



Southeastern Med
Your Community Hospital



*We're
in this together.*

2016 Community Health Needs Assessment
Report and Hospital Implementation Strategies

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SOUTHEASTERN MED MAIN CAMPUS
1341 Clark St., Cambridge, OH 43725



SOUTHEASTERN MED 660 CAMPUS
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WELCOME FRIENDS

LETTER FROM THE CEO

The Affordable Care Act stipulated that as a not for profit hospital, Southeastern Med must complete a community-wide health needs assessment once every three years. This study is a follow-up to the assessment completed in 2013. The 2016 Community Health Needs Assessment was completed by the hospital in collaboration with numerous community agencies and leaders to identify the most important health issues in our community and review the progress that has been made since our 2013 report.

Initial priorities set by leadership and the Board from the 2013 assessment was (1) access to health services (2) nutrition, obesity and physical activity (3) cancer and (4) heart disease and stroke.

Southeastern Med supported and worked closely with the Muskingum Valley Federally Qualified Health Care Clinic to establish a satellite in Guernsey County. The satellite opened in October of 2015. We employed primary extenders in our physician practices to expand accessibility to primary care. We accomplished our goal of expanding radiation and medical oncology to five days a week with the employment of Dr. Carl Jueng, Radiation Oncologist. Under the leadership of Dr. Eyad Mahyari lung cancer screenings are now regularly offered. Our free cancer skin screenings, mammography scans and colonoscopies were supplemented by free screenings to identify vascular and cardiology disease. Southeastern Med introduced bi-monthly Walk with a Doc sessions; Veggie U, a nutrition program for youth at South Elementary; Fun to Be Fit and various other educational programs to help address

obesity at all ages in our community and to address our physical health.

While we are proud of the efforts supported by our dedicated physicians and staff, our greatest accomplishment was taking the leadership role in addressing substance abuse in our community. In late 2015, at a call for action from Southeastern Med, over 60 community leaders met to start addressing local substance abuse problem. From this meeting was born CHOICES (Community, Hope, Opportunity, Independence, Change, Empowerment, Success). Today CHOICES continues to meet as a combined effort of law enforcement, governance, courts, media, educators, healthcare, social services, business and community leaders with a goal to reduce illicit drug use in our community.

I invite you to review our second report and to share your thoughts with me at this email address: CHNA-Feedback@seormc.org.

In closing, I want to thank everyone within the hospital family and community who volunteered their time and effort to make this study a success.

Sincerely,

A handwritten signature in black ink that reads "R. M. Chorey". The signature is written in a cursive, slightly slanted style.

Raymond M. Chorey

WHO WE ARE



OUR VALUES

- High ethical standards
- Devoted to providing the best care with compassion, dignity and respect
- Quality service with a focus on patient safety
- Partnerships with our communities, physicians and associates
- Achieve financial viability through effective resource management and innovation
- Loyalty, collaboration, teamwork with our internal and external stakeholders

OUR MISSION

To provide high quality, comprehensive, affordable, patient-centered healthcare in a caring and safe environment, while addressing community needs.

ACKNOWLEDGEMENTS



Special thanks to the following individuals and/or organizations that contributed to the development of this community health needs assessment process. Without the time, input, and dedication of these individuals, this project would not have been a success.

- | | |
|---|---|
| Rose Ball - Guernsey County Health Department | Stephanie Laube - United Way |
| Nicole Caldwell - Children Services | Leslie Leppla - Cambridge City Schools nurse |
| Shelly Cale - Southeastern Med -Emergency Department | Angela Long - Southeastern Med -VP Clinical Services/CNO |
| Michael Campbell - MVHC | Patrick Goggin - Chief of Staff |
| Sharon Gay - Southeastern Med -Cambridge Regional Cancer Center | Dave Miser - Southeastern Med -Quality Care Management |
| Michelle Carpenter - Haven of Hope | Amy Murphy - Noble County Health Department (Regional Epidemiology) |
| Michelle Carter - Southeastern Med -Cardiac/Pulmonary Rehab | Michele Nash - Southeastern Home Care |
| Ray Chorey - Southeastern Med -CEO/President | Mae Bellanca - Southeastern Med ICU |
| Ed Conaway - Southeastern Med -VP Medical Affairs | Tina Nicolozakes - Southeastern Med -Outreach |
| Jim Cowin - YMCA of Cambridge | Rainy Oliver - Six County, Inc. |
| Kathy Douth - Guernsey County | Kathy Jefferies - Southeastern Med -Education |
| Datha Keyser - Southeastern Med -Childbirth Center | Diane Phillips - Area Agency on Aging Region 9, Inc. |
| Bonnie Burns - Southeastern Med -Cancer Registry | Michael Sarap - Southeastern Ohio Physicians, Inc./ SEORMC-Board Member |
| Cindy Fisher - Southeastern Med -Wellness Resources/Diabetes Education | Sandra Schubert - Superior Med Physician/Hospice of Guernsey County |
| Chris Gardner - United Ambulance | Linda Secrest - Alcohol & Drug Services of Guernsey County |
| Shon Gress - Guernsey County Senior Citizens' Center/ SEORMC-Board Member | Barbara St. Clair - Six County, Inc. |
| Chad Hibbs - Guernsey County Family and Children First Council | Heather Stack - Southeastern Med -Medical Office Staff |
| Shelly Thompson - Southeastern Med -Wellness Resources | Rocky Hill - City of Cambridge |
| Kathy Jamiel - Job and Family Services | Cheri Tolliver - Thompkins Child & Adolescent Services |
| Suellen Johnson - City of Cambridge | Madeline Watson - Noble County Health Department |
| David Miser - Southeastern Med -Quality Care Management | |

SOUTHEASTERN OHIO REGIONAL MEDICAL CENTER

EST. 1952

Since 1952, Southeastern Med, an independent community hospital has offered high-quality health care services to our community. Continuously reinvesting to improve its facilities and technology, we are more than just a community hospital. Southeastern Med is a place you can trust to be your destination for care. For more information about Southeastern Med, visit www.seormc.org or www.facebook.com/seormc.



Aerial Photo: Kaleb Graham

Southeastern Ohio Regional Medical Center, abbreviated as Southeastern Med for this report, is a not-for-profit community hospital located in Cambridge, Ohio. Southeastern Med is the sole hospital provider for Guernsey County. The organization employs more than 800 associates and includes a medical staff of approximately 150 physicians and extended care providers.

Some hospital services offered include surgery, orthopedics, neurology, childbirth center, laboratory and diagnostic imaging services, cancer services, cardiovascular/pulmonary rehabilitation, physical/occupational/speech therapies, cardiac catheterization lab and TeleStroke medicine. The hospital also offers an emergency department staffed with board-certified physicians. Some updates that have occurred at the hospital since the 2013 Community Health Needs Assessment include: updated laboratory equipment to provide advancements in laboratory testing; a new MRI that allows for more detailed scans to better equip local physicians with diagnosis and treatment of medical problems; new state-of-the-art surgical equipment used to treat vascular disease; a Federally Qualified Medical Center was established, Muskingum Valley Health Center; and a new partnership with Nationwide Children's Hospital which allows Southeastern Med to provide more advanced pediatric care.

More than two-thirds of Southeastern Med's patients are residents of the Guernsey County community, making Guernsey County the primary community served by the hospital. Southeastern Med also provides medical care for residents of surrounding communities, such as Noble, Muskingum, Belmont, and Tuscarawas counties.

Southeastern Med's mission is to provide high quality, comprehensive, affordable, patient-centered healthcare in a caring and safe environment, while addressing community needs. Over the years, the hospital has dedicated countless resources to the benefit of the community in the form of health screenings, health fairs, education, and free or reduced cost health services. The organization has a strong tradition of providing quality care, close to home.

On March 23, 2010, the Patient Protection and Affordable Care Act established that nonprofit hospital organizations must commit to completing a community health needs assessment once every three years. This report to the community serves as the public document to describe the process and results of the community health needs assessment conducted by Southeastern Med for fiscal year 2016. As a formalizing step, the Board of Directors have reviewed and adopted the attached implementation strategies to address the community health needs of Guernsey County effective on September 26, 2016.

"In the beginning so may it be in the future – "a hospital that is inspiring evidence of the determination of Cambridge and Guernsey County to keep alive the sense of collective responsibility developed here so strongly as part of our heritage."



EXECUTIVE SUMMARY

Purpose

The 2016 Community Health Needs Assessment (abbreviated CHNA) is a follow-up report to the 2013 assessment as stipulated in the 2010 Affordable Care Act. The 2016 CHNA was completed by Southeastern Med with assistance of local residents, City and County government, law enforcement, Schools, community health, social agencies, Physicians and hospital staff. The purpose of this CHNA was to collect and analyze local, state and federal health data and complete a Community Health Survey. Upon completion of data analysis the CHNA task force and senior leaders at Southeastern Med prioritized the current health needs of Guernsey County. The Hospital, along with community partners and agencies, will continue to develop action plans to meet those needs and improve current programs and services provided to our community.

Data Sources

A variety of data sources were used to complete this CHNA report. These include the 2016 Community Health Needs Assessment Survey, data from the Ohio Department of Health, The Centers for Disease Control and the University of Wisconsin, County Health Rankings. Efforts were made to integrate findings from among all sources and reference all sources of data.

Key Findings in 2016

- * The per capita income is lower in Guernsey County than the State and Nation.
- * 17% of the population in the County lacks Health Insurance. Southeastern Med is helping address this need by assisting members of the community who are eligible for Ohio's expanded Medicaid coverage with their applications.
- * 33% of children in Guernsey County live in single parent households and 26% of children in the County live in poverty.
- * Accidental deaths from overdoses and substance abuse are a greater problem in both the County and the State than in 2013. Substance abuse was cited as the greatest health and safety concern by survey respondents, task force members and local physicians.
- * 21% of adults in the county are smokers and there are over 30% of mothers who report smoking at the time of their child's birth, which is double the state and national level.
- * Heart disease is the leading cause of death in the county, with high blood pressure and cholesterol cited most frequently as current health problems by survey respondents.

* 36% of persons in the County have a Body Mass Index above 30 and are classified as obese. 34% of persons in the County over age 20 report no leisure time physical activity. Obesity, Fitness & Nutrition were ranked as the second most important health need by our local Physicians.

* Only 20.3% of persons reported eating 5 or more fruits and vegetables per day which is the recommended amount to prevent chronic disease.

12% of survey respondents reported having difficulty purchasing food monthly and 18% reported that they sometimes are worried about purchasing healthy food.

* There are fewer physicians, dentists and mental health care workers per resident in the County than in average in Ohio.

* 32% of survey respondents stated that they had lived with someone who is depressed or has mental illness. Guernsey County ranks among the counties in the state with the highest suicide rates.

* Access to Health Care services has improved since 2013 with the addition of new physicians, physician extenders and a federally funded health care clinic. The wait time for a new patient to get an appointment has decreased by at least 33%. This will continue to be a priority health need for Southeastern Med.

* The adjusted rate of cancer incidence is higher in Guernsey County than in the state and nation. Local surgeons, Southeastern Med and the Tina Kiser Cancer Concern Coalition have led the way in the county to achieve a significant reduction in late stage colon cancer diagnoses. The rate of late stage colon cancer diagnosis has been reduced significantly below the state average.

* Guernsey County ranks 81 out of 88 for healthy behaviors such as adult obesity, access to fitness and exercise opportunities, smoking, physical inactivity, access to healthy foods and teen pregnancy.

* The following health & safety problems have been identified as priority health needs in Guernsey County after completion of the 2016 Community Health Needs Assessment:

1. Substance Abuse
2. Cancer
3. Lifestyle Related Diseases & Risk Factors
4. Access to Health Care

METHOD

Purpose

In 2016, Southeastern Med completed the community health needs assessment process as a follow-up to our 2013 Assessment. Southeastern Med determined that it would be best to use the survey questions from 2013 so that we could compare the data between the two surveys. The initial survey questions were primarily adopted from the Behavioral Risk Factor Surveillance System and additional questions were drafted in an effort to obtain additional information to support the identified perceived health needs. The content of the survey questions was driven by both internal and external groups that represented community agencies and internal stake holders.

The survey was distributed in the fall of 2015 to Guernsey County residents, ages 18 years and older. Survey respondents were able to participate online through the use of the Survey Monkey website, which was obtainable through www.seormc.org and also advertised in a variety of venues. Potential respondents were also able to complete a paper copy of the survey at multiple community outlets, such as the Guernsey County Fair, Department of Job and Family Services, Outpatient Services, Guernsey County Older Adult Health Fair, support groups, and physician offices. All charts and graphs without a cited source that are contained within this report reflect the responses of those who participated in the community health needs assessment survey.

