

SIH Community Health

SIH Community Benefits Department's Community Health Programs are designed for anyone residing in the lower 16 counties of Illinois. These evidence based initiatives focus on the SIH priority health issues; Social Determinants of Health, Behavioral Health and Chronic Disease Prevention, Management and Treatment.



Coalition Building

Healthy Southern Illinois Delta Network | HSIDN

Transforming Southern Illinois into a region that supports and enhances healthy living is a collaborative effort. One of the many goals of our work with community partners is to "Make the Healthy Choice the Easy Choice." SIH partners with Healthy Communities Coalitions in the lower 16 counties of Illinois to form the Healthy Southern Illinois Delta Network (HSIDN). By working together with many partners we know we will have better success in improving the

health of those in our area. SIH maintains a website with information about the HSIDN, a community health calendar, community and healthcare provider resources and much more.



Healthy Southern Illinois Delta Network

hsidn.org

Mission:

We are dedicated to improving the health and well-being of all people in the communities we serve

Vision:

Creating a healthy Southern Illinois made stronger by acts of caring that transform lives

Social Determinants of Health

Outreach and Screening in Targeted Communities

Partnering with other SIH staff and community partners within the HSIDN to increase access to care by providing free community screenings, education, and resources. Community screenings offered include: blood pressures, height & weight (BMI), cholesterol & glucose testing, distribution of FIT kits, and consultation of on-site screening results.

Social Determinants of Health



Behavioral Health

Mental Health First Aid | Adult and Youth

Learn how to identify, understand and respond to people with signs and symptoms of a mental health crisis, mental illness, and substance use issues. This program teaches a 5-step action plan to offer initial help to adults by connecting them to appropriate professional help or self-help. Anyone can learn Mental Health First Aid.

Collaborating to Serve Individuals in Crisis

Partnering with Carbondale Police Department and many social service agencies to connect those experiencing mental health crises to community services.

Values:

*Respect
Integrity
Compassion
Collaboration
Stewardship
Accountability
Quality*

For more information, contact:

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SIH Community Benefits Department
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618-457-5200 ext.67837



COORDINATED SCHOOL HEALTH



Currently, SIH's School Health program staff are working with our community partners, the "Illinois CATCH on to Health! Consortium" to prevent and reduce childhood obesity and improve the overall health and well-being of children and adolescents. For Children and adolescents aged 2-19 years in 2017-2020, the prevalence of obesity was 19.7%. A recent study found the rate of BMI increase nearly doubled during the COVID-19 pandemic compared to a pre-pandemic period in children ages 2-19. Source: CDC, 2022. To address the sustainability of ICHC efforts, a policy, systems and environmental approach to program implementation and policy development has been assumed by the ICHC to complement and strengthen the implementation of CATCH/CSH.

The "Illinois CATCH on to Health Consortium (ICHC)" is a collaborative initiative between the SIU School of Medicine Center for Rural Health and Social Services Development, local health departments and community organizations in southern Illinois. The ICHC is dedicated to providing children with the knowledge and skills to make healthy choices for a lifetime. Members of




the ICHC partner with local schools to form School Wellness Committees, complete the CDC's School Health Index and implement Coordinated School Health (CSH) programs and policies. Staff assist school personnel with assessment, training, program planning, implementation, and evaluation using the CDC's "Whole School, Whole Community, Whole Child (WSCC) Expanded Model for Coordinated School Health as the framework.

ICHC MEMBERS INCLUDE

- Egyptian Health Department
- Franklin-Williamson Bi-County Health Department
- Jackson County Health Department
- Perry County Health Department
- SIUC School of Medicine Center for Rural Health & Social Service Development
- Southern Illinois Healthcare
- Southern Seven Health Department
- University of Illinois Extension

Career Exploration: SIH Community Affairs and Community Benefits Department



Carbondale Community High School April 2024

Angie Bailey, MPH, M.S.Ed, B.S, CHES
System Director for Community Health

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Objectives:

You will learn:

- An overview of SIH Community Affairs and staff roles
- SIH Priority Health Issues as identified through the SIH Community Health Needs Assessment and programs and strategies conducted by SIH Community Benefits staff
- Backgrounds of staff
- Have opportunity for Q & A

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Community Affairs Team



Improving Community Health

Building Community Resiliency

Improving Economic Prosperity

Patient, Community & Regional Needs

SIH Community Health Needs Assessment and work of all Sustainable Health Initiatives working with the world.

