

# TEXAS COUNTY

## Community Health Improvement Plan



Spring 2014  
Texas County, Oklahoma

# Community Contributors

Brown and Associates Insurance  
Catholic Charities  
City of Guymon  
Department of Human Services-Texas  
County  
EOG Resources  
Federation of Family  
Guymon Chamber of Commerce  
Guymon Daily Herald  
Guymon Hispanic Advisory Committee  
Guymon Ministerial Alliance  
Guymon Public Schools  
Head Start  
Heritage Community Assisted Living  
Center  
Latino Community Development Agency  
(M-Power)  
Local Businesses  
Local Volunteers  
Main Street Guymon  
Memorial Hospital of Texas County  
Northwest Center for Behavioral Health  
Northwest Domestic Crisis Center  
Office of Juvenile Affairs  
Oklahoma Commission on Children and  
Youth  
Oklahoma Health Care Authority  
Oklahoma Hospital Association  
Oklahoma Panhandle State University  
Oklahoma State Department of Health  
Turning Point Staff  
Oklahoma State University Extension  
Opportunities Inc.  
Panhandle Services for Children  
Regional Prevention Coordinators  
Systems of Care  
Texas County Coalition  
Texas County District Attorney's Office  
Texas County Health Department  
Tobacco Settlement Endowment Trust  
Town of Tyrone  
Tyrone Public School District  
Western Plains Youth and Family Services  
YMCA

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# Texas County MAPP adopted the following vision and community values:

## *VISION*

A county where everyone is happy and healthy.

## *Community Values:*

### **Access – Achieve – Realize**

- A community where everyone can find the service they need.
- A community where quality health care is available to everyone.
- A community where health is valued and everyone practices prevention.

### **Communication**

- Communication encourages a community to work together and tackle challenges and celebrate accomplishments together, as a whole.
- We all need to be open and publicly share what our goals are and what struggles we have in meeting our goals so we can gather help throughout the community. Sharing is not holding a meeting and inviting people to come listen to you.
- An educated population is one that has the opportunity to learn. We need to provide these chances to all ages, moving outside our comfort zone and traditional job description to make them more available. We first must educate ourselves on the resources from various agencies and learn to partner with one another. Partners make accomplishments easier, faster, and bigger. Competition attitudes divide and build walls against community advancement.
- Coming together to celebrate and share our accomplishments makes each goal a community care. Enthusiasm and commitment develops and grows through communication and acceptance of one another. We need to build a team and talking to one another is the first step.

### **Inclusion**

- A healthy community where family and professional relationships, family voice, and family involvement are inclusive of all individuals with no regards to differing abilities, race, color, sex, or age.

# Executive Summary

During the spring of 2013, the Texas County MAPP committee engaged the community to assess the health status of county residents. Organizers followed the nationally recognized “Mobilizing for Action through Planning and Partnerships” (MAPP) process. This process involves the following six phases:

1. Partnership Development/Organizing for Success
2. Visioning
3. Four community-based assessments:
  - Community Themes and Strengths
  - Local Public Health System
  - Forces of Change
  - Community Health Status
4. Identify Strategic Issues
5. Formulate Goals and Strategies
6. Action Cycle—Plan, Do, Check, Act

In June 2013, the Texas County MAPP Core Team met to fulfill Phase 4: Identify Strategic Issues. The comprehensive assessment data was reviewed and nine elements were identified as having particular importance in Texas County. The nine elements were:

- Access to care
- Aging issues
- Community/individual health
- Cultural barriers
- Education
- Lack of quality/livable housing
- Mental health
- Networking
- Social issues

# Executive Summary Continued

Following review and discussion of these nine elements, the following were chosen as three priority issues by a vote through the Texas County Coalition and MAPP Participants:

- Access to Care
- Mental Health
- Social Issues

These were taken to the Texas County Coalition for formation of subcommittees. Within each subcommittee, goals, objectives, and strategies were developed. The plan that follows is the final product of that work and provides the platform for Phase 6: Action Cycle of this process.

