

Genesee Valley Health Partnership Annual Report 2023



The Mission Statement of the Genesee Valley Health Partnership is:

To improve the health and wellbeing of the Livingston County community through collaboration, education, and prevention.

One of the primary ways that is accomplished is by supporting and furthering the efforts of the Community Health Improvement Plan (CHIP). The 2022 - 2024 CHIP plan for Livingston County focuses on two areas:

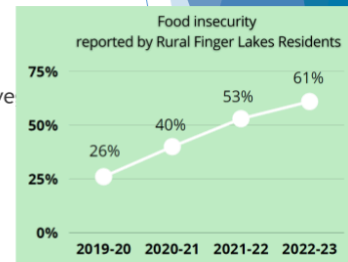
- Preventing Chronic Disease through Healthy Eating and Food Security
- Promoting Well-Being and Prevent Mental and Substance Use Disorders with a focus on Suicide Prevention

The three committees that operate under the GVHP umbrella have individual work plans to further these initiatives. Additionally, input and data were continually sought out to inform the progress made as well as identify additional areas for impact.

The following four data sets related to these priorities became available in 2023:

Pivotal Food Security and Healthy Eating Survey 2022

- Administered in Chemung, Livingston, Ontario, Schuyler, Seneca, Steuben, Wayne and Yates counties from 3/25-4/3/2023 with 1100 responses
- Food insecurity rose to 61% in 2023
 - Food insecurity occurs most in households with children
 - Food insecure households report more unhealthy eating and less fruit and vegetable consumption
- Fruit and vegetable consumption is increasing
- Less shopping at grocery stores, more use of convenience stores, fast food, and food distributions
 - Food pantry consumption increase from 14% pre-COVID to 33% in 2022-23
 - 17% did not feel that food from pantries did not help them eat healthier due to lack of fresh produce, lack of variety, and poor quality
- The cost of healthy food is the #1 barrier to eating well
- 1/4 households did not know that their community offered nutrition services and healthy eating resources



My Health Story 2022 - Common Ground Health

- Livingston and Steuben county received 305 responses

Food Security and Healthy Eating:

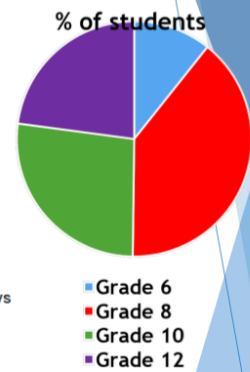
- 82% said they agree or strongly agree that healthy eating is important to them
 - 66% rated their eating habits good or better
 - 73% want to improve their eating habits
- What keeps you from eating healthier?
 - Buying healthy food is too expensive - 56%
 - I don't have time to shop for and prepare healthy food - 31%
 - I don't know how to cook and prepare healthy meals that taste good - 18%
- 45% diagnosed as overweight or obese

Mental Health:

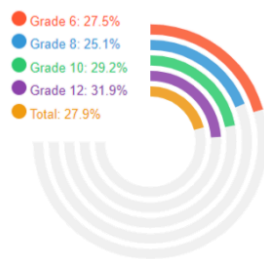
- 25% rated their emotional/mental health as fair/poor
- 11% identify as living with a mental or emotional disability
- 51% have at least 1 child who struggled with mental health issues more during the pandemic

Community-Level Youth Development Evaluation 2022

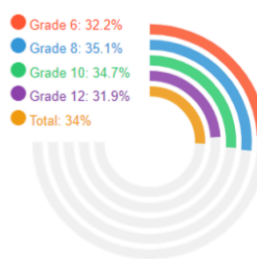
- ▶ 1066 included responses
- ▶ 40% of students surveyed felt "I am no good at all" at times
- ▶ 34% of students across grades 6, 8, 10, and 12 reported feeling depressed most days
- ▶ Rates of feeling like "life is not worth it" are highest among 12th graders (31.9%)



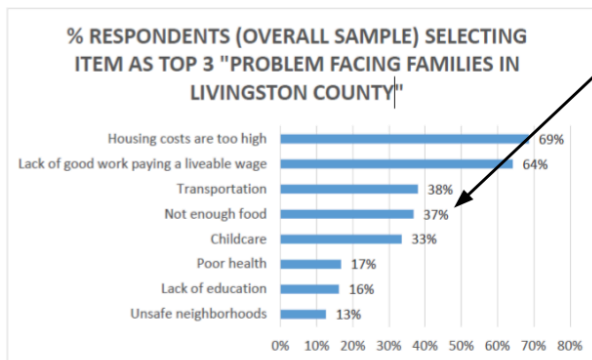
Percent Feeling Sometimes "life is not worth it"



Percent Feeling Depressed Most Days



Community Needs Assessment - Livingston County Office of Workforce Development



- ▶ 37% perceive "not enough food" to be a top 3 "problem facing families in Livingston County"
- ▶ 30% reported that either they or their friends and family did not have enough money to purchase food

The work of the committees that further these priorities in 2023:



Livingston County Suicide Prevention Taskforce

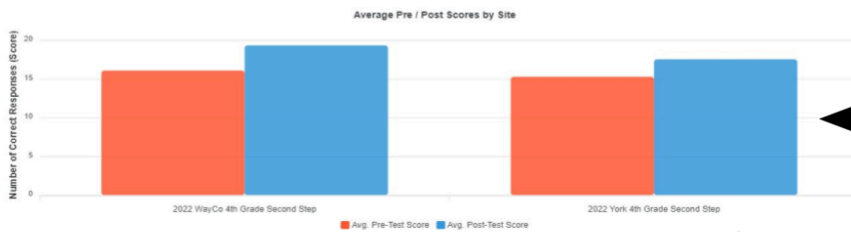
- ▶ 2 gatekeeper trainings (1 “Operation Save” and 1 “Safe Talk”)
- ▶ Utilized collaborations to collect and analyze manner of death data
- ▶ Presented to around 877 attendees at various outreach events and trainings
- ▶ Conducted 15 Lock and Talk Livingston presentations
- ▶ Distributed 254 drug disposal bags
- ▶ 6 Suicide Prevention Task Force tabling events
- ▶ Sent a panel representative to the VA Mental Health Summit at MCC

Distributed 390
gun locks



Trauma-Informed Communities

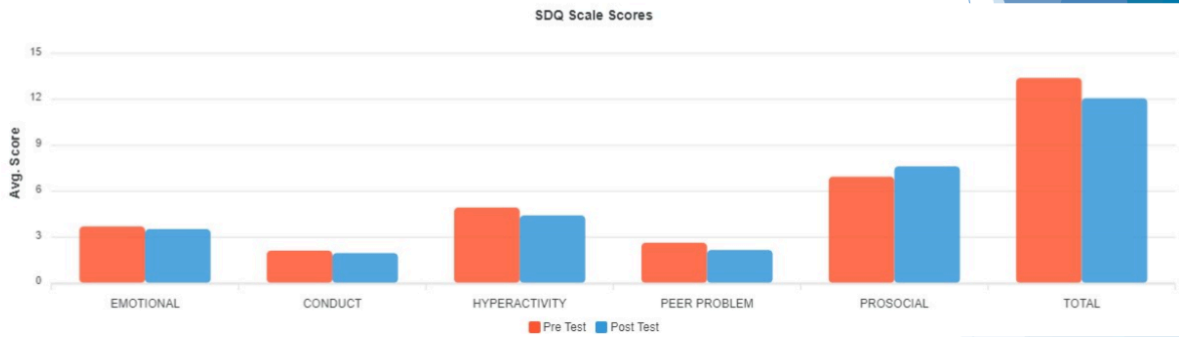
- ▶ Outreach campaign for April’s Child Abuse Prevention Month- pinwheels, yard signs, calendar, handouts and social media posts
- ▶ Resilience Month campaign in November with social media, posters, magnets and placemats distributed
- ▶ Collaborated with local schools to collect and analyze pre- and post-program tests regarding social emotional learning
 - ▶ 534 students in grades k-4 received Second Step programming over 25 sessions per group
 - ▶ 240 students in grades 5-8 received Too Good For Drugs/ Violence programming over 10 sessions
 - ▶ Post-test data entered for applicable programs for five schools covering the 2022-23 school year



Second Step in grade 4, shows an increase in knowledge from pre- to post-test

Trauma-Informed Communities

▶ Second Step Data- Middle School



Trauma-Informed Communities

- ▶ Created TIC/MH resources list: <http://gvhp.org/wp-content/uploads/2023/03/TIC-Mental-Health-Services-and-Counseling-Resources-1.xlsx>
- ▶ Distributed ACEs (Adverse Childhood Experiences) Handouts
- ▶ 10-15 people participated in each of the 4 Solution Focused Trauma Informed Care Sessions
- ▶ Created Mental Health Trainings information presentation
- ▶ Created document outlining suggested self-paced TIC trainings
- ▶ Created TRUST information sheet and TRUST tool workplan template
- ▶ Trained 4 people as NEAR (Neurobiology, Epigenetics, ACEs and Resilience) presenters
- ▶ Hosted 4 Mid-Day Stretch sessions
- ▶ TRUST assessment tool implemented at 4 Livingston County CASA worksites

SELF CARE = REGULATE

4 TOOLS THAT CAN HELP

PHYSICAL

Sleep well
Eat well
Dancing
Walking
Jogging

PSYCHOLOGICAL

Self-Reflect
Pleasure Reading
Say "No"
Smile
Solitude

EMOTIONAL

See Friends
Cry
Laugh
Praise Yourself
Humor

WORKPLACE

Take Breaks
Set Limits
Peer Supports
Get Supervision
Use Vacation

A REGULATING SELF CARE DOSE CAN BE JUST SECONDS OR A FEW MINUTES LONG

Take a 2 minute break between a challenge.
A dysregulated adult can never calm anyone.

