

Public Health Concern: Mental Health & Drug Addiction/Substance Abuse

GOAL I. Increase mental and behavioral health services in the service area; specifically targeting drug abuse

Objective 1. Provide access to mental health and drug abuse services in the region by increasing services through DMHS

Activities:

- A. Continue to provide mental health assessments in the DMHS Emergency Department
- B. Continue to provide in-patient medical stabilization treatment at DMHS
- C. Provide Opioid Use Disorder (OUD) counseling services via telehealth to participating clinics

Objective 2. Expand mental and behavioral health services and programs in the service area through collaboration

Activities:

- A. Continue to participate in the Arkansas Rural Health Partnership's Mental/Behavioral Health Task Force
- B. Participate in the Arkansas Rural Health Partnership's new Opioid Community Response Planning Project to increase long term care facilities for behavioral health patients
- C. Provide Mental Health First Aid to local schools and community organizations
- D. Continue to expand community education on drug abuse through marketing efforts
- E. Continue to encourage local physicians to assist with Medication Assistance Treatment (MAT) services

Public Health Concern: Obesity

GOAL II. Decrease the rate of obesity in adults, teens, and children in Drew County

Objective 1. Foster collaboration with local schools to create healthy eating and exercise programs

Activities:

- A. Partner with local schools to promote healthier food options; including more fresh foods and fresh fruit snacks at breaks
- B. Provide healthy eating materials and educational information at parent night at the local schools, especially on selecting the healthiest fast food restaurant options, cooking inexpensive healthy meals for families, and healthy choices for diabetic diets.
- C. Work with ARHP partners to address healthy eating and exercise programs for the schools in the region through future grant opportunities

Objective 2. Improve access to healthy eating and exercise programs/facilities in Drew County

Activities:

- A. Advocate with HHI Coalition the increase in recreational activity areas and equipment on county and city property; including promoting more sidewalks and paths connecting neighborhoods to accommodate residents wanting to walk, run, stroll, or bike
- B. Support local activities promoting exercise and fitness activities, such as 5K runs, and promote public/free exercise opportunities to community.
- C. Market hospital Cafeteria menu and salad bar as healthy lunch option open to the community.
- D. Provide healthy eating materials and educational information during all internal and external health fairs, especially on selecting the healthiest fast food restaurant options, cooking inexpensive healthy meals for families, and healthy choices for diabetic diets.
- E. Support existing community activities that promote growing vegetable gardens, in conjunction with farmers market and master gardeners, and other school and community activities supporting healthy eating.
- F. Research offering cooking classes in conjunction with DMH education department and UAM community education classes.

Public Health Concern: Access to Primary Care/ Wait Time

GOAL III. Increase healthcare provider/physician access; specifically primary care

Objective 1. Support local providers with reducing wait time for patients

Activities:

- A. Communicate and partner with medical staff and local providers to assist in recruitment of additional physicians to the area.
- B. Provide education and resources to local clinics to assist them with clinical operations
- C. Work with state-wide partners through ARHP to provide resources to local clinical staff

Objective 2. Collaborate with state-wide medical schools to encourage new physicians to Drew County

Activities:

- A. Continue to participate in ARHP discussions with UAMS Regional Programs, the Arkansas College of Osteopathic Medicine, and NYIT School of Osteopathic Medicine in Jonesboro.
- B. Continue to encourage student rotations with UAMS Regional Programs, the Arkansas College of Osteopathic Medicine, and NYIT School of Osteopathic Medicine in Jonesboro