



Greenwich Community Health Improvement Plan
Implementation Strategies

Priority Area: Behavioral Health

Indicator: Percentage of people in Greenwich region who indicate they felt down, depressed or hopeless in the past two weeks. [2015-N/A; 2018-Greenwich-several or more days: 25% Port Chester 27%]

Indicator: Percentage of people in the Greater Greenwich region who indicate they receive the emotional and social support they need. [2015-N/A; 2018-Greenwich- 75% Port Chester 70%]

Indicator: Percentage of people in the Greater Greenwich region who indicate they were somewhat/mostly/completely anxious yesterday. [2015-23% Greenwich 31% Port Chester; 2018-Greenwich- 27% Port Chester 36%]

Community partners collaboratively addressing substance misuse issues:

Indicator: Percentage of people in the Greater Greenwich region who indicate they know anyone who has struggled with misuse or addiction to heroin or other opiates such as prescription painkillers at any point during the last three years. [2015-N/A; 2018-Greenwich-one or more people: 22% Port Chester 19%]

**Source – CT Well-Being Survey 2015 and 2018*

Indicator: Percentage of people in the Greater Greenwich region who indicate they have tried using vapor or vape pens, electronic cigarettes or E-cigarettes [2015-Greenwich 11% Port Chester 21%, 2018-16%; 14%]

Goal: By February 2022, there will be a 2% increase in adults in the Greater Greenwich region indicating they receive the social-emotional support they need.

Strategy	Action Steps	Outcomes
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<p>Implement initiatives to reduce stress and promote behavioral health & wellness in the community</p>	<ul style="list-style-type: none"> • Promote and increase resident awareness and knowledge of community emotional health/wellness resources and social support systems available (mindful meditation, healthy diets, Yoga, spirituality/faith communities) • Identify unified messages and materials for dissemination by targeted providers • Develop & disseminate strategies to reduce stress by providing education and resources on utilizing coping skills and resiliency techniques • Identify subgroups most impacted by the lack of social-emotional support and target outreach and support strategies tailored to the group • Identify and address myths surrounding mental illness and addiction 	<ul style="list-style-type: none"> • % targeted providers disseminating emotional and wellness resources to patients • % of targeted vulnerable groups reached using identified strategies • Change in perception related to myths supporting stigma
Strategy	Action Steps	Outcomes
<p>Implement initiatives to address depression & anxiety</p>	<ul style="list-style-type: none"> • Promote awareness and knowledge of services for mental health in the community and how to access (hours of operation, in town availability, etc.) • Increase screening & early intervention throughout the community • Collaborate to promote and launch 1 or more peer support options for identified vulnerable population(s) • Promote awareness and use/implementation of e-consults / teletherapy • Determine strategies for selected populations in need (young adults, older adults, racial/ethnicity/language, etc.) 	<ul style="list-style-type: none"> • % targeted providers conducting screenings during patient visits & community events • % peer support participants indicating satisfaction with peer support option
Strategy	Action Steps	Outcomes



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<p>Support substance use education and prevention efforts in the community</p>	<ul style="list-style-type: none">• Leverage existing collaborative to promote awareness of health impacts of vaping and marijuana• Focus action steps on supporting the efforts that are underway by other partners responsible for this area• Develop collaborative strategies to educate residents and providers on prescription opiates misuse, heroin and fentanyl. Promote education and awareness of available treatment services, including harm reduction and use of Narcan, and how to access	<ul style="list-style-type: none">• Decrease in vaping incidents at Greenwich schools as measured by Greenwich Together• Increase community participation in take-back days as measured by pounds of medication turned in• Increase in attendance at community events as a result of GCHIP / CCS promotional/supportive efforts• Increase in number of GCHIP partners who display safe medication disposal cards
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