There were 809 completed surveys received during the allotted time period. To ensure that we had input and representation for individuals with lower income and those with the greatest health needs, The Healthy People 2020 Health Indicators were presented to an internal and external community health needs assessment task force. An internal group of associates from a variety of departments was convened, along with a group of community representatives from a broad range of agencies and organizations, including local county health departments, Jobs & Family Services, mental health services, drug & alcohol addiction services, senior citizens, law enforcement, United Way, Salvation Army, YMCA, local government, schools and children services. Thirty-four Healthy People 2020 Health indicators were reviewed and the task force participants were asked to assign a score of 1 = low, 2 = moderate, or 3 = high perceived health need for the Guernsey County community. Each Healthy People 2020 Health Need Indicator was assigned an average score based on input from both the internal and external Task Force's input.

Physicians were also invited to participate in prioritizing what they believed to be the most significant health needs for the Guernsey County community and their scores were included in the prioritization process.



Community health needs assessments (CHNA) and implementation strategies are newly required of tax-exempt hospitals as a result of the Patient Protection and Affordable Care Act. These assessments and strategies create an important opportunity to improve the health of communities.

COMMUNITY SERVED

Southeastern Med serves primarily Guernsey County residents, with nearly two-thirds of the hospital inpatient, outpatient, and emergency departments discharges coming from this area.

Guernsey County, Ohio		Source: US Census Bureau 2014
Total Population	39,258	
Male	19,236	49.0%
Female	20,021	51.0%
White	37,609	95.8%
African American	628	1.6%
Asian	117	.03%
American Indian & Alaska Native	100	.02%
Other	78	.02%
Identified by 2 or more	785	2.0%

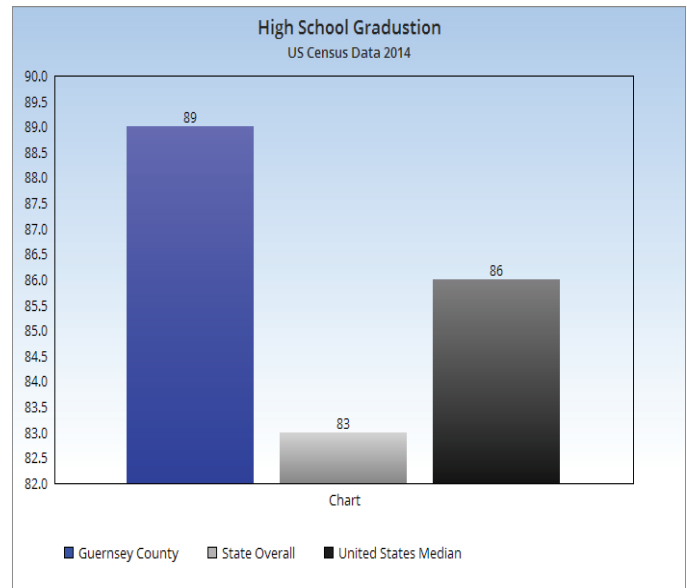


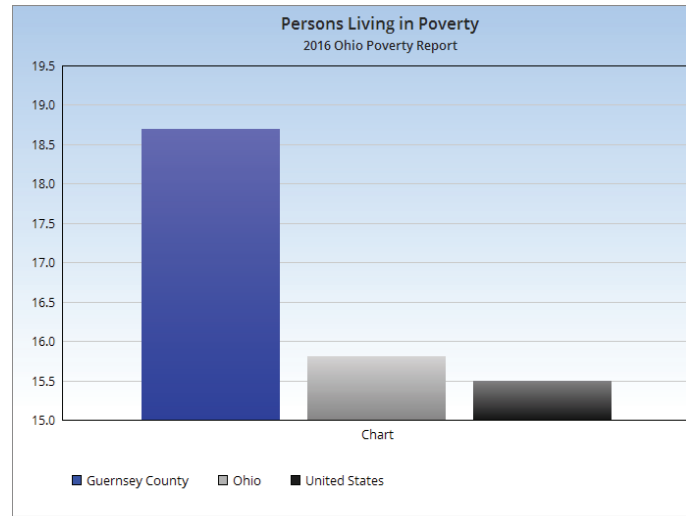
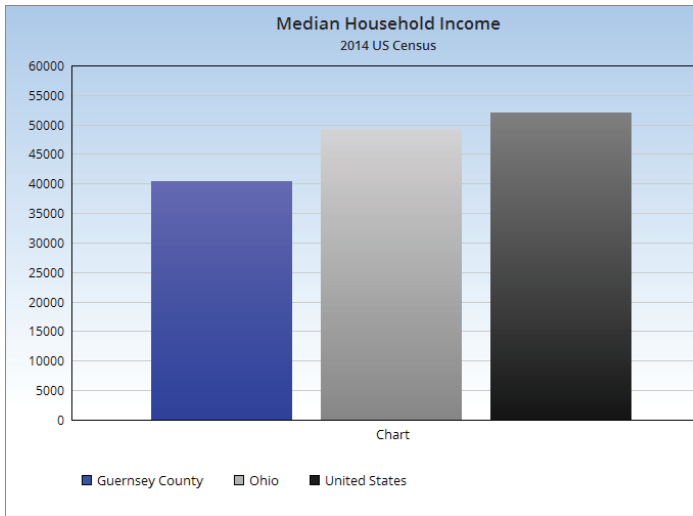
Gender/Race

Guernsey County has an older population compared with the state of Ohio, with 16.0% of the population 65 years or older, while the state population of this age group is 14.3%. Additionally, the county has less racial diversity than the state or nation.

Education

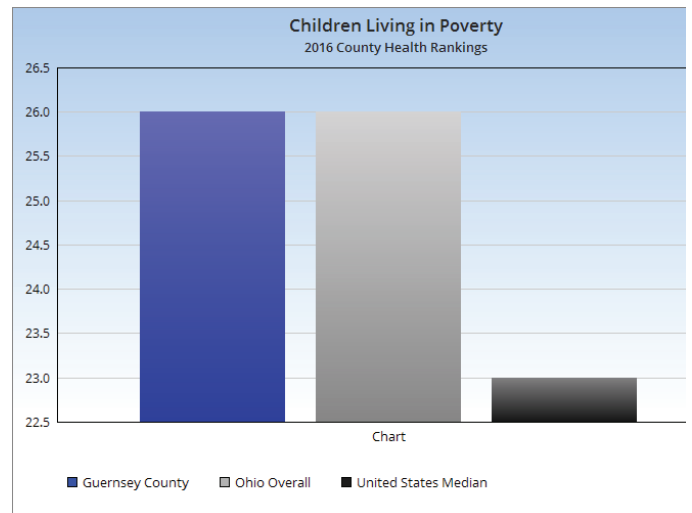
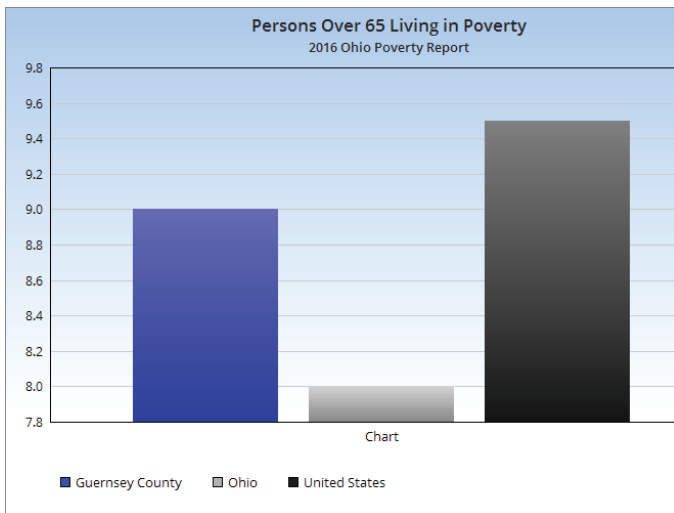
The high school graduation rate of Guernsey County is higher than both the state of Ohio overall and the national median rate.





Income and Poverty

The median household income in Guernsey County is significantly lower than that of the state and the nation. Additionally, the percentage of those who live below the poverty level is considerably higher than Ohio and the United States. Specifically, the percentage of children that are living below the poverty level represents more than one quarter of all children in Guernsey County, which is strikingly higher than the state and nation.



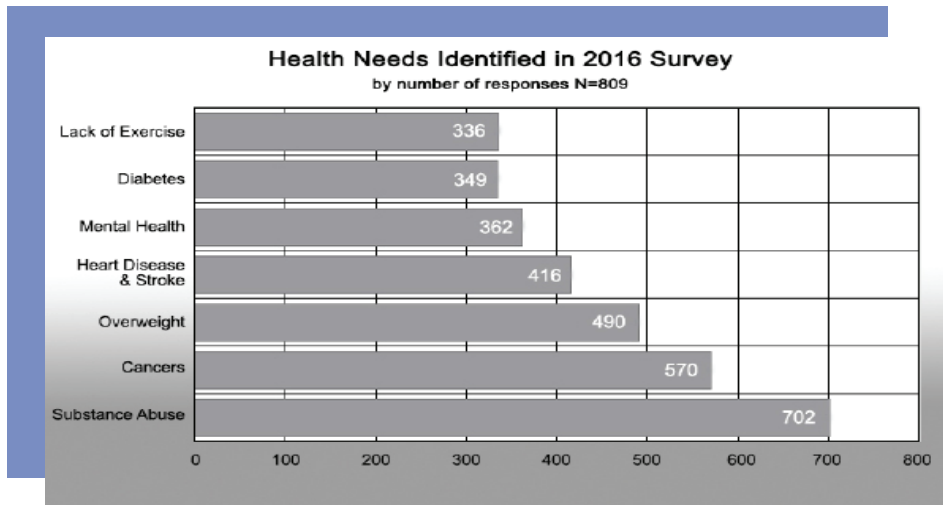
COMMUNITY HEALTH FINDINGS

Community Health Needs Assessment

There were 809 completed surveys by Guernsey County residents. Limitations of the survey were that 1) there was a potential bias by those who use the hospital services to complete the survey, and 2) respondents were primarily from the 43725 and 43723 zip code locations, which represent Cambridge and Byesville, Ohio respectively.

The 2013 community health needs advisory group was able to prioritize the Healthy People 2020 health indicators to guide the development of the community health needs assessment survey. The 2016 survey used the same questions. The survey focused primarily on the following health issues:

- | | |
|---------------------------|------------------------------------|
| Access to Health Services | Mental Health and Mental Disorders |
| Cancer | Nutrition and Weight Status |
| Child & Adolescent Health | Physical Activity |
| Diabetes | Substance Abuse & Alcohol Abuse |
| Heart Disease and Stroke | Tobacco Use |



Access to Health Services

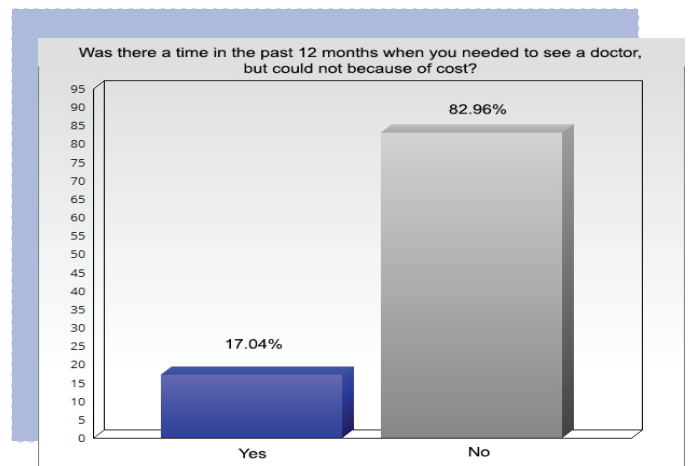
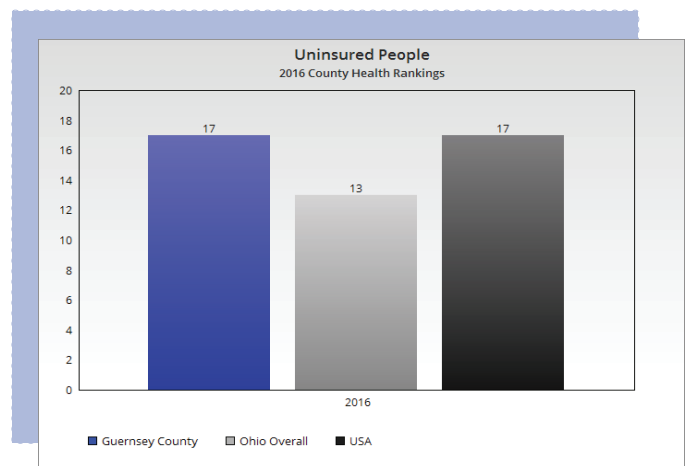
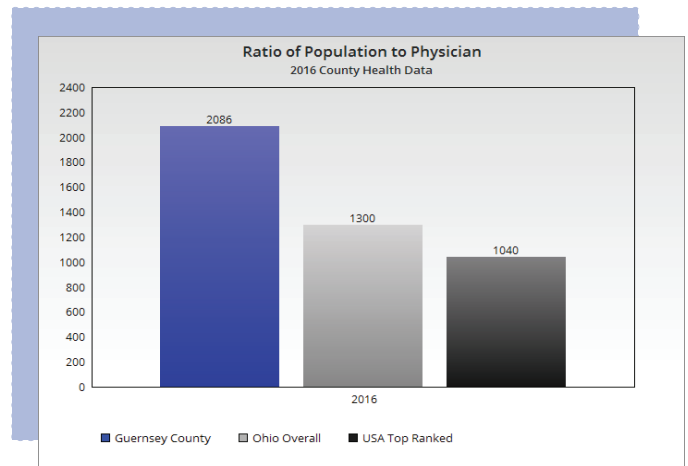
Guernsey County is a rural, medically underserved community. Coupled with higher rates of poverty, lower levels of education, and a high population to physician ratio, there is an ongoing concern for access to health services. A lack of access to health care services presents a barrier for achieving and maintaining good health. The population to physician ratio is doubled compared to the United States best ranked counties. The graph below reflects that for every 2,086 residents in Guernsey County, there is only one primary care physician to provide services.