While this CHIP provides specific focus for three priority issues, the Texas County Partnership will not limit its activities to these issues alone.

# The Framework: Mobilizing for Action through Planning & Partnerships (MAPP)

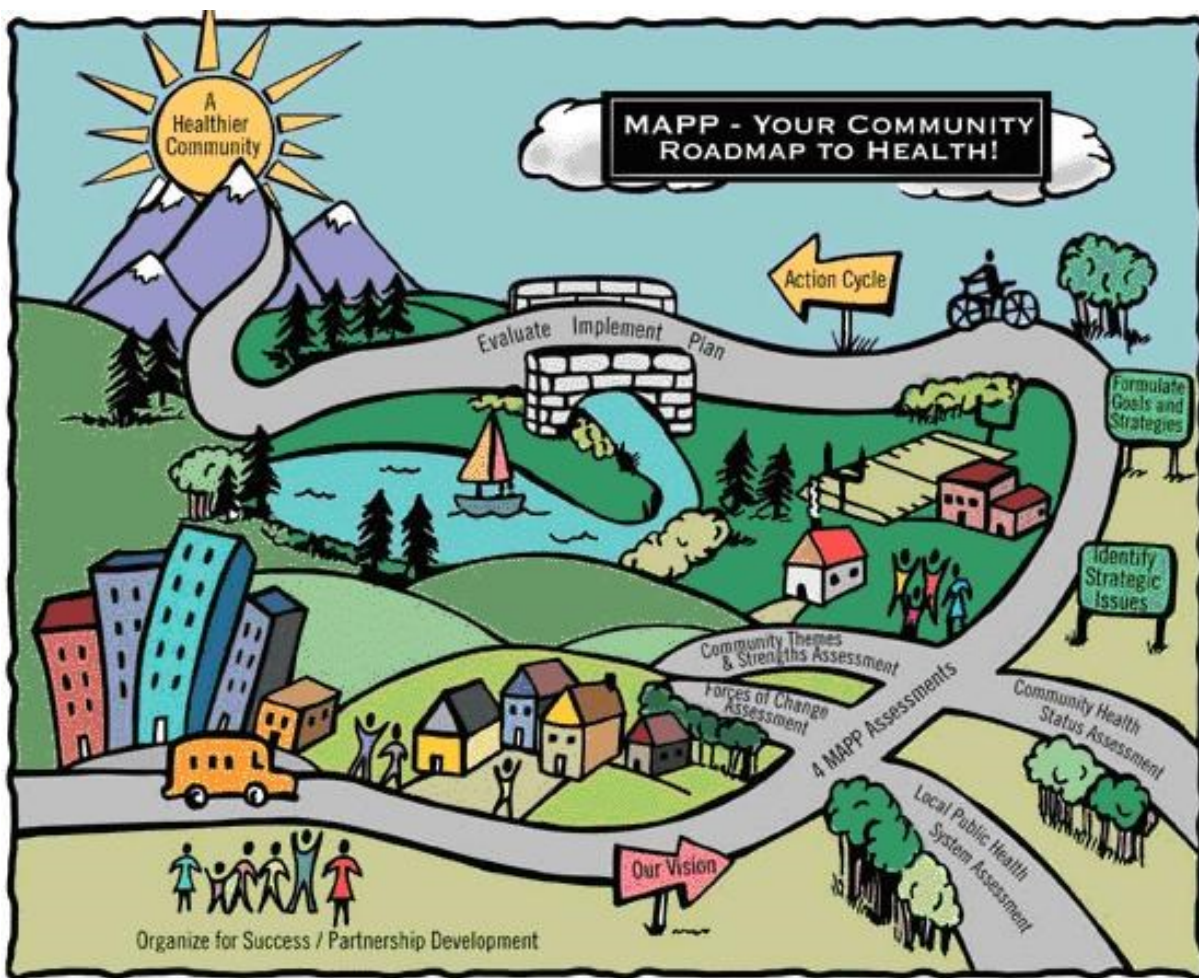
## MAPP Overview



The community engaged in the MAPP process to conduct community-based assessments from a variety of sources.

