

Community Health Improvement Plan

Laramie County | 2022



Cheyenne Regional



LARAMIE COUNTY
COMMUNITY PARTNERSHIP



CHEYENNE-
LARAMIE COUNTY
HEALTH
DEPARTMENT

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EXECUTIVE SUMMARY

The Laramie County Community Partnership - a unique collaborative among multidisciplinary partners - created this Community Health Improvement Plan (CHIP) based on the needs identified through our Community Health Needs Assessment (CHNA). Our mission is to maximize resources and influence change to improve conditions of well-being for all people in Laramie County.

IDENTIFIED PRIORITIES & GOALS



Neighborhood & Physical Environment

- Increase housing stability in Laramie County
- Increase community safety through Laramie County



Access to Healthcare

- Increase access to comprehensive healthcare coverage
- Increase access to providers through innovative community partnerships



Economic Stability

- Cultivate an environment that increases workplace participation
- Build and sustain partnerships and resources that support economic stability for residents

The CHNA used the social determinant of health framework from the Kaiser Family Foundation to identify the upstream determinants of health that the community identified as needs in Laramie County.

SELECTED MEASURES

Neighborhood & Physical Environment

- Percent of renters spending 30% or more of household income on rent (American Community Survey)
- Percent of driving deaths with alcohol involvement (County Health Rankings)

Access to Healthcare

- Percent of uninsured adults under the age of 65 (Kaiser Family Foundation)
- Percent of adults that have a personal health care provider by income (BRFSS)

Economic Stability

- Rate of overall labor force participation (Department Of Labor)
- Percent of people under 18 living in poverty (United States Census Bureau)

INTRODUCTION

BACKGROUND

The Laramie County Community Partnership - a unique collaborative among multidisciplinary partners - created this Community Health Improvement Plan (CHIP) based on the needs identified through our Community Health Needs Assessment (CHNA). Our mission is to maximize resources and influence change to improve conditions of well-being for all people in Laramie County.

Hospital community benefit requirements within the Patient Protection and Affordable Care Act of 2010 (ACA) highlight non-profit hospitals' obligation to invest in community needs. The ACA requires all non-profit hospitals to develop a CHNA and CHIP with an evidence-based planning and prioritization process. Our CHIP was developed collaboratively with the Laramie County Community Partnership, Cheyenne Regional Medical Center, and the Cheyenne-Laramie County Health Department.

COMMUNITY HEALTH IMPROVEMENT PLAN | DEVELOPMENT PROCESS

The foundation for the Community Health Improvement Plan (CHIP) process was the completion of the Community Health Needs Assessment (CHNA). The CHNA used the social determinant of health framework from the Kaiser Family Foundation to identify the upstream determinants of health that the community identified as needs in Laramie County. The CHNA identified three priority areas for Laramie County: Neighborhood and Physical Environment, Access to Health, and Economic Stability. Within each of the identified priorities the top two areas of focus were also identified. These highlighted areas were developed into the six goals identified for the CHIP process.

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Each goal was presented to the LCCP membership in the monthly meeting, at action team meetings, and via weekly newsletter. Once goals were presented, we began soliciting strategies and key actions from LCCP members and the community. These key actions were collected through discussion in the monthly action team meetings where attendees reviewed existing strategies and identified new strategies that addressed the identified need. Key strategies were also provided by community members through a survey process that allowed ideas to be sent anonymously and electronically. Lastly, the action team leaders also identified key actions through review of relevant state and federal reports and communications.

As the CHIP serves as an overarching document for the community as well as Cheyenne Regional, the Strategic Implementation Team at Cheyenne Regional reviewed and identified hospital specific key actions for each of the identified goals.

In addition to identifying key actions, the LCCP action teams established community wide measures for each goal. Criteria for the measurement was that it was publicly available, updated regularly (annually), and represented the community, not one specific agency. While the goals selected all represent complex challenges in our community with many contributors to change, we can use these measures as long-term goals for our community.

