public health and clinical providers, including hospitals, urgent care centers, pharmacies, transportation services, local tribes, social and human services agencies, community action, education, and more to ensure quality access and services are available to our community.

## Efforts and Progress Made

### 1. Telehealth

In May of 2020, as part of Advanced Health's response to the COVID-19 pandemic and the subsequent restrictions placed on in-person services, the Board of Directors authorized a Telehealth Access Fund. All local in-network providers were invited to apply for funds to quickly increase the availability of and improve access to telehealth services to meet the needs of Advanced Health members. In June 2020, project proposals were reviewed by the Clinical Advisory Panel for final funding determination. Funds were awarded to 10 different provider organizations within the Advanced Health network. Funding awards were split between counties and approximately 90% of funds went to providers in Coos County. Advanced Health diligently recruited applicants from the behavioral health network and was pleased to be able to award approximately 41% of the funds to behavioral health and substance use treatment providers. Another 51% of the funds were awarded to Patient Centered Primary Care Home (PCPCH)-recognized clinics with integrated behavioral health available to patients. The remaining 8% of funds were awarded to physical health only providers and organizations.

As a result, providers developed new telehealth programs and improved the current programs. Some of the efforts taken were purchasing and implementing new telehealth software programs and developing electronic health record (EHR) workflows for clinical documentation and billing purposes. Additionally, mechanisms to support the end user were created and offered, such as the user guides, online trainings, and super user guidance.

The quick implementation allowed patients safe access to health care services and allowed providers to continue providing patient care rather than having to discontinue their outpatient practices completely.

### 2. Covid 19 Community Education and Vaccine Rollout

Advanced Health sponsored a local community education campaign about COVID-19, public health precautions, signs and symptoms, what to do, where to go to get tested, and how to reach out for help with social determinant of health resources. Avenues of communication included print, radio, and multimedia. Languages included English and Spanish.

Additionally, Advanced Health participated in the local work teams that managed the Covid 19 Vaccine rollout. The first vaccine POD (point of distribution) was held in December 2020. Initially, Bay Area Hospital led the way, but eventually Coos Health & Wellness, the local public health authority, became the vaccine hub and coordinator. In addition to Advanced Health, there are many partner organizations and volunteers who

are helping including Bay Cities Ambulance, Bay Clinic, Coast Community Health, Coos Bay Fire Department, Coos Health & Wellness, Coquille Indian Tribe, Coquille Valley Hospital, Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians (CTCLUSI), North Bend Medical Center, Nova Urgent Care, Southern Coos Hospital, and Waterfall Health Clinic. Many pharmacies also support vaccine distribution in Coos County including Bi-Mart, Broadway Pharmacy, Fred Meyer, Rite Aid, Safeway, Walmart, and Walgreens. There are 21 total locations in Coos County where people can get vaccinated. All three Covid 19 vaccines are available: Moderna, Pfizer, and Johnson & Johnson.

The vaccine work teams monitor the demographic data of those who have been vaccinated and are outreaching specific populations who have lower numbers of vaccinations. Partners in this equity work are Advanced Health, Bay Cities Brokerage (have been driving to people who cannot come in, and administering vaccines), and the Nancy Devereux Center who has been hosting vaccine clinics for the homeless (using Johnson & Johnson vaccine).

To date 55.8% of people in Coos County have been vaccinated and the county remains in low risk.



### **3. Mobile Patient Outreach**

Coos County Federally Qualified Health Centers (FQHC) developed and further expanded mobile outreach efforts allowing patients increased access to services. Advanced Health supported FQHC mobile outreach programs that offered services in remote areas of Coos County where access to clinical and social services is limited. The mobile outreach teams began conducting screenings for social determinants of health, such as food and clothing needs. Advanced Health helped to fund the distribution of healthy food and clothing as well as other items of basic need.

Mobile outreach services are expected to continue and become an expected part of the health care delivery system in Coos County.

### Measurement 1: 8<sup>th</sup> and 11<sup>th</sup> Graders who Received Dental Care

*Metric/indicator description:* Percent of 8<sup>th</sup> and 11<sup>th</sup> graders who went to a dentist, or dental hygienist for a check-up, exam, teeth cleaning, or other dental work in the reporting year

Key Data Point	Baseline Measurement (2017)	Current Measurement (2019)	Outcome
8 <sup>th</sup> graders	62.7%	85%	
11 <sup>th</sup> graders	73.6%	73%	

*Data source: Oregon Healthy Teens Report, Coos County, 2017 and 2019*

The Oregon Healthy Teens Survey shows improvement in the percent of 8<sup>th</sup> graders who accessed dental care from 2017 to 2019. The percent of 11<sup>th</sup> graders who accessed dental care decreased slightly (.6%) from 2017 to 2019.