- **Partnership Development** - The Texas County Coalition was one of the original grantees in 1998 for the Turning Point Initiative in Oklahoma funded by the W.K. Kellogg and Robert Wood Johnson Foundation through the Oklahoma State Department of Health. In addition to Turning Point, Oklahoma Commission on Children and Youth (OCCY), Systems of Care, and the Regional Prevention Coordinator are all represented in the coalition, as well as numerous community partners.
- **Four MAPP Assessments** - beginning in the fall of 2012, we conducted the four assessments (Community Health Status Assessment, Community Themes and Strengths Assessment, Forces of Change Assessment, and Local Public Health Systems Assessment). The assessments were completed in the spring of 2013.
- **Identifying Strategic Issues** - After reviewing the assessment data in the winter of 2013, nine elements were identified for closer review and discussion. The priority areas for improvement were selected from these nine elements. The ten elements were: Access to care, Aging issues, Community/individual health, Cultural barriers, Education, Lack of quality/livable housing, Mental health, Networking, and Social issues.

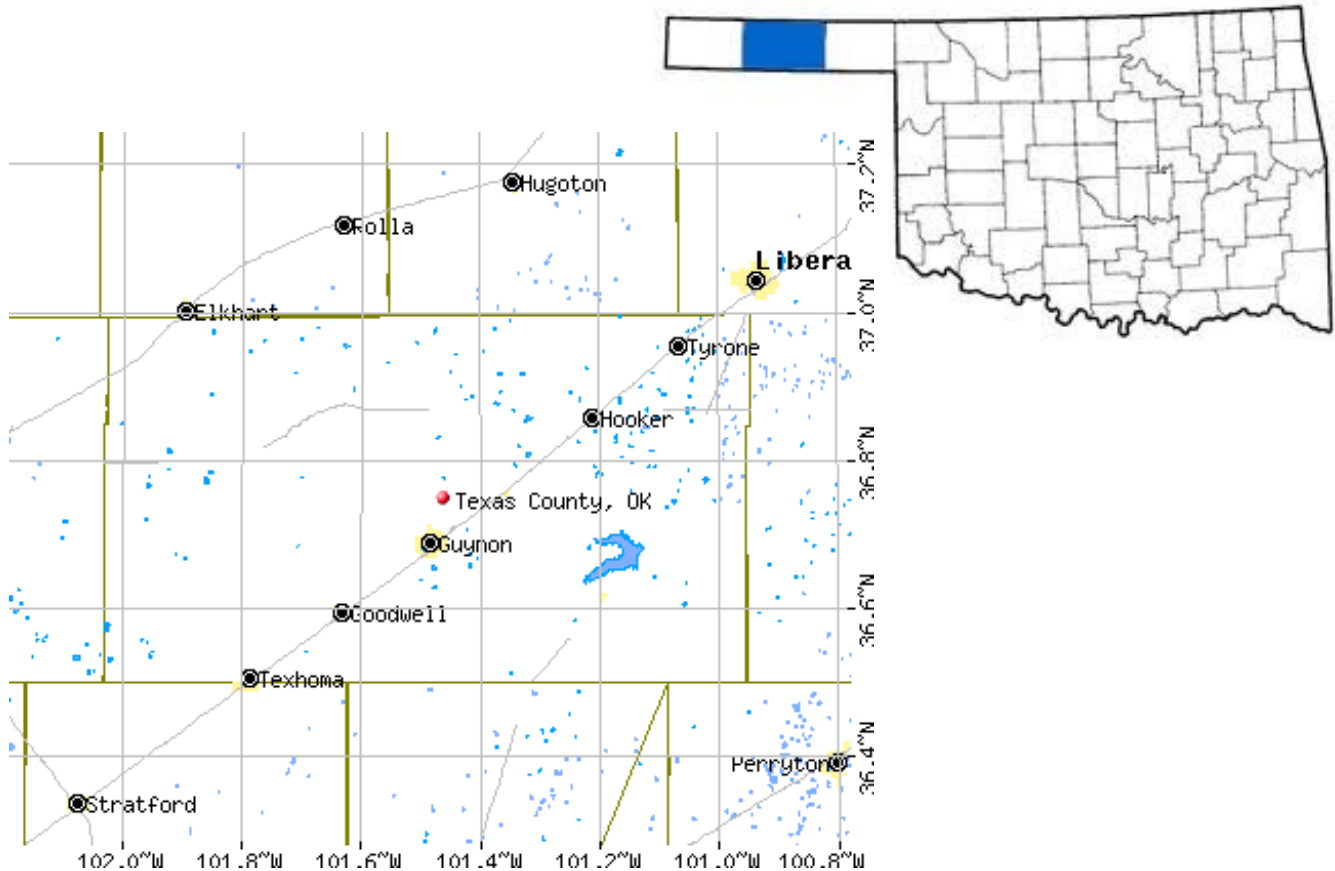
- **Visioning** - This phase was completed in the Community Themes and Strengths assessment. Using various vision statements from participating agencies, the group discussed what a healthy Texas County would look like.
- **Identify Strategic Issues** - From the nine elements, the group selected three top priorities to include in the Community Health Improvement Plan. They were: Access to Care, Mental Health, and Social Issues.
- **Formulate Goals and Strategies** - Once the priorities were selected, the sub-committee formulated goals and brainstormed strategies for addressing the three priority issues. Within in these subcommittees, they developed their goals and objectives to present to Texas County Coalition.
- **Action Cycle** - With completion of the initial plan, the action cycle begins. Workgroups will meet as necessary to continue planning, implementation, and evaluation. We will work to ensure that organizations, agencies, coalitions, and volunteer groups throughout the county are invited to join this ongoing effort of improving health.