Commitment to Patients

Fund Development

Resources to drive initiatives: SIH Foundation & Grants

Collaboration and resources to plan and execute the strategies in a 23-county area

SIH

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SIH Foundation

Increase Charitable Gifts that:

- Provide funding for capital improvements, including the Trauma Center at SIH Memorial Hospital of Carbondale and the expansion at SIH Cancer Institute
- Supply equipment and resources
- Fund the SIH Patient & Community Support Funds
 - Camp BETA – Youth Diabetes Fund
 - Cancer Care Patient Support Fund
 - Coach Kill Fund
 - Family Friendship Fund
 - Outpatient Clinic Fund

Focus on Future Growth of Programs and New Initiatives

- Grateful patient program
- Planned giving program
- Employee contributions
- New donor development
- Major gift prospect pool and donors

SIH

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Illinois Hospital Preparedness Program

11 Regions Anchored by Regional Hospital Coordinating Center & a Healthcare Coalition

Illinois Public Health and Medical Response Regions

IDPH Region V

23 Counties
22 Hospitals (14 Critical Access & 4 Resource Hospitals)
12 Health Departments

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RHCC / Emergency Preparedness

Regional Hazards

- Earthquakes
- Flooding
- Tornadoes
- Severe Winter Weather
- Cyber Crime
- Active Shooter
- Hazmat
- Transportation Accidents

RHCC Response Capability

Regional Medical Operations Center
Medical Surge Push Packages

- Triage
- First Response
- Specialized Equipment
- Water Treatment
- Decontamination
- Light Utility Vehicles

Temporary Medical Treatment Stations




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SIH and Economic Development – SI Now

SI Now serves as a regional hub for economic development and unified voice for the 17 southern counties of Illinois to advance our region as a great place to live, work, and do business.

Vision
SI Now's vision is to support the region in becoming a thriving, economically diverse environment for business and industry with a growing population, labor force, per capita income and expanding tax base, while elevating an already high quality of life.

Purpose
Create a positive ripple effect for citizens, communities, business owners, and local governments in Southern Illinois by:


- Creating jobs and opportunities for upward economic mobility
- Improving well being and quality of life
- Attracting new businesses and residents
- Equipping residents with specialized skills
- Creating opportunities for existing businesses to increase revenue through increased sales/clients
- Increasing tax base for local governments
- Reducing or stabilizing tax burdens on citizens and businesses




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SI Now Footprint

17 Southern Counties of Illinois



SI Now serves as a unified voice for the region's 370,000 residents and as a hub to pool assets, resource and ideas, while overcoming joint challenges and pursuing common goals.



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SI Now – A Regional Hub for Economic Development



SI Now
Southern Illinois Regional Partnership Development Hub
A Consortium of 17 Counties

- **Business & Economic Development:** Economic & Industry Leaders, Economic Development, Government Entities and Officials, Local Development Districts
- **Education & Training:** Southern Illinois University, University Based Initiatives
- **Health & Community:** Health & Community Challenges, Health Care Providers, Community Organizations
- **Infrastructure & Planning:** Infrastructure Planning, Economic Development, Transportation, Energy, Environmental & Safety
- **Workforce Development:** Workforce Development, Training, Education, Skills Training
- **Community & Quality of Life:** Quality of Life, Community Development, Recreation, Arts & Culture



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SIH Community Benefits


Collaborating with SIH staff and Community Partners to:

"Improve the health and well-being of all the people in the communities we serve."




