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What is the CHIP?

The Community Health Improvement Plan (CHIP) was developed based on the findings of a Community Health Assessment led by a committee of community partners and stakeholders. The CHIP was designed for a four year implementation process, beginning in 2012 and ending in 2016. This quarterly newsletter looks to highlight identified community efforts towards reaching the overall goals.

If you want to get connected or share your information, please contact Zoe Kellett zkellet@co.linn.or.us

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Linn County Community Health Improvement Plan (CHIP) 2012-2016 Spring Quarter Newsletter

Access to Care

- Albany InReach Services is now offering medical care in Spanish on the first Thursday of each month. InReach serves the uninsured and underinsured, low-income, and those living or working in Albany, Millersburg, and Tangent. Volunteer translators are available to answer questions over the phone on Wednesday and Thursday afternoons. General and scheduling information can be found at www.samhealth.org/InReach. *Miao Zhao, Albany InReach Services, mzhao@samhealth.org*
- Members of the Linn-Benton Health Equity Alliance participated in the Health Inequities Symposium at Oregon State University in April, by leading groups through an interactive health equity game. *Linn-Benton Health Equity Alliance linnbentonhea@gmail.com*
- The 10th annual Homeless Enrichment and Rehabilitation Team (HEART) to Heart Resource Fair was held on May 14th at the Boys and Girls Club of Albany. Over 47 health and social services vendors were represented, offering information and free services including dental treatment, blood pressure and vision checks, housing assistance, HIV and Hepatitis C testing, height and weight checks and tobacco cessation resources.
- The Linn-Benton Health Equity Alliance has recently hosted community presentations on Health and Housing, New and Emerging Trends in Tobacco and the Latino experience with the educational system in Albany. *Linn-Benton Health Equity Alliance linnbentonhea@gmail.com*



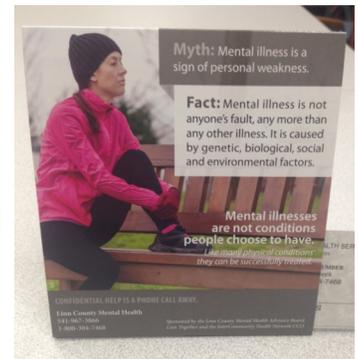
Members of LBHEA lead an interactive health equity game at a Health Inequities Symposium at Oregon State University.

Access to Care (continued)

- **Women, Infants and Children (WIC)** has expanded the oral hygiene “mini prevention exam” program to include Sweet Home, in addition to Albany and Lebanon. The exam includes education, assessment, referral to low income or free services, as well as the application of fluoride varnish as needed. *Cindy Cole, WIC Coordinator cycole@co.linn.or.us*
- **Oregon Health Plan (OHP) Application Assistants** are available by appointment to help with insurance enrollment at C.H.A.N.C.E. To set up an appointment call **(541) 791-3411**.
Jeff Blackford, C.H.A.N.C.E. Executive Director jblackford.chance@outlook.com
- **A Medical and Dental Integration and Co-location Summit** was organized by Coast to Cascade Community Wellness Network; the Benton, Lincoln and Linn Regional Oral Health Coalition and Samaritan Health Services to educate the community on good oral hygiene and access to dental services. *Earlean Wilson Huey, Oral Health Program Coordinator, Samaritan Health Services ewilsonhuey@samhealth.org*

Behavioral Health

- **May was Mental Health Month.** As part of an overall strategy to provide education and awareness, the Mental Health Advisory Board developed a “Myths and Facts” media campaign to reduce stigma associated with mental illness featuring five different table tents in both Spanish and English. Table tents are currently displayed in businesses and organizations throughout Linn County. Contact **Kristi Kindell** if you would like table tents to display at your organization.



One of the Mental Health Myths and Facts table tents.

*Kristi Kindell, Linn County Mental Health
kkindell@co.linn.or.us*

- **STAND Youth Council** engaged high school students in a week long mental health awareness campaign for the Mental Health Month of May. Activities and handouts addressed four of the dimensions of wellness that the students felt best applied to high school students: financial, social, intellectual, and physical.
Shannon Snair, Linn County Alcohol and Drug ssnair@co.linn.or.us

**Behavioral Health
Upcoming Events**

**Adult Mental Health
First Aid Training:**
August 19th
8:30- 5:00 p.m. at Linn
Benton Community
College

**Youth Mental Health
First Aid Trainings:**
July 22nd
8:30- 5:00 p.m. and

August 5th
8:30- 5:00 p.m. at Linn
Benton Community
College

Register online at
[www.co.linn.or.us/
health/first-aid/mh-
first-aid.php](http://www.co.linn.or.us/health/first-aid/mh-first-aid.php)

**Chronic Disease
Upcoming Events**

June 22-August 10:

“Zumba”

Free on Mondays and Wednesdays from 7:00-8:00pm at Sunrise Park in Albany. For more information, visit albanyparksandrecreation.org

June 22- August 28:

“Better Bones and Balance”

For more information and registration, visit albanyparksandrecreation.org

July 7- August 25:

“Mom and Kid’s Open Soccer”