While the medical staff is comprised of more than 30 specialties, less than 15% of the physicians provide primary care services. Since 2013, additions to the medical staff include:

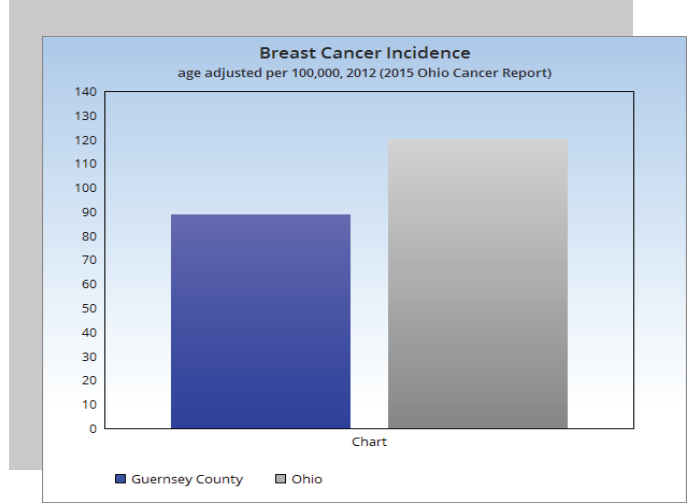
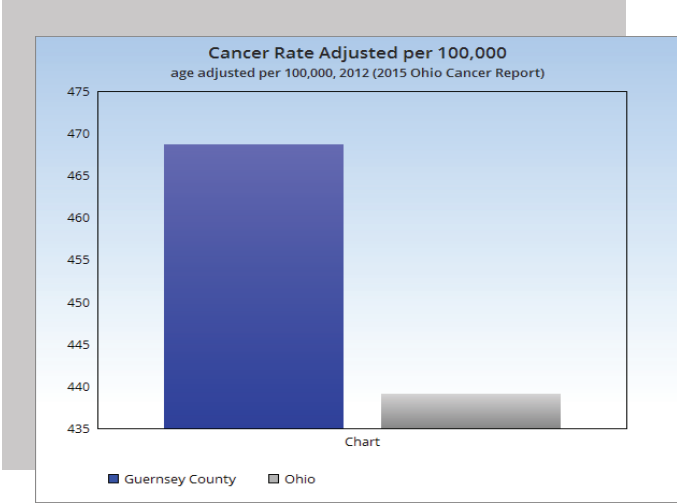
- 2 Primary Care Physicians
- 1 Pediatrician
- 1 Podiatrist
- several physician extenders
- 1 Radiation Oncologist.

In addition, a Federally Funded Health Care Clinic was open in collaboration between Southeastern Med and Muskingum Valley Health Center. The medical staff office reports that the average wait time for a new patient to get into a physician accepting new patients is 3 months. This is an improvement over the 2013 findings, which showed a 6-9 month wait. Access to Care remains a significant healthcare need in our Community. The Southeastern Med "Access to Care team" has a physician recruitment plan in place and updates it annually. The percent of those residents that lack health insurance or transportation are other limiting factors for patients to make an appointment with Primary Care Physicians.

Survey results reflect that access to care is an issue in regards to not only having a primary care physician, but also having the financial ability to pay for health care services and treatments. More than 17% of those who completed the survey indicated there was a time in the past 12 months they were not able to see a doctor either due to lack of health insurance or due to the high cost of deductibles.



CANCER

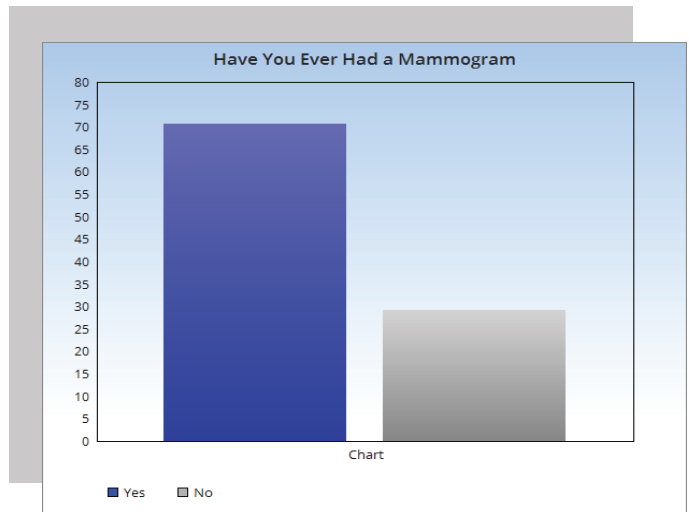
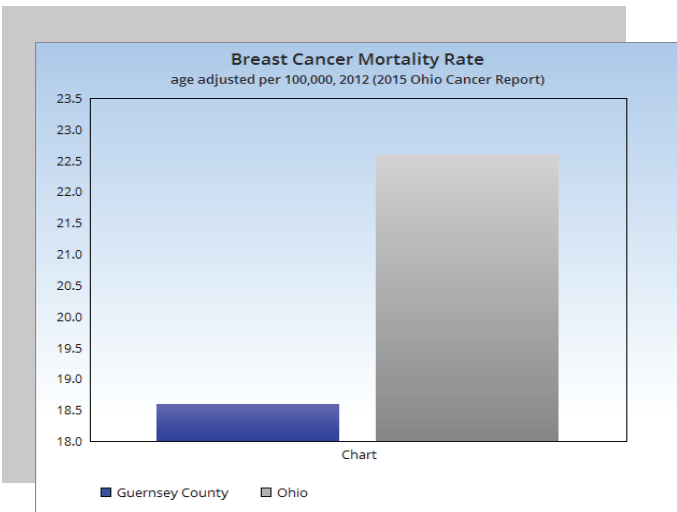


Cancer is a complex disease characterized by an uncontrolled growth and spread of abnormal cells. Cancer is the second leading cause of death in Guernsey County, Ohio and the United States.

Cancer is impacted by a variety of risk factors, many of which are controllable based on healthy lifestyle choices and preventative screening exams.

Breast cancer incidence and mortality among Guernsey County females are actually lower when compared with

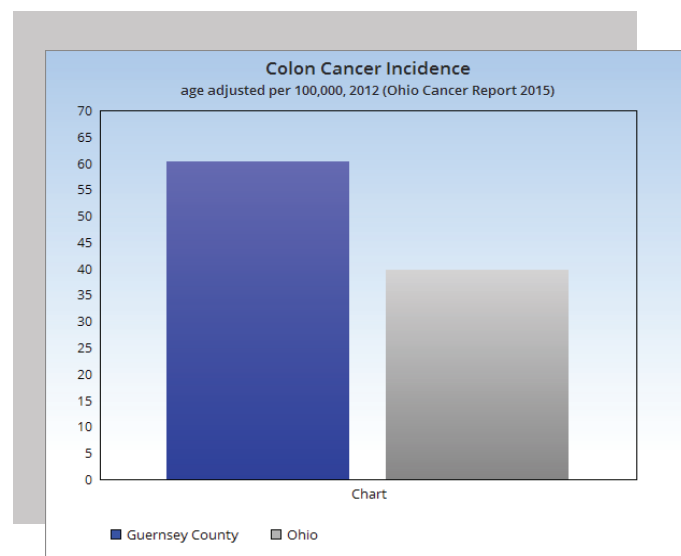
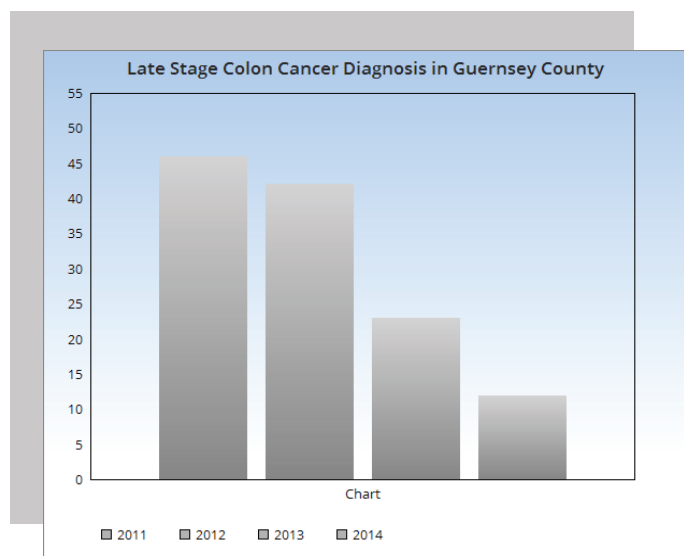
the state of Ohio and the US. This suggests that women in Guernsey County are experiencing early detection and successful treatment of breast cancer. The Cancer Registry Department at Southeastern Med provides education about breast cancer, navigation for those affected by the disease and assists with payment for mammograms for women who cannot afford them through the use of funding from the Komen Foundation® and from monies raised from special events like the local Armed Forces of America Poker Run.



The Tina Kaiser Cancer Concern Coalition (TKC3) continues to focus efforts on education and prevention for all types of cancer in the community. The data collected by the Southeastern Med Cancer Registry indicates that there has been a reduction of late stage colorectal cancer diagnoses.

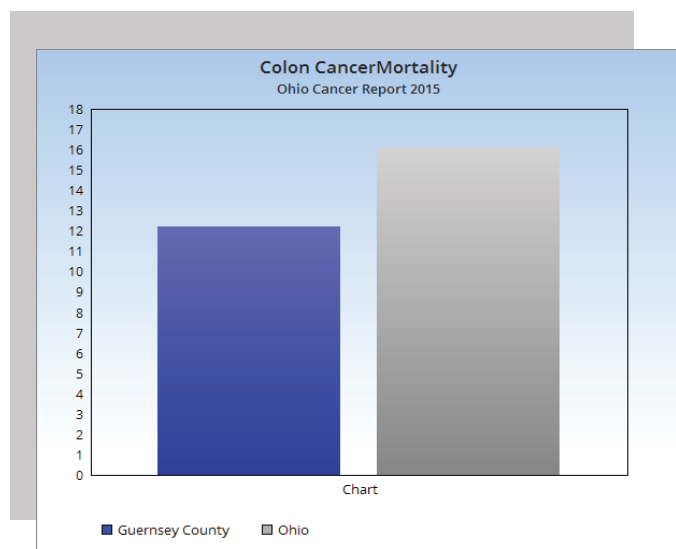
The chart below reflects the trend of late stage colorectal cancer diagnoses made from 2003-2012. The American Can-

cer Society reports for the state of Ohio an average of 51% of all colorectal cancers are diagnosed at a late stage. It is clear that the diligent efforts of the physicians, hospital and TKC3 (that give freely of their time) are making progress to reduce the percent of people who are in the late stage of colorectal cancer when they are diagnosed. Southeastern Med has been awarded numerous national awards for these efforts.

