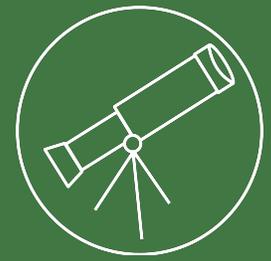




Community Health and Mental Health

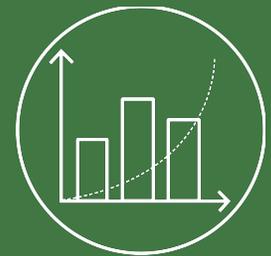
40% of residents from New Haven's lowest resource neighborhoods are "food insecure," meaning that they did not have enough money to pay for food in the past 30 days. The smoking rate in these same low resource neighborhoods is double that of the state of Connecticut,¹ while across New Haven, the hospitalization rate for asthma is six times higher than in the rest of the state. New Haven sees 415 emergency room visits annually for mental health concerns per 10,000 residents, nearly double the rate in the surrounding region.² Drastic disparities in health outcomes and access to care are consistently evident.

With a combined revenue of \$2.78 billion, the 50 nonprofits in New Haven's health sector have the resources and potential to turn New Haven into a successful "wellness cluster." Over the next five years, the CTP will focus on four main targets: reducing the burden of asthma on residents, increasing food access, decreasing the use of tobacco products, and improving the support systems addressing mental health concerns. The CTP will utilize community hubs (e.g. schools, community clinics, public spaces, faith-based organizations) as sites for neighborhood-level health interventions such as health education campaigns tailored to New Haven's diverse population groups and more streamlined screening and referral systems. The goal is to allow residents access to a coordinated network of health-related services regardless of their initial contact point with New Haven's health sector. Many factors can impact an individual's or a family's health and wellness, so the CTP will also foster collaboration across platforms. Efforts in community and mental health will be linked with those in housing to improve home living conditions and remove environmental hazards; in early childhood to train parents to advocate for and promote their children's health; in education to better equip schools to support students' physical, mental, and emotional wellbeing; and in workforce and economic development, to reduce the financial burden of healthcare and disease. These innovations will improve the quality of life of all New Haven residents.



Vision:

All residents will breathe freely, have enough to eat, and be able to access quality wraparound care and support to be physically, mentally, and emotionally well



2020 Targets:

Asthma:

Reduce number of ED visits & hospitalizations for asthma among children under age 5 by 50%³

(from 349 ED visits per 10,000 in 2010-2012 to 175 ED visits per 10,000 by 2018-2020)

Food:

Reduce the percentage of adults who report food insecurity from 22% to 15%⁴

(from 22,000 residents to 15,000 residents)

Smoking:

Decrease percentage of adults who smoke from 18% in 2015 to 14% in 2020⁵

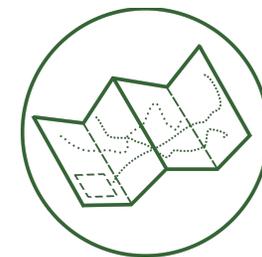
(from 18,000 residents to 14,000 residents)

Mental Health:

Reduce the number of ED visits and hospitalizations for mental health-related concerns by 28%⁶

(from 415 ED visits per 10,000 to 300 ED visits per 10,000)

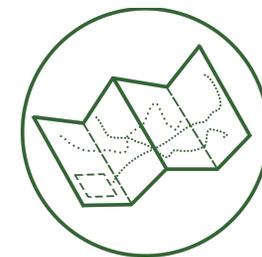
Strategy Roadmap: Asthma



Goal: All residents can breathe freely

		Strategies		
		Improve school-based management of asthma by developing Asthma Action Plans for all children with asthma to be shared among schools, primary care providers, and caregivers and training school nurses in effective asthma management	Develop and implement summer camps that combine fun activities with positive normalization of asthma, peer support, and education on how to effectively manage symptoms and avoid triggers	Inspect homes and educate caregivers to minimize environmental triggers like dust mites, mold, and smoke
Need				
Citywide	In 2009, New Haven had the highest rate of asthma hospitalization in Connecticut, with 74.6 events per 10,000 persons. ⁷	<p>Increase the percentage of affected children with Asthma Action Plans at school to 100%</p> <p>Increase the percentage of schools with a public health nurse trained in asthma management to 100%</p>	Increase the percentage of school-aged children with asthma attending summer camp to 75%	Inspect and remediate 1,000 homes for asthma triggers
Equity Focus	<i>Preliminary mapping shows high concentrations in a limited number of low opportunity neighborhoods.</i>	<i>Target efforts to areas identified with high concentrations of affected children</i>	<i>Ensure that 100% of children with asthma living in "hot spots" have the opportunity to attend a camp</i>	<i>Target efforts to "hot spot" neighborhoods with high concentrations of affected children and adults based on YNHH and clinic data</i>
2016: First Year Action Steps		<p>Obtain permissions and create data-sharing system for medical records</p> <p>Adapt and implement training resources such as the Pediatric Easy Breathing Program</p>	<p>Develop summer camp curriculum and implementation plan</p> <p>Recruit city agencies or nonprofit organizations to host summer camps for Summer 2016</p>	Develop organizational framework for identifying homes in asthma "hot spots" and for coordinating initiatives like CAir and Healthy Homes