Free on Tuesdays from 7:00-8:00pm at Sunrise Park. For more information, visit albanyparksandrecreation.org

Chronic Disease

- The 6th annual Childhood Obesity Summit was held on April 15th at Samaritan Lebanon Community Hospital. Presenters included Coordinated Approach to Child Health (CATCH), COMP NW Medical School, OSU Extension Service, Linus Pauling Institute, and plant-based-diet advocates Dr. McDougall and Chef AJ. Topics covered included local programs, existing policies and areas of opportunity. *Rich Waller, CATCH Program Coordinator, Samaritan Health Services rwaller@samhealth.org*
- The Wellness Leadership Team of Sunrise Elementary has concluded its first school year. During the year, the team promoted nutrition and physical activity in their school through the creation of a healthy snack list, a “Golden Tray” awarded to classes that ate their vegetables, posters hung in the hallways and a water relay race held at two school events. The Wellness Leadership Team hosted several guest speakers throughout the year, including a fireman, representatives from nutrition services, and, most recently, Greater Albany Public Schools Superintendent, Jim Golden. *Iris Carrasco, OSU Extension Service iris.carrasco@oregonstate.edu*
- OSU Extension Service hosted a free Moore Family Center “Carnival of Learning” at Sunrise Elementary School on April 9th. The event focused on whole grain foods and recipes and was available to both English and Spanish speakers. *Tina Dodge-Vera, OSU Extension Service tina.dodge@oregonstate.edu*
- Albany Parks and Recreation is partnering with OSU Extension Service to offer a free Zumba class, instructed in Spanish, as well as “Mom and Kid’s Open Soccer” during the summer at Sunrise Park. *Tina Dodge-Vera, OSU Extension Service tina.dodge@oregonstate.edu*
- Albany Parks and Recreation will be offering Better Bones and Balance classes this summer. OSU Bone Research Labs have shown this exercise program will reduce rates of falls and bone loss in adults of all ages.



The Wellness Leadership Team of Sunrise Elementary tells Superintendent Jim Golden about their accomplishments this year.

Tobacco Use

- Signs of Victory homeless shelter in Albany has implemented a tobacco-free property policy for all of its properties. The policy is the result of a collaboration between the Regional Health Communities Tobacco Team, Albany InReach Services, OHSU nursing students, and Signs of Victory. In addition to the policy, Signs of Victory staff are provided with information about the Oregon Tobacco Quit Line and training opportunities for tobacco free policies and promoting positive behavior change around tobacco cessation. *Miao Zhao, Albany InReach Services mzhao@samhealth.org; Megan Mackey, Regional Healthy Communities Coordinator memackey@samhealth.org*

New Community Partner Profile

Communities Helping Addicts Negotiate Change Effectively (C.H.A.N.C.E.)

C.H.A.N.C.E. is a peer recovery support center that uses non-clinical peer-based activities that engages, educates, and supports an individual to successfully make the life changes necessary to recover from mental health and or substance abuse disorder conditions.

The mission of C.H.A.N.C.E. is to assist individuals within the community who have mental health and/or substance abuse related issues, and who are seeking recovery to effectively implement positive change.

C.H.A.N.C.E. provides support, guidance, and the necessary

resources to facilitate the development of life skills.



Jeff Blackford, the Executive Director of C.H.A.N.C.E., stands outside the recovery support center.

C.H.A.N.C.E. is located at 238 3rd Ave SE Albany, Oregon.

(541) 791-3411
www.chancerecovery.org

Resources Available at C.H.A.N.C.E. Include:

- Step Working Groups (AA & NA)
- Parenting classes
- Symptom Management
- Job placement support
- Anger Management
- HIV/Hepatitis C testing
- Smoking cessation
- GED assistance
- Living Well workshops
- Case-managed housing coordination

CHIP Committee Community Partners

Albany InReach Services	Hispanic Advisory Committee (HAC)	Linn-Benton Housing Authority
Albany Parks and Recreation	IHN-CCO	Living Well with Chronic Conditions
Albany Police Department	IHN-CCO CAC	Mid Valley Health Care Advocates
Benton County Health Department	Jackson Street Youth Shelter	Oregon Cascades West Council of Governments (OCWOG)
Boys & Girls Club of Albany	Lebanon Community Pool	OSU Extension
Boys & Girls Clubs of the Greater Santiam	Lebanon School District	OSU
CATCH Program	Lincoln County Health Department	Samaritan Health Services
Centennial Elementary	Linn-Benton Health Equity Alliance	Scio High School
Childhood Obesity Prevention Partnership	Linn County Alcohol and Drug	SCREEN
City of Albany	Linn County CAC	STAND Youth Council
City of Harrisburg	Linn County Health Administration	Tomando Control
Community Health Centers of Benton and Linn Counties	Linn County Health Advisory Council	Willamette Neighborhood Housing Services
Dental Services	Linn County Mental Health	Western University of Health Services
Community Services Consortium	Linn County Public Health	WIC
C.H.A.N.C.E.	Linn Together	
Familias Activas		

Want to get involved?

To get connected or share your information, please contact the Linn County AmeriCorps VISTA Wellness Coordinator,

Zoe Kellett zkellett@co.linn.or.us