Note: The MAPP tool was developed by NACCHO in cooperation with the Public Health Practice Program Office, Center for Disease Control and Prevention (CDC). A work group composed of local health officials, CDC representatives, community representatives, and academicians developed MAPP between 1997 and 2000.



# Texas County



Texas County is located in the center of the Oklahoma Panhandle. The city of Guynon serves as its county seat. According to the 2010 census, the population of Texas County was 20,640 with 42% of the population identifying themselves of Hispanic origin. Over half of Texas County's population is between the ages of 20-64 years old. Within recent years, there has been an increase in immigrants moving to Texas County to work.

Some of the community strengths in Texas County include a very active coalition, community support for children's programs, and efforts to increase awareness of services available in the county.

Texas County has its challenges as well. Due to an increase in population, there has been a shortage of healthcare providers for residents. Another obstacle is due to the geographic location of Texas County. There are limited resources when it comes to specialty care and applicants for healthcare related jobs. Texas County also has one of the highest rates of teen pregnancies in the state.

# Demographics

| <b>2010 Demographics</b>                 | <b>Oklahoma</b> | <b>%</b> | <b>Texas County</b> | <b>%</b> |
|--|-----------------|----------|---------------------|----------|
| <b>Total Population</b>                  | 3,751,351       |          | 20,640              |          |
| <b>Age</b>                               |                 |          |                     |          |
| 19 years and under                       | 1,041,610       | 27.8     | 6,659               | 32.3     |
| 20 - 64 years                            | 2,203,027       | 58.8     | 11,866              | 57.5     |
| 65 + years                               | 506,714         | 13.4     | 2,115               | 10.2     |
| <b>Gender</b>                            |                 |          |                     |          |
| Male                                     | 1,856,977       | 49.5     | 10,741              | 52.0     |
| Female                                   | 1,894,374       | 50.5     | 9,899               | 48.0     |
| <b>Race/Ethnicity</b>                    |                 |          |                     |          |
| White                                    | 2,706,845       | 72.2     | 15,617              | 75.7     |
| Hispanic or Latino                       | 332,007         | 8.9      | 8,659               | 42       |
| African American                         | 277,644         | 7.4      | 336                 | 1.6      |
| Asian                                    | 65,076          | 1.7      | 269                 | 1.3      |
| American Indian & Alaska Native          | 321,687         | 8.6      | 325                 | 1.6      |
| Native Hawaiian & Pacific Islander       | 4,369           | 0.1      | 34                  | 0.1      |
| Other                                    | 154,409         | 4.1      | 3,479               | 16.9     |
| Identified by two or more                | 221,321         | 5.9      | 580                 | 2.8      |
| <b>Selected Economic Characteristics</b> |                 |          |                     |          |
| Mean household income (dollars)          | 65,977          | X        | 60,693              |          |
| Median household income (dollars)        | 49,937          | X        | 44,623              |          |
| Mean travel time to work (minutes)       | 27.0            | X        | 15.0                |          |
| Percent unemployed                       | 6.6             | X        | 6.7                 |          |

2010 Census Bureau Report

# Public Health Priority Issues

## Priority One:

### Access to Care

Access to Care has been defined to include the follow sub-topics: need for a community health center; Affordable Care Act impact; low SoonerCare utilization; the threat of losing the hospital; and lack of Medicaid providers.

According to U.S. Census data and information provided by the Centers for Disease Control and Prevention, 26.1% of the population of Texas County is uninsured compared to 21.4% of all Oklahomans. Also, according to the National Association of Community Health Centers in 2013, between 85-100% of county residents in Texas County experience a primary care physician shortage.

According to the 2014 Oklahoma State Department of Health's State of the State Report Card, in Texas County: 28.1% of adults do not have insurance, 69% of adults have a usual source of healthcare, and 14.4% of the population live in poverty. Texas County is ranked 77th in state in regard to the number of uninsured as well as those who have a usual source of healthcare.

When asked to identify the strengths and weaknesses during the Community Themes and Strengths Assessment, struggles identified within the community



included both transportation and finding providers that are actively taking new clients.

The Forces of Change focus group identified that the emergency room is being treated as a physician's office due to limited resources for low-income families and those who do not have a primary care physician. Also, it was identified that the clinic in Texhoma has limited hours where people can go to seek treatment.

The geographical location of Texas County provides barriers of its own by limiting resources such as, specialty clinics that are readily available and accessible transportation.

Texas County has identified the need for a community health center as a priority to fill the gaps and to meet the needs of the residents; in the past we have struggled with

support by key partners for establishing a Federally Qualified Health Center (FQHC). Currently the community supports pursuing a grant for an FQHC. With the growing population in Texas County, there are often cultural or language barriers that limit the resources available to residents.

During the Local Public Health System Assessment (LPHSA), community members identified that there are positions within the health system to help bridge the gaps such as the Access to Care Coordinator through the Oklahoma Health Care Authority/Oklahoma Commission on Children & Youth and the Medicaid Specialist at the Health Department.

# Access to Care

## Objectives:

- By 2018, increase number of providers actively seeing Medicaid clients from six to nine.
- Establish a Federally Qualified Health Center or look-a-like by 2018.
- Establish a system of comprehensive healthcare services to the medically underserved in Texas County by 2018.
- Reduce the percentage of medically underserved in Texas County from 85% to 75% by 2018.