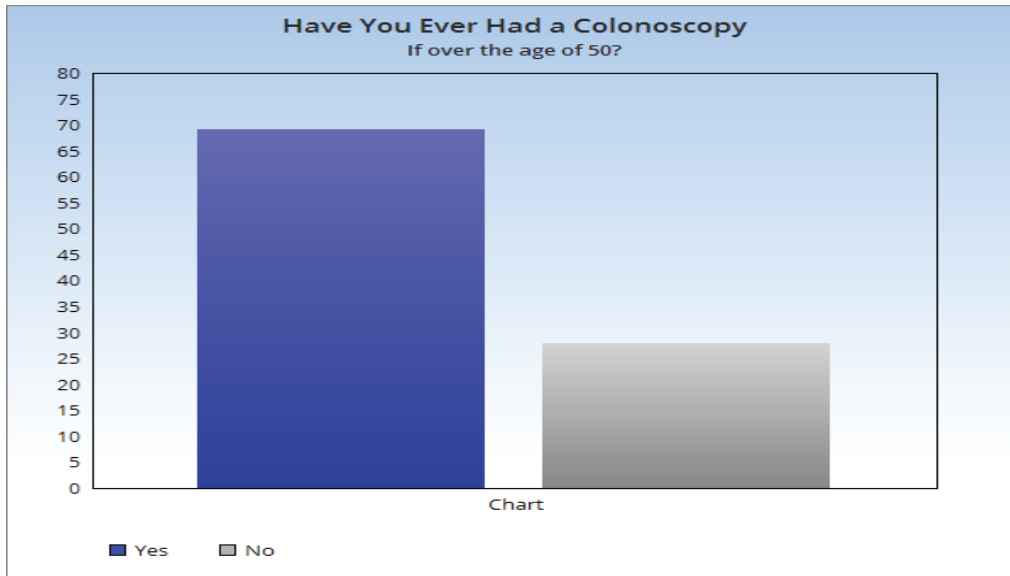


Approximately 11% of all survey respondents indicated they have had cancer at some time during their life. The most frequently cited types of cancer by survey respondents were skin, breast, and prostate cancer. The cancer registry

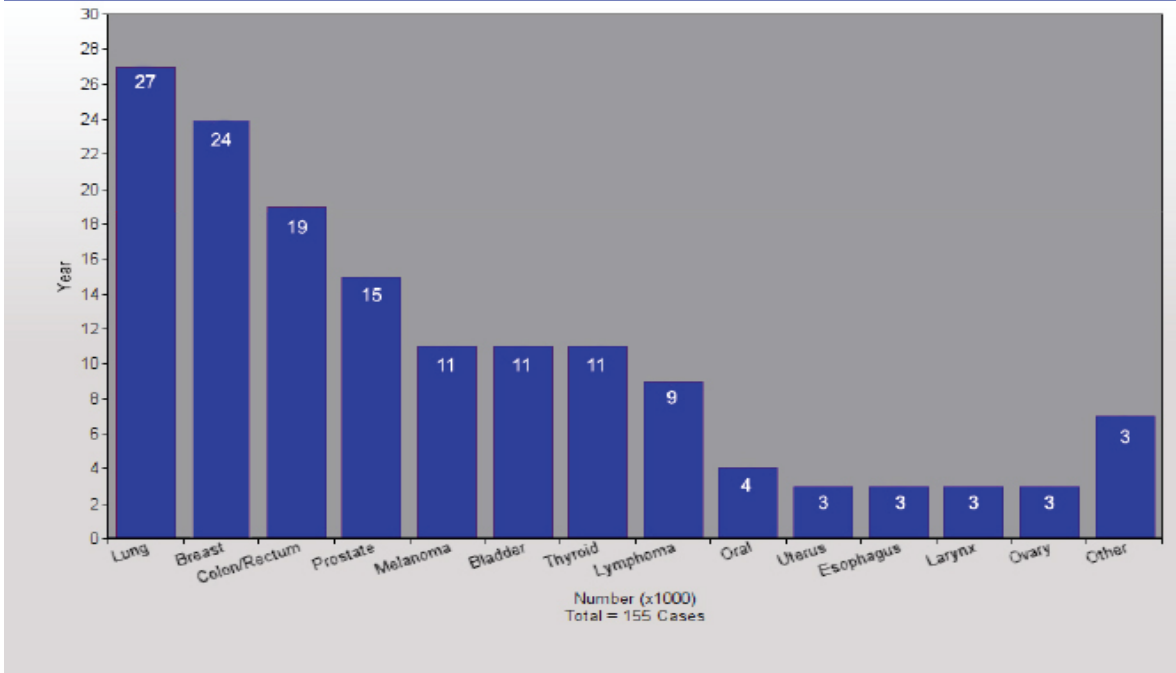
department at Southeastern Med tracks and records all cancer types diagnosed at Southeastern Med, excluding skin cancers other than melanoma. For 2014, lung and breast cancers were the top diagnosed cancer types.



Results from the 2016 CHNA show that among female survey respondents that were over age 40, 29.2% reported they have not have a mammogram. When considering age as an appropriate indicator for colonoscopies, there were 28% of respondents who have never had a colonoscopy. This is an improvement from the 2013 survey which reported 34% of respondents had not had a colonoscopy. This is a better result than the Ohio rate of 40.8% and US rate of 49%.

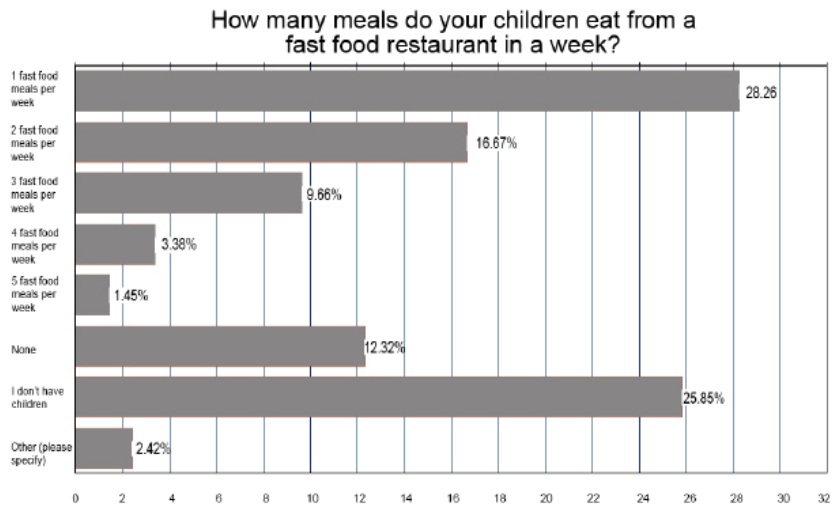
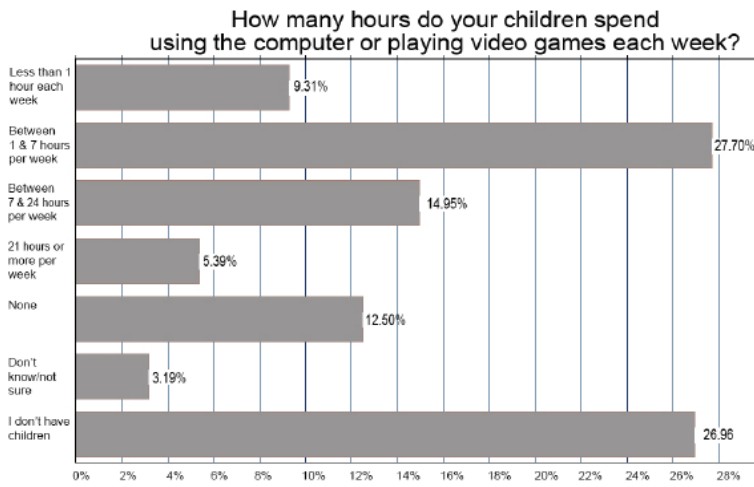


Cancer Diagnosed at Southeastern Med 2014



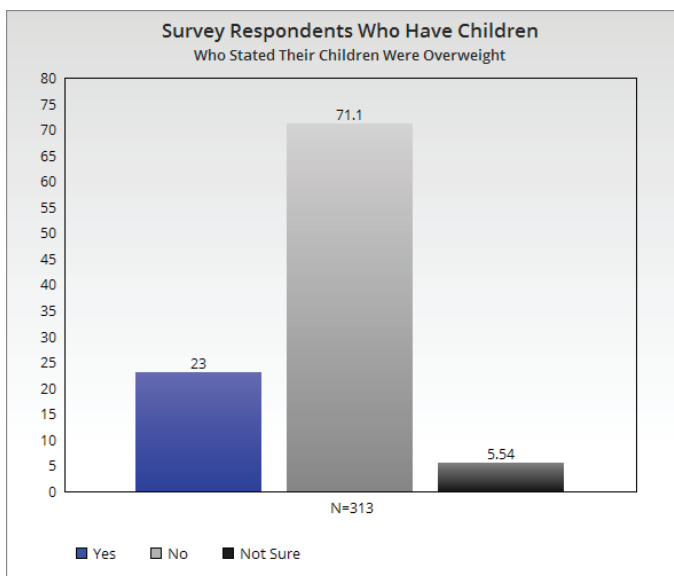
CHILD AND ADOLESCENT HEALTH

The majority of the survey questions about Child and Adolescent Health were related to nutrition and physical activity patterns, and is addressed in those respective sections. Additionally, it was noted that there was a limited amount of secondary data regarding risky health behaviors by this age group and parental potential for respondent bias regarding those behaviors.



LIFESTYLE RELATED CHRONIC DISEASES

Guernsey County rates 81 out of 88 Counties in Ohio for "Healthy Behaviors". Survey respondents indicated that parents felt that 23% of kids were overweight. Southeastern Med is supporting projects that introduce healthy lifestyles to our area youth. In 2016, these projects included Veggie U, a program that allows local elementary aged children to grow vegetables and learn and sample recipes. "Crunch out Obesity", in collaboration with the United Way and Muskingum Valley Health Center, instructs area 4th graders on healthy eating and exercise. Other programs include "Fun to B Fit", a summer camp for overweight children and "Tar Wars", a tobacco avoidance program.

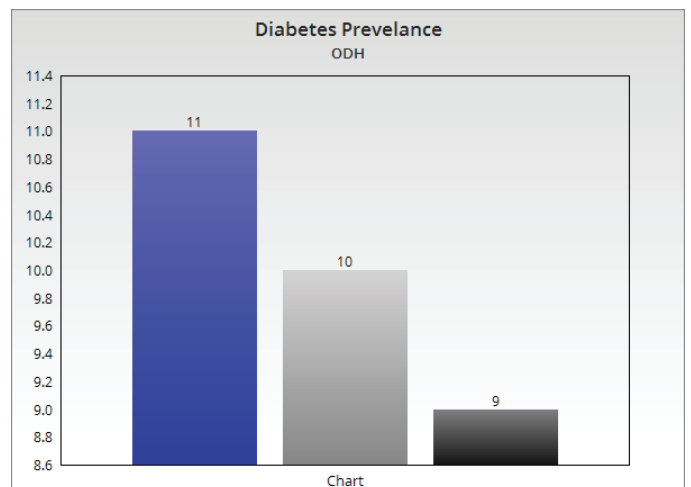


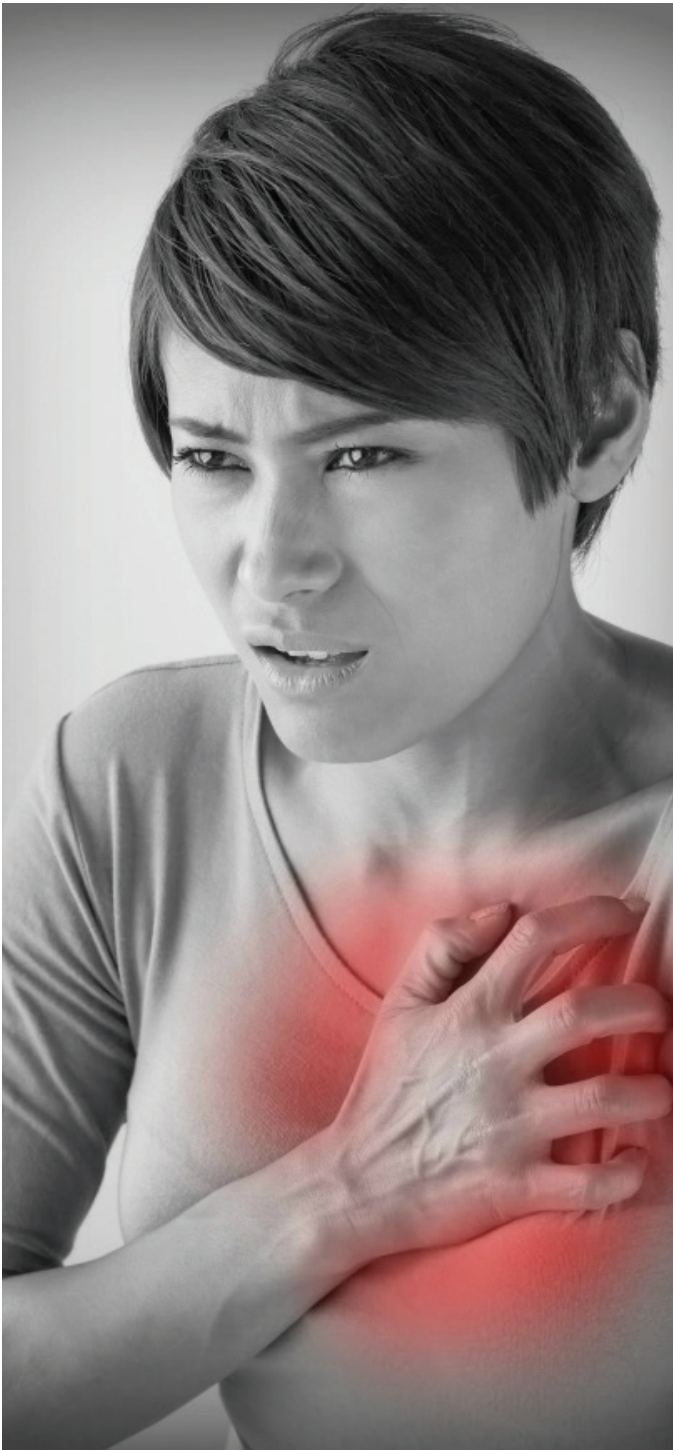


DIABETES

Diabetes is a serious chronic condition that continues to rise across America. Guernsey County has a higher rate than both the state and the nation. The survey reflects a significantly higher rate of diabetes (17.6%) among those who responded. The increased rate among survey respondents may be due to the age of the population and the fact it was distributed in outpatient settings at the hospital. Nonetheless, this represents a concern for the community as one considers the progression of diabetes and the complications that might arise when it is not properly managed.

