

COMMUNITY HEALTH IMPROVEMENT PLAN UPDATE



2023



Pathways to a Healthier You

**PRIORITY
AREA:
Behavioral
Health**

1 COMMUNITY INVOLVEMENT/AWARENESS

- Guest speaker Kevin Hines was brought in to speak to High School students in Jefferson County and high school students and the greater community in Stephens County
- Wichita Mountain Prevention Network (WMPN) participated with Let's Talk Waurika
- WMPN representatives spoke to students at Bray-Doyle about tobacco use and vaping
- Continue to promote the Oklahoma Tobacco Helpline
- Developed Parent Advisory Committee

2 SUBSTANCE ABUSE/MISUSE

- Promoted the proper disposal of medications
- Conducted multiple drug take-back events in March, April, and June 2023
- Provided education and increased awareness with a focus on youth/teens regarding the abuse of substances
- Partnered with WMPN to meet with Duncan High School youth weekly
- Coordinated with Jefferson County parents and children to host a panel of experts to discuss marijuana use
- WMPN staff through a grant held several youth focus groups related to substances and use
- Continued to build on Youth Coalition / Peer to Peer programs
- ODMH offered to provide some training and resources

3 COMMUNITY MENTAL HEALTH

- Continued to offer adult and youth Mental Health First Aid training
- Provided suicide prevention educational resources to schools, churches, health care facilities, and the greater community
- The Committee recognized a need for a suicide awareness campaign in Stephens County
- The Committee identified the need for an anti-bullying campaign

4 SELF-HEALING COMMUNITIES

- Continued to provide community education regarding Adverse Childhood Experiences (ACEs), Positive and Adverse Childhood Experiences (PACEs), Neurobiology, Epigenetics, Adverse Childhood Experiences, and Resilience (N.E.A.R.) training
- Presented at the Rural Health Conference
- Presented at the Statewide DARE Conference
- Presented a history of Pathways and current work with the Self-Healing Communities group sponsored by the Potts Family Foundation
- Presented to faith-based groups in Duncan and Marlow on ACEs and The Science of Hope
- Introduced the idea of and began the planning of a Family Resource Center in Comanche, Ok



**PRIORITY
AREA:**
Healthy Living

1 PHYSICAL ACTIVITY

- We have been a part of 3 events – Stampede the Trail 5k/Half Marathon (Stephens), Jingle Jog 5k (Jefferson), and Runnin' with my Peeps Virtual 5k having over 200 participants combined.
- Our annual Wellness Works Community Wellness challenge was held with over 50 participants.

2 NUTRITION KNOWLEDGE

- The Two Bite Club program was held at two schools during the spring and a modified session will be held in the summer of 2023 for the 4H club.

3 PREVENTATIVE HEALTH

- Social media campaigns were held for prostate, breast, lung, skin, and colon cancer screenings.
- Promotion of Certified Healthy Oklahoma was conducted.
- Two health fairs were conducted in Stephens County and one is scheduled for the fall of 2023 in Jefferson County.



**PRIORITY
AREA:**

Safety & Injury

1 RESEARCH

- Continue to collaborate with OSDH Injury Prevention Service department regarding baseline data for both counties

2 SAFE KIDS OKLAHOMA

- Continue collaboration with SKO and opportunity to apply to become a SKO coalition

3 PUBLIC AWARENESS

- Promote messaging to schools on safety and injury topics
- Co-hosted two community Baby Showers (Duncan and Ryan)
- Develop prevention messaging related to unintentional injury for grades K - 12 and distributed to schools in both counties
- Red Ribbon Week proclamations with city councils in both counties were presented

4 PREVENTION OF INJURY

- Held a Fall Safety Event titled, "Fall Back on Safety". 181 4th-grade students from across Jefferson and Stephens counties participated
- Co-hosted two community Baby Showers (Duncan and Ryan)
- Held a Spring Safety Event titled "Spring into Safety". 311 5th-grade students participated
- Conducted two car seat safety events open to the greater community
- Began the plans to bring a Teen Traffic Safety Event in Fall 2023
- Collaboration and planning with SKO to attend Child Passenger Safety Technician training. Identifying partners to attend training in 2023-2024