



AGENDA
JOINT WASHINGTON OZAUKEE
BOARD OF HEALTH MEETING
FRIDAY, January 13, 2023 - 8:30 A.M.

Zoom Virtual Meeting

To Attend Visit: <https://bit.ly/BOHOzWash>

To Livestream: [YouTube.com/WashCoWI](https://www.youtube.com/WashCoWI)

The following business will be brought before the Committee for initiation, discussion, deliberation, and possible formal action subject to the rules of the Board, which may be inspected in the office of the County Clerk. The agenda will be as follows:

1. Call to Order & Affidavit of Posting
2. Minutes of November 11, 2022
3. Communicable Disease Update
4. WIC Program Update
5. Public Health Deputy Director Introduction – Hollie Milam
6. 2022-2025 Community Health Improvement Plan
7. Public Health Department Website Discussion
8. 2023 Meeting Dates
9. Next Meeting Date
10. Adjournment

Individual County Board Supervisors may attend the above meeting. It is possible that such attendance may constitute a meeting of the County Board or any of its committees pursuant to State ex rel. Badke v. Greendale Village Board, 173 Wis. 2d 553, 494 N.W. 2d 408 (1993). This notice does not authorize attendance at either the above meeting or the Badke meeting, but is given solely to comply with the notice requirements of the open meeting law.

AFFIDAVIT OF POSTING

This agenda was posted in the office of the County Clerk on the 5th day of January, 2023. Notice was sent to the West Bend Daily News, WIBD/WMBZ Radio, WTKM Radio, Express News, My Community NOW, Hartford Times Press, Kewaskum Statesman, Milwaukee Journal-Sentinel. Individuals with disabilities requiring special accommodations for attendance at the meeting should contact the County Clerk at (262) 335-4301 at least 48 hours prior to the meeting.

1 **JOINT WASHINGTON OZAUKEE**
2 **BOARD OF HEALTH**

3 Zoom Virtual Meeting

November 11, 2022
8:30 a.m.

6 Present: Jeffrey Schleif, Jodi Schulteis, Doreen Buntrock, Linda Gurath, Nitish Bangalore, Doug
7 McManus

9 Also Present: Kimberly Buechler (Health Officer/Director), Chris Berg (Environmental Health
10 Supervisor)

12 Excused: Travis Dowden, Donald Clark, Steven Zils

14 Chairperson Schulteis called the meeting to order at 8:31 am. Notice of Posting was given.

16 **MEETING MINUTES**

17 Moved by Doug McManus seconded by Doreen Buntrock to approve the September 9, 2022
18 minutes, as presented. Motion carried.

20 **COMMUNICABLE DISEASE UPDATE**

21 Ms. Buechler discussed that in Category I of the Reportable Disease Case report for Ozaukee
22 County there are two suspect cases of Monkeypox. No further discussion.

24 **WIC PROGRAM UPDATE**

25 Ms. Buechler reported that WICs waiver status for non-physical presence options for participants
26 has been extended through at least mid-April 2023. WIC also issued 5,080 Farmers Market
27 vouchers to participants this season.

29 **FOOD AND RECREATIONAL SAFETY PROGRAM FEE RESTRUCTURE**

30 Mr. Berg presented the Food and Recreational Safety Program fee restructure plans to the Board
31 of Health. Mr. Berg explained that this self-funded, fee-based program has not changed their fees
32 since 2010. The board unanimously voted general consent for the fee restructure.

34 **WASHINGTON OZAUKEE PUBLIC HEALTH ORDINANCE UPDATE CHAPTER**
35 **XVII**

36 Ms. Buechler discussed a few changes with the Public Health Ordinance to Chapter XVII that
37 includes a title change to section 17.06 as well as a wording change in section 17.068.

39 Chairperson Schulteis called a motion for the Board of Health to approve the updates to the
40 Washington Ozaukee Public Health Ordinance Chapter XVII. Moved by Doug McManus,
41 seconded by Jeff Schleif. Motion carried.

43 **NEXT TENTATIVE MEETING DATE**

44 The next Joint Board of Health meeting is scheduled for January 13, 2023.

46 **ADJOURNMENT**

- 1 Chairperson Schulteis adjourned the meeting at 9:01 am.

Reportable Disease Cases

(Confirmed, Probable and Suspect)

Washington County	Year: 2022												2022	2021	2020	2019	2018	2017	2016	2015	2014	2013
Health Event	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total	Total	Total	Total	Total	Total	Total	Total	Total	Total
Category I																						
Acute Flaccid Myelitis													0	0	0	0	1					
Acute Respiratory Illness (Outbreak)													0	1	6	8	6	9				
Foodborne or Waterborne (Outbreak)													0	1	6	1	5	19	8	11	0	0
<i>Haemophilis influenza</i>				1		1	1					1	4	0	1	3	2	1	0	0	2	1
Hepatitis A													0	0	0	2	1	0	1	0	1	1
N. Meningitis (Meningococcal)													0	0	0	0	0	1	0	0	0	0
Measles													0	0	0	0	0	0	0	0		
Pertussis					1							1	2	0	1	12	42	19	31	4	5	25
Rubella													0	0	0	0	0	0	0	0	0	0
Tuberculosis							1		1				2	0	1	0	0	13	6	3	0	0
Tuberculosis Class A or B										1			1	3	0	1	1					
(VISA)/(VRSA) Vancomycin Staph Aureus													0	0	0	0	1	0	0	2	0	0
Total Category I													9	6	15	19	58	53	46	20	8	27
Category II																						
AFB Smear									1			1	2	2	1	2	4	3				
Anaplasmosis						1		1			1		3	3	0	1	2					
Arboviral Infection							1						1	0	0	1	2	12	5	0	1	0
Babesiosis													0	1	0	1	0	4	0	2	0	0
Blastomycosis	1					1	2		2			1	7	1	0	4	5	3	0	3	2	1
Brucellosis													0	0	0	0	0	0	0	0	0	0
Campylobacter		2		2	3	2	3	2			2		16	12	3	25	29	20	32	23	25	37
Carbapenem-Resistant Enterobacteriaceae (CRE)													0	1	0	1	0					
Carbapenemase Producing Organism (CPO)								1					1									
Carbon Monoxide Poisoning	2	2		1	1	1	1		1	3			12	6	3	7	2					
Cat-Scratch Disease(CSD)-Bartonella henselae													0	0	0	0	0	0	0	0	0	0
Chemical Pneumonitis							1						1	0	0	4	0	0	0	0	0	0
Coccidioidomycosis													0	2								
Cryptococcus Infection												1	1									
Cryptosporidiosis			1			1		1					3	5	1	7						
Cyclosporiasis													0	0	0	1	0	0	0	0	0	0
<i>E. Coli (EPEC, ETEC,STEC)</i>	1	2		1	1	1	3	3	8	1			21	12	1	10	8	3	5	7	7	8
Ehrlichiosis								1					1	0	0	2	1	0	2	0	1	0

Elizabethkingemia													0	0	0	0	0	0	6	0	0	0
Giardiasis	1			1	2		1		3	2	1		11	8	1	9	12	6	6	2	6	7
Hemolytic Uremic Syndrome													0	0	0	0	0	0	0	1	0	0
Hepatitis B			1	2		2	2						7	1	2	9	13	10	5	16	2	3
Hepatitis C	1	1	4	1		1	5	1	1	1	1	2	19	30	10	29	53	72	37	41	29	24
Hepatitis D											1		1									
Hepatitis E						1							1	0	0							
Hepatitis, viral unspecified							1						1									
Histoplasmosis					1				2	1			4	1	0	1	12	1	3	1	0	1
Influenza	5	7	5	2	2	2					10	57	90	10	41	79	189	104	53	94	97	49
Kawasaki Disease												1	1	3	0	1	2	1	0	1	0	0
Latent Tuberculosis Infection (LTBI)/Lab Result						3	7	4	4	6	3	8	35	40	9	26	27	13	6	3	0	0
Legionellosis			1	1		1	4				2		9	5	9	27	28	7	0	6	1	1
Listeriosis													0	1	0	0	1	0	0	1	0	1
Lyme Disease, EM Rash						3	4	1					8									
Lyme Disease/Laboratory Report	9	5	3	2	10	26	43	18	13	14	7	5	155	216	15	115	85	70	26	30	5	11
Malaria													0	0	0	0	0	0	1	0	0	0
Metal Poisoning (non-Lead)													0	0	0	1	2	2	0	0		
Meningitis, bacterial other				1									1	1	0	3	3	0	0	2	1	1
Mumps				1									1	0	0	0	2	1	0	0	1	0
Multisystem Inflammatory Syndrome (MIS-C)													0	3								
Mycobacteria, atypical													0	34	8	36	30	30	29	21	19	20
Mycobacterial Disease, non-tuberculosis						1	4	5	2	2	6	3	23									
Norovirus													0	0	0	0	6					
Other emerging disease													0	0	0	0	0	0	0	0	0	0
Parapertussis													0	1	0	2	1	0	0	0	0	0
Plesiomonas													0	0		1						
Q Fever													0	0	0	0	0	0	0	0	0	0
Rheumatic Fever													0	0	0	0	0	0	0	0	0	0
Rocky Mountain Spotted Fever													0	0	0	1	0					
Salmonellosis	1	2	3	1		4	2	3	1	2	1		20	19	1	13	15	20	14	27	19	15
Shigellosis						3							3	0	1	1	3	4	7	1	4	0
Silicosis				1									1									
Spotted Fever Group Rickettsiosis, Undetermined								1					1	1	0	0	0	0	0	0	0	0
STI: <i>Chlamydia trachomatis</i>	16	11	23	20	15	7	17	19	18	25	17	14	202	244	47	259	289	300	257	228	244	248
STI: Gonorrhea	5	4	5		4	1	9	6	9	1	5	2	51	45	7	30	30	44	27	37	25	37
STI: Pelvic Inflammatory Disease													0	0	0	0	1	0	0	0	1	0
STD: Syphilis					2					2			4	7	0	0	0	2	1	3	2	3

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Reportable Disease Cases
(Confirmed, Probable and Suspect)

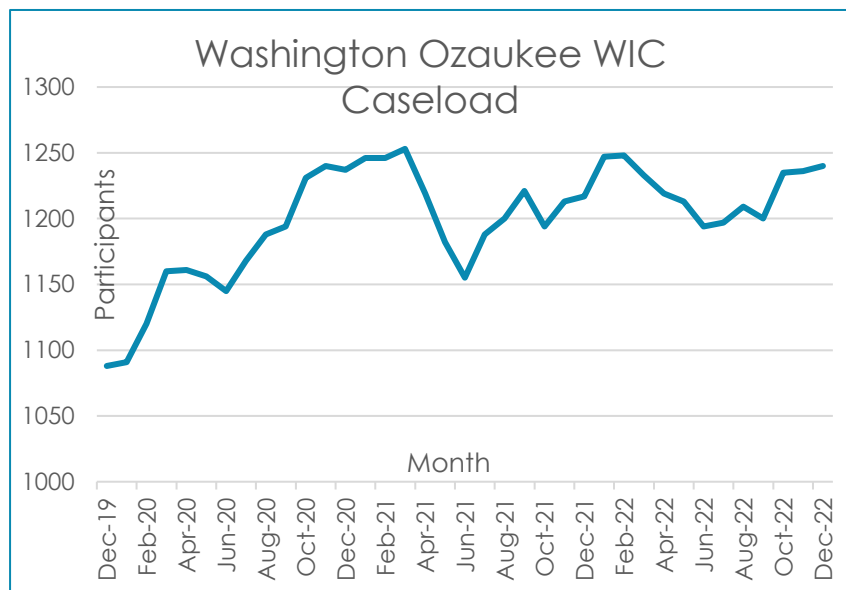
Ozaukee County	Year: 2022												2022	2021	2020	2019	2018	2017	2016	2015
Health Event	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total	Total	Total	Total	Total	Total	Total	Total
Category I																				
Acute Respiratory Illness (Outbreak)													0	0	1	4	5	8	0	0
Foodborne or Waterborne (Outbreak)													0	4	4	4	2	20	10	2
<i>Haemophilis influenza</i>													0	0	1	0	1	4	2	0
Hepatitis A													0	0	1	0	0	2	0	0
N. Meningitis (Meningococcal)													0	0	0	1	0	1	0	0
Measles													0	0	0	0	0	0	0	0
Orthopoxvirus, Monkeypox								2					2							
Pertussis													0	1	2	15	90	29	17	1
Rubella													0	0	0	0	0	0	0	0
Tuberculosis													0	2	1	1	0	0	0	0
Tuberculosis Class A or B								1		1			2	0	0	3	0	0	0	0
Tuberculosis- BCG								1					1							
Total Category I													4	7	10	21	101	67	37	7
Category II																				
AFB Smear								1					1	0	1		1			
Anaplasmosis													0	2	0	0	0	0	0	0
Arboviral Infection													0	1	0	3	2	10	9	1
Babesiosis											1		1	0	0	0	0	2	5	0
Blastomycosis												1	1	2	0	3	1	2	3	1
Brucellosis				1									1	0	0	0	0	0	0	0
Campylobacter		1	2			2	1	4	1	4			15	15	2	14	23	33	22	20
Carbapenem-Resistant Enterobacteriaceae (CRE)													0	0	0	1	3			
Carbon Monoxide Poisoning										1			1	30	1	11	1			
Chemical Pneumonitis													0	0	0	1				
Coccidioidomycosis (Valley Fever)			1			1							2	0	0	1	1	0	0	0
Cryptosporidiosis	1			1		1	1		1	1			6	1	0	5	4	10	9	5
Cyclosporiasis								1					1	0	0	5	0	0	0	0
<i>E. Coli (EPEC, ETEC, STEC)</i>			1		1	3		1	4	3	2	2	17	7	1	7	2	4	8	3
<i>Ebola</i>													0	0	0	0	0	0	0	0
Ehrlichiosis							1						1	1	0	2	0	0	0	0

Elizabethkingemia													0	0	0	1	0	0	2	0
Giardiasis	1							2	1		2		6	7	1	6	20	4	2	2
Hemolytic Uremic Syndrome													0	0	0	0	0	1	0	0
Hepatitis B				1	1	2		1	1				6	1	1	4	9	9	5	10
Hepatitis C	1		2	1		1				1	1		7	12	4	16	24	17	22	24
Hepatitis E													0	0	0	0	1			
Hepatitis, unspecified						1							1							
Histoplasmosis											1		1	1	0	1	2	0	1	1
Influenza		1	1	1				1			7	26	37	6	35	36	94	61	62	49
Kawasaki Disease										1	1		2	0	0	0	1	1	0	0
Latent Tuberculosis Infection (LTBI)/ Lab Result						3	2	1	4	1	2		13	34	1	24	17	11	8	4
Legionellosis	1					1		1					3	2	1	4		2	0	2
Listeriosis													0	0	0	1	6	0	2	0
Lyme Disease/Lyme Laboratory Report	3	2		1	2	8	20	7	9	3	3	2	60	131	6	54	42	32	14	5
Lyme Disease, EM rash						1	1						2							
Malaria													0	0	0	0	0	0	0	0
Meningitis, aseptic (viral)													0	0	0	1	0	0	0	0
Meningitis, bacterial other					1					1			2	2	0	4	1	4	0	0
Metal Poisoning (non-Lead)						2		1					3	1	0	0	11	4	0	0
Mumps													0	0	0	3	2	2	4	0
Multisystem Inflammatory Syndrome (MIS-C)	1												1	2						
Mycobacterial, non-tuberculosis						1	1	2			1	1	6							
Mycobacteria, atypical													0	28	1	21	16	18	6	13
Norovirus				1									1	2						
Other emerging disease													0	0	0	0	0	0	1	0
Parapertussis													0	1	0	0	0	1	0	0
Q Fever													0	0	0	0	0	0	0	0
Rheumatic Fever													0	0	0	0	0	1	0	0
Salmonellosis	1			1	1	3	4	1			2		13	18	1	11	12	16	16	12
Shigellosis					9	6	1	2					18	0	0	2	1	22	2	0
Spotted Fever Group Rickettsiosis, Undetermined													0	1	0	0	0	0	0	0
STI: <i>Chlamydia trachomatis</i>	10	12	7	11	15	10	10	9	3	17	11	8	123	153	29	126	119	115	122	145
STI: Gonorrhea	1	2	1	1	3	3	4			3	1	1	20	24	6	20	18	14	18	9
STI: Pelvic Inflammatory Disease							2						2	0	0	0	0	0	0	0
STD: Syphilis						1				1		1	3	4	0	0	1	0	0	0
Streptococcus group A										2			2	0	1	2	4	4	3	3

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WASHINGTON OZAUKEE END OF YEAR SUMMARY 2022



Washington Ozaukee Breastfeeding Rates 2022

	Wash-Oz / State of WI
Breastfeeding Incidence	79%/ 74%
Ever Breastfed	92%/ 91%
3 months BF	55%/ 58%
6 months BF	42%/ 39%
12 months BF	24%/ 18%
18 months BF	24%/ 16%

WAIVERS STATUS

The recent extension of the public health emergency declaration for COVID-19 ensures that WIC flexibilities are now in place through **at least mid-July 2023**.

Formula Waivers continue:

- Alternative formula brands and can sizes through **February 28, 2023**
- Alternate sizes and types of Similac formulas through **April 30th, 2023**
- Alternate medical formulas through **June 30th, 2023**.

1,1276	November 2022 Enrollment
811	November 2022 Families
3926	November 2022 Benefits Redeemed
\$119,783.70	November 2022 Benefit Amount Redeemed



WASHINGTON OZAUKEE
PUBLIC HEALTH DEPARTMENT

2022-2025

**COMMUNITY
HEALTH
IMPROVEMENT
PLAN**

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Message from the Washington Ozaukee Public Health Department

In 2020, the Washington Ozaukee Public Health Department convened an internal team to outline the CHIP process. Although early progress was made, the COVID-19 pandemic halted further planning following the declaration of a statewide emergency in March 2020. The pandemic changed the way we as a department operate, our needs as a community and overall health.

The COVID-19 pandemic amplified coordination and communication among community agencies as we recognize that health issues are often not defined by jurisdictional boundaries. We would like to recognize the organizations in our community that influence health by supporting and engaging residents in creating a healthy and safe environment to live, work, learn, play and visit. Thank you for the work you do to maintain and improve the health of our community. Together, we can make sustainable change.

The Community Health Improvement Plan (CHIP) for 2022-2025 outlines our commitment to keeping Washington and Ozaukee County ranked in the top ten in the state for overall health as measured by County Health Rankings & Roadmaps (CHR&R), published by the University of Wisconsin Population Health Institute.

Please contact Kim Buechler, Director/Health Officer for the Washington Ozaukee Public Health Department, kim.buechler@washozwi.gov if you have any questions or would like to discuss more about how to get involved with the strategies outlined in this Community Health Improvement Plan.

Warmly,

A handwritten signature in black ink that reads "Kimberly Buechler". The signature is written in a cursive, flowing style.

Kimberly Buechler, MPA
Director/Health Officer
Washington Ozaukee Public Health Department

ACKNOWLEDGEMENTS

Washington Ozaukee Public Health Department would like to acknowledge the following community partners for their contributions to the CHIP, these organizations provided leadership and direction, shared data, and engaged residents through a health interest survey:

Albrecht Free Clinic
 American Heart Association
 Aurora Health Care
 Casa Guadalupe Educational Center
 City of Hartford
 City of West Bend
 Elevate, Inc.
 Family Center of Washington County
 Froedtert & the Medical College of Wisconsin
 Boys and Girls Club of West Bend
 United Way of Washington County
 UW-Extension Washington County
 UW-Washington County
 Jackson Parks & Recreation Department
 Kettle Moraine YMCA
 Slinger School District
 Washington County Aging and Disability Resource Center
 Washington County Human Services
 Washington Ozaukee Public Health Department
 West Bend Parks & Recreation Department
 West Bend School District
 Kewaskum School District
 United Way of Ozaukee County
 NAMI, Ozaukee County
 NAMI, Washington County
 Ozaukee County Human Services
 Sirona Recovery
 Cedarburg School District
 Grafton School District
 Mequon-Thiensville School District
 Northern Ozaukee School District
 Ozaukee County Board
 Family Sharing of Ozaukee
 Columbia St. Mary's Hospital of Ozaukee
 Concordia University
 Aging and Disability Resource Center of Ozaukee
 Children's Hospital of Wisconsin
 Ozaukee County Human Resources
 Saukville Food Pantry
 Village of Thiensville
 WJ Niederkorn Public Library

HEALTH IN WISCONSIN

According to the 2021 Wisconsin Population Health and Equity Report Card, Wisconsin received a C for health, which was determined by measures of length and quality of life. Even though our overall health was ranked a C, Wisconsin ranked a D in both rural/urban disparities and racial/ethnic disparities. We also ranked an F for educational disparities. Out of the five areas that Wisconsin could improve on, three of them are related to the priorities that were identified during the CHIP process. The areas for improvement are as follows: ensuring access to quality health care, expanding safe and affordable housing, and increasing civic engagement.

Ensuring access to quality health care

Physical and mental health depend on access to affordable, quality health care. In public health, the resources in the community and the programs we implement can have a direct influence on the communities' ability to access health care that meets their basic needs. In 2019, national data showed that 8.8% of the population were without health insurance; however, Wisconsin was slightly better at 5.4%, especially when compared to Texas at 17.2% (University of Wisconsin Population Health Institute, 2021). When people think of barriers to health care, they think about insurance, but there are many other obstacles such as distance to care, language barriers and quality of treatment. How can we help? We can advocate for expanding BadgerCare Plus, increase support for non-profit healthcare organizations, and make sure we tailor care to individual's norms, beliefs and values.

Expanding safe and affordable housing

Within the past few years, housing costs have rapidly continued to increase, outpacing individuals' income, especially low-wage workers. Many families are now faced with the tough choices of whether they can meet their basic needs or have a safe, secure home. There are many policies that have created this divide, including redlining and restrictive zoning rules. According to the Health and Equity Report card, Wisconsin is the second-most segregated state in the country. This all leads to significant obstacles to home ownership and wealth accumulation. What can we do to help? Create policies that promote inclusive and connected neighborhoods, increase access to resources that secure affordable housing, and increase access to livable wages.

Increasing civic engagement

The definition of civic engagement is individuals, or groups, who want to improve the health of their communities. The individuals, or groups, use their skill and knowledge to make a change and that change can help improve the environment and well-being of the community. Increasing civic engagement shows that the people care about the health and well-being of their community and want to see everyone succeed. What can we do to help? Remove any barriers to voting, increase social connectedness and empower youth and adults to be engaged in the community with leadership development and peer mentoring.

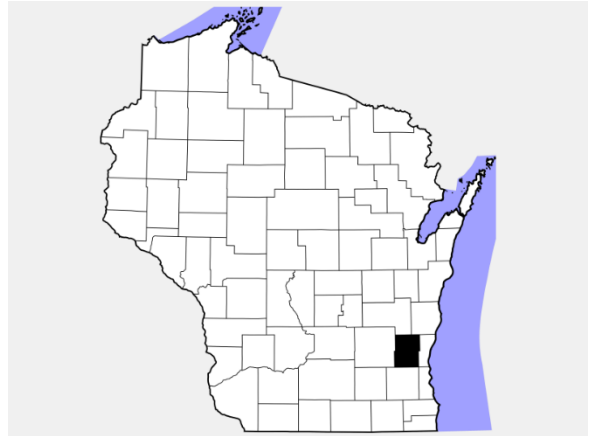
INSIDE WASHINGTON COUNTY

A landscape carved by glaciers featuring a towering historical landmark, Holy Hill, Washington County provides an atmosphere for family living, business, and industry. Washington County has well-known major manufacturing industries including machine tooling, metal fabrication, printing, pharmaceutical distribution, photo finishing, and trucking. The location along the US Highway 45 and US Highway 41 corridors makes Washington County an ideal location for trade, business, and retail.

According to the U.S. Census Bureau, the county has a total area of 436 square miles, of which 431 square miles is land and 5 square miles is water.

Washington County includes suburban and rural areas:

- Cities of Hartford and West Bend
- Towns of Addison, Barton, Erin, Farmington, Germantown, Hartford, Jackson, Kewaskum, Polk, Trenton, Wayne and West Bend
- Villages of Germantown, Jackson, Kewaskum (part in Fond du Lac County), Newburg (part in Ozaukee County), Richfield, Slinger
- Unincorporated communities of Ackerville, Addison, Aurora, Boltonville, Cedar Creek, Cedar Lake, Cheeseville, Colgate, Diefenbach Corners, Fillmore, Hubertus, Kirchhayn, Kohlsville, Mayfield, Myra, Nenno, Nabob, Orchard Grove, Pike Lake, Pleasant Hill, Rockfield, Rugby Junction, Saint Anthony, Saint Lawrence, Saint Michaels, Thompson, Victory Center, Wayne, Young America



Wisconsin Healthy Communities Designation

The Wisconsin Healthy Communities Designation serves as a guide for communities to expand and enhance their health improvement efforts. Washington County has been designated a Silver Community. The county is recognized for its efforts to improve health through programs such as Cultivate: Mental Health Friendly Community Model, Cycling without Age, Community & School Gardens, and Medication Collection.

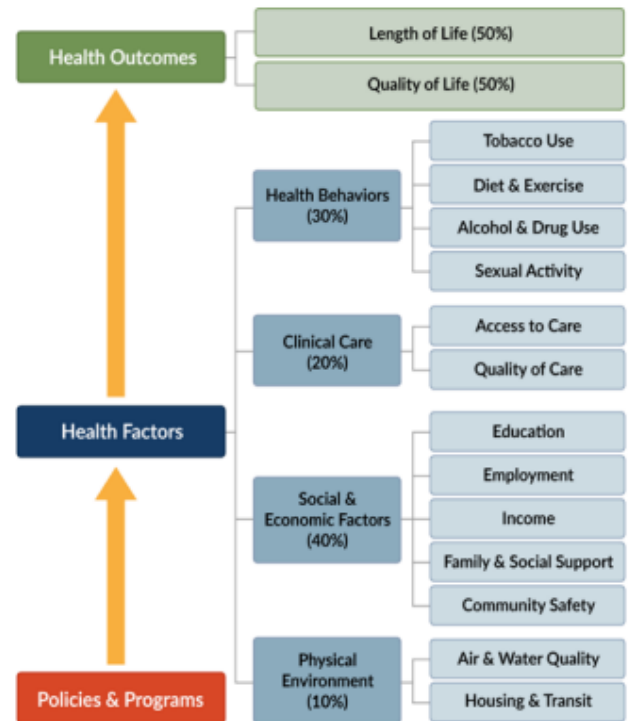
Washington County Health Rankings

County Health Rankings & Roadmaps (CHR&R) provides an evidenced based ranking and roadmap for health that takes into account health factors and outcomes, policies, and programs allowing health comparisons and the identification of areas for improvement. Rankings are compiled using county-level measures from a variety of national and state data sources. Measures are standardized and combined using scientifically informed weights.

According to the 2022 CHR&R, out of the 72 counties in Wisconsin, Washington County ranks 5th for health outcomes. Health outcome rankings include the following measures: how healthy people feel while alive, and length of life. Washington County ranks 7th for health factors, which include the following measures: health behaviors, clinical care, social, economic, and physical environmental factors. The ranking suggests that adult smoking, adult obesity and excessive drinking are areas to explore.

The COVID-19 pandemic highlighted the importance of multiple sectors working together: public health, community and economic development and education. When these sectors all work together, the community can become one collective group who look at each other's well-being from multiple standpoints. The CHR&R call to action was to strengthen the relationships within the multiple sectors to advance economic security and the health and well-being of the community. Not only did our community talk about how important the collaboration between organizations was for the health of our community, but it was also highlighted as one of the seven priorities identified from our meetings.

County Health Rankings Model



INSIDE OZAUKEE COUNTY

Home to an estimated 92,497 residents, Ozaukee County covers 235 square miles of land area featuring 25 miles of Lake Michigan shoreline and 12 county owned parks and open spaces. Ozaukee County is known for its excellent fishing, which led to early developments of quarries and harbors. Steep bluffs cover most of the county's coastlines with miles of beachfront access. According to a 2022 U.S. News & World Report, Ozaukee County ranks 7th among the 10 healthiest communities in America, a survey that includes data from approximately 3,000 counties.

Ozaukee County includes suburban and rural areas:

- Cities of Cedarburg, Mequon, and Port Washington
- Towns of Belgium, Cedarburg, Fredonia, Grafton, Port Washington, and Saukville
- Villages of Bayside, Belgium, Fredonia, Grafton, Newburg (shared with Washington County), Saukville, and Thiensville
- Unincorporated communities of Fredonia, Belgium, Janesville, Lakefield, Kohler (shared with Sheboygan County), Lake Church, Dacada, Druecker, Hamilton, Decker, Waubeka, Holy Cross and Ulao



Wisconsin Healthy Communities Designation

Ozaukee County has been designated a Silver Community. The county is recognized for its efforts to improve health through programs such as Cultivate: Mental Health Program, Medication Collection, Community/School Gardens, Cycling Without Age, Car Seat Distribution and Education, Port ACES: Physical Activity Program, and Breastfeeding Friendly Workplace.

Ozaukee County Health Rankings

According to the 2022 CHR&R, out of the 72 counties in Wisconsin, Ozaukee County ranks 1st for health outcomes and health factors. Areas to explore include adult smoking, adult obesity and excessive drinking.

COMMUNITY ASSESSMENT & PLANNING

Community Health Needs Assessment

The purpose of the Community Health Needs Assessment (CHA) is to provide information on the health status of residents. The primary objectives are to:

1. Gather specific data on behavioral and lifestyle habits of the adult population.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. Compare, where appropriate, health data of residents to previous health studies.
4. Compare, where appropriate and available, health data of residents to state and national measurement along with Healthy People 2030 goals.

Aurora Health Care, Froedtert & the Medical College of Wisconsin, Children's Hospital of Wisconsin in partnership with the Washington Ozaukee Public Health Department commission this report. The community health survey is supported by additional data collected and analyzed by the Center for Urban Population Health. Secondary data included the County Health Rankings, US Census Bureau, American Community Surveys, Healthy People 2020, and Healthiest Wisconsin 2020. In 2019, a shared CHA was executed to determine current community health needs. The structure of the CHA was a blended version of the Wisconsin State Health Plan (Healthiest Wisconsin 2020) and the County Health Rankings.

Community Health Improvement Plan

The CHIP is a health improvement plan updated every three to five years. This plan serves as a long-term roadmap to collaborate and coordinate with key community partners to address identified priorities and target resources in a systematic way to improve community health. This planning is critical to building and strengthening partnerships with organizations.

Methodology

A series of ten community meetings were held in both Washington and Ozaukee County with community members, coalition partners (Well Washington County, Invest Ozaukee County), and community organizations. Separate focus groups were held to gather feedback from our Spanish-speaking residents (Appendix A). These meetings focused on gathering input from individuals who represent the broad interests of the community, to identify community assets, and prioritize significant health needs. Qualitative data was gathered and prioritized by key stakeholders, resulting in the identification of a manageable number of health focus areas.

Results

Seven health priorities were identified in community meetings held in Washington County with six priorities identified in Ozaukee County (Appendix B).

After review of all primary and secondary, qualitative and quantitative data, the following three priority areas emerged; **mental health, substance use, & sexual health and wellness**. These priority areas were selected as they are represented in both counties and supported by data and or feedback from CHIP meetings. We recognize that that health issues are inter-related and by focusing on three priority needs we will have to address social determinants of health such as housing, transportation, access to healthcare and diversity equity and inclusion.

The goal of the CHIP is to **improve social determinants of health**. These are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risk. Acknowledging and attempting to improve these factors is the first step in the process of systems and community change.

Evidence-based and best practices were researched and utilized as a framework to develop the goals, objectives and strategies for the CHIP. We recognize it is essential to engage our community and collaborate with many interested organizations to understand and address the socioeconomic factors, including where people work and play, to improve their health and welfare. As part of the CHIP, interventions were selected to improve social determinants of health, which can produce wide-ranging health benefits and aim to reduce health disparities.

Action teams will be convened to address these priority areas and encouraged to use the Social Ecological Model (SEM) in order to understand the factors associated with mental health, substance use, & sexual health and wellness. The SEM is a framework that enables us to consider the influence of individual *and* environmental factors on health & health-related behaviors. Therefore, to influence health outcomes, we need to address determinants at the individual, interpersonal, organizational, community and public policy levels.

Social Ecological Model



Structures and Systems

Federal, state, and local regulations, laws, the built environment (public works, infrastructure, etc.)

Community

Relationships and communications between organizations and institutions

Institutions and Organizations

Schools, health care administration, businesses, faith based organizations, institutions

Interpersonal

Individual relationships, support groups, social networks, cultural context

Individual

Individual attitudes, beliefs, knowledge, and behaviors

COMMUNITY HEALTH PRIORITY AREAS

1) Mental Health

Mental health conditions are extremely costly to society, due to diminished personal, social and occupational functioning according to the CDC. Mental health conditions are associated with chronic diseases such as cardiovascular disease, diabetes and obesity, and related to risk behaviors for chronic disease, such as physical inactivity, smoking and excessive drinking.³

Rationale:

- The number of poor mental health days reported in the past 30 days in both Washington and Ozaukee County, although less than the state, show an increasing trend over the last five years
 - In 2019, Washington County residents report 4 days, Ozaukee 3.7 and Wisconsin 4.4⁷
- From 2016 (3%) to 2019 (8%), there was a statistical increase in the overall percent of respondents who reported they considered suicide in the past year for Washington County residents¹
- From 2016-2020, injury related mortality for suicide per 100,000 was 14.9 for Washington County and 10.8 for Ozaukee County¹¹
- In 2019 CHA key findings indicate that mental health and depression are top county health issues^{1&2}



"If my neighbor is having a mental health crisis it affects me"
-CHIP Participant

Goal Statement: Improve the mental health of Ozaukee and Washington County.

Objective 1: By 2025, Conduct a mental health awareness campaign during Mental Health Awareness Month (May) or Awareness Week (October)

Strategies

- Complete Reduce Stigma and Awareness campaign
- Increase qualified mental health staff and providers
- Support community partners in their efforts to improve mental health within the county

Objective 2: By 2025, increase mental health services for youth

Strategies

- Streamline case management and counseling in schools
- Complete survey tool (Youth Risk Behavior Survey or other)
- Invest in/increase wraparound services
- Increase funding to provide transportation grants for underserved populations to obtain treatment/services
- Work to support key community partners in gaining access to the student population

Objective 3: By 2025, raise awareness and increase utilization of mental health crisis services by 30 percent.

Strategies

- Promote the 988 suicide prevention campaign
- Utilization and enhancement of Impact 211/COPE
- Increase amount of peer-support and crisis mental health providers

2) Substance Use

Substance use can affect anyone and while it may not affect you personally, it is prevalent in our community. The COVID-19 pandemic and the toll it has taken on families and individuals has only made the problem worse.

In order to have a healthy and thriving community, there is a need to educate the community about the importance of carrying Narcan (a medication to stop overdoses), teach and practice trauma-informed care, educate youth on substance use, and work to reduce the stigma surrounding substance use.

Rationale:

- In 2020, there were 25 opioid overdose deaths in Washington County and there were 11 overdoses deaths for Ozaukee County ⁵
- In 2021, Ozaukee County had a rate of 19.0 per 100,000 population for emergency room visits due to opioid use and Washington County had a rate of 39.4 per 100,000 population ⁶
- In 2022, 28% of residents in Ozaukee and Washington County reported excessive drinking habits ⁷
- In 2022, Washington County had 12 alcohol-impaired driving deaths and Ozaukee County had 11 ⁷
- In 2019, Froedtert's community health survey reported that 16% of respondents were current tobacco cigarette smokers in Ozaukee County



"I'm worried that lots of people are using alcohol as a coping mechanism."
-CHIP Participant

Goal: Increase community resources, knowledge and prevention strategies around substance use for Ozaukee and Washington County.

Objective 1: By 2025, reduce youth substance use by 10%

Strategies

- Conduct a Youth Risk Behavior Survey (YRBS) in the schools to gather the data
- Provide substance use education to students in 10 schools within the counties
- Use the Hidden in Plain Sight Trailer (mock teenage bedroom with hidden drug paraphernalia) at 4 events every year

Objective 2: By 2025, decrease stigma and raise awareness of substance use

Strategies

- Host multiple events targeted at reducing stigma
- Have a candlelight vigil every year to honor those who have lost their life to substance use
- Host an International Overdose Awareness Day Event
- Continue to support the Health Department's Narcan program
- Create a list of resources on substance use in the community for families and advertise it

Objective 3: By 2025, continue to raise awareness around harm reduction approaches for substance use

Strategies

- Implement one Naloxone box and one medication disposal box in both Washington and Ozaukee County
- Purchase and supply 40 people each year with fentanyl test strips
- Create a social media campaign about harm reduction
- Research and gather information to open a sober living facility for women in both counties

3) Sexual Health & Wellness

Stigma, lack of awareness, and incomplete education have turned sexual health and wellness into a taboo topic. Sexual health and wellness encompasses many areas, including physical health, healthy relationships, development and more. We cannot have a healthy community without addressing these difficult topics.

"Sexual wellness is a state of physical emotional, mental, and social wellbeing concerning sexuality. It is not merely the absence of disease, dysfunction, or infirmity." - World Health Organization ⁸

Rationale:

Sexually Transmitted Infections (STIs) are the most common communicable disease grouping reported in both Ozaukee and Washington County. STIs have the potential to complicate pregnancy and can affect birth outcomes. These infections can result in long-term symptoms, long-term disease, and even death.



- In 2019, there were 187.5 newly diagnosed chlamydia cases per 100,000 in Washington County and 140.1 for Ozaukee County, a worsening trend in both counties⁷
- STI data trends in Ozaukee and Washington County follow national trends; STIs are on the rise ¹⁴
 - The gonorrhea rates in both Washington and Ozaukee County have roughly doubled from 2010 to 2020
 - Both counties had higher rates of syphilis in 2020 than any other year in the past decade
 - Roughly, half of all cases of chlamydia and gonorrhea in both Washington and Ozaukee County are among adolescents and young adults aged 15-24. STI rates in both counties are also significantly higher in women and African American and Hispanic populations

Goal: Improve the sexual health and wellness of Ozaukee and Washington County.

Objective 1: By 2025, 50% of schools with students 15 years old and up, within Washington and Ozaukee County, participate in YRBS

Strategies

- Grow coalition partnership by 10% by incorporating youth, parents and key thought leaders in the community
- Reach out to 50% of parents of target population with educational materials regarding sexual health as well as the importance of the YRBS
- Establish at least 2 youth support/educational groups regarding sexual health and mental health through established community partnerships

Objective 2: By 2024, develop and complete a Sexual Health and Wellness needs education campaign

Strategies

- Conduct a sexual wellness gap analysis to determine need, strategies, and partnerships
- Provide outreach and education to parent groups in each county to inform on the use of data and the needs, specifically regarding identified sexual health issues (e.g., rising HPV and Chlamydia rates)
- Develop a webpage/resource list for sexual wellness education and services for Ozaukee and Washington County

APPENDIX A

Spanish Speaking Focus Groups Summary

Two community conversations were conducted on December 1, 2021 at Casa Guadalupe Education Center in West Bend. 11 people attended the morning session, and 16 attended the evening session. The participants were Spanish speakers who live or work in Washington County. Their age range was from 19 to 65 years old. Most participants lived in West Bend but there were some from other areas including Hartford, Jackson, Allenton and Kewaskum. Two participants lived in Fredonia (Ozaukee County). All groups were asked the same seven open ended questions to better understand their main health concerns, priorities, challenges, and resources. Overall, main health-related themes that surfaced included mental health, especially in youth, chronic disease (diabetes, high blood pressure, high cholesterol), obesity and childhood obesity, cancer education, screening and prevention, and alcohol and substance abuse (marijuana and vaping in youth). The impact of the COVID-19 pandemic came up in concerns about the vaccine being easily accessible but people not wanting to be vaccinated because of misinformation and lack of trust in the vaccine. Community and family concerns included bad eating habits, not having access to medical services, lack of local dental and vision care, lack of health insurance, legal status (not having an ID), the language barrier, lack of transportation in rural areas, not having access to bilingual therapists, discrimination and racism, and bullying in schools.

Some suggested strategies to improve the health of Hispanic residents in Washington County include:

- Develop and train a network of Spanish speaking community health workers that can work directly with the community and earn their trust
- Health literacy programming in Spanish especially about healthy eating habits, management of chronic conditions (diabetes, high blood pressure, and cholesterol), HPV vaccine, and cancer prevention (breast and prostate cancer)
- Partnerships with Casa Guadalupe Education Center and the Albrecht Free Clinic to deliver health literacy programs
- Cancer education in Spanish, including cancer-screening opportunities. A partnership can be developed with Community Program Coordinator/Hispanic Outreach from Froedtert & Medical College of Wisconsin, Cancer Center
- Increase funding for transportation for populations that live in rural areas and add bilingual customer service representatives to schedule rides
- Increase funding to develop a network of bilingual therapists in Washington County
- Increase the availability of qualified medical interpreters in the area, including small clinics, dental and vision
- Create partnerships with local gyms or YMCA to offer free or discounted memberships for the Hispanic community

APPENDIX B

WASHINGTON COUNTY PRIORITIES

Community Building

"There just seems to be a lack of natural coordination, whether it's between organizations or nonprofits to the community working together towards what the community needs."

- Need to build community resources, from language access to children needing safe & healthy places to play
- There are divides - politically, ideologically – that cause harm and polarization
- Misinformation and access to information is a challenge

Diversity, Equity, & Inclusion

"All people need to feel a sense of belonging."

- Everyone should feel safe from discrimination in the community, in their jobs, in school
- We need services that are not only available, but appropriate for the diverse and underserved populations
- The climate to discuss this issue makes it difficult to address

Emergency Preparedness

"I'm worried about the pandemic ever getting under control."

- Getting the COVID-19 pandemic under control (e.g. increasing vaccination rates)
- Communication and general management was "rough" and we need to improve that
- We should also be focusing on emerging diseases/pandemics other than COVID moving forward

Food Access

"People in rural areas have more difficulty accessing healthy food."

- Access to healthy food is difficult, especially for those living in more rural parts
- More fast food places than there are grocery stores/places that sell produce
- We know that food access affects the rate of chronic disease across the board

Mental Health

"If your mental health is not treated, the whole person is not their whole person."

- Getting access to mental health services is difficult no matter level of insurance
- Isolation due to the pandemic and especially for seniors as the population ages
- Stigma for MH, be it getting help, discussing it, how it affects jobs, etc.

Substance Use

"I'm worried that lots of people are using alcohol as a coping mechanism."

- Worries over staffing across the board, concerns over not having enough providers to treat the population
- More awareness is needed surrounding its prevalence and the overdose rate
- Must reduce stigma seeking help for this and discussing it in general

Transportation

"Transportation is the lynchpin that all other services rely on."

- Transportation is how you get to all these things
- Not just Public Transit, but trails, bike trails, better walkability, rideshare
- More available and accessible forms of transportation, especially for seniors and children

OZAUKEE COUNTY PRIORITIES

Substance Abuse

"Wisconsin has the worst drinking problem in the country."

- Drinking culture is part of socialization and is expected
- Increase in overdoses and deaths related to opioids
- Youth use of disposable e-cigarettes has increased significantly

Mental Health

"If my neighbor is having a mental health crisis it affects me"

- Crisis intervention can be improved, often there are multiple needs a person has
- We need services that are not only available, but appropriate for the diverse and underserved populations

Emergency Preparedness

"We were not ready for this pandemic, and I'm scared we are not thinking about the future and potential other pandemics to come."

- Challenges related to prevention, management, misinformation, and impact of COVID (e.g. backlash against wearing masks, impact of virtual learning)
- We should also be focusing on emerging diseases/pandemics other than COVID moving forward
- Concerns about EMS and fire department staffing, fewer people volunteering while call volume increasing

Transportation

"Sometimes you have to schedule the shared ride five, six days in advance."

- Limited options for public transportation
- Existing options are not flexible and don't match the need
- Lack of transportation can lead to other health issues (e.g. lack of healthy food access can lead to chronic conditions)
- Transportation can also include trails and infrastructure for bicycles and pedestrians

Diversity, Equity, and Inclusion

"We are quickly becoming a county where you can work but not live."

- Need to better serve people with unique cultural differences and accessibility needs, e.g. ESL and ASL
- Income inequality, high cost of living, and discrimination make it inaccessible or unwelcoming for many
- There is stigma and shame around accessing help when in need

Access to Healthcare

"There is very little medical care north of Port Washington"

- There are a lot of resources, but challenges in connecting people to the resources
- Pockets of the county have a lot resources and other pockets have few resources
- Impacted by transportation and can exacerbate other health issues (limited ability to prevent or treat one issues leads to more severe health outcomes)

APPENDIX C



*Cultivate Conversation
"You're Not Alone"
Port Washington – Saukville*

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Washington County

Acknowledgements

The Cultivate Mental Wellness Pilot Project – 2018-2019 Evaluation was developed by the Washington Ozaukee Public Health Department.

A special thank you to the Port Washington – Saukville and West Bend communities for their dedication to this initiative over the last two years and for their support with data collection for this report.

Port Washington – Saukville Cultivate Mental Wellness Members	West Bend Cultivate Mental Wellness Members
Port Washington – Saukville School District Economic Development United Way of Northern Ozaukee Aurora Health Care Froedtert & Medical College of WI Ozaukee County Human Services NAMI Ozaukee County Ozaukee Family Services W.J. Niederkorn Library Ozaukee Community Therapies Kettle Moraine YMCA Saukville Police Department Port Washington Police Department Port Washington Fire Department Ozaukee County Aging and Disability Resource Center Village of Saukville City of Port Washington Port Washington Parks Department	West Bend Library Economic Development Aurora Health Care Froedtert & Medical College of WI Washington County Human Services West Bend Police Department Friends, Inc. Boys and Girls Club City of West Bend NAMI – Washington County West Bend Parks Department West Bend School District

Lastly, thank you to INVEST Mental Health and Think Well for bringing Cultivate Mental Wellness to fruition and for providing their support.



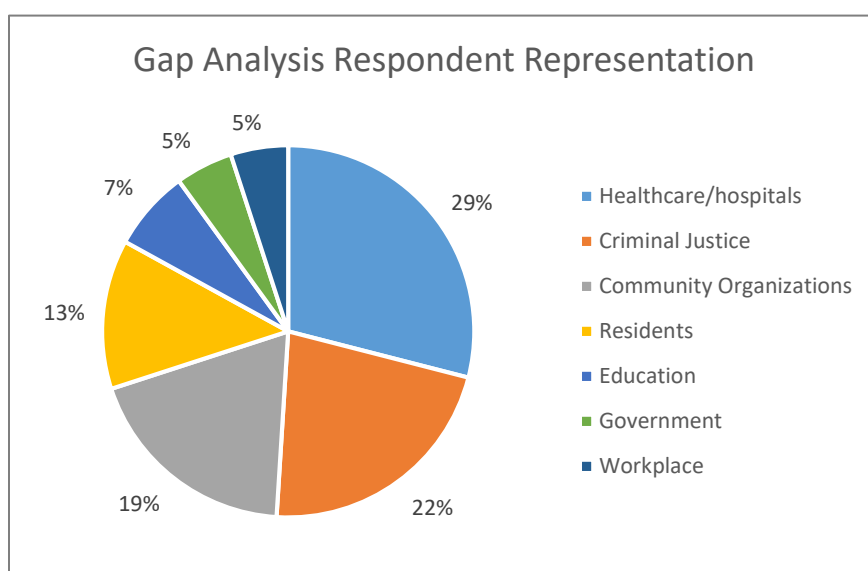
Overview

This report provides an overview and analysis of Cultivate Mental Wellness, a pilot project of the Washington Ozaukee Public Health Department (WOPHD) focused on mental health and wellness. This report examines Cultivate activities and assesses the degree to which the first year goals of the project were met.

Background

The WOPHD in partnership with both county-wide mental health coalitions, Think Well Washington County and INVEST Mental Health Ozaukee County, designed Cultivate Mental Wellness, a model to reduce stigma, increase access to care, enhance community partnerships, and decrease poor mental health days. The overarching purpose of Cultivate is to make communities mental health friendly.

In 2017, the Medical College of Wisconsin funded the WOPHD to conduct a gap analysis to identify strengths and weaknesses within the mental health system for both counties. The report includes 51 one-on-one interviews, eight focus groups, and responses from 111 individuals. Lessons learned centered on poverty, housing instability, and crises emerging from unmet basic needs, which make it difficult to manage all health issues, including mental health. General lack of awareness of mental health issues, service availability, and knowledge of where to get support all play a role in unmet mental health needs. Respondents commonly cited stigma, fear, shame, embarrassment, denial, and lack of understanding of mental health and mental illness as reasons why people might not seek a diagnosis or treatment. Recommendations from our findings led to the development of the Cultivate Mental Wellness Model.



Cultivate Mental Wellness uses a public health framework to promote mental health and to eliminate stigma surrounding mental illness, while also supporting growing communities' resiliency. Under this framework, communities, which are defined as municipalities, build a culture where individuals seek answers, are diagnosed, and have access to the care they need. Each Cultivate Community works to accomplish objectives through a four-phase process – Kindness, Empathy, Support, and Resiliency. There several strategies a Cultivate Community implements to move through each phase, including building awareness and understanding of mental health, and building and equipping the community with sustainable resources. Cultivate communities promote mental health training and educational opportunities, policy change, ongoing data collection, expansion of funding for mental health, and increased access to mental health services and resources.

Data

The Centers for Disease Control and Prevention estimates that 50% of Americans will be diagnosed with a mental illness or disorder in their lifetime (CDC, 2019). According to NAMI, 1 in 5 adults in the United States experience mental illness and 1 in 25 experience serious mental illness (2018). NAMI also reports that 19% of adults with mental illness also have substance use disorder and 20% of people experiencing homelessness have a serious mental illness (2018). Mental illness affects academics and high school retention rates, employment, workplace productivity, and increases risk of cardiovascular disease. Though mental illness is common, there are numerous issues that prevent people from seeking help, including lack of awareness, stigma of poor mental health, and lack of access to affordable mental health services.

The WOPHD conducted a Community Mental Health Survey in 2018 to better understand the community's views on mental health and wellness. West Bend residents reported 7.9 poor mental health days. Port Washington – Saukville residents reported 8.8 poor mental health days. Both Cultivate Communities reported a higher number of poor mental health days than the overall county average reported by County Health Rankings. Full details of this survey can be found in the appendices.

Cultivate Mental Wellness also focused on suicide data. In Wisconsin, suicide is the 10th leading cause of death among all residents and the 2nd leading cause of death for people ages 10-34 years old (DHS, NAMI, 2019). Since 2000, rates of suicide have steadily risen across the country. Nationally, the suicide rate has increased by 31% since 2001, while the rate of suicide in Wisconsin increased by 40% from 2000-2017 (NAMI, Vital Records, 2019). Wisconsin reports higher rates of suicide for males, veterans, adolescents, and rural residents. In 2010, suicide cost Wisconsin nearly one-billion dollars in Wisconsin, for an average of 1.1 million dollars per suicide (American Foundation for Suicide Prevention, 2018).

The tables below highlight mental health metrics tracked in both Cultivate Communities. These metrics were identified when Cultivate Mental Wellness was developed and were chosen to inform the strategies implemented to make communities mental health-friendly. See Appendices A and B for additional data.

Hospitalizations Due to Mental Health ¹			
Hospital	# of Psych Admissions	# of Psych/Chem. Depend. Admissions	# of Chem. Depend. Admissions
2017			
Ascension Columbia St. Mary's, Ozaukee (Geriatric Psych)	567		
Milwaukee Co. Behavioral Health		1,362	
Aurora Psychiatric Hospital	4,354		1,096
2018			
Ascension Columbia St. Mary's, Ozaukee (Geriatric Psych)	540		
Milwaukee Co. Behavioral Health		1,350	
Aurora Psychiatric Hospital	4,486		1,052
2019 *As Of November			
Ascension Columbia St. Mary's, Ozaukee (Geriatric Psych)	292		
Milwaukee Co. Behavioral Health		1,214	
Aurora Psychiatric Hospital	4,516		966

¹ Milwaukee Area Hospital Utilization Report. 2019. <https://www.wha.org/MediaRoom/DataandPublications/Hospital-Utilization-Report>

2017

METRIC	WASHINGTON	OZAUKEE	WI	U.S.
Poor Mental Health Days ²	3.1	3.0	3.5	--
# served by county behavioral health	1,936 ^{3, y}	1,035 ^{4, y}	71,178 ⁵	
Prevalence of Mental Illness ^{6, o}	--	--	18.44% or 807,000	18% or 43.7m
Suicides	21 ⁷	10 ⁸	926 ⁹	46,130 ¹⁰
Requests for Mental Health/AODA – County Jail	--	--	--	--
Homelessness Due To Mental Health ¹¹	--	--	342	86,705

^y Washington or Ozaukee County People Served in behavioral health system 2017

^o The six measures that make up the Prevalence Ranking include:

1. Adults with Any Mental Illness (AMI)
2. Adults with Dependence or Abuse of Illicit Drugs or Alcohol
3. Adults with Serious Thoughts of Suicide
4. Youth with At Least One Past Year Major Depressive Episode (MDE)
5. Youth with Dependence or Abuse of Illicit Drugs or Alcohol
6. Youth with Severe MDE

2018

METRIC	WASHINGTON	OZAUKEE	WI	U.S.
Poor Mental Health Days ¹²	3.1	3.1	3.8	--
# served by county behavioral health	1,941 ^{13, β}	1,227 ^{14, β}	73,085 ¹⁵	
Prevalence of Mental Illness ^{16, £}	--	--	--	19% or 47.6m
Suicides	18 ¹⁷	8 ¹⁸	866 ¹⁹	44,965 ²⁰
Requests for Mental Health/AODA – County Jail ²¹	--	1,393	--	--

² County Health Rankings. 2017.

³ Mental Health: County Services Dashboard 2017. 2020. <https://www.dhs.wisconsin.gov/mh/county-services-dashboard.htm>

⁴ Mental Health: County Services Dashboard 2017. 2020. <https://www.dhs.wisconsin.gov/mh/county-services-dashboard.htm>

⁵ Mental Health: County Services Dashboard 2017. 2020. <https://www.dhs.wisconsin.gov/mh/county-services-dashboard.htm>

⁶ 2017 State of Mental Health in America – Prevalence Data. 2018. <https://www.mhanational.org/issues/2017-state-mental-health-america-prevalence-data>

⁷ WISH Query: Mortality Module – Broad Groups: Intentional Self Harm (Suicide) 1999-2018. 2020. <https://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm>

⁸ WISH Query: Mortality Module – Broad Groups: Intentional Self Harm (Suicide) 1999-2018. 2020. <https://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm>

⁹ Centers for Disease Control and Prevention. WISQARS. 2019. <https://wisqars-viz.cdc.gov>

¹⁰ Suicide Prevention. 2019. <https://www.dhs.wisconsin.gov/prevent-suicide/index.htm>

¹¹ State of Homelessness. 2018. <https://endhomelessness.org/homelessness-in-america/homelessness-statistics/state-of-homelessness-report/>

¹² County Health Rankings. 2018.

¹³ Mental Health: County Services Dashboard 2018. 2020. <https://www.dhs.wisconsin.gov/mh/county-services-dashboard.htm>

¹⁴ Mental Health: County Services Dashboard 2018. 2020. <https://www.dhs.wisconsin.gov/mh/county-services-dashboard.htm>

¹⁵ Mental Health: County Services Dashboard 2018. 2020. <https://www.dhs.wisconsin.gov/mh/county-services-dashboard.htm>

¹⁶ Mental Health by the Numbers. 2018. <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

¹⁷ WISH Query: Mortality Module – Broad Groups: Intentional Self Harm (Suicide) 1999-2018. 2020. <https://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm>

¹⁸ WISH Query: Mortality Module – Broad Groups: Intentional Self Harm (Suicide) 1999-2018. 2020. <https://www.dhs.wisconsin.gov/wish/mortality/broad-form.htm>

¹⁹ American Foundation for Suicide Prevention. Suicide Facts & Figures: Wisconsin 2018. 2019. <https://www.csifdl.org/wp-content/uploads/2018/07/AFSP-Wisconsin-State-Facts.pdf>

²⁰ American Foundation for Suicide Prevention. Suicide Facts & Figures: Wisconsin 2018. 2019. <https://www.csifdl.org/wp-content/uploads/2018/07/AFSP-Wisconsin-State-Facts.pdf>

²¹ Ozaukee County Jail Health Services. 2018.

Homelessness Due To Mental Health ²²	--	--	527	88,640
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^β Washington or Ozaukee County People Served in behavioral health system 2018

£ The six measures that make up the Prevalence Ranking include:

1. Adults with Any Mental Illness (AMI)
2. Adults with Dependence or Abuse of Illicit Drugs or Alcohol
3. Adults with Serious Thoughts of Suicide
4. Youth with At Least One Past Year Major Depressive Episode (MDE)
5. Youth with Dependence or Abuse of Illicit Drugs or Alcohol
6. Youth with Severe MDE

2019

METRIC	WASHINGTON 2019	OZAUKEE 2019	WI	U.S.
Poor Mental Health Days ²³	3.1	3.1	3.8	--
# served by county behavioral health ^{24, a}	1,210	551	--	--
Suicides	--	--	--	--
Requests for Mental Health/AODA – County Jail	--	--	--	--
Homelessness Due To Mental Health	--	--	--	--

^a Washington or Ozaukee County People Served in behavioral health system 2019

Cultivate Overview

Cultivate Mental Wellness is a community-based initiative to promote mental health and wellness and eliminate the stigma surrounding mental illness. It fosters kindness and empathy, generates support, and builds resiliency. Inspiring hope and offering help creates the foundation to strengthen community awareness, resources, and access to mental health services and resources.

Culture change takes time, and the whole community needs to be engaged to improve health. Cultivate Mental Wellness is built around four phases structured to shift a community's perspective on stigma and mental illness. The process by which a community transforms into a Cultivate Community is outlined below.



*Cultivate Wellness in Our Parks – Yoga
Port Washington – Saukville*

Cultivate Mental Wellness Process

1. Join Cultivate Mental Wellness by reaching out to the WOPHD.
2. Develop a Community Cultivate Committee. Start by identifying community members and leaders. The committee should be cross-sector and include diverse representation.
3. Develop a plan to accomplish action items within each phase. Your local Mental Health Coalition (Think Well or INVEST Mental Health) and health department staff will provide support.
4. Engage community partners to achieve proposed action items.
5. Be an advocate for the movement. Your community will become a leader in the county and state as you move forward in cultivating change in mental health.

²² 2017 State of Mental Health in America – Prevalence Data. 2018. <https://www.mhanational.org/issues/2017-state-mental-health-america-prevalence-data>

²³ County Health Rankings. 2019.

²⁴ Mental Health: County Services Dashboard 2019. 2020. <https://www.dhs.wisconsin.gov/mh/county-services-dashboard.htm>

6. Participate in the “Four-Step” Process:

- a. Phase One: Kindness – Consists of action items focused on education and building awareness around mental health.
- b. Phase Two: Empathy – Consists of action items focused on building relationships to understand the perspectives, needs, and intentions of others.
- c. Phase Three: Support – Consists of action items focused on connecting and promoting community resources.
- d. Phase Four: Resilience – Consists of action items focused on sustainability and advocacy.

Cultivate Mental Wellness Technical Assistance & Support

Technical assistance and support are provided for Cultivate communities to accomplish their action items. The following list are resources provided by WOPHD staff.

- Assessment and evaluation tools
- Sample campaigns
- List of community resources
- Suggested education and training opportunities
- Advocacy tools
- Marketing materials
- Data and statistics

Cultivate Mental Wellness launched in January 2018 as a pilot project in Port Washington-Saukville and West Bend with the establishment of two committees. Both Cultivate communities identified a number of strategies outlined in the next two sections.

Cultivate Port Washington – Saukville

The Port Washington – Saukville Committee planned and implemented a number of strategies to meet the community’s goals during the pilot period as outlined below. See Appendix C for a progress review of the four phases.

Goal: Conduct a mental health awareness campaign during Awareness Week (October).

Strategy	Results	Date Completed
Choose mental health campaign	Change Direction, a national mental health campaign, chosen to raise awareness in community.	May 2018
Make a campaign pledge	Online pledge submitted to Change Direction.	May 2018
Choose messages/promotional materials	Started – Incomplete	Incomplete
Choose mode of dissemination	The Cultivate/Choose Direction campaign was disseminated throughout the community by various modes including: community events, mental health trainings, social media, and monthly email blasts.	April 2019
Create local message	Committee selected resources to promote in community – COPE	July 2018

	Hotline, 2-1-1, and the HOPELINE suicide prevention text line.	
Create local voice/story video	A promotional video featuring the faces, voices, and testimonies of Cultivate partners was produced.	October 2019
Students work on marketing and modes of dissemination	UW – Milwaukee Nursing students created posters, flyers, bookmarks, and population-based messaging.	September 2018
Launch campaign	The Cultivate/Choose Direction campaign was disseminated throughout the community by various modes including: community events, mental health trainings, social media, and monthly email blasts.	April 2019

Goal: Conduct one mental health training/educational opportunity to first responders.

Strategy	Results	Date Completed
Crisis Intervention Team (CIT) and CIP	CIT Ozaukee • 17 Port Washington Police • 8 Saukville Police • 52 Sheriff Officers CIP Ozaukee • 21 Port Washington – Saukville EMS	October 15-19, 2018
Create first responder toolkit	Incomplete	Incomplete

Goal: Conduct at least one community conversation.

Strategy	Results	Date Completed
Lecture Series	Successful town hall/community conversations held. • <i>Resiliency and Suicide Prevention – Recognizing signs and building a path to resiliency</i> ○ Amy Lovell, President of REDgen ○ Brook Talbot, Vice-President of REDgen • <i>Examining Addiction, Recovery, and Options for Treatment: How addiction takes hold and the path to recovery</i> ○ Ken Hartenstein, MS, LPC, SAC, Lead Therapist for the Medication Assisted Treatment Programs at Rogers Memorial Hospital	May – October 2018

	• <i>Adult Bullying</i> • <i>Understanding Child/Adolescent Trauma and Mental Health</i> ○ Erin Perez, MA, LPC, Clinic Director, Counselor, Consultant and Trainer, Ozaukee Community Therapies	
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Goal: Conduct at least one community mental health training & Honest, Open, Proud (HOP).

Strategy	Results	Date Completed
Identify training(s)	WISE Basic Training	May 2018
Identify time and location of training	WISE Basic Training offered at Port Washington High School Media Center • 13 participants	October 2018
Honest, Open, Proud (HOP) – Saukville Police	Training offered at Saukville Police Department	November 2018

Goal: Promote mental health hotlines, 2-1-1, and county crisis.

Strategy	Results	Date Completed
Disseminate resources	Disseminated throughout products (flyers, social media, email, magnets, pens)	Ongoing
2-1-1 Agency Sessions	Sessions held to train and encourage agencies to update or populate their 2-1-1 resources.	October 2018

Goal: Complete an Active Parks Project.

Strategy	Results	Date Completed
Mental Health Challenge Week	Incomplete	Incomplete
Park Enhancement Project: Saukville Park Initiative – Grady Park	Incomplete	Incomplete
Cultivate Wellness in Our Parks	A free six-week outdoor summer program to promote physical activity and mental wellness. Sessions included: NIA – Neuromuscular Integrative Action, Tai Chi, Laughter Yoga, Reiki, Meditation, and Aromatherapy • 131 Participants	July 24, 2019 July 31, 2019 August 7, 2019 August 14, 2019 August 21, 2019 August 28, 2019

Cultivate West Bend

The West Bend Committee planned and implemented a number of strategies to meet the community's goals during the pilot period as outlined below.

Goal: Conduct a mental health awareness campaign during Awareness Week (October).

Strategy	Results	Date Completed
Choose mental health campaign	Change Direction, a national mental health campaign, chosen to raise awareness in community.	May 2018
Make a campaign pledge	Online pledge submitted to Change Direction.	May 2018
Choose messages/promotional materials	Started – Incomplete	Incomplete
Choose mode of dissemination	The Cultivate/Choose Direction campaign was disseminated throughout the community by various modes including: community events, mental health trainings, social media, and monthly email blasts.	April 2019
Create local message	Committee selected resources to promote in community – COPE Hotline, 2-1-1, and the HOPELINE suicide prevention text line.	July 2018
Create local voice/story video	A promotional video featuring the faces, voices, and testimonies of Cultivate partners was produced.	October 2019
Students work on marketing and modes of dissemination	UW – Milwaukee Nursing students created posters, flyers, bookmarks, and population-based messaging.	September 2018
Launch campaign	The Cultivate/Choose Direction campaign was disseminated throughout the community by various modes including: community events, mental health trainings, social media, and monthly email blasts.	April 2019
Change Direction Community Conversation	Incomplete	Incomplete

Goal: Conduct one mental health training/educational opportunity to first responders.

Strategy	Results	Date Completed
Crisis Intervention Team (CIT) Training – Fall 2018	CIT Washington	October 2018
Crisis Intervention Team (CIT) Training – Spring 2019	CIT – Washington	April 2019
Crisis Intervention Team (CIT) Training – Fall 2019	CIT – Washington	October 2019
Create first responder toolkit	Started - Incomplete	Incomplete

- **75 West Bend Police Officers Trained**

- **21 Washington County Sheriffs Trained**

Goal: Conduct at least one community conversation.

Strategy	Results	Date Completed
Community Conversations with panel Topics include: youth, veterans, seniors, lived experience, expert	Incomplete	Incomplete

Goal: Conduct at least one community mental health training & Honest, Open, Proud (HOP).

Strategy	Results	Date Completed
Identify training(s)	WISE Basic Training	May 2018
Honest, Open, Proud (HOP)	Training offered at West Bend City Hall	November 2018

Goal: Promote mental health hotlines, 2-1-1, and county crisis.

Strategy	Results	Date Completed
Disseminate resources	Disseminated throughout products (flyers, social media, email, magnets, pens)	Ongoing
2-1-1 Agency Sessions	Sessions held to train and encourage agencies to update or populate their 2-1-1 resources.	October 2018

Goal: Complete an Active Parks Project.

Strategy	Results	Date Completed
Identify Active Parks Park Enhancement Project – Villa Park	Incomplete	Incomplete
Cultivate Wellness in Our Parks	A free six-week outdoor summer program to promote physical activity and mental wellness. Sessions included: Mindful Meditation, NIA – Neuromuscular Integrative Action, Reiki Class & Benefits of Mental Health, Movement, Wellness & Nutrition, Yoga at Dusk, and Anti-bullying & Effects on Mental Health • 84 Participants	July 24, 2019 July 31, 2019 August 7, 2019 August 14, 2019 August 21, 2019 August 28, 2019

Additional Strategies

Strategy	Description	Date Held
One Book One Community Port Washington-Saukville	One Book One Community is a community reading program that attempts to get everyone in a city to read and discuss the same book. The Niederkorn Library brought in author Kelly Jensen to discuss her book, “(Don’t) Call Me Crazy,” a compilation of 33 pieces about mental health.	Tuesday, October 7, 2018

<i>Cultivate Conversation (Mental Health Community Conversation Series)</i> Port Washington-Saukville	Cultivate Port Washington – Saukville partnered with Port Conversations to offer a 3-month series of Community Conversations focused mental health. • “You’re Not Alone” A Kids in Crisis Documentary Screening (with panel discussion) • Ozaukee County Mental Health Resources (panel discussion) • Reduce Stress & Build Resiliency Through Recent Neuroscience & Brain Research • 79 Participants	September – November 2019
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Findings & Conclusions

The Cultivate Mental Wellness pilot was successful in many ways. Both Cultivate communities achieved numerous items identified in their action plans. One important goal met in both communities was promotion of three core services spanning both counties: 2-1-1, COPE Hotline, and HOPELINE suicide prevention text line.

It will take time before we see the culture of mental health shift in a measurable way, but Port Washington-Saukville and West Bend are making efforts to reach this goal. In addition to meeting many of their original goals, each community successfully planned and implemented activities that went beyond the scope of their action plans. Cultivate Wellness in Our Parks, a six-week summer wellness program, is an opportunity offered outside of the original goals in both communities.



*Cultivate Wellness in Our Parks
Tia Chi
Port Washington - Saukville*

Investing in Mental Wellness

Increased funding for mental health services has been an ongoing in both Cultivate Communities. Because of funder involvement, Cultivate Port Washington-Saukville and West Bend have received funds over the last two years. Numerous Cultivate Mental Wellness partners, including health systems, philanthropic organizations, schools, and service providers, have contributed to or were recipients of grant funding to support crucial mental health services resources, including school-based mental health counseling, services children with trauma, financial assistance for domestic violence survivors with mental health needs, and mental health education.

MENTAL HEALTH FUNDING

2018		goal
Washington County	\$23,000	
Ozaukee County	\$34,000	new
2019		
Washington County	\$37,500	
Ozaukee County	\$30,000	
2020 *Projected		
Washington County	\$63,500	and to

Lessons Learned

1. The establishment of strong cross-sector partnerships is critical to ensure the sustainability of Cultivate Mental Wellness. Cultivate Port Washington-Saukville demonstrated this through the successful planning and implementation of several community events and programs. Community partners identified the programs offered and the topics selected fit the unique needs of the priority populations identified early on in the pilot. Partner buy-

in, support, and mission alignment have allowed Cultivate to flourish in the Port Washington-Saukville community and are a testament for what is to come.



*Crisis Intervention Training (CIT)
West Bend*

2. Set SMART goals and review them annually. In order to track progress, it is important each Cultivate community track activities regularly. This process should include tracking and monitoring progress toward meeting goals outlined in each community's action plan.
3. Bring Cultivate Mental Wellness communities together when possible. Port Washington-Saukville and West Bend were able to successfully implement Cultivate Wellness in Our Parks in summer 2019. The planning process for this 6-week wellness program gave partners the opportunity to demonstrate leadership and work together toward a shared mission, while also meeting the needs of their communities.
4. Start small, in one municipality at a time, and grow the initiative from there. It is important to establish strong leadership in each community for

the initiative to grow and be sustainable.

5. Staff vacancies may have delayed a number of activities at the end of 2018. However, due to supportive and determined community partners, both Cultivate Communities recovered quickly and were able to achieve nearly every goal that was originally set before the end of 2019.

Next Steps

Cultivate Mental Wellness will continue to shape the Port Washington-Saukville and West Bend communities. The WOPHD will continue to lead and support efforts to transform the culture of mental health through stigma reduction, increased awareness, program development, and resource sharing. The WOPHD will administer a Community Mental Health Survey in 2020 as a follow up to the survey administered in 2018. We hope survey results will reflect a shift in awareness of mental health services and resources, and a better understanding of mental wellness throughout the community.

Moving forward, the WOPHD looks to expand Cultivate Mental Wellness to other communities. The WOPHD will work with partners to identify community leaders with an interest in mental health and the capacity to manage and sustain Cultivate Mental Wellness. WOPHD staff will work with members of the community to assess community readiness. A representative of the WOPHD will provide technical assistance and support to all Cultivate Communities and facilitate evaluation activities.



*Character Counts Outstanding
Character Award
Port Washington - Saukville*

Appendix A

HOPELINE Data (741 741) 2017-2018

Washington County	Ozaukee County
154 texters identified from county	16 texters identified from county
318 texters were in county when texting	29 texters were in county when texting
Peak time was 10pm; Peak day is Friday; Peak text volume month was April 2018	Peak time was 8pm; Peak day is Wednesday; Peak text volume month was May 2017, second was June 2018
2 People attempted suicide while on the HOPELINE and they did an active rescue on them	1 person attempted suicide while on the HOPELINE and they did an active rescue on them
Issues that stayed consistent: • Anxiety • Depression/Sadness • Suicide • Self-Harm • Isolation • Relationship issues • Bullying • Calling for a friend/3rd party • Eating disorders • Grief • LBGTQ • Sexual Abuse • Physical Abuse • Substance Abuse • Emotional/Mental Abuse	Issues that stayed consistent: • Relationship • Depression • Anxiety • Suicide Thoughts • Self-Harm • Isolation • Bullying • Body Image • 3rd Party • Grief • Sexual Identity • Physical Abuse • Sexual Abuse • Emotional Abuse • Substance Abuse

Appendix B

Cultivate Baseline Community Mental Health Survey Results (3-14-2018)

Municipality	# of responses
West Bend	301
Port Washington	233
Saukville	82
TOTAL	908

WEST BEND – SURVEY RESULTS				
STRONGLY DISAGREE	DISAGREE	NEITHER AGREE OR DISAGREE	AGREE	STRONGLY AGREE
Q1. Mental health problems are illnesses just as physical health problems are illnesses.				
18	4	6	103	170
Q2. Anyone can develop a mental illness.				
13	2	10	119	157
Q3. In general, people with mental illness are more dangerous than the average person.				

30	94	163	46	9
Q4. It is important to avoid language that labels people with mental illness (e.g. crazy, nuts).				
4	4	22	110	157
Q5. Our community emphasizes the importance of mental wellness.				
22	77	112	79	10
Q6. If an individual had a mental health problem, I would know how to refer them for support.				
19	55	56	126	42
Q7. People with mental illness should be treated the same as any other person				
10	26	55	121	85
Q8. Experiencing abuse, neglect, and other household challenges as a child can have a long-term effect on a person's emotional and behavioral health even after the challenges are resolved.				
2	1	7	111	178
Q9. Experiencing abuse, neglect, and other household challenges as a child can increase a person's risk for depression, anxiety, and other mental health disorders.				
2	0	15	113	169
Q10. Suicide usually happens without warning.				
32	137	84	40	7
Q11. People should not ask others about their mental health because it could offend them.				
34	151	78	36	2

YES	NO	NOT SURE	PREFER NOT TO ANSWER
Q12. Have you ever been diagnosed with a mental health condition?			
83	195	11	12
Q13. Do you have a family member or friend with a mental health condition?			
214	62	20	5

Q14. In thinking about your own mental health wellness, what activities or behaviors help you feel better or help you manage everyday life? Check all that apply.

- Talk with someone: 255
- Going for a walk: 225
- Deep breathing/meditation/mindfulness: 165
- Eating healthy foods: 157
- Consuming other substances: 13
- Sleep: 200
- Spending time in nature: 199
- Spiritual or religious involvement: 170
- Reading or listening to music: 208
- Volunteering/acts of service: 152
- Exercise: 213
- Taking medication: 65
- Consuming alcohol: 20

STRONGLY DISAGREE	DISAGREE	NEITHER AGREE OR DISAGREE	AGREE	STRONGLY AGREE
Q15. Support and crisis hotlines are promoted throughout our community.				
14	87	111	73	11
Q16. All residents have access to mental health screenings.				
28	91	117	55	10

Q17. Support groups are available for survivors of suicide and those who have attempted suicide.				
7	22	85	155	30
Q18. Support groups are available for people facing mental health challenges and their families.				
14	26	87	148	25
Q19. Organizations in the community can refer individuals with any mental health condition to appropriate resources.				
13	27	84	147	30
Q20. The community offers a range of safe places where all people can connect and belong.				
13	59	140	75	13
Q21. Mental health trainings are available and well utilized.				
23	81	160	31	4

Q22. Thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?

- 0 days: 78
- 1-5 days: 91
- 6-10 days: 29
- 11-15 days: 16
- 16-20 days: 7
- 21-25 days: 1
- 26-30 days: 13

*Average Poor Mental Health Days: 7.9

Q23. What is your zip code?

- 53090: 106
- 53095: 195

Q24. Are you:

- Single: 34
- Married/cohabitating: 194
- Divorced/widowed/separated