Strategy 1: Implement and support a “Barrier Busting” team and Health Care Navigators in Texas County to provide support to families in the community who are struggling with continuity of care as well as establishing a relationship with a primary care provider. *(Healthy People 2020; Access to Health Services—3, 5.1, 5.2, 5.3, and 5.4) (Oklahoma Health Improvement Plan; Flagship Goal - Children’s Health)*

Strategy 2: Implement a Health Systems Improvement Team of community members to address the broad systemic issues which are standing in the way of persons securing adequate healthcare. *(Healthy People 2020; Access to Health Services— 6.1, 6.2., and 6.3) (Oklahoma Health Improvement Plan; Flagship Goal - Children’s Health)*

Strategy 3: Maintain the Access to Care Coordinator Position through the Oklahoma Health Care Authority and Oklahoma Commission on Children and Youth position to act as a liaison between providers and community members. *(Healthy People 2020; Access to Health Services 1.1) (Oklahoma Health Improvement Plan; Flagship Goal - Children’s Health)*

Strategy 4: Work with the Community to explore the establishment of a Federally Qualified Health Center or look-a-like. *(Healthy People 2020; Access to Health Services— 4.1, 6.1, 6.2, 6.3, and 6.4) (Oklahoma Health Improvement Plan; Flagship Goal - Children’s Health)*

Community Strengths:            Access to Care Coordinator  
   Medicaid Specialist through Texas County Health Department  
   Texas County Memorial Hospital  
   Texas County Health Department

Lead Organizations:            Access to Care Coordinator  
   Brown and Associates Insurance

Policy Changes Needed:    None

*“This space is left intentionally blank for the inclusion of future ideas, collaborations, and successes. The Texas County Access to Care Subcommittee is primarily about networking as a community to support and promote the goals listed previously. The activities above and the white space below belong to you.” - Dianna Brown, Texas County Access to Care Subcommittee Chair*

## Priority Two:

# Mental Health

In 2013, 21% of Oklahomans reported having a mental illness. Approximately 70% of adult Oklahomans and 40% of Oklahoma youth who need mental health treatment, do not receive it. The State of Oklahoma is second in the nation in regard to the number of adults struggling with mental illness.

From 2003-2009, suicide was the leading cause of death for Oklahoma youth from 10 years old to 24 years old. The average Oklahoman will live to 72 years old. However, Oklahomans with mental illness will only live 58 years.

In Oklahoma, 9,546 people received mental health treatment during the 2013 fiscal year. During that time in Texas County, 447 county residents received mental health services. This is a 20.8% increase from in the previous fiscal year when only 370 county residents received mental health services.

For the upcoming fiscal year, the Oklahoma Department of Mental Health and Substance Abuse Services is looking at a \$20 million budget cut which will lead to shortfalls in many of the services that are funded by the state in the communities.

According to the 2014 State of the State's Health Report, nearly 1 in 5 adults in Texas County reported 4+ days of poor mental health (19%) in the previous month.

A recurring theme throughout the assessments was accessibility of mental health services.

During the Forces of Change assessment, it was identified that there were not enough mental health service providers that take new clients.

During the LPHSA, community members identified a lack of services. There is an agency based in Texas County, but there is often a wait to be seen and their services are limited to individual treatment.

Systems of Care is an option in the county, however, their services are also limited to those who meet the requirements.

Often, participants stated they needed services for whole families and for uninsured or under-insured individuals.

Currently, Texas County has a state funded Behavioral Health Outpatient Satellite as well as Panhandle Children's Services. Also, Texas County has a Systems of Care office which links children and their families to services in the area to assist them with their needs.

During the Spring of 2014, organizers announced that an organization in Texas County was exploring the possibility of establishing a faith-based Christian Counseling Center in Guymon.



# Mental Health

## Objectives:

- By 2018, increase transportation that accepts both Sooner Ride and private pay in Texas County from two buses to three buses.
- By 2018, increase the number of Licensed Professional Counselors to serve Texas County by one.
- By 2018, decrease the number of crises presenting at Northwest Center for Behavioral Health, Panhandle Services for Children, and Texas County Memorial Hospital from 100 a year to 85.