These measurements show the results of improved outreach methods by oral health providers in Coos County. The integration of services with all school districts that allow dental hygienists to come into the schools, as well as the use of mobile dental vans to reach people living in outlying areas have improved access to care for youth.

#### Challenges and Barriers

There remain limitations to oral health care for the adult population in Coos County due to provider shortages. Advanced Health continues to contract with nearly 100% of the available healthcare providers in the area but access issues surface from time to time and tend to come up regarding psychiatric, mental health, oral health as well as other specialty care.

#### On the Horizon

Advanced Health is currently studying access to oral health care in our service area of Coos and Curry Counties. Oral Healthcare providers have been added to our network in Curry County, improving access substantially in that region, and we are now learning more about access to oral health providers in Coos County and examining options on how to improve access to care. This will be an initiative on the horizon and hopefully one that can come to fruition in the next year.

Advanced Health supports county-wide healthcare provider recruiting and supports the efforts of our local hospitals and clinics. Collaborative opportunities have been identified and are being pursued. Advanced Health is committed to continuously striving for improved access to care for our members as well as the entire community.

Telehealth is now a common mode of treatment, and we would like to see telehealth continue to expand availability and access to services on a regular basis.

Advanced Health will continue to promote Covid 19 vaccinations and work with community partner organizations to make sure that all people in our county have access to vaccines.

Coos Healthier Together plans to gather stories of “resilience” in our community and share them. What were some of the challenges that we faced? How did we overcome these challenges? What have we learned? We will continue to work on being prepared for pandemic situations in the future.

### **Priority Area 8: Access and Capacity – Behavioral Health and Addictions**

Behavioral health, depression, suicide, and substance abuse were top concerns in the 2018 CHA focus groups and surveys of community members. The CHA data points include:

- The suicide rate for all ages has been on a solid increase trend since 2000 and considerably higher than the state rate
- Coos County has higher rates of binge drinking, opioid prescribing rates and increased illicit drug use compared to state rates
- Tobacco use in Coos County is higher than neighboring counties and the state

#### **Changes in community health priorities, goals, strategies, resources, or assets**

The stress and trauma of the Covid 19 pandemic significantly increased the need for emotional support and addiction treatment for our population, especially high-risk individuals. Implementation of telehealth, outreach programs, prescription delivery, and other types of services that lend well to social distancing became vital in our need to care for our community. The recognition of the importance of smaller, more specialized, community efforts was made by Coos Healthier Together who decided to support local efforts to address gaps in services.

Historically, Coos Healthier Together has supported a local Out of the Darkness Suicide Awareness Walk, which could not happen this year due to social event restrictions put in place for pandemic health safety. We look forward to holding safe community events in the future.

<b>Strategies and Goals – Behavioral Health and Addictions</b>
<b>High-level Strategy:</b>
<ul style="list-style-type: none"> <li>• Improve access, integration and delivery of behavioral health and addiction services</li> </ul>
<b>Strategic Goals:</b>
<ul style="list-style-type: none"> <li>• Develop and implement recovery-based program(s) that break down barriers to living sober lifestyles</li> <li>• Increase the number of or expand the reach of behavioral health and addiction outreach programs to address barriers to care</li> <li>• Address the gaps in care by providing customized, gender affirmation support to transitioned-age youth who identify as LGBTQQ+.</li> <li>• Increase the scope of behavioral health services available to youth</li> </ul>

**Contributing Partners**

Many community agencies work together to provide appropriate behavioral health care in a timely fashion to Coos County residents. Advanced Health works with Coos Health and Wellness, medical clinics, federally qualified health centers, hospitals, addiction treatment facilities, Youth ERA, and our outpatient behavioral health network of providers. Additionally, care management, intensive care coordination, and system of care programs integrate to provide whole-person, wraparound care.

Coos Healthier Together works with all these community partners as well as smaller groups, such as Fitness for Recovery and the Queers and Allies Program, to help address the existing gaps in care and services. Our local community college and United Way of Southwestern Oregon serve as backbone agencies to some of the smaller, specialized programs.

