

Van Buren County Health Improvement Plan

Planning Period: 2024-2025

MENTAL HEALTH					
CHIP Section Owner: Kasha Kite & Mindy Cormier					
SMART GOALS	STRATEGIES	Tactics	DEADLINE	RESPONSIBLE	STATUS
By October 1, 2025, we will provide four (4) educational offerings promoting mental health services focused on children.	1. Partner with established community events	1. Booth at Safe and Healthy Kids Fair	July 30, 2024	Tanya Harness	Complete
		2. Attend parent teacher conferences	Fall conference – High School	Mindy Cormier/ Julie Chapius	Completed - elementary & MS/HS
		3. Attend parent teacher conferences	October & March Rotate elem.	Mindy Cormier / Julie Chapius	Planned
	2. Speak or provide information at established groups for parents	3. Speak at PAT 3 presentations	12/2025	Tanya Harness	Will start in Jan 2025 – anxiety in children - January completed
		4. Hill Phoenix lunch and learn 2 presentations	12/2025	Kasha Kite	Rhonda in Feb. Lisa planning date
		5. PD days 2 partnerships focusing on “Teach to Heal”	5/2025	Mindy Cormier / Julie Chapius	In Process – will teach at Med Staff – do we need to include daycare?
By December 1, 2025, comprehensive resources will be developed and distributed to key stakeholders.	1. Compile current resources in Van Buren County (MTD) and surrounding counties	1. Update resources	12/2025	Kasha Kite	This resource list has been completed.
		2. Network – establish connections	2/2025	Kasha Kite	
		3. Distribute – multiple platforms	4/2025	Kasha Kite	Need to review with the group on how to distribute or communicate the list.
	2. Care Coordination	1. Identify challenges including legal responsibilities and limitations related to continuity of care	11/2024	VBCH/School	Completed
		2. Access options identified	1/2025	Kasha lead group	Completed
		3. Implement solution	3/2025	Group	Completed

CARE COORDINATION

CHIP Section Owner: Haley Brewington

SMART GOALS	STRATEGIES	Tactics	DEADLINE	RESPONSIBLE	STATUS
Communication Plan to our community on services provided by Care Coordination Team	1. Develop an annual communication plan to disseminate information on care coordination to the community.	1. Discussing Care Coordination at monthly community event	Ongoing-Monthly	Care Coordination Team	In Process
		2. Provide Quarterly Education to Internal and External Customers on what is care coordination and why is it important	Ongoing-Quarterly	Care Coordination Team	In process –internally Not started- externally
		3. Provide narrative information to marketing to promote and inform community members of success stories with care coordination	Quarterly	Care Coordination Team	In Process- patient testimonials
	2. Provide communication to our Medical Staff team to encourage appropriate use/referrals to Care Coordination	1. Update to our Provider Meeting and Medical Staff meeting	Quarterly	Care Coordination Team	In Process
		2. Closing the loop on information from Care Coordination to Primary Care Provider on their patient current status	Ongoing	Care Coordination Team	In Process
Presenting to ALT opportunities for additional care coordination opportunities (CCM, TCM) on Medicare Reimbursed Care Coordination Programs	1. Develop a presentation to ALT by January 2025	1. Educate ourselves on the Medicare Programs by doing site visits, online research, conferences, webinars, etc	11/1/2024	Care Coordination Team	Implemented TCM 10/2025
		2. Put together the presentation on why VBCH should move forward with these programs	12/15/2024	Care Coordination Team	Implemented 10/2025
	2. Develop a staffing model with existing staff to implement the programs	1. Using current staff propose a model that is feasible to move forward with programs	12/15/2024	Care Coordination Team	Completed
		2. Develop a ROI on these programs	12/15/2024	Care Coordination Team	Completed

DEVELOPMENT

CHIP Section Owner: Joy Padget/Emily Starnes

SMART GOALS	STRATEGIES	Tactics	DEADLINE	RESPONSIBLE	STATUS
Increase supply of safe and affordable housing.	1. Create opportunities to make existing housing safer and healthier	1. Create a home repair as healthcare or aging in place program to reduce the number of health hazards in seniors' homes.		Rural Vitality	Ongoing
		2. Create a tool lending library to help with home repairs.		Rural Vitality	Ongoing
		3. Create incentives for certified contractors to repair and mitigate lead and radon. When applicable access resources available through HUD.		Rural Vitality	Ongoing
	2. Engage leadership in Van Buren communities outside of Keosauqua (Bonaparte, Milton, etc) in the Rural Housing Readiness Assessment			Rural Vitality	Ongoing
	3. Adopt local policy to encourage Accessory Dwelling Units (ADU's)			Rural Vitality	Ongoing

SUBSTANCE USE

CHIP Section Owner: Kris Rankin

SMART GOALS	STRATEGIES	Tactics	DEADLINE	RESPONSIBLE	STATUS
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The coalition will continue to collect and report community substance use data to community stakeholders for 2024 by January 31, 2025 or May 30, 2025.	1. Collect Data from the VBC Sheriff's Office	1. Email VBCSO for their 2024 data.	1/31/2026	Kris Rankin	Completed
	2. Collect Data from VBCH	1. Email VBCH for their 2024 data.	1/31/2026	Kris Rankin	Completed
	3. Collect Data from Juvenile Justice	1. Email Tom for Juvenile Data.	1/31/2026	Kris Rankin	Completed
	4. Collect Data from VBC Middle/High School	1. Email Jeni for MS/HS Data for the 2024-25 School Year.	5/30/2026	Kris Rankin	In Process
Provide media campaigns addressing substance use including billboards in Keosauqua, articles in the VBC Register, and postings on Social Media beginning July 1, 2024 through June 30, 2025.	1. Have three rotating billboards addressing alcohol use, nicotine use, and marijuana use from July 1, 2024 to June 30, 2025.	1. Complete Contract with Billboard Company	Annually	Kris Rankin	Completed
	2. Submit Articles to VBC Register Monthly	1. Email articles to the Editor.	On-going	Kris Rankin	In Process
	3. Post Information on the coalition's social media.	1. Post articles and information monthly.	On-going	Amanda Rodgers	In Process
The CAPC and Coalition will review and update the Community Services Directory and have the update completed by June 30, 2025.	1. Provide the current document to the coalition members in December for their review, input, and updates.	1. Provide the document at the December meeting to coalition members.	12/17/2024	Kris Rankin	Completed
		2. Gather input and updates from coalition members	1/21/2025	Kris Rankin	Completed
	2. Check that information is accurate.	1. Call phone numbers and check websites for accuracy.	5/30/2025	Marissa Linn	Completed
	3. Publish the new document.	1. Provide the revised document to coalition members for posting on their websites and to print to distribute to community members as needed.	6/30/2025	Kris Rankin & Marissa Greenfield	Completed
The coalition staff will host Youth Leadership Council Meetings at least	1. Host Monthly 7th Grade YLC Meetings	1. Meet with 7th grade students at the VBCCSD Middle School	On-going	Kris Rankin & Marissa Greenfield	Completed

monthly beginning in September 2024 through May 2025.	2. Host Monthly 8th Grade YLC Meetings	1. Meet with 8th grade students at the VBCCSD Middle School	On-going	Kris Rankin & Marissa Greenfield	Completed
	3. Host Bi-Monthly High School YLC Meetings	1. Meet with High School students at the VBCCSD High School	On-going	Kris Rankin & Marissa Greenfield	Completed
	4. Implement activities with the YLC Members at school.	1. Hold activities that the youth and staff choose at the VBCCSD Middle/High School	On-going	Kris Rankin & Marissa Greenfield	Completed
	5. Take YLC Members on Educational Prevention Trips (In State and Out of State)	1. Take YLC Members to the ISTEP Summit, AC4C Prevention Conference, CADCA Forum, AC4C Day on the Hill, and AC4C Summer Youth Retreat.	On-going	Kris Rankin & Marissa Greenfield	Completed
The CAPC and Coalition will host activities throughout the year to provide substance free family friendly activities for the community beginning July 1, 2024 through June 30, 2024.	1. Host the Safe & Healthy Kids Fair	1. Plan the Safe & Health Kids Fair	Throughout year	Coalition Members	Completed
		2. Purchase supplies for the Kids Fair	Throughout year	Marissa Greenfield	Completed
		3. Provide the Kids Fair	7/30/2025	Coalition Members	Completed
		4. Purchase School Supplies	7/2025	Marissa Greenfield	Completed
		5. Distribute School Supplies	8/2025	Coalition Members	Completed
	2. Host Community Baby Shower	1. Plan the Virtual Baby Shower	Throughout year	Coalition Members	Completed
		2. Invite presenters to present	10/30/2024	Tammy Wetjen-Kesterson	Completed
		3. Provide the Community Baby Shower	11/15/2025	Tammy Wetjen-Kesterson	Completed
		4. Distribute incentives for the Virtual Baby Shower	11/15/2025	Kris Rankin & Tammy Wetjen-Kesterson	Completed
	3. Host Family Fun Night	1. Plan Family Fun Night	Throughout year	Coalition Members	Completed
		2. Purchase supplies for Family Fun Night	March 2026	Kris Rankin & Marissa Greenfield	Completed
		3. Host Family Fun Night	4/29/2026	Coalition Members	Completed

The coalition will work to implement policies/ordinances in the community to limit youth access to substances and decrease overuse by adults by June 30, 2025.	1. Implement ordinances with city councils requiring a business to participate in an in-person merchant training after failing a compliance check.	1. Meet with City Councils and present education on why this ordinance is important.	1/31/2026	Kris Rankin	Completed
		2. Have 2 City Councils implement this ordinance.	1/31/2026	Kris Rankin	Completed- Keosauqua & Bonaparte
	2. Implement zoning ordinances with city councils for marijuana businesses if marijuana becomes legal nationally or in the state of Iowa.	1. Meet with City Councils and educate them on marijuana dangers.	6/30/2026	Kris Rankin	Completed
		2. Present City Councils with sample ordinances.	6/30/2026	Kris Rankin	Completed

AWARENESS OF HEALTHCARE SERVICES

CHIP Section Owner: Heidi Bainbridge

SMART GOALS	STRATEGIES	Tactics	DEADLINE	RESPONSIBLE	STATUS
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Increase the number of locations where physical publications can be found in our community from 4 to 10 by June 30, 2026 as measured by Marketing Materials Tracking From.	1. Create a Services Guide that can be distributed throughout Van Buren, Jefferson, Davis & Lee counties at various community centers/locations	1. Create Guide	9/1/24	Heidi	Completed
		2. Work with staff/community to ensure accuracy	10/1/24	Heidi	Completed
		3. Have guide printed for distribution.	10/30/24	Heidi	Completed
	2. Work with local entities to determine prime locations for the guide to be distributed.	1. Research locations in community that would be a good fit for the guide.	1/1/25	Heidi	Completed
		2. Connect with local city entities on Welcome bags or materials.	1/1/25	Heidi	Completed- met with all city halls in the county and provided the guides.
		3. Distribute Materials to locations when printed.	1/31/25	Heidi	Completed. Ran out and had to order more for a second round of distribution.
Increase the number of community speaking engagements from 50 (FY24) to 70 by June 30, 2026 as measured by the Community Meeting Reports	1. Determine locations for VBCH staff to speak to the community about their area of expertise.	1. Research local community meetings	6/30/25	Heidi	Ongoing- We are doing these In Keosauqua and are now exploring more areas outside of Keosauqua
		2. Visit/speak with neighboring communities to get lists of ideas.	6/30/25	Heidi	Ongoing- have a committee who is continually adding to our list of locations in which to speak.
		3. Create a schedule of speaking opportunities.	6/30/25	Heidi	Ongoing- I create a monthly calendar for all of the speaking opportunities and keep it updated regularly.
	2. Connect Staff and speaking opportunities to get	1. Work with VBCH Subject Matter Experts and connect them with the above schedule	6/30/25	Heidi	Ongoing. Meeting with staff at huddles and in Dept. Meetings to

	additional information about services into the community				discuss opportunities and match staff with speaking opportunities.
		2. Speak at VBCH Huddles to let them know about VBCH services and how they can also share the information.	6/30/25	Heidi	Ongoing. I try to attend all VBCH huddles each month. Also holding lunch and learn topics for VBCH staff in FY26
		3. Track community meetings by reports from Subject Matter Experts on their speaking engagements.	6/30/25	Heidi	Ongoing- Spreadsheet for scheduling tracks all of the engagements each month at each event.

OBESITY					
CHIP Section Owner: Marissa Linn & Melissa Daugherty					
SMART GOALS	STRATEGIES	Tactics	DEADLINE	RESPONSIBLE	STATUS
By December 1, 2025 Healthy Villages will	2. Meet with the rural health clinic to	1. Provide folders for each clinic with information and resources about	12/1/2024	Marissa	Completed on: 3/13/2024

meet with 4 community organizations/VBCH Departments to promote the fitness centers, walking trails and fitness opportunities.	promote the fitness centers to patients.	the fitness centers to use with Patients.			8/2025: Added to patient boards in rooms
		2. Check in with clinics quarterly to see if they need additional waivers and resources for their folders	On-going	Marissa	Completed on: 3/13/2024, 10/16/2025, 3/23/2026
		3. Schedule presentations for the staff bi-annually to educate new staff and remind current staff.	On-going	Marissa	Completed on: 3/13/2024, 2/12/2025, 10/16/2025, 3/23/2026
	3. Meet with Senior Life Solutions staff to promote fitness opportunities and ways to help them share it with their patients.	1. Share folders with information and resources about the fitness centers, trail and other opportunities	4/1/2025	Marissa	Completed on 3/13/2025
		2. Look at opportunities to meet with patients to promote encourage use of fitness opportunities.	4/1/2025	Marissa	Presented to Senior Center on 10/23/2025
By December 1 st , 2025 promote the VBCH nutrition services to 4 community/hospital programs.	2. Present at a lunch and learn at local businesses to promote nutrition services.	1. Present at Hillphoenix during a lunch and learn to teach those employee's about services	11/1/2024	Liz Wilson	Presented on: 8/27/2024
		2. Present to VB Parents as Teachers program.	10/30/2024	Liz Wilson	Completed on: 10/10/2024, 6/12/2024
		3. Share with staff at Senior Life Solutions about services and ways they can be promoted to their patients.	5/30/2025	Liz Wilson	Completed on 3/13/2025
	3. Promote nutrition services through VBCH marketing department	1. Add nutrition services to the updated VBCH promotional booklet.	11/2024	Heidi Bainbridge	Completed
		2. Create a display in the front lobby at VBCH to promote nutrition services	6/2025	Liz Wilson	New nutrition tables throughout hospital includes dietitian information
		3. Look at least one other promotional opportunity to use to promote the services	6/2025	Liz Wilson	Presented at Keosauqua Senior Center April 2024

CHILDCARE

CHIP Section Owner: Garen Carpenter/Caitlyn Boller

SMART GOALS	STRATEGIES	Tactics	DEADLINE	RESPONSIBLE	STATUS
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Meet with three entities (volunteer organizations) or employees in Van Buren County to educate on the child care need in our community by 6/30/25	1. Educate the public	1. Put assessment information in the newspaper and on facebook to educate the public on needs	3/31/25	Garen Carpenter/ Caitlyn Boller	Not started
		2. Go talk with Rotary, Lions Club, other social organizations (coffee clubs)	3/31/25	Garen Carpenter/ Caitlyn Boller	Met with Christina Bohannon, Ginger Knisley, Children first, daycare providers, SEIDA, School to discuss needs for childcare in our community. Work with Rural Vitality Coalition on opportunities for transformation
		3. Meet with employers	3/31/2025	Garen Carpenter/ Caitlyn Boller	Met with some representatives from Hill Phoenix, VBCH received grant, but more awareness needed
		4. Meet with Supervisors	3/2025	Garen Carpenter/ Caitlyn Boller	Presentation Started
	2. Solicit ideas for resolution of the problem, perhaps partnerships	1. Create a subcommittee with the people meet with to solve problem	3/31/25	Garen Carpenter/ Caitlyn Boller	In Progress, work with Rural Vitality Coalition on subcommittee
		2. Create list of ideas for resolution from the meetings	4/15/2025	Garen Carpenter/ Caitlyn Boller	Not started – complete after meet with community members
		3. Develop a Parent Council to procure feedback on ideas for solutions and partnerships. The council may inform details in developing the assessment survey in next section.	1/1/2026	Garen Carpenter/ Caitlyn Boller	In process, starting January 2026
Create another assessment survey to be sent out in May 2025 to continue to measure need for childcare and perhaps some options to	1. Create survey	1. Meet to understand objective of survey	3/31/2025	Subcommittee, Garen Carpenter/ Caitlyn Boller	Not started, need subcommittee
		2. Decide how/ who to send it to for survey	4/1/2025	Subcommittee, Garen Carpenter/ Caitlyn Boller	Not started

		3. Send out survey and promote	5/1/2025 Due 5/31/25	Subcommittee, Garen Carpenter/ Caitlyn Boller	Not started
	2. Tally and communicate survey results	1. Receive results and understand how many took survey	6/15/25	Subcommittee, Garen Carpenter/ Caitlyn Boller	Not started
		2. Tally results to see trends, improvement in understanding issues/ needs for child care in Van Buren County, etc.	6/15/2025	Subcommittee, Garen Carpenter/ Caitlyn Boller	Not started
		3. Send out results via facebook and newspaper	6/30/2025	Subcommittee, Garen Carpenter/ Caitlyn Boller	Not started

TEEN PREGNANCY

CHIP Section Owner: Lindee Thomas

SMART GOALS	STRATEGIES	Tactics	DEADLINE	RESPONSIBLE	STATUS
Decrease live teen birth rates in Van Buren County from 18.8 (2022 Iowa Public Health Tracking Portal) to 16 by 12-31-2025	1. Explore evidence-based programs for teen pregnancy prevention education to implement in the county	1. Meet with key community partners to discuss programs	1/2025	Lindee Thomas	Completed - Held virtual meeting with school nurses, River Hills Community Health Center, Kris Rankin, and Public Health on Feb 25, 2026
		2. Choose evidence-based program that works best for our community	Spring 2025	Lindee Thomas	Ongoing - Discussion held regarding focusing toward parent-based programs to encourage parents start conversations with kids about sex, healthy relationships, and birth control options
		3. Explore funding options to help sustain a program in the county	Summer 2025	Lindee Thomas	Not started
	2. Educate parents and teen population on resources available in the community for birth control options	1. Meet with key community partners to discuss how to implement education of birth control options to intended audience.	1/2025	Lindee Thomas	Completed - Held virtual meeting with school nurses, River Hills Community Health Center, Kris Rankin, and Public Health on Feb 25, 2026
		2. Discuss avenues of opportunity to educate intended audience to make the most impact	Spring 2025	Lindee Thomas	Ongoing – Discussed increasing outreach to parents on how to approach tough conversations with their kids. Using PTA, Sports/Music booster meetings to have some outreach to parents
		3. Reach out to family planning services about educational opportunities	Spring 2025	Lindee Thomas	Ongoing – Discussed possibly getting billboard in county to promote family planning services along with social media posts. Public Health now has both male and female

					condoms and Plan B free of charge in county.
Increase free anonymous condom availability sites in Van Buren County from 1 site (Public Health) to 3 sites by 12-31-2025	1. Explore options of site locations to make the most impact	1. Meet with key community partners to discuss ideas for location of dispensers.	1/2025	Lindee Thomas	Completed - Held virtual meeting with school nurses, River Hills Community Health Center, Kris Rankin, and Public Health on Feb 25, 2026
		2. Purchase plastic condom dispensers for locations	Summer 2025	Lindee Thomas	Not started
		3. Meet with locations identified to discuss condom dispenser placement possibilities	Spring 2025	Lindee Thomas	Ongoing – some ideas discussed during meeting for placement options were sheriff office, laundry mat, hair salons. Discussed approaching the different gas stations in the county about placement of dispensers.
	2. Develop media ideas to get information out in community of availability of sites.	1. Meet with key community partners to determine best media to reach intended audiences	1/2025	Lindee Thomas	Completed - Held virtual meeting with school nurses, River Hills Community Health Center, Kris Rankin, and Public Health on Feb 25, 2026
		2. Develop flyer to place in communities and on social media about condom dispenser sites	Summer 2025	Lindee Thomas	Not started
		3. Explore toolkits to help promote use of condoms to prevent teen pregnancy.	Summer 2025	Lindee Thomas	Not started