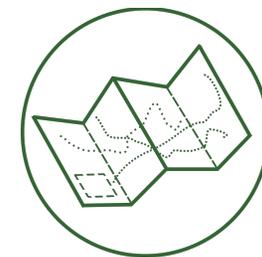
Strategy Roadmap: Food Security



Goal: All residents have enough to eat, and all residents have access to healthy and nutritious foods

		Strategies		
Need		Hire a Food System Director to coordinate all food assistance providers in New Haven and reach more people	Provide school-based supper across New Haven Public Schools and expand school-based weekend grocery program	Establish a food recovery program to reclaim food from restaurants and stores that would otherwise go to waste
Citywide	22% of adults (22,000 residents) reported food insecurity in 2015. This rate was twice the rate within the state of Connecticut as a whole. ⁸	Food access programs aligned and promoted	Increase number of students receiving school supper and weekend food assistance to 5,000	Engage 100 restaurants, food stores, and institutions in food donation contracts Recover 10 tons of food annually
Equity Focus	<i>In low income neighborhoods, up to half of adults are food insecure.⁹</i>	<i>Outreach and promotions focused in areas identified with greatest need</i>	<i>Focus efforts in identified schools and neighborhoods with higher concentrations of need</i>	<i>Facilitate distribution process that focuses on access in areas of highest need</i>
2016: First Year Action Steps		Catalogue and document all food assistance resources and integrate into 211 Community Map	Pilot supper program in five New Haven public schools	Establish City-based Food Recovery Program to spearhead recovery and redistribution efforts throughout New Haven

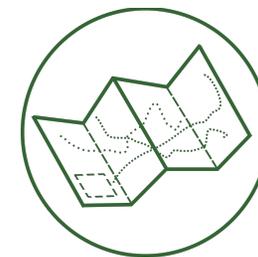
Strategy Roadmap: Smoking



Goal: All residents can live tobacco free

		Strategies		
		Work with community clinics and healthcare providers to expand access to cessation services	Expand enforcement of laws regulating tobacco sales to minors	Pass ordinances and local agreements to make school campuses and public spaces cigarette and e-cigarette free
	Need			
Citywide	18% of adults (18,000 residents) smoked in 2015. This rate was above the Greater New Haven average of 14%. ¹⁰	Expand number of slots in smoking cessation programs by 15% each year	Decrease the number of tobacco sales violations by 5% each year	All universities, City parks, and public school campuses are smoke free
Equity Focus	Smoking rates range from 6% in high-income city neighborhoods to 26% or more in lower-income city neighborhoods. ¹¹	Focus clinic cessation resources in low opportunity neighborhoods	Focus enforcement efforts on retailers in areas with higher rates of youth smoking	Focus public education campaign and community-targeted messaging in neighborhoods with higher rates of smoking and tobacco use
2016: First Year Action Steps		Identify and catalogue all community programs providing cessation services	Develop enforcement plan with NHPD and CT Dept. of Mental Health and Addiction Services	Raise awareness and begin enforcement of smoke-free ordinances

Strategy Roadmap: Mental Health



Goal: All residents feel socially connected and emotionally supported

		Strategies		
		Implement a screening tool to identify residents with stress, trauma, and distress	Train providers in trauma-informed practices that will help them better assist clients with trauma and mental health concerns	Build a comprehensive, whole-school system to support the social, emotional, and mental health of students and their families
	Need			
Citywide	The rate of mental health hospitalizations in New Haven is 2.5 times higher than the rate within the city's outer suburban towns. ¹²	Implement screening tool at 50 new organizations, agencies, or clinics each year	Train 50 new mental health first aid providers each year	Implement screening and referral process at all New Haven public schools by 2020
Equity Focus	<i>Mothers in low income neighborhoods interviewed by the MOMS partnership were very likely to have poor emotional health.</i> ¹³	<i>Identify groups with disproportionate need to focus efforts</i>	<i>Focus efforts on front-line workers dealing with groups disproportionately affected by trauma</i>	<i>Ensure access for hardest to reach children and families through enhanced outreach and peer-to-peer connections</i>
2016: First Year Action Steps		Develop unified screening tool and process to disseminate Recruit agencies and programs to participate and share data on screening results	Train 100 mental health first aid providers with focus on youth workers, teachers, and health providers Convene citywide conference on trauma and its effects	Create a community referral network to streamline access to essential services with public schools as the hubs