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2021 SIH Community Health Needs Assessment (CHNA) and Implementation Strategy



Priority Health Issues for 2022-2025:

- Social Determinants of Health (SDOH)
- Behavioral Health (mental health and substance misuse)
- Chronic Disease Prevention, Management and Treatment

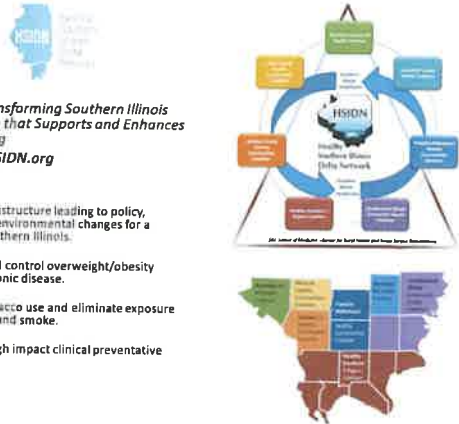
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HSIDN Mission and Goals

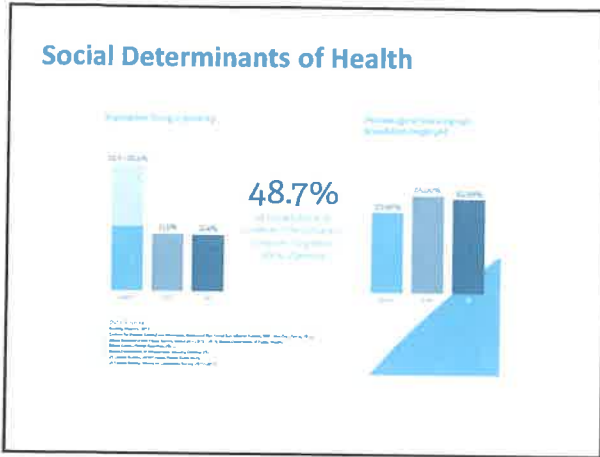
Mission: Transforming Southern Illinois into a Region that Supports and Enhances Healthy Living
www.HSIDN.org

Goal:

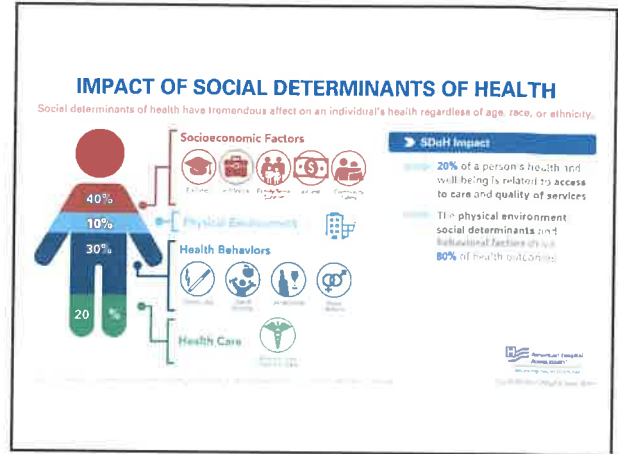
- Create infrastructure leading to policy, systems & environmental changes for a healthy southern Illinois.
- Prevent and control overweight/obesity related chronic disease.
- Reduce tobacco use and eliminate exposure to secondhand smoke.
- Promote high impact clinical preventative services



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Social Determinants of Health

Strategies:

- Outreach and Screening in Targeted Communities
- Homeless Outreach
- Training to Increase Awareness and Reduce Stigma and Unconscious Bias

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SIH in the Community

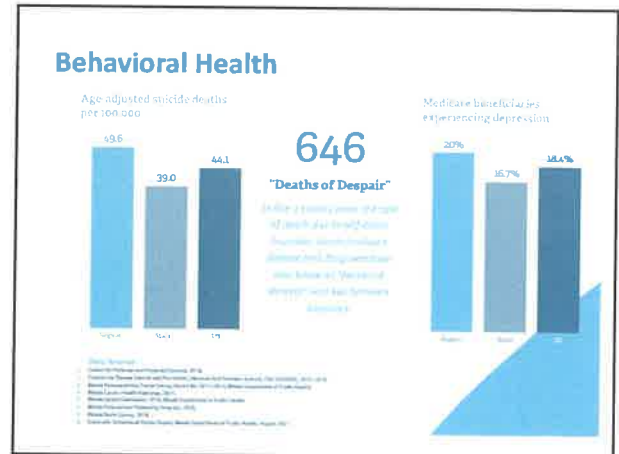
Addressing Social Determinants of Health

SIH Community Benefits continues to partner with other SIH Staff & Community Partners forming the Healthy Southern Illinois Delta Network (HSIDN) to provide FREE community screenings, education, and so much more!