PRIORITIZATION

Many key actions were identified for the CHIP objectives. To finalize key actions, the Keep, Improve, Start, or Stop (KISS) framework was used within the action teams to guide discussion and final selections. This process allowed for discussion on the relevant priorities. Additionally, through this process the responsible committee or organization was identified for the key actions to provide clarity and leadership for specific tasks. The key actions identified through this process are shared below.

ADVANCING HEALTH EQUITY

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. Equity is different than equality. Equity means expanding opportunities for health for populations with varying needs and not assuming one approach will work universally.

Health disparities are differences in key determinants of health between groups of people defined by social, demographic, economic, environmental, or geographic conditions. Reducing disparities through policies, practices, and organizational systems can improve health for all people.

Health disparities and health equity are closely related. Health equity is the principle and action that motivates us to eliminate health disparities.

As part of the LCCP mission, our work is to improve the well-being of people in Laramie County. Understanding current resources and health outcomes in different communities within Laramie County was important in identifying needs in the CHNA and key actions here in the CHIP.

COMMUNITY ENGAGEMENT

Community engagement was a key element to both the CHNA and CHIP. Engagement from community partners helped determine the strategies and sustainability components to integrate in the Community Health Improvement Plan. During the assessment process, a wide range of community partners were given the opportunity to participate in surveys, discussions, and small groups to provide feedback on what priority areas they thought were the most important to address and suggestions for how to address them. This feedback directly informed the development of goals and strategies for the CHIP.

The Advisory Committee worked on creating goals, objectives, key actions, measurement, and responsible party. The draft was then shared with the LCCP Board, Action Teams, LCCP, and other community stakeholders to request additional input and strategize efforts discussed in the plan.

Engagement from the community is essential for the success of the CHIP. This process will take considerable collaborative effort from the community to ensure successful implementation of the strategies selected and sustainability of the work.

COMMUNITY HEALTH IMPROVEMENT PLAN

OVERVIEW

The Community Health Improvement Plan will guide public health initiatives in Laramie County for the next three years. A broad range of data was examined to identify the needs in the community. The committee and Partnership narrowed down the data to help determine priority areas. LCCP and its community partners have identified three areas of focus for the next three years: Neighborhood and Physical Environment, Access to Healthcare, and Economic Stability. These three priority areas were further refined into six goals. The goals are broad-based community measures that encompass the collaborative work of multiple initiatives and organizations. Within each goal are objectives that provide further refinement of the goals. The most granule of metrics is the key actions which outline strategies that the community has identified as important tools in creating positive change through the established goals and objectives.

Below you will find each of the priority areas broken out to include the associated goals, measures, objectives, key actions, and responsible party for implementing the key actions.

NEIGHBORHOOD & PHYSICAL ENVIRONMENT

Neighborhood and Physical Environment was voted as one of the top three priorities for Laramie County. Affordable stable housing in the community was ranked the top priority in the county. Deficits were identified across the housing continuum, particularly in transitional housing. Adequate supply of affordable stable housing for individuals can have a direct and positive impact on their health.

Safety was also identified as a key component of the neighborhood and physical environment. Ensuring individuals are safe when driving, walking, riding a bike, etc. has been outlined in this priority. Laramie County also has one of the highest alcohol involved accident death rates in Wyoming. An additional component of safety and injury prevention relates to personal safety. Improved behavioral health prevention efforts related to suicide and substance use increase safety for individuals and the overall community.

The strategies in the plan promote increased housing affordability and stability and increased community safety.

NEIGHBORHOOD & PHYSICAL ENVIRONMENT | GOAL 1 Increase housing stability in Laramie County.