Strategy 1: Promote services available through Texas County Coalition member agencies by utilizing pamphlets and fliers to educate clients. *(Healthy People 2020; Mental Health and Mental Disorders– 1, 2, 4.1, and 4.2)*

Strategy 2: Promote partnership between OPSU and NWOSU Masters Counseling Program within the community. *(Healthy People 2020; Mental Health and Mental Disorders-5)*

Strategy 3: Promote and support Northwest Center for Behavioral Health, Panhandle Services for Children, and Systems of Care in the community and at community events. *(Healthy People 2020; Mental Health and Mental Disorders 1, 2, 4, 5, 6, and 9)*

Strategy 4: Host annual “Children’s Health Fair” promoting healthy behaviors in children. *(Healthy People 2020; Mental Health and Mental Disorders 2, 4.1, and 6)*

Strategy 5: Promote and participate in both the “Community Resource Fair” through Catholic Charities and in biennial “Elder-Fair.” *(Healthy People 2020; Mental Health and Mental Disorders 1, 4.2, 9, and 10)*

Strategy 6: Promote and support the “LifeSkills” education program provided by Panhandle Services for Children in local schools. *(Healthy People 2020; Mental Health and Mental Disorders 1, 2, 3, 4.1, 6, 9.1, and 10)*

Strategy 7: Maintain and review annually a mental health provider list for the region to provide to local resources and coalition member agencies. *(Healthy People 2020; Mental Health and Mental Disorders 5, 6, 7, 8, 9, 10, and 11)*

Community Strengths: Northwest Center for Behavioral Health-Guymon Outpatient Satellite  
Panhandle Services for Children  
Western Plains Youth and Family Services: Systems of Care  
Oklahoma Panhandle State University

Lead Organizations: Northwest Center for Behavioral Health—Guymon Outpatient Satellite  
Panhandle Services for Children

Policy Changes Needed: None

*“This space is left intentionally blank for the inclusion of future ideas, collaborations, and successes. The Texas County Mental Health Subcommittee is primarily about networking as a community to support and promote the goals listed previously. The activities above and the white space below belong to you.” - Donna Julian and Judy Stedje, Texas County Mental Health Subcommittee Co-Chairs*



## Priority Three:

# Social Issues

Social Issues have been defined by the committee as: drug prevention, tobacco prevention, teen pregnancy, and sexually transmitted diseases.

Texas County has a teen pregnancy rate of 48.4 teen pregnancies per 1,000 teens in the county according to the Oklahoma State Department of Health County Report Card, which is 5th highest in the state of Oklahoma.

Also, approximately 18.9% of the population reports smoking, which is down 13% from previous year reports.

The Oklahoma Prevention Needs Assessment identifies substance use and risk behaviors in students in the 6th, 8th, 10th, and 12th grades. The 2012 report identified that 40.2% of 6th graders, 58% of 8th graders, 75.5% of 10th graders, and 81.7% of 12th graders have had an alcoholic beverage to drink (more than a few sips).

The county ranked higher than the state when asking about marijuana use in all grades surveyed as well as prescription drug abuse in youth.

In regard to sexually transmitted diseases, the 2011 Annual Summary of Infectious Diseases reports that Texas County had the following: 49 cases of Chlamydia, 4 cases of Gonorrhea, and 12 people living with HIV/AIDS.

Currently Texas County houses both a SPF-SIG (Strategic Prevention Framework-State Incentive Grant) through Northwest Center for Behavioral Health-Regional Prevention and a TSET (Tobacco Settlement Endowment Trust) Coordinator through the Texas County Health Department.

Both coordinators currently have committees that meet regularly outside of coalition and feel they are currently meeting the needs of the county in regard to substance abuse and tobacco use.

The subcommittee determined they would continue to review teen pregnancy and STD prevalence in the community and would address it in the future.