www.hsidsn.org
Serving 16 Counties

Contact Fanta Saidou at: fanta.saidou@sih.net | 618-457-5200 Ext. 67837

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Behavioral Health (Mental Health and substance misuse)

Strategies:

- Narcan Distribution and Harm Reduction
- Crisis Intervention Team with law enforcement
- Mental Health First Aid and Signs of Suicide Courses
- Anti-Stigma Campaign



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2024 Southern Illinois Drug Awareness Conference

Agencies across the Tri-State area joined together with agencies from the lower 16 counties of Southern Illinois to participate in the 2024 Southern Illinois Drug Awareness Conference, in which SIH was a Sponsor and a Vendor.



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Narcan Distribution Helps Save Lives




- SIH's work providing education and distributing free Naloxone to the community helps reduce the risk of overdose deaths.
- Naloxone is available at the 4 SIH hospitals/ED's, and at 21 SIH Medical Groups clinics.
- Providers, Patients, Family and Community Members receive training on how to identify signs and symptoms of opioid overdose, how to administer Naloxone and the importance of calling 911.

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What do you do with unused medications?



1. Do not flush medications down the toilet or sink.
2. Do not throw medications away in the trash.
3. Do not give medications to others.
4. Do not use medications that are expired.
5. Do not use medications that are not for you.
6. Do not use medications that are not for you.

For additional locations and information see the "Substance Misuse Resource Guide" at www.hsdn.org/resources

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Mental Health FIRST AID

YOUTH MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-24. You'll build skills and confidence you need to reach out and provide crucial support to young people who are struggling. You'll also learn how to help yourself when you experience a crisis.

AFTER THE COURSE, YOU'LL BE ABLE TO:


- Recognize common signs and symptoms of mental health challenges, including anxiety, depression, eating disorders and attention deficit hyperactivity disorder (ADHD)
- Recognize common signs and symptoms of substance use challenges
- Understand how to offer a youth a peer support network
- Know how to connect a young person with help
- Recognize potential mental, substance use, self-harm and the effects of social media and cyberbullying

Join the more than **2.6 MILLION** First Aiders who have chosen to be the difference in their community.

For information contact Charle Wright, SIH School Health Coordinator at 618-457-5200 x67844

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Chronic Disease




Age Group	Chronic Disease (%)
18-24	11.03%
25-34	23.64%
35-44	34.12%
45-54	43.87%
55-64	51.12%
65-74	60.24%
75-84	68.12%
85+	74.12%

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Chronic Disease Prevention, Management & Treatment

Strategies:

- Tobacco Cessation - Illinois Tobacco Quitline & Courage to Quit classes
- CDC Diabetes Prevention Program
- Nutrition Education and Healthy Cooking Demonstrations for Low Income Individuals




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Mobile Kitchen/Kitchen A La Cart – SIH and University of Illinois staff

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School Health



- SIH works with community partners and schools in the Southern Illinois region to promote healthy lifestyles among school staff and students.
- Schools from across the lower 16 counties of Illinois are invited to participate in the School Lunch Rocks, PE and Wellness Policy Workshops.
- Over 70 schools in the southern 16 counties have implemented at least one component of CATCH



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Hidden in Plain Sight - Harris High School

Wellness Policy Workshop

PE Workshops

School Lunch Rocks

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SOS Signs of Suicide

What is SOS?

Signs of Suicide is a 60-minute, evidence-based, 84% reduction in self-reported suicide activities.

Signs of Suicide is available for FREE! Funding provided by the Illinois Department of Children & Family Services (IDCFS) through a grant to the University of Illinois at Urbana-Champaign.

Signs of Suicide is taught by SIH staff and our community partners at middle and high schools through the Illinois CATCH on To Health Consortium HRSA grant.

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Camp Beta

FREE overnight camp for Youth 10-16 living with Type 1 Diabetes



www.hsidn.org/camp-beta

Contact Fanta Salidou at: fanta.salidou@sih.net | 618-457-5200 Ext 57837

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So. IL Tobacco Disparities Partnership Media Efforts






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Questions & Answers




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Thanks for joining me today!

For more information:

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<https://www.sih.net/giving-back/community/sih-in-the-community> or www.hsidn.org



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