MEASUREMENT | Renters spending 30% or more of household income on rent (American Community Survey)

OBJECTIVE 1.1	KEY ACTIONS	RESPONSIBLE
Build capacity and partnership to sustain and improve emergency shelter and transitional housing.	<ul style="list-style-type: none"> • Educational opportunities about housing related trends, data collection, and needs in our community • Create a forum for sharing and collaborating on best practices • Increase community awareness of the continuum of housing needs • Investigate the feasibility of increased supportive housing 	Housing Action Team
	<ul style="list-style-type: none"> • Support efforts with community benefit funding • Study opportunities for community investing 	Cheyenne Regional Medical Center

OBJECTIVE 1.2	KEY ACTIONS	RESPONSIBLE
Promote policies that increase housing affordability	<ul style="list-style-type: none"> • Increase collaboration with new partners in housing • Advocate for zoning changes that increase affordability • Establish a housing trust fund • Support Mayor’s Taskforce on Affordable Housing recommendations 	Housing Action Team

NEIGHBORHOOD & PHYSICAL ENVIRONMENT | GOAL 2
 Increase community safety throughout Laramie County.

MEASUREMENT | Percent of driving deaths with alcohol involvement (County Health Rankings)

OBJECTIVE 2.1	KEY ACTIONS	RESPONSIBLE
Support and expand programs that connect individuals to resources and services for their well-being.	<ul style="list-style-type: none"> • Explore opportunities to expand the Law Enforcement Assisted Diversion (LEAD) program • Mental health co-response • Continue implementation of Zero Suicide initiative • Promote the success and knowledge of community programs • Increase awareness, utilization, and integration of Wyoming 2-1-1 into service provision • Educate on the issue of discrimination and its impact on community health and safety • Implement community-based strategies for substance use prevention • Implement youth-focused evidence-based programming for substance use and suicide prevention • Conduct directed patrols to enhance enforcement of alcohol, tobacco, and other drug laws, and provide prevention messaging • Provide education and technical assistance to ensure safety for community events with alcohol 	Behavioral Health Action Team
	<ul style="list-style-type: none"> • Support efforts with community benefit funding • Study opportunities for community investing 	Cheyenne Regional Medical Center

OBJECTIVE 2.2	KEY ACTIONS	RESPONSIBLE
<p>Create a safer transportation environment; especially for pedestrians and bikers.</p>	<ul style="list-style-type: none"> • Partnership in Safe Routes to School • Advocate for increased pedestrian and bike infrastructure across Laramie County • Participation in community transit discussions • Bring a public health perspective to community conversation on transportation • Address community safety issues related to impaired driving 	<p>SafeKids Laramie County</p>
	<ul style="list-style-type: none"> • SafeKids Laramie County program • Partnership in Bike to Work Week • Partnership in Safe Routes to School Community • Education and promotion through the Trauma Program 	<p>Cheyenne Regional Medical Center</p>

BASELINE DATA

Measures selected to identify progress on the neighborhood and physical environment priority include the percent of renters who spend 30% or more of their household income on rent and the percent of driving deaths that involve alcohol.

Almost half of Renters in Laramie County live in cost-burdened rental households

46.8%

Wyoming: 41.3%
United States: 49.6%

One third of Laramie County driving deaths have alcohol involvement

33%

Wyoming: 35%
United States: 26%

As a general rule, a household should not spend more than 30 percent of its annual gross income towards housing costs. When renting, housing costs include both rent and utility expenses. Households spending more than 30 percent of their gross annual income on rental housing are considered cost-burdened.

ACS, 2015-2019

Alcohol-impaired driving deaths directly measures the relationship between alcohol and motor vehicle crash deaths.

County Health Rankings, 2016-2020

ACCESS TO HEALTHCARE

Access to Healthcare was voted as one of the top three priorities in Laramie County. Wyoming is one of only 12 states that has not expanded Medicaid. Additionally, due to its small population, there are also limited health insurance options, leading to high overall costs. Making sure residents have adequate health coverage is crucial for the well-being of individuals and the community.

The rural nature of Wyoming and Laramie County can make it more difficult to keep or attract healthcare providers. Lack of providers make accessing appointments and specific services difficult; this can be especially true for specialty services. The CHIP identifies ways to expand the capacity of programs in the county that increase accessibility of services to residents.

The strategies listed below in the plan are mapped out to increase access to comprehensive healthcare coverage and increase access to providers through innovative community partnerships.