Among survey respondents, 29% of persons who stated they had diabetes reported that they have not had their HemoglobinA1C checked in the past year, and 50% of those who have been diagnosed with diabetes have never participated in diabetes education. Southeastern Med offers diabetes education classes twice per month free of charge allowing community members to participate without incurring any financial burden. In addition, since the 2013 survey, Southeastern Med has held diabetes presentations at numerous corporate health fairs, as well as multiple well annual programs for the community.

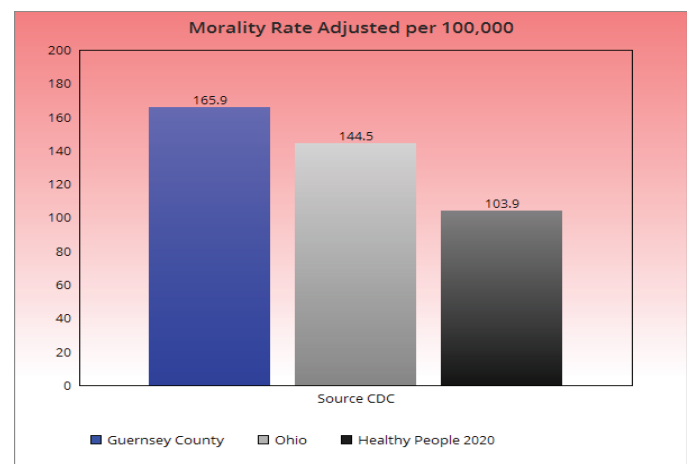




HEART DISEASE AND STROKE

Diseases of the heart are the leading causes of death among Guernsey County residents. Controllable risk factors that impact heart disease and stroke are poor diet, physical inactivity, smoking, high blood pressure, high cholesterol, and diabetes. Several of these risk factors related to heart disease and stroke were considered as part of the community health needs assessment, including blood pressure and cholesterol management. While the survey reflected that more than 86% of respondents have had their cholesterol levels checked, more than 39% of respondents stated that they have high cholesterol. High blood pressure was the number one health condition reported by survey respondents. More than 45% of the participants indicated that they have been diagnosed with high blood pressure.

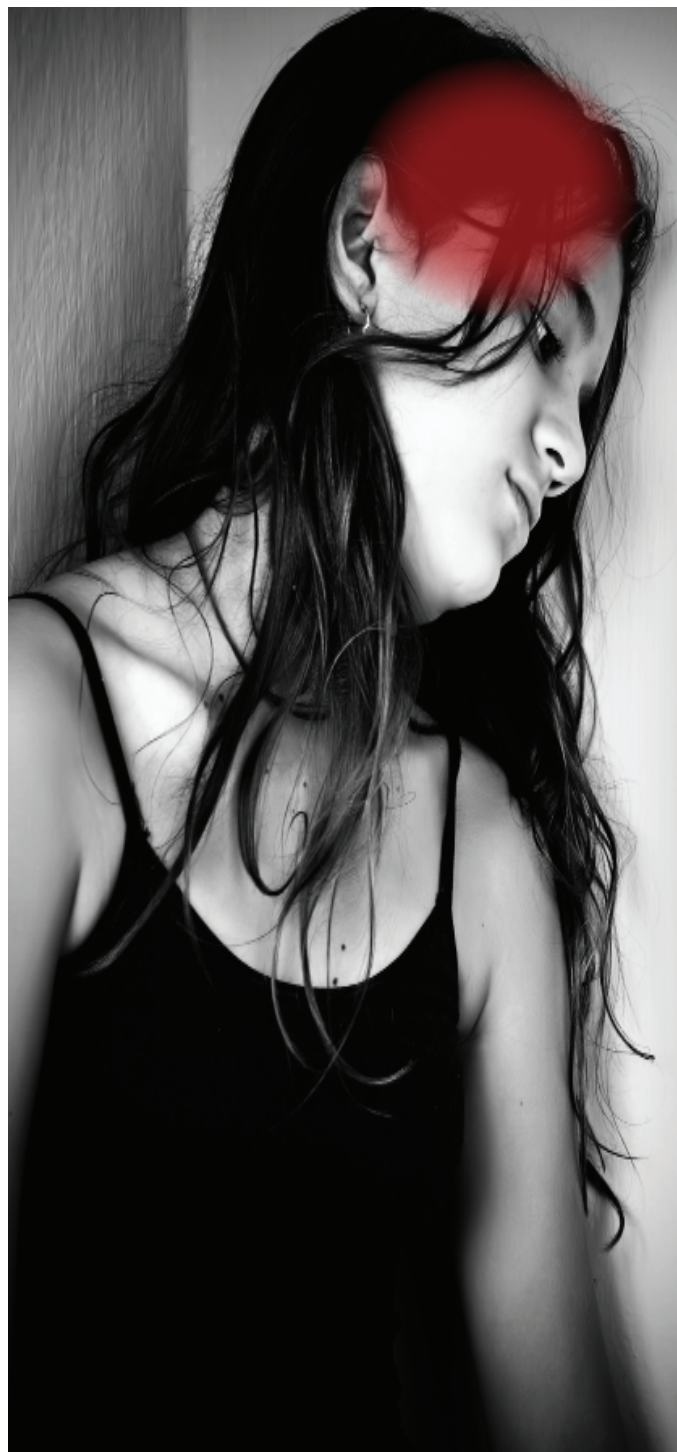
Controlling risk factors for heart disease and stroke remains a challenge. For several years, Southeastern Med has offered an annual heart health screening event during American Heart Month. Consistently, more than half of the participants have had cholesterol and blood pressure levels that are classified as borderline high or high. While education regarding risk factors and signs and symptoms of heart disease and strokes is always provided, the survey reflects that additional and more widespread education is needed. At least one-third of the participants were unable to identify all of the symptoms of a stroke or heart attack.



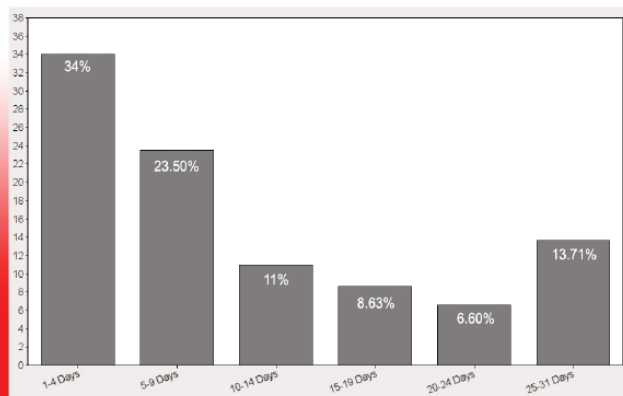
MENTAL HEALTH AND MENTAL DISORDERS

Mental health and related mental disorders have been an ongoing concern in the Guernsey County community, especially since the closure of the Cambridge campus of Appalachian Behavioral Healthcare several years ago. The advisory group discussed a lack of adequate resources in the community to manage the population with mental health concerns, but also of significance was the lack of financial ability to pay for mental health services. Survey responses are concerning as well, indicating that nearly 10% of the respondents have thought about taking their own life in the prior 12 months. In 2005, the Guernsey County Suicide Prevention Coalition was formed in an effort to raise awareness and promote education about this serious issue.

Of the total survey respondents, 24.6% indicated that they had experienced poor mental health days in the previous 30 days, 19.8% had been told they have a mental health disorder by a health professional and 17.8% reported that they were taking medicine or receiving treatment for a mental health or emotional problem. Not only does mental health contribute to an individual's sense of well-being, it can impact physical health as well, leading to chronic and debilitating conditions. It may also contribute to the substance abuse surge in the community.

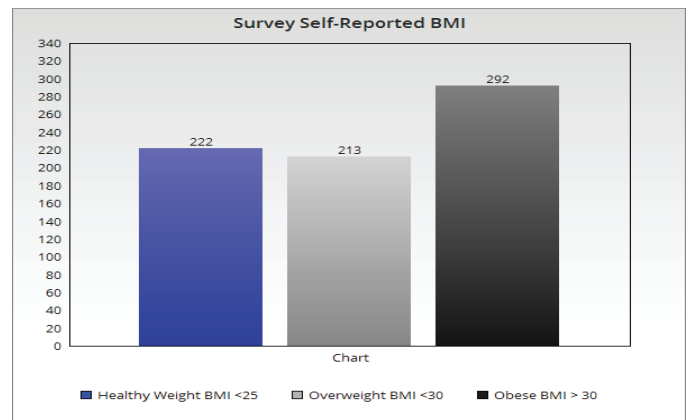
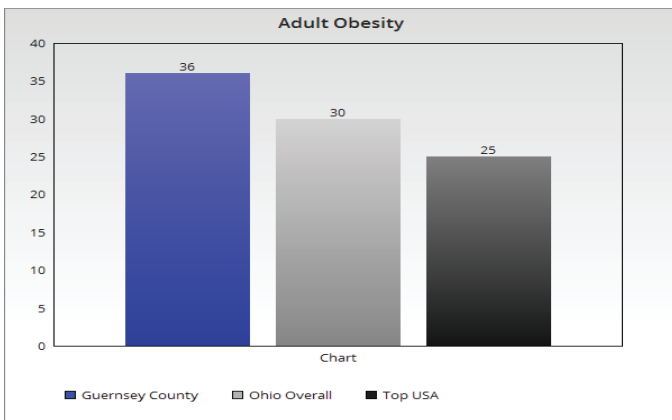


Survey Response Number of Days in Past 30 that Mental Health Not Good?



NUTRITION AND WEIGHT STATUS

Being overweight or obese oftentimes reflects an unhealthy lifestyle that puts individuals at further risk for other health conditions such as heart disease, high blood pressure, diabetes, and some cancers. Data from the Centers for Disease Control (CDC) and Ohio Department of Health reflect that Guernsey County is above the national average and Healthy People 2020 goal for obesity rates. Survey respondents are markedly above the primary data rate (45% v. 30%), which is concerning when it is believed that it is human nature to under report one's weight and overstate one's height. The child obesity rate also reflects a concerning difference over that of the state and nation.



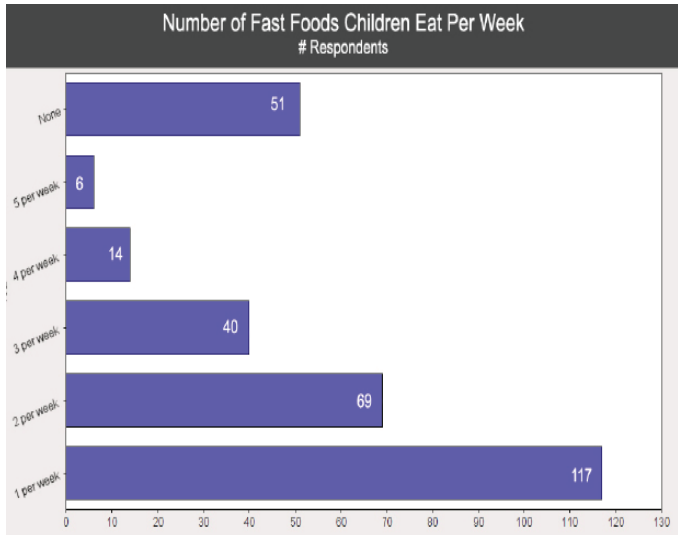
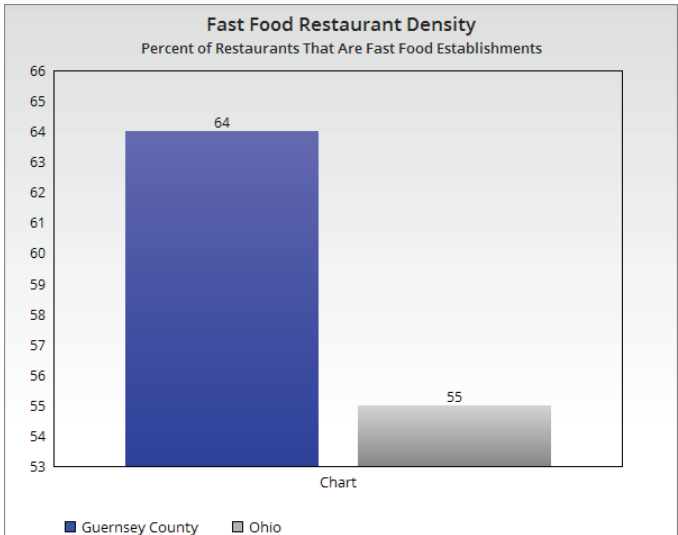
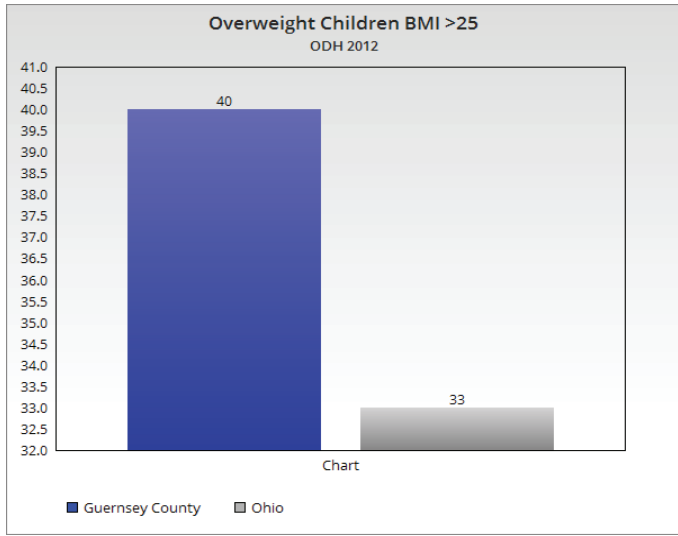
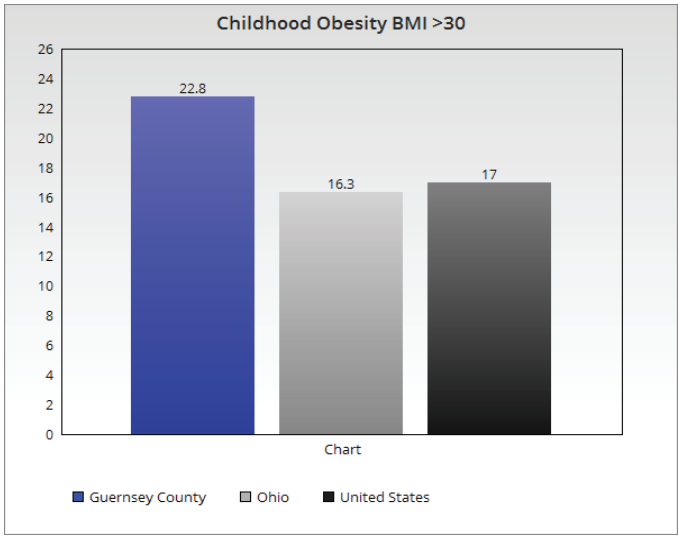
Certainly there are many factors that can impact overweight and obesity status, and good nutrition is at the center of maintaining a healthy weight. Not only do individual food choices play a role in nutritional status, but also access and affordability of healthy food options are influential in the food choices one makes. The number of fast food restaurants in Guernsey County is a high proportion of the total number of eating establishments. This makes fast food a more likely choice for many individuals and families when choosing to eat out, especially when cost is a factor.

The ability to pay for healthy food choices as reflected by the US Department of Education indicates that more than 57% of Guernsey County public school students are eligible for free or reduced school lunches. When asked if they worried about being able to purchase nutritious meals, 13.4% of sur-

vey respondents indicated that they usually or always worried about having enough money to buy nutritious foods.

More than 60% of survey respondents reported not eating the recommended amount of fruit each day (> 2 servings) and nearly 80% did not consume the recommended servings of vegetables (> 3 servings) daily.

While there are environmental and socioeconomic influences on food choices, it was also discussed by the focus groups that education and taking responsibility for choosing healthy foods also plays a significant role in one's nutrition and weight status.



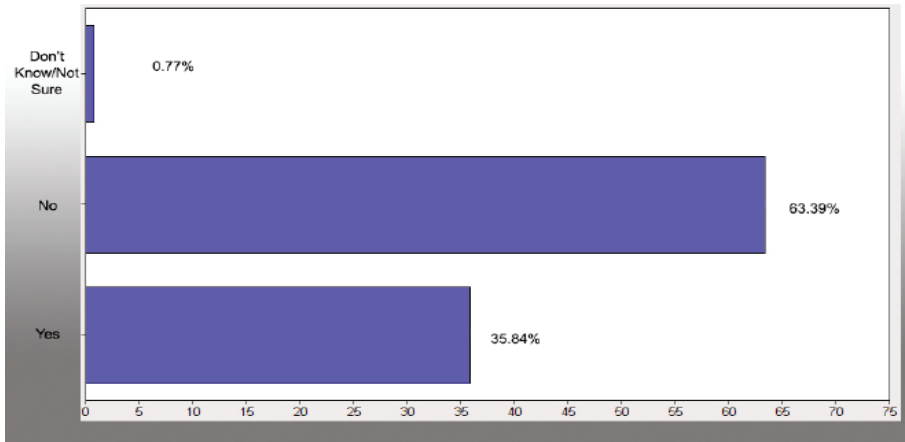
PHYSICAL ACTIVITY

Personal, socioeconomic, and environmental factors all play a role in physical activity levels among adults and youth, alike. The percentage of adults in Guernsey County that reportedly do not participate in any leisure time physical activity is higher than that of the state of Ohio, but consistent with the national average. The 2016 County Health data shows that we have below average access to fitness and recreational spaces and facilities. The advisory group discussed that for the youth population, screen time in front of television, video games, and computers/handheld devices are a detractor of physical activity. Also, safety concerns were expressed for children that might otherwise be playing outside.

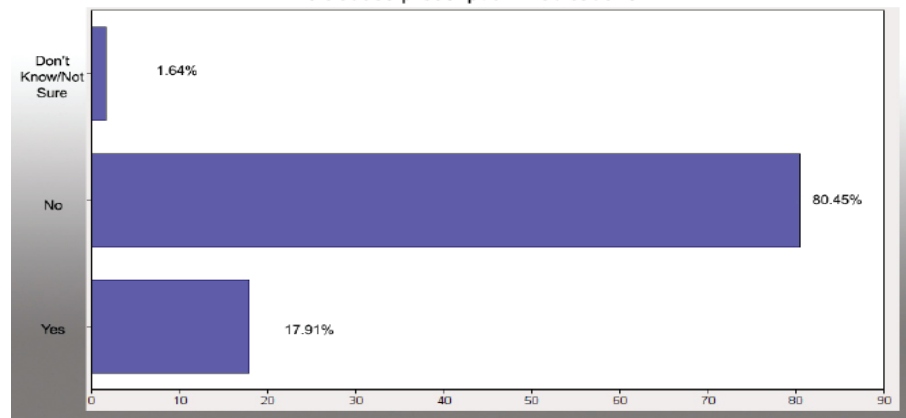


SUBSTANCE ABUSE

Have you ever lived with anyone who is a problem drinker or alcoholic?



Have you ever lived with anyone who uses illegal street drugs or who abuses prescription medications?



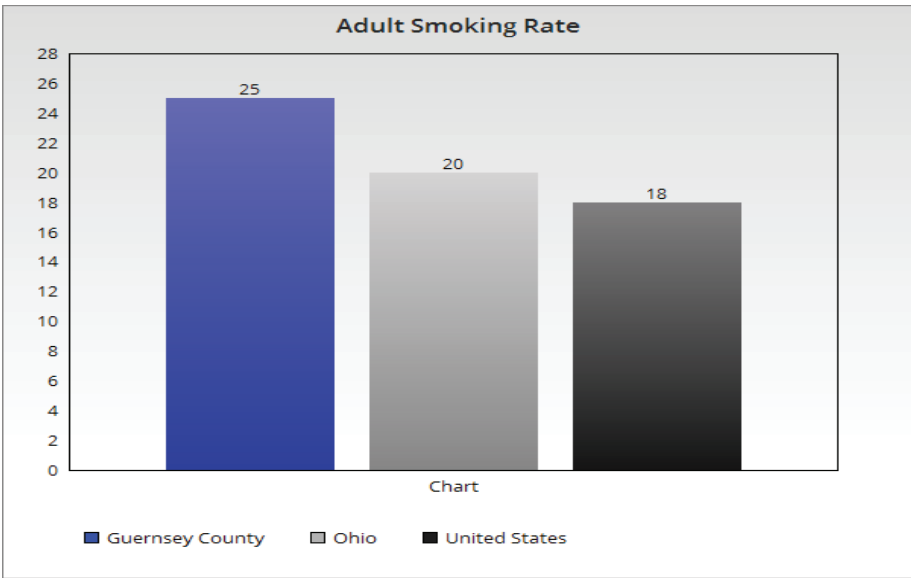
Substance abuse has a major impact on individuals and families, leading to potential abuse, loss of income, and other mental and physical health problems. While there were no specific questions related to personal alcohol or drug abuse, survey respondents were asked to reflect upon their current living situation and indicate if they believe they live with someone that abuses alcohol, uses illegal street drugs, or abuses prescription medication. For these areas of substance concern, 35.8% of survey respondents reported having lived with an alcoholic and 17.9% reported living with someone using illegal drugs. This is a significant increase over the 2013 survey which reported 5.6% of respondents indicated that they do currently live with someone engaged

in one of the aforementioned activities.

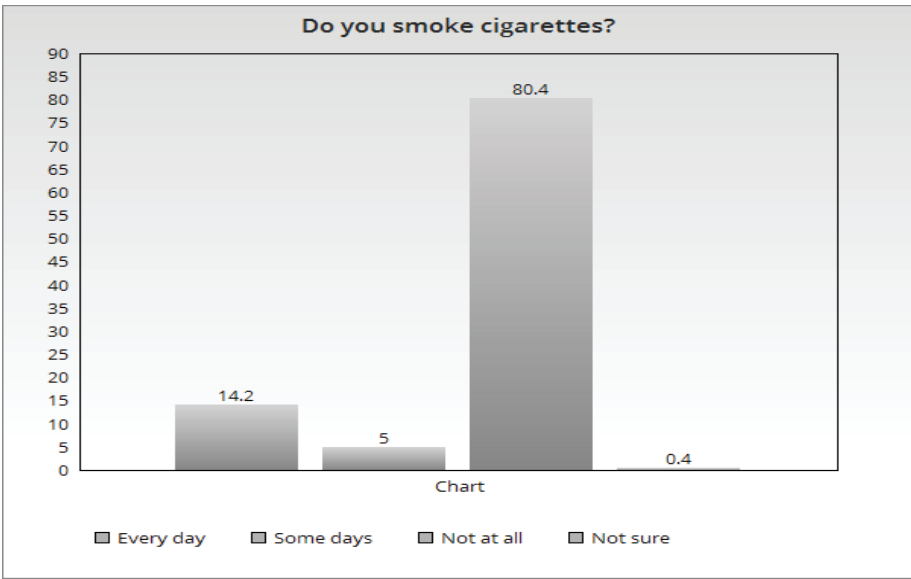
The Ohio Substance Abuse Monitoring Network conducts focus groups and individual interviews with treatment providers, active and recovering drug users, and law enforcement officials to produce descriptions of local substance abuse trends. Guernsey County is part of the Athens Region for surveillance statistics reporting. For the reporting period (January – June 2016), heroin, marijuana, methamphetamine, powdered cocaine, prescription opioids, prescription stimulants, sedative hypnotics and Sub Oxone® remained highly available in the our region.

TOBACCO USE

Tobacco use is linked with cancer, heart disease, and lung disease. The use of tobacco, especially smoking, is prevalent in Guernsey County. While the CDC/Ohio Department of Health data is older, the survey data reflects that more than 19% of the respondents are currently smokers. Other tobacco use was reported at 3.6% among those who completed the survey. The advisory group perceived that the community does not focus as much on tobacco use with more severe substance use on the rise. While it is still a concern when considering chronic health conditions, it was identified fourth on a list of health risk behaviors by those who responded to the survey. Current efforts in the community to curtail tobacco use include 'Tar Wars', a program directed to elementary school age children, as well as a free tobacco cessation program offered at Southeastern Med.



“ Every year in the U.S., more than 480,000 people die from tobacco use and exposure to secondhand smoke, making it the leading cause of preventable death in this country. Tragically, each day thousands of kids still pick up a tobacco product for the first time.”



COUNTY HEALTH RANKINGS - 2016

SOURCE: WWW.COUNTYHEALTHRANKINGS.ORG

Guernsey (GU)

	County	State
Population	39,590	11,594,163
% below 18 years of age	22.8%	22.8%
% 65 and older	17.5%	15.5%
% Non-Hispanic African American	1.6%	12.3%
% American Indian and Alaskan Native	0.3%	0.3%
% Asian	0.3%	2.0%
% Native Hawaiian/Other Pacific Islander	0.0%	0.1%
% Hispanic	1.0%	3.5%
% Non-Hispanic white	94.9%	80.1%
% not proficient in English	0%	1%
% Females	50.7%	51.1%
% Rural	61.4%	22.1%

COUNTY HEALTH RANKINGS - 2016

	Guernsey County	Error Margin	Top U.S. Performers	Ohio	Rank (of 88)
Health Outcomes					66
Length of Life					69
Premature death	8,700	7,600 - 9,700	5,200	7,500	
Quality of Life					
Poor or fair health**	18%	17 - 19%	12%	17%	66
Poor physical health days**	4.1	3.9 - 4.3	2.9	4.0	
Poor mental health days**	4.3	4.1 - 4.5	2.8	4.3	
Low birthweight	8%	7 - 9%	6%	9%	
Additional Health Outcomes (not included in overall ranking) +					
Premature age adjusted mortality	430	400 - 470	270	380	
Child mortality	50	30 - 70	40	60	
Infant mortality	6	4 - 9	5	8	
Frequent physical distress	12%	12 - 13%	9%	12%	
Frequent mental distress	13%	12 - 13%	9%	13%	

SOURCE: WWW.COUNTYHEALTHRANKINGS.ORG

COUNTY HEALTH RANKINGS - 2016

	Guernsey County	Error Margin	Top U.S. Performers	Ohio	Rank (of 88)
Diabetes prevalence	12%	11 - 12%	9%	11%	
HIV prevalence	45%		41	193	
Health Factors					70
Health Behaviors					81
Adult smoking**	21%	20 - 22%	14%	21%	
Adult obesity	36%	31 - 42%	25%	30%	
Food environment index	7.0		8.3	6.9	
Physical inactivity	34%	29 - 40%	20%	26%	
Access to exercise opportunities	48%		91%	83%	
Excessive drinking**	18%	17 - 18%	12%	19%	
Alcohol-impaired driving deaths	31%	22 - 39%	14%	35%	
Sexually transmitted infections	296.4		134.1	460.2	
Teen births	39	35 - 43	19	34	
Additional Health Behaviors (not included in overall ranking) +					
Food insecurity	17%		11%	17%	
Limited access to healthy foods	5%		2%	6%	

COUNTY HEALTH RANKINGS - 2016

	Guernsey County	Error Margin	Top U.S. Performers	Ohio	Rank (of 88)
Foods					
Drug overdose deaths	18	11 - 27	8	21	
Drug overdose deaths - modeled	12.0 - 14.0		6.1 - 8.0	24.6	
Motor vehicle crash deaths	10	17 - 15	9	10	
Insufficient sleep	39%	38 - 40%	28%	37%	
Clinical Care					
Uninsured	14%	13 - 16%	11%	13%	68
Primary care physicians	2,090:1		1,040:1	1,330:1	
Dentists	2,080:1		1,340:1	1,710:1	
Mental health providers	1,040:1		370:1	640:1	
Preventable hospital stays	96	87 - 106	38	65	
Diabetic monitoring	84%	77 - 91%	90	85%	
Mammography screening	64%	56 - 73%	71%	60%	
Additional Health Outcomes (not included in overall ranking) +					
Uninsured adults	17%	15 - 19%	13%	16%	
Uninsured children	7%	5 - 9%	5%	6%	

COUNTY HEALTH RANKINGS - 2016

	Guernsey County	Error Margin	Top U.S. Performers	Ohio	Rank (of 88)
Health care costs	\$9,888			\$10,177	
Other primary care providers	2,474:1		866:1	1,665:1	
Social & Economic Factors					61
High school graduation	89%		93%	83%	
Some college	50%	45 - 54%	72%	63%	
Unemployment	6.7%		3.5%	5.7%	
Children in poverty	26%	20 - 33%	13%	23%	
Income inequality	4.4	3.9 - 4.8	3.7	4.8	
Children in single- parent households	33%	26 - 39%	21%	35%	
Social associations	15.6		22.1	11.4	
Violent crime	142		59	307	
Injury deaths	71	59 - 83	51	63	
Additional Health Outcomes (not included in overall ranking) +					
Median household income	\$41,900	\$38,300 - \$45,500	\$61,700	\$49,300	
Children eligible for free lunch	98%		25%	33%	

SOURCE: WWW.COUNTYHEALTHRANKINGS.ORG

COUNTY HEALTH RANKINGS - 2016

	Guernsey County	Error Margin	Top U.S. Performers	Ohio	Rank (of 88)
Residential segregation - black/white	47		23	70	
Residential segregation - non-white/white	30		15	59	
Homicides			2	5	
Physical Environment					44
Air pollution - particulate matter	13.7		9.5	13.5	
Drinking water violations	No		No		
Severe housing problems	13%	11 - 15%	9%	15%	
Driving alone to work	85%	83 - 87%	71%	84%	
Long commute - driving alone	27%	25 - 30%	15%	29%	
Areas to Explore			Areas of Strength		

^ 10th / 90th percentile, i.e., only 10% are better.

Note: Blank values reflect unreliable or missing data.

2016

** Data should not be compared with prior years due to changes in definition/methods

2016

^ 10th / 90th percentile, i.e., only 10% are better.

Note: Blank values reflect unreliable or missing data.

SOURCE: WWW.COUNTYHEALTHRANKINGS.ORG

PRIORITY HEALTH NEEDS

In August, 2016, Senior Management at Southeastern Med reviewed a presentation of health data from for our county, 2016 CHNA survey results, and task force and physician health need prioritizations, which identified that the following are our communities top health needs.

1. Substance Abuse
2. Mental Health
3. Access to Health
4. Cancer
5. Nutrition, Obesity, and Physical Activity
6. Heart Disease and Stroke
7. Diabetes

Nutrition, Obesity and Physical Activity, Heart Disease, Stroke and Diabetes are all chronic diseases with similar risk factors and were combined into Lifestyle Related Disease and Risk Factors.

Southeastern Med acknowledges the significant impact that mental health issues have on the Guernsey County community; however, the hospital organization is not equipped to provide services or address the issues at the competency or resource level required to impact these high level needs. The hospital will continue to explore alternate ways to assist in providing these services, such as telemedicine. Southeastern Med's senior management determined that the following health issues would be addressed with development of implementation of strategy plans during the 2016-2018 fiscal years community health needs assessment cycle:

1. Substance Abuse
2. Access to Health Services
3. Cancer
4. Lifestyle Related Health Conditions & Risk Factors

TARGETED HEALTH ISSUES

In 2013, Southeastern Med determined that substance abuse was outside of its strengths and resources. In 2016, Southeastern Med determined that the Substance Abuse problem in our community is too large to take on alone and will require a total community collaboration to combat. The drug problem is impacting the Childbirth Center, Emergency Department and Intensive Care Unit to name a few.

Southeastern Med held internal “town hall meetings” and a community “town hall meeting” regarding substance abuse. In 2016 and beyond, Southeastern Med Senior Management team has taken a leadership role in forming a community coalition, “CHOICES” to address the substance abuse epidemic.

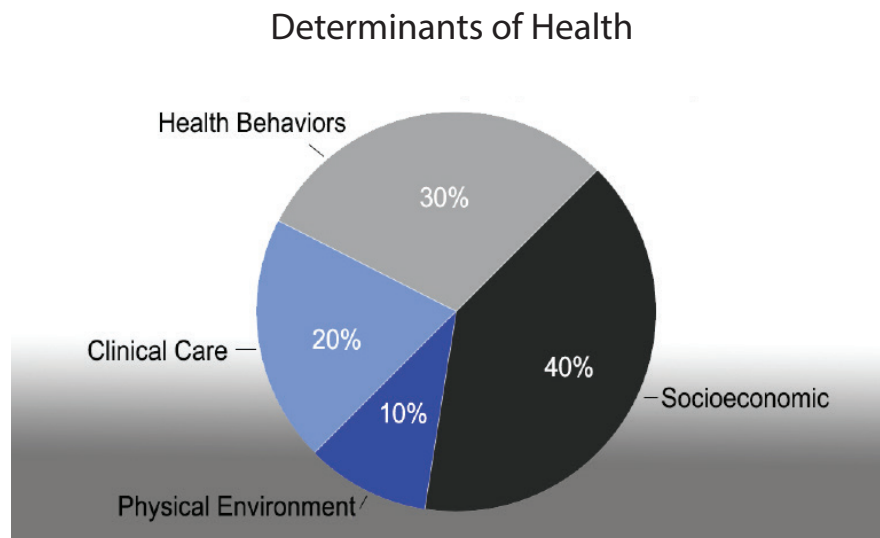


IMPLEMENTATION STRATEGIES (FY 2016-2018)

Southeastern Med has demonstrated an ongoing commitment to the health needs of the community by providing community benefit activities, events, and services for many years. Southeastern Med will remain committed to continuing these initiatives. The strategies and activities set forth in the following implementation strategy plan will serve as a guide to provide focus and direction to better serve the needs of the community. Not all programs that the hospital offers will be representative of the following implementation plan, and it should be noted that with the ongoing changes in healthcare, implementation strategies and activities may be changed or eliminated. Alterations to the plan may be made to better meet the health needs of the community with consideration of the hospital's available resources and continued ability to impact the area of need.

The strategic initiatives for the following community health needs are addressed in the plan:

1. Substance Abuse
2. Access to Health Services
3. Cancer
4. Lifestyle Related Health Conditions & Risk Factors



SUBSTANCE ABUSE

Problems Identified:

Substance abuse was rated as the highest priority health need in 2016 by survey respondents, Community CHNA Committee and Physicians. Almost 18% of survey respondents reported that they live with someone who uses illegal drugs and 37% report they live with someone who abuses alcohol. Unintentional drug overdoses in the State of Ohio have skyrocketed since 2013 and presently Guernsey County ranks among the worst counties in Ohio for unintentional drug overdoses deaths.

Prescription opioids and heroin have increased the most. There has been a simultaneous increase in heroin laced with fentanyl which can have lethal effects.

Hospital discharges for babies born with neonatal abstinence syndrome have more than doubled since 2013.

GOAL

Southeastern Med will take a leadership role in planning and implementation of CHOICES.

What has Southeastern Med accomplished since the 2013 CHNA Survey?

- Hospital CEO held an internal Town Hall asking for input from associates. This was expanded to a community meeting.
- Hospital Leadership led the way in establishing a formal substance abuse coalition, CHOICES.
- In 2016, we began offering the Parent 360Rx program to our associates. This is a group presentation for parents and guardians to raise their awareness about signs of drug abuse. We expanded to offering this for corporations and community groups. So far 550 people have attended.
- Hospital funded an anti-substance abuse speaker who presented to over 750 parents students, teachers and community members with a strong message to avoid using drugs.

Strategies 2016-2018:

1. Continue to lead and support the CHOICES group.
CHOICES will be filing for official 501cs status and seeking grant funding.
2. Continue to raise awareness with local physicians regarding Rx opioid pain medicines.
3. Meet our goal for over 1000 persons to participate in the Parents 360Rx.
4. Continue current neonatal abstinence efforts with the mothers who are drug and tobacco users.

ACCESS TO HEALTH SERVICES

Problems Identified:

- Statistics indicate an inadequate number of physicians, especially primary care physicians for the county population.
- Increased levels of poverty among children and elderly population.
- Difficult to recruit specialty physician services.
- More than 17% of survey respondents indicated that there was a time in the prior year that they needed to see a doctor, but could not because of cost.

GOAL

Southeastern Med will develop, support and/or promote policies, systems, and actions to reduce barriers that prevent access to appropriate health services for Guernsey County residents.

What has Southeastern Med accomplished since the 2013 CHNA Survey?

- Recruited 2 new family practice physicians and 1 pediatrician.
- Collaborated with Muskingum Valley Health Center to open a Federally Qualified Health Care Clinic.
- Added physician extenders since 2014.
- Offer on-site financial counselors to assist patients in completing the application process for State funded Medical Insurance.
- Provided an education site for medical students and healthcare providers with potential for future recruitments.
- Updated Financial Assistance provisions for uninsured and underinsured population.
- Formed an alliance with Nationwide Children's Hospital that has provided better coordination for patient care and staff education for pediatric patients.
- Decreased wait time for a new patient to receive care by one-third.

Strategies 2016-2018:

1. Improve access to healthcare providers, especially primary care or specialty needs with high demand.
 - Support growth of the Federally Qualified Healthcare Clinic (FQHC) in Guernsey County.
 - Continue to explore additional opportunities for primary care extenders in physician practices and clinics.
 - Continue to evaluate recruitment needs and recruit for additional primary care providers accordingly.
 - Evaluate feasibility of recruiting another Orthopedic Surgeon and Physician Assistant to the orthopedic office and review the business plan.

CANCER

Problems Identified:

- Higher rate of cancer incidence in Guernsey County compared to the State.
- Approximately 11% of survey respondents have indicated they have had Cancer at some time.
- More than 31% of age-eligible survey respondents have never had a colonoscopy.
- More than 21% of age-eligible female survey respondents have never had a mammogram.
- More than 72% of all survey respondents selected cancer as one of the most important health issues in Guernsey County.

GOAL

Southeastern Med will implement or promote policies, programs, screenings, and services that support Guernsey County residents in prevention, detection, and/or treatment of cancer.

What has Southeastern Med accomplished since 2013 CHNA?

- Provided free or reduced cost colonoscopy screenings.
- Decreased late stage colon cancer diagnosis in the county through efforts by the local Tina Kiser Cancer Concern Coalition.
- Provided the Tina Kiser Cancer Concern Coalition breast torso and colon displays for education in the area and throughout the state.
- Provided free mammography screenings based on financial need.
- Sponsored free community-wide skin cancer screenings with hospital staff and local physicians that have been attended by over 500 residents and 150 employees in the past two years.
- Held Power Me Pink Breast cancer support group meets monthly to support local breast cancer survivors.
- Sponsored a Survivors Day celebration with over 500 residents in attendance in the past two years.
- Offer Chemotherapy and Radiation therapy treatment services now five days per week.
- Offered Tobacco cessation programs for adults and a new program developed specifically for pregnant moms.
- Offer "Tar Wars" anti-smoking elementary school program annually.
- Initiated Palliative care services at the hospital and a dedicated CNP was hired.
- Started Breast Health Navigator services in 2014 to assist women diagnosed with breast cancer from diagnosis through treatment and beyond.

Strategies 2016-2018:

- Educate the community and physicians to encourage preventative screening's, colonoscopies and mammograms through the Tina Kiser Cancer Concern Coalition.
- Evaluate ability to provide navigation services for all cancer types.
- Continue to offer Lung cancer screenings at least quarterly.
- Expand Palliative/Supportive Care consults and involvement earlier in the care of cancer patients.
- Explore complementary or alternative medicine treatment options for cancer patients.
- Provide the community with access to an educational awareness activity, article, presentation, or promotion related to cancer monthly via social media and newspaper articles.
- Update the hospital website to include easier access for patients to find information regarding cancer prevention, detection, and treatment information.

TOGETHER WE
CAN
DO SOMETHING.



LIFESTYLE RELATED DISEASES AND RISK FACTORS

Problems Identified:

- Heart Disease is the leading cause of death in Guernsey County.
- High blood pressure and high cholesterol identified as top self-reported health conditions in the 2016 survey.
- Diabetes rate is higher in the Guernsey County than the state.
- Higher rate of both adult and childhood obesity in Guernsey County.
- Only 20% consume the recommended servings of vegetables per day based on survey responses and only 39% consume the recommended servings of fruit per day.
- Approximately 1/3 of Guernsey County residents do not participate in any form of leisure-time physical activity.
- Local Physicians rate obesity and lack of exercise as significant health problems they face daily with their patients

GOAL

Southeastern Med will implement or promote policies, education and programs that support associates and Guernsey County residents in reducing their risk for Lifestyle related disease such as Cardiac disease, Obesity and Diabetes.

What has Southeastern Med accomplished since the 2013 CHNA Survey?

- Offered free Diabetes management education counseling and classes
 - National Diabetes month, Dining with the Doc, and Community Diabetes screening held annually.
- Cardiac and Pulmonary rehabilitation education and exercise program is the leading-site in Central Ohio for rehabilitation of patients with lung reduction surgery.
- Initiated successful Lung Cancer Screening Clinic in 2015
- Sponsored annual Older Adult Health Fair has provided free screenings and information regarding health resources in the community to over 500 older adults in the past two years.
- Initiated a Walk with a Doc® program to offer another resource for the community to have access to physical activity and free medical information provided by local physician.
- Sponsored Veggie U is offered annually for a local elementary school.
- Collaborated with community partners to over a pilot program “Crunch out Obesity” for 75 fourth graders in 2016.
- Sponsor over 200 residents have attended the annual Heart Health event since 2013 which provides a free physician read EKG, lab work, blood pressure, body composition and counseling on your results.
- Sponsor the Fun 2 B Fit, children’s weight loss summer camp, started in 2016.

- Over 1500 Children have attended the annual Children's Health Fair since 2013.
- Social media campaigns go out monthly regarding a variety of pertinent health topics.
- Over 1200 local employees have attended Health fairs and presentations by Hospital staff at company sponsored events at the work-site.
- Annual National Nutrition Month campaign promoted internally and through newspaper and social media to raise awareness about healthy diets and provide resources for education for the community.
- Sponsored annual heart health event with education, cholesterol, and blood pressure screenings
- Held periodic blood pressure screenings at community events
- Provided lab screening opportunities at least 6 times per year that include a lipid panel
- Provide Heartsaver CPR and AED training
- Partner with OSU Medical Center to provide a Tele stroke program
- Incorporated a Heart disease lesson component in the diabetes education program
- Expanded our Cardiac rehabilitation services with the addition of a comprehensive education component
- Provide Congestive Heart Failure discharge education and follow-up

Strategies 2016-2018:

1. Form a Community Lifestyle Related Disorders Action Team which will include community representatives along with internal stakeholders.
2. Explore the feasibility of sponsoring a community wide Physical Activity Campaign.
3. Continue to work with and expand health education programs with the local schools for programs that emphasize healthy nutrition and physical activity
4. Explore alternate ways to offer wellness education such as tele-education and development of wellness App.
5. Promote heart health awareness and physical activity promotion through support of growth of the Walk with a Doc[®] program.
6. Expand opportunities to collaborate with community partners increase children's participation in fitness and nutrition activities.
7. Investigate feasibility of offering a family friendly 5k or obstacle course type race.
8. Evaluate the demand and feasibility of offering a weight loss support group open to all interested community members.

APPENDIX

Agency/Program

Services Provided

ACCESS TO HEALTH SERVICES

Area Agency on Aging	Screening, clinical, support, education
Autumn Health Care	Clinical, education, support
Bright Beginnings	Referrals and in house
CASA	Support
Department of Job & Family Services	Medical care for children/families that qualify and transportation to medical appointments (including mental health)
Freeport Clinic	General, preventative-Income based
Guernsey County Health Department Medical Clinic	Medical care provided by doctor 1 day per week
Guernsey County Senior Citizens Center	Transportation for seniors
Guernsey County Society for the Physically Challenged	Assistance with medical supplies and prescriptions
Help Me Grow	Covers therapies financially if not covered by insurance (by contract), also cover medical supplies
Kindred Nursing & Rehab Center	Clinical, education, support
Muskingum Valley Health Clinic	General, preventative-Income based
Salvation Army	Support, financial
SEAT Bus	Transportation
Select Specialty Hospital	Clinical education
Six Counties, Inc. Guernsey County Counseling Center	Assessment and referral; education ;community linkage; support with healthcare navigation
Southeastern Med Diabetes Medication Assistance	Prescription drug assistance program
Southeastern Med Free Diabetes Education	Free education program for diabetes management
Southeastern Med	Financial assistance/charity care
Urgent Care	Run by Physician/Nurse Practitioner for general and emergency care
Veteran's Administration	Prescription drug patient assistance program

CANCER

Guernsey County Health Department	Cervical cancer screening
Guernsey County Cancer Society	Financial
American Cancer Society	Education, support
Southeastern Med	Education, screening, support
I Can Cope	Support
Tina Kiser Cancer Concern Coalition	Awareness/education
"Copers" Cancer Support Group	Support
Breast Cancer Support Group	Support
"Reach to Recovery" (Breast cancer)	Support, education
"She Shares" (Wig program)	Financial, support ,education
Oncology Resource Nurse Line	Support, clinical, education
Cancer Resource Center @ Southeastern Med	Support, education
Hospice of Guernsey County	Clinical end of life care
Southeastern Med Cancer Center	Clinical treatment – chemotherapy and radiation
"Look Good, Feel Better"	Support, education

HEART DISEASE & STROKE

Autumn Health Care	Clinical, education, support
Guernsey County Health Department	Screening, referral services
Kindred Nursing & Rehab Center	Clinical, education, support
Southeastern Med	Education, clinical, rehabilitation

MENTAL HEALTH

Cambridge Counseling	Clinical
Genesis Health Care Systems	Financial, clinical, screening, education, support
Guernsey County Health Department	Education, support
Haven of Hope	Support
Hospice of Guernsey County	Bereavement counseling
Key Counseling, LLC	Clinical, screening, education, support
Muskingum Valley Health Center	Clinical, screening, education, support
Ohio Psychiatric Associates	Clinical
People to People	Clinical
Six County, Inc.	Clinical
Suicide Coalition	Education, support
Ten Lakes	Clinical, screening, education, support
Thompkins Child and Adolescent Services, Inc.	Clinical
Transitions Domestic Violence	Support

NUTRITION, OBESITY, & PHYSICAL ACTIVITY

Cambridge Fitness Center	Exercise
Camp Go	Education, support for youth
Curves	Exercise
Guernsey County Health Department	Women, infants, and children nutritional supplement program
OSU Extension	Education
Overeaters Anonymous	Support
Southeastern Med - Group Lifestyle Balance	Education, support
Southeastern Med -LEAP	Exercise
Southeastern Med -Nutrition Counseling	Education, Clinical
YMCA	Education, Exercise

SUBSTANCE ABUSE

SUBSTANCE ABUSE

Alcoholics Anonymous	Support
Cambridge Behavioral Hospital	Clinical, education, support, screening
D.A.R.E	Education for youth
FED Up	Support, education
Genesis Recover Center Alcohol and Drug Treatment	Clinical, education, support, screening
Guernsey Counseling Center	Education
Guernsey County Alcohol & Drug Services	Clinical, education, support
Muskingum Behavioral Health	Clinical, education, support, screening
Narcotics Anonymous	Support
Shepard Hill	Clinical, education, support, screening

COMMUNITY RESOURCES

Alcohol and Drug Services of Guernsey County:

Services offered by Alcohol and Drug Services of Guernsey County include:

- Referral service
- Assessment, out-patient counseling
- Adult, women, and juvenile treatment groups
- Jail counseling program
- Individual counseling and addict support groups for friends, family, and children of addicts
- Prenatal Interagency Collaboration Team (Clean Start) providing services to our addicted pregnant mothers
- Be Aware Project and School Programs, like Prom Promise and Red Ribbon Week

Six County, Inc. Guernsey Counseling Center:

The following services are available through Six County Inc. (SCI):

- Open Access: For new admissions with same day appointments (855-231-0502)
- Counseling, Medication/Telepsychiatry and Case Management
- Batterers Intervention Group: Weekly men's group with repeat or serious acts of domestic violence
- Anger Management Group: Weekly group for men and women
- Family Wellness-Parenting Survival Skills: Learn problem-solving and conflict resolution
- Integrated Dual Disorder Treatment (IDDT): Those diagnosed with both mental illness and substance abuse disorder
- LGBT Questioning: Groups for adolescents and adults
- Personal Growth Program
- CORE Vocational Rehabilitation Program: Job readiness, job coaching, community placement
- Crisis Stabilization Unit: Short-term residential treatment facility with screened referrals
- Jail Counseling & Crisis Intervention
- After hours Emergency Services: Crisis intervention screenings at Southeastern Med

Cedar Ridge Behavioral Health Solutions:

This licensed and accredited Mental Health and Substance Abuse agency offers the following:

- Outpatient Mental Health & Substance Abuse Services
- Individual Therapy, Family, and Group Therapy with Ongoing weekly Groups include: (Relapse Prevention, Early Recovery Skills, Thinking 4 A Change, Victim Impact, Parenting in Recovery, Trauma, Mental Health - Phoenix Group, Sex Offender Treatment Group)
- Crisis Intervention
- The areas Licensed Intensive Outpatient Program (clients in this program meet 9-12 hours a week for group and individual counseling for substance abuse)
- Vivitrol Treatment On-Site
- Psychiatric Services including Psychiatric Evaluations and Medication Management
- Board Certified Adult Psychiatrist
- Board Certified Child & Adolescent Psychiatrist
- Men's Sober & Supportive Living House
- Women's Sober & Supportive Living House
- Job Development, Job Coaching, & Job Placement Services
- Driver Intervention Program (First-Time OVI Offense 72-Hour Program)