**Efforts and Progress Made**

**1. Physical Activity to Support Recovery**

Fitness for Recovery is a volunteer-based sober active community in the Coos Bay area. Fitness for Recovery seeks to use community connection and physical fitness to allow those in recovery from drug and alcohol addictions to heal, build strength in themselves, and connect with others who also live a sober lifestyle. This happens through access to free fitness classes and special events for anyone who has at least 48 hours of continuous sobriety. Through its existence and as part of its mission, Fitness for Recovery aims to decrease the stigma of sobriety in its membership and in the community at large.

With a focus on breaking down barriers to living sober lifestyles and increasing access to substance use treatment, Coos Healthier Together supports Fitness for Recovery by providing portable equipment to enhance fitness classes. Portable



equipment allows classes to be held in various settings, such as outdoors, to align with safety protocols during the Covid 19 pandemic, but also to also diversification of classes in the area.

## **2. Behavioral Health Outreach Care Packages**

Bay Clinic developed an outreach program specifically targeted at Coos County residents without means of housing for behavioral health and addiction services. The outreach program is designed to break down barriers to care by having behavioral health professionals be the ones to conduct the outreach. Coos Healthier Together supports the outreach program by providing care packages (that include items for comfort and well-being) for the Bay Clinic professionals to give out while doing outreach.

## **3. Queers and Allies Program – Gender Affirmation Support Services**

The Queers and Allies Program (Q&A), with support from their fiscal agent, United Way of Southwestern Oregon and the Oregon Association of Suicide Prevention is a volunteer-led group that provides support for youth, ages 13-24, who identify as Lesbian, Gay, Bisexual, Transgender, Queer, or Questioning (LGBTQQ+). Q & A started mentoring youth five years ago and helped them to find work and housing, as well as help to navigate how to be “out” in the community. Additionally, they helped the youth connect to behavioral health professionals who provide gender-affirming care. The need for tangible resources to support the gender affirmation work pushed the Q & A group to broaden their scope of how they support the youth to meet their goals while also building resilience.

Coos Healthier Together supports Q & A in establishing a Gender Affirmation Closet, creating a website and web internship, and providing supports such as travel and lodging reimbursement for out-of-area travel to access gender affirmation health care. Along with that, help with voice coaching and hair removal are offered, which are costly services that are not typically covered by health insurance. Coos Healthier Together believes that services, such as the ones offered by Q & A, make a positive impact on this high-risk population by providing customized supports and breaking down barriers.

## **4. Art Therapy for Youth**

Transition-aged youth represent a unique population. Historically, traditional systems have struggled to engage youth and young adults successfully, which has resulted in young people falling through the cracks and entering our systems as adults with higher costs and more unique needs.

In 2017, Youth ERA, a consumer-run 501c (3), opened the Coos Drop that serves hundreds of transitioned-age youths, ages 14-25, by providing wraparound services, one-on-one peer support, crisis response, safe space, and support groups. The Drop

Model harnesses the power of the youth voice, technology, innovation, and health promotion practices and produces positive outcomes. It is a culturally responsive and immersive space that offers peer support services.

Staff at the Coos Drop are state-certified youth peer support specialists who are experientially credentialed by their own life journeys. The peer support they provide encompasses a wide array of activities and supportive interactions based on shared lived experience (i.e., foster care, juvenile justice, mental health, trauma, grief, oppression). The youth peer support specialists offer youth a level of understanding, validation, and acceptance that they do not often find with traditional providers.

Youth in Coos County faced unprecedented challenges in 2020 and 2021 during the COVID-19 pandemic. Coos Drop staff worked to provide safe, socially distanced opportunities for support and connection including virtual groups, events, and training. Youth especially struggled with feeling isolated and in need of positive outlets and activities to cope with the extra stressors brought on by 2020.

Coos Healthier Together supported Youth ERA and the Coos Drop by providing funding to expand their services and develop Art Therapy Groups. These groups cultivate a creative and supportive virtual space for youth to express themselves, develop positive coping skills, and build healthy relationships. The program can transition to in-person once social distance restrictions lift.

Coos Drop currently has 404 registered youth members who now have access to Art Therapy Groups.