# TSET Work-plan

## Priorities:

- Eliminating secondhand smoke exposure by working on Clean Indoor Air Ordinances, passing multi-housing tobacco properties, and tobacco free worksite policies
- Working on youth initiation by passing 24/7 Tobacco Free Properties
- Extending tobacco cessation services by promoting the Oklahoma Tobacco Helpline (1-800-QUIT-NOW)
- Reducing tobacco industry influences through earned media

# Summary

As the Texas County Coalition moves into Phase 6 and implementation of this Community Health Improvement Plan (CHIP), it is important that we remember this is a very fluid and dynamic process. All phases of the MAPP process may need to be revisited at any time due to unforeseen circumstances and developments. This is to be expected. Though we strive to be deliberative in the strategic planning process, there are obstacles and opportunities that we have yet to discover. The Texas County Coalition will formally review this plan annually. The committees / teams created to attend to each of the three priority issues will be in constant evaluation mode as they work to implement strategies.

The Texas County Coalition has been a cornerstone of community collaboration since the first meeting in 1998. The first efforts focused on identifying social and community health issues adversely affecting Texas County residents. The mission of the Texas County Coalition is to improve the quality of life for Texas County citizens through sharing resources, networking, creating awareness, identifying gaps in services, and advocating. This plan is the next significant step in that continued journey.

The Texas County Coalition has learned over the years that improving health outcomes takes a lot of time and effort. However, the coalition has also seen improved health outcomes do eventually come. This is demonstrated by such things as:

- Texas County ranked 3rd (best) in the state for the rate of deaths attributed to suicide;
- Texas County ranked as the 5th (best) in the state for deaths attributed to stroke, cancer and chronic lower respiratory disease;
- Texas County ranked among the ten best in the state for adult smokers (19%), obesity (32%), low birth weight (6.5%), and preventable hospitalizations;
- Infant mortality rate has improved by 12% from 2013 to 2014; and
- The rate of adults who smoke dropped by 13% from 2013 to 2014.

With the experience and knowledge of these successes, the Texas County Coalition will continue to apply itself to improving the health of its citizens. The coalition understands that this is a battle that never ends, that there will always be room for improvement no matter how much ground we gain, and that the “public health” battle is one worth fighting on behalf of all of our communities.

# Priority Issues Workgroup

## Member Organizations

### **Access to Care**

- Access to Care Coordinator
- Brown and Associates Insurance
- Guymon Public Schools
- Heritage Community Nursing Home
- Northwest Center for Behavioral Health
- Oklahoma Health Care Authority
- Rural Health Projects, Inc.-NW AHEC
- Systems of Care
- Texas County Health Department
- Western Plains Youth and Family Services
- Main Street Guymon
- Memorial Hospital of Texas County
- Oklahoma Hospital Association
- Oklahoma Panhandle State University
- Texas County Coalition
- Texas County Health Department
- Town of Tyrone
- Tyrone Public School District

### **Mental Health**

- Access to Care Coordinator
- Heritage Community Nursing Home
- Northwest Center for Behavioral Health
- Panhandle Services for Children
- Oklahoma Commission on Children and Youth
- Oklahoma Health Care Authority
- Systems of Care
- Texas County District Attorney
- Texas County Health Department
- Western Plains Youth and Family Services

### **Tobacco Control Subcommittee**

- City of Guymon
- Guymon Chamber of Commerce
- Guymon Hispanic Advisory Committee
- Guymon Public School District
- Latino Community Development Agency (M-Power)

# Appendix A - Version History

The version numbering is as follows:

- The initial version is 1.0
- After the baseline (v 1.0), all subsequent minor changes should increase the version number by 0.1
- After the baseline (v 1.0), all subsequent major changes should increase the version number by 1.0

| Version Number | Change Request Number (if applicable) | Accepted Date | Author     | Summary of Change                                  |
|----------------|---------------------------------------|---------------|------------|--|
| 1.0            |                                       | 07/16/2014    | Genie Koen | Initial Version accepted by Texas County Coalition |
|                |                                       |               |            |  |
|                |                                       |               |            |  |
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|                |                                       |               |            |  |

# Appendix B - Yearly Update Reports

# Notes:

**Texas County  
Community Health  
Improvement Plan  
CHIP**

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