

2022 Community Health Needs Assessment

Implementation Plan Summary

St. Luke's Nampa

The following implementation plan illustrates the strategies St. Luke's and its community partners will employ in fiscal year 2023 to address the most significant health needs identified in our 2022 Community Health Needs Assessment for Nampa.

Health Behaviors – Substance Use Disorder Prevention and Treatment

The effects of substance misuse are far-reaching. They can impact almost every organ in the human body. In fact, more deaths, illnesses and disabilities are associated with substance misuse and abuse than any other preventable health condition, including tobacco and poor diet/lack of physical activity.

GOALS	STRATEGIES
Increase availability of substance use disorder services. Reduce incidence of substance use disorder. Reduce poor health and societal outcomes from substance use disorder.	Awareness, education and skill building. <ul style="list-style-type: none"> • Substance use prevention and treatment health talks. • Substance use disorder community education in partnership with the Canyon County Drug Free Coalition.
	Early detection and intervention. <ul style="list-style-type: none"> • Support Sequential Intercept Model development.
	Increase access to substance use disorder and behavioral health services. <ul style="list-style-type: none"> • Participate and appropriately contribute to Governor's Behavioral Health Council. • Support reimplementation of Community Health Emergency Medical Services.

Clinical Care – Availability of Mental and Behavioral Health Services

According to the National Alliance on Mental Illness, nearly a quarter of Idahoans are living with a mental illness. Substance Abuse and Mental Health Services Administration reports that all Idaho counties have shortages of mental health professionals.

GOALS	STRATEGIES
Increase availability of mental health services. Decrease suicide rates. Decrease rates of serious mental illness without access to treatment. Reduce substance use disorder.	Awareness, education and skill building. <ul style="list-style-type: none"> • Support delivery of gatekeeper trainings. • Provide and promote mental and behavioral health education.
	Early detection and intervention. <ul style="list-style-type: none"> • School-based mental health strategy.
	Increase access to mental and behavioral health services. <ul style="list-style-type: none"> • Participate and appropriately contribute to Governor's Behavioral Health Council. • Participate and appropriately contribute to the Region 3 Suicide Prevention Coalition. • Support the Western Idaho Community Crisis Center and Safe Teen Assessment Center. • Build suicide prevention and postvention strategies.

Social and Economic Factors – Services for Children and Families Experiencing Adversity

Adverse childhood experiences (ACEs) are traumatic experiences in a child's life that can have a lasting effect well into adulthood. ACEs typically fall into three categories: abuse, neglect and severe household dysfunction, and they are associated with at least five of the top ten causes of death. But protective factors, like building resiliency and offering concrete support in times of need, can mitigate ACEs' impacts.

GOALS	STRATEGIES
<p>Increase individual and community resilience.</p> <p>Increase academic success of children experiencing adversity.</p> <p>Increase protective and promoting factors within our communities.</p> <p>Decrease poor health and societal outcomes associated with ACEs.</p>	<p>Increase safe, stable, nurturing environments and social connections.</p> <ul style="list-style-type: none"> • Support quality early learning programs.
	<p>Increase knowledge of parenting for child and youth development, and for parental resilience.</p> <ul style="list-style-type: none"> • Support expansion of the community-school model.
	<p>Increase concrete supports in times of need.</p> <ul style="list-style-type: none"> • Support Idaho Resilience Project and 2C Kids Succeed.

Physical Environment – Accessible Modes of Transportation

Those facing the biggest transportation challenges are often those who are economically and/or socially marginalized, including lower income families, children and older adults. Ensuring access to transportation also improves access to healthier food options, medical care and employment.

GOALS	STRATEGIES
<p>Decrease commuting time and trips in single-occupancy vehicles.</p> <p>Improve air quality.</p> <p>Increase physical activity.</p>	<p>Create and maintain safe walking/biking paths and programs.</p> <ul style="list-style-type: none"> • Participate in the City of Nampa Transportation Advisory Group. • Support the Safe Routes to School initiative.
	<p>Support infrastructure for public transportation and shared ridership models.</p> <ul style="list-style-type: none"> • Participate in Valley Regional Transit programming such as Rides 2 Wellness and Connected Canyon County.