TIC - Up Next

- ▶ Mental Health First Aid (Adult, Youth, and Teen) trainings
- ▶ Implementing Team Awareness Worksite Wellness
- ▶ Implementing 3 NEAR trainings in 2024
- ▶ Implementing TRAUMA RESPONSIVE & RESILIENCE INFORMED CARE TRAINING
- ▶ Six Solution Focused Trauma Informed Care Training sessions
- ▶ Implementing TRUST Tool assessments in organizations/schools with action plans
- ▶ BASICs Insight Program for parents of children ages 0-5

Be Well in Livingston: Be Well in Nunda (BWIN)



- ▶ BWIN advisory team of 25 and 572 Facebook followers
- ▶ Grinch Stroll with 70 participants
- ▶ Designed, printed, and promoted Play in Nunda brochures
- ▶ Joined Community School Committee to grow partnerships to educate and support the district's children
- ▶ First partnership event with KCS Color Run (100+ registrants and tabling)
- ▶ Monthly euchre nights with healthy snacks during fall and winter
- ▶ Held CRASE Situational Awareness Training with 39 attendees and CPR Class with 8 attendees
- ▶ Hosted Old Fashioned Games with over 50 participants at Nunda Americana Days
- ▶ Community gardens at Nunda and Dalton schools harvested by students
- ▶ Partnered with Cornell Cooperative Extension (CCE) to offer Fruit & Veggie Rx and 3 food preservation and canning classes (25+ attendees)
- ▶ Implementing CATCH (Coordinated Approach to Child Health) in KCS
- ▶ Adding BWIN information to 2023 Nunda Comprehensive Plan under Health and Safety
- ▶ Establishing a pickle ball court



Be Well in Livingston: Be Well in Mount Morris (BWIMM)



- ▶ Held second annual 1st Day Walk
- ▶ Partnered with local and state organizations to promote "I Love My Park Day" clean-up
- ▶ Tabled at CCE Safety and Wellness Fair and held Glory Days Kids' Run
- ▶ Community Garden Activities:
 - ▶ Created a community garden sub-group and Facebook page (28 members)
 - ▶ Held two orientation sessions
 - ▶ Promoted CCE Seed to Supper and canning and preservation classes
 - ▶ Broke ground on garden hosted at MMCSD
 - ▶ Partnered with students for harvests
 - ▶ Harvest Hut for garden harvest established at Mount Morris Library
- ▶ BWIMM Facebook page with 281 followers and Steering Group with 130 members (+30 from 2021)



Be Well in Livingston: Be Well in Lima (BWIL)

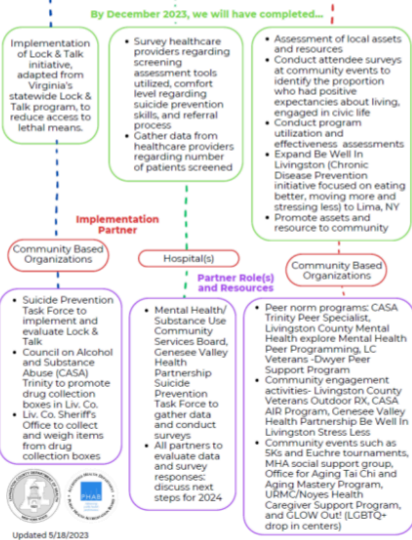


- ▶ Held 1st meeting on April 5, 2023
- ▶ Completion of Communication Assessment
- ▶ Promotion of Be Well in Lima and Community Survey at Independence Day event, Lima Crossroads Festival, and Evening of Hope
- ▶ Printed posters, business cards, and other promotional materials
- ▶ Completed the School Health Index (SHI) with Lima Primary School
- ▶ Completed Lima Community Assessment with 56 participants
- ▶ Completed Focus Group with Lima-Bloomfield VFW
- ▶ Presented to Lima Golden Agers with over 40 participants
- ▶ Developed community-specific logo for branding

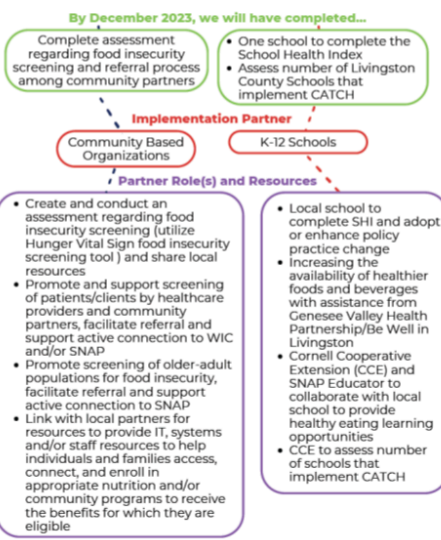


Measuring Progress

Promote Well Being and Prevent Mental and Substance Use Disorders



Prevent Chronic Disease



Additionally, the Partnership Board of Directors adopted multiple Governance Policies that strengthen the structure of the organization:

- Financial Policies & Procedure Manual
- Anti-Nepotism Policy
- Diversity Policy
- Staff Code of Conduct Policy
- Board of Directors Protocol and Conflict of Interest Policy
- Supervision and PE Policy

The Partnership Board of Directors in 2023 were:

Angillilli, Jean

Burley, Jill

Coffey, Tara

Croteau, Deanna

Kelley, Sandra

Merritt, Sara

Patterson, Amy

Perkins, Reid

Pruden, Brenda

Shultz, Amanda