HEALTH CARE SYSTEM | GOAL 3

Increase access to comprehensive healthcare coverage.

MEASUREMENT | Percent of uninsured adults under the age of 65 (Kaiser Family Foundation)

OBJECTIVE 3.1	KEY ACTIONS	RESPONSIBLE
Improve knowledge, skills, and ability to enroll in and use health insurance.	<ul style="list-style-type: none"> • Increase opportunities for partnership with Enroll Wyoming • Provide learning opportunities for enrollment in Medicaid, Medicare, KidCare, and other health insurance options • Partner with non-traditional partners to educate on use of Health Savings Accounts, Flexible Spending Accounts, and other options for savings in health insurance 	Access to Care Enroll Wyoming
	<ul style="list-style-type: none"> • Enroll Wyoming program • Financial navigation team 	Cheyenne Regional Medical Center
Promote policies that increase access to healthcare coverage.	<ul style="list-style-type: none"> • Advocate for Medicaid Expansion 	Access to Care Enroll Wyoming
	<ul style="list-style-type: none"> • Evaluate charity care program - ensure awareness and access to eligible patients 	Cheyenne Regional Medical Center

HEALTH CARE SYSTEM | GOAL 4

Increase access to providers through innovative community partnerships.

MEASUREMENT | Percent of adults that have a personal health care provider (BRFSS)

OBJECTIVE 4.1	KEY ACTIONS	RESPONSIBLE
<p>Improve the accessibility of behavioral health services.</p>	<ul style="list-style-type: none"> • Execute a mental health co-response pilot program in Laramie County • Increase community and organization participation in suicide prevention training • Increase opportunities for partnership with community-based mental health providers • Expand LEAD efforts • Support health equity efforts related to nicotine prevention, intervention, and cessation support • Conduct Screening, Brief Intervention, and Referral to Treatment (SBIRT) within Cheyenne Regional • Promote and supporting telehealth usage and infrastructure • Evaluate services along the continuum of care and improve community care transitions • Provide community health education on substance use and suicide prevention 	<p>Cheyenne Regional Medical Center</p>
<p>OBJECTIVE 4.2</p> <p>Improve the accessibility of primary healthcare services.</p>	<ul style="list-style-type: none"> • Explore feasibility of community paramedicine • Support a leadership committee on school-based health • Increase knowledge of Federally Qualified Health Centers, sliding fee scales, and access opportunities • Educate consumers and providers on the benefits of telemedicine • Offer community-based nicotine prevention, intervention, and cessation services • Increase awareness, utilization, and integration of social needs referrals into service provision 	<p>Access to Care Team Behavioral Health Action Team</p>

OBJECTIVE 4.2	KEY ACTIONS	RESPONSIBLE
<p>Improve the accessibility of primary healthcare services.</p>	<ul style="list-style-type: none"> • Evaluate location of clinics in Cheyenne and Laramie County from a health equity perspective • Improve collection of Social Determinants Of Health (SDOH) data to better identify barriers and implement programs that address barriers • Wyoming Cancer Resources program - vaccination and screening • Support hospital-based transport program • Expand Telehealth opportunities • Explore feasibility of community paramedicine • Continue Accountable Care Organization 	<p>Cheyenne Regional Medical Center</p>

BASELINE DATA

Measures selected to progress for the health care system priority includes the percent of uninsured adults under the age of 65, and the percent of adults that have a personal health care provider by income.

One in eight Laramie County residents under 65 are without health insurance.

12%

Wyoming: 15%
United States: 10.9%

Lack of health insurance coverage is a significant barrier to accessing needed health care and to maintaining financial security.

Kaiser Family Foundation, 2019

Almost one in three Wyoming adults report they do not have a primary care provider.

Wyoming: 30.0%
United States: 22.4%

Having a primary care provider (PCP) is important for maintaining health and preventing and managing serious diseases.