**Measurement 1: 8<sup>th</sup> and 11<sup>th</sup> Graders Who Considered Suicide**

*Metric/indicator description:* Percent of 8<sup>th</sup> and 11<sup>th</sup> graders who seriously considered attempting suicide during the reporting year

Key Data Point	Baseline Measurement (2017)	Current Measurement (2019)	Outcome
8 <sup>th</sup> graders	21.1%	24%	↑
11 <sup>th</sup> graders	20.3%	29.9%	↑

*Data source: Oregon Healthy Teens Report, Coos County, 2017 and 2019*

The Oregon Healthy Teens Survey shows continued increase in serious thoughts of suicide among our 8<sup>th</sup> and 11<sup>th</sup> graders. Given that Coos County ranks 4<sup>th</sup> in the state in death by suicide, which is up nationally by 25%, the teen survey data are alarming.

**Measurement 2: 8<sup>th</sup> and 11<sup>th</sup> Graders with Unmet Mental Health Care Needs**

*Metric/indicator description:* Percent of 8<sup>th</sup> and 11<sup>th</sup> graders with unmet emotional or mental health care needs during the reporting year

Key Data Point	Baseline Measurement (2017)	Current Measurement (2019)	Outcome
8 <sup>th</sup> graders	18.7%	24%	↑
11 <sup>th</sup> graders	21.8%	29.9%	↑

*Data source: Oregon Healthy Teens Report, Coos County, 2017 and 2019*

The Oregon Healthy Teens Survey shows continued increase in unmet emotional or mental health care needs by our 8<sup>th</sup> and 11<sup>th</sup> graders.

**Challenges and Barriers**

Positive improvements to our behavioral health care delivery system have continued to be underway. Advanced Health continues to recruit and expand the behavioral health provider network and has grown the System of Care wraparound program, as well as developed a team of Traditional Health Workers to provide Intensive Care Coordination.

Network clinics have added Behavioral Health Specialists into the primary care treatment setting and have been very successful in fully operating the patient centered primary care home model. Clinics, hospitals, and health plans have increased the capacity of care management and coordination services, and this is helping provide more support to patients.

Psychiatric care, especially child psychiatry, is limited in our rural area. Strong referral processes are in place and telehealth abilities offers improved access to psychiatric services.

Challenges and barriers remain that we are a small, rural region. Providers have opportunities to thrive here, but there are limitations in the rural lifestyle that does not fit everyone. Capacity and types of services available is limited yet growing. Advanced Health continues to lead in the behavioral health arena and works closely with our partners: public health, addiction treatment services, hospitals, clinics, and local providers to advance the programs and services forward.

**On the Horizon**

The formation of a Relief Nursery is in process, and this is very exciting given that our community has not had one in Coos County for several years. A Relief Nursery offers therapeutic care in the early learning environment which has been shown to have a significant impact in addressing young children’s mental health needs.

Continued growth and integration of behavioral health services in the county will occur over the next several years.

**Priority Area 9: Community Outreach and Engagement - Coordination, Collaboration, and Communication**

Improving coordination, collaboration, and communication to improve the efficacy of services and health outcomes in Coos County was frequently a recommendation from CHA focus groups and community meetings. Without one central location where community-wide information is available, the area has struggled with widespread knowledge of available resources and events. This leads to inefficiencies and delayed engagement of community members.

**Changes in community health priorities, goals, strategies, resources, or assets**

The closing of our region due to the Covid 19 pandemic hampered our abilities to fully implement our proposed programs and activities. Our priorities and goals remain the same. Our strategies were modified to meet social distancing protocol, and our resources, mainly staffing, were depleted with most people needing to contribute significant amounts of their time to address pandemic needs, leaving little time for our collective work.

<b>Strategies and Goals – Coordination, Collaboration, and Communication</b>
<b>High-level Strategy:</b>
<ul style="list-style-type: none"> <li>• Increase coordination, collaboration and communication between organizations working toward improving the health of the community</li> </ul>
<b>Strategic Goals:</b>
<ul style="list-style-type: none"> <li>• Promote community access to healthcare services by creating and managing a community website</li> <li>• Increase community-wide awareness by publishing a community health newsletter at least once quarterly</li> </ul>

**Contributing Partners**

United Way of Southwestern Oregon, with support from the Ford Family Foundation and Advanced Health, developed and manages a community-owned website. The Coos Healthier Together C3 Workgroup members develop and publish a local community health newsletter.

## Efforts and Progress Made

### 1. Community Website

United Way of Southwestern Oregon oversees and manages the community-owned website, South Coast Oregon Connects. This website is available to all residents of Coos County and helps promote access to healthcare services by providing a community directory, community calendar, news blog, press release feature, and highlights of local community projects.



Coos Healthier Together supports South Coast Oregon Connects by funding a part-time contractor to provide oversight and fiscal management of the website. The Ford Family Foundation provided start-up funds for the prior development of the website.

### 2. Coordination, Collaboration, and Communication (C3) Workgroup

The Coos Healthier Together C3 Workgroup maintains a community newsletter, social media page (Facebook), webpages to support the distribution of information throughout the county. Increasing awareness spurs improved access to services, better coordination, and increased collaboration among community partners. The C3 workgroup is made up of Coos Healthier Together members from multiple sectors who have come together to improve the health of Coos County residents. Although impacted by the pandemic, the C3 Workgroup was able to publish newsletters each quarter for the past year.

#### Measurement 1: Number of new visitor and returning visitors to the community-owned website, South Coast Oregon Connects

Metric/indicator description: Total number of new visitors and total number of return visitors to the South Coast Oregon Connects website from January 2021 to April 2021.

Baseline Data Date	Baseline Measurement (January 2021)	Current Measurement (April 2021)	Outcome
Number of New Visitors	145	254	
Number of Returning Visitors	9	22	

*Data source: South Coast Oregon Connects website utilization data*

Utilization of the South Coast Oregon Connects website is steadily increasing which shows increasing reach and value of the website.

**Challenges and Barriers**

As with many local efforts since March 2020, the pandemic caused challenges in the work to meet our goals in this priority area. Although committees remained intact, many were pressed for time and unable to assist with projects. In-person meetings, visits to local organizations, table events, and personal outreach was not possible and other attempts were less effective. This restricted the number of volunteers we were able to recruit and the amount of collaboration and coordination that could occur. Although many community partners shifted their events to hold them virtually, there seems to be fatigue regarding online events developing. Regardless, projects that could move forward did (but likely to a lesser extent), such as the Coos Healthier newsletter, The Community Link, social media, and community website engagement.

**On the Horizon**

The opening of our county is on the horizon! Oregon’s Governor Brown has announced that she will open Oregon back up the end of June/first part of July. This is primarily due to Oregon’s success at achieving 70% vaccination rate. Locally, we are expecting that opening back up will increase community collaboration, coordination, and communication. Our teams are anticipating being able to fully implement our work plans.

**Alignment with the State Health Improvement Plan (SHIP), Healthier Together Oregon**

<i>Healthier Together Oregon</i> <b>SHIP Priority, 2020-2024</b>	<i>Coos Healthier Together</i> <b>Coos CHIP Priority, 2019-2022</b>
Adversity, Trauma, and Toxic Stress	Adversity, Trauma, and Toxic Stress
Behavioral Health (including mental health and substance abuse)	Behavioral Health and Addictions
Economic drivers of health (including issues related to housing, living wage, food security and transportation)	Housing and Homelessness Food and Nutrition Transportation] Economic Stability
Institutional Bias	Health Equity focus area
Preventive Health Care (access to)	Prevention

**Coos Healthier Together Community Partners**

ADAPT

Advanced Health

Advanced Health Community Advisory Council (CAC)

Advantage Dental

Bandon Police Department Drug Take Back Program

Bay Area Enterprises

Bay Area First Step

Bay Area Hospital

Bay Cities Brokerage

Bay Clinic

Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians

Coos Bay Fire Department

Coos Bay Library

Coos Bay School District

Coast Community Health Center

Coos County Housing Authority

Coos County Friends of Public Health

Coos Head Food Co-op

Coos Health and Wellness

Coos Hispanic Leadership Council

Coos Housing Access Program

Coquille Indian Tribe

Coquille Valley Hospital

Every Child Coos  
Fitness for Recovery  
Harmony Methodist Church  
North Bend Medical Center  
North Bend Public Library  
North Bend School District  
Nova Urgent Care  
Oregon Coast Community Action  
Oregon Department of Human Services  
Oregon Health Authority  
Oregon Health & Sciences University  
Oregon State University Extension  
Pharmacies: Bi-Mart, Fred Meyer, Rite Aid, Safeway, Walmart, Walgreens  
Queers and Allies Group  
Recruit HIPPO  
South Coast Diversity Planning Committee  
South Coast Head Start  
South Coast Educational Service District  
South Coast Equity Coalition  
South Coast Regional Early Learning Hub  
South Coast Together  
Southwest Oregon Workforce Investment Board  
Southwestern Oregon Community College  
Southern Coos Hospital and Health Center



The Nancy Devereux Center

United Way of Southwestern Oregon

Waterfall Community Health Center

YellowCab

Youth ERA