BRFSS, 2020

ECONOMIC STABILITY

Economic Stability was selected as one of the three priority areas for Laramie County. In the United States one of the best predictors of health is economic well-being. Due to the pandemic and other economic dynamics, workplace participation has been up and down over the last few years. Creating work environments that promote inclusion and address employee needs helps to promote economic stability.

The strategies for this priority are to cultivate an environment that increases workplace participation and build and sustain partnership and resources that support economic stability for residents, especially youth and families.

ECONOMIC STABILITY | GOAL 5

Cultivate an environment that increases workplace participation.

MEASUREMENT | Overall labor force participation rate (Department Of Labor)

OBJECTIVE 5.1

Improve workplace policies to facilitate an environment that promotes inclusion and economic stability.

KEY ACTIONS

- Promote internal and external resources that offer mental health support to employees (Employee Assistance Programs, Volunteers of America, etc.)
- Evaluate current organizational policies to identify opportunities for improvement
- Promote use of Suicide Awareness and Response Guide among Laramie County businesses and non-profits
- Support nonprofits and businesses in conducting a Diversity, Equity, and Inclusion (DEI) assessment
- Promote and develop policies and regulations related to improved workforce participation

RESPONSIBLE

Health Equity Action Team
Policy Action Team

ECONOMIC STABILITY | GOAL 6

Build and sustain partnership and resources that support economic stability for residents, especially youth and families.

MEASUREMENT | Percent of people under 18 living in poverty (United States Census Bureau)

OBJECTIVE 6.1	KEY ACTIONS	RESPONSIBLE
Improve workplace policies to facilitate an environment that promotes inclusion and economic stability.	<ul style="list-style-type: none"> • Advertise Emergency Rental Assistance Program (ERAP) funding and eligibility • Increase community awareness of programs and services that currently exist • Community Information Exchange 	Healthy Youth Action Team Access to Care Team
	<ul style="list-style-type: none"> • Enhance referral processes to connect patients with community resources • Offer housing case management support through ERAP program • Increase community knowledge of SDOH, health equity, and related health impacts 	Cheyenne Regional Medical Center

BASELINE DATA

Measures selected to identify progress for the health care system priority includes the overall labor force participation rate and the percent of people under 18 living in poverty.

Overall Labor Force Participation Rate

82%

Wyoming: 80.7%
 United States: 63%

Employment provides income and, often, benefits that can support healthy lifestyle choices. Unemployment and under employment limit these choices, and negatively affect both quality of life and health overall.

Department Of Labor

Less than 1 in 10 Laramie County residents less than 18 years old live in poverty.

9%

Wyoming: 10%
 United States: 15.7%

Children in poverty captures an upstream measure of poverty that assesses both current and future health risk. Children living in low-income households have an increased risk of injury as a result of unsafe environments and are susceptible to more frequent and severe chronic conditions and their complications.

U.S. Census Bureau, 2020

NEXT STEPS

The Community Health Improvement Plan acts as a guide to create a healthier community for those living in Laramie County. With the goals, objectives, and key actions identified for our three priority areas (Neighborhood and Physical Environment, Access to Health Care, and Economic Stability) the next step is to work with the LCCP action teams, Cheyenne Regional, Cheyenne-Laramie County Health Department, and the community to initiate the actions. The LCCP action teams will coordinate responsible parties to establish the implementation plan in Laramie County. To determine effectiveness of the actions and monitor progress toward the goals, LCCP will utilize the identified measures.

Laramie County currently ranks as the fifth healthiest county in Wyoming by the University of Wisconsin's County Health Factors Rankings. Our overall goal is to continue to provide a healthy community where people can live, learn, work, and play. To do this, we will strive to continue to be one of Wyoming's healthiest counties.

The success of this CHIP will come from the strength and collaboration of partners across the community. The identified needs in Laramie County are such that there is no one right strategy and no one right agency to "fix" the problem. The time, knowledge, and resources that our current and future partners contribute will create the conditions to move toward the goals and objectives outlined this CHIP. Working together in the community allows for LCCP to "maximize resources and influence change to improve the wellbeing of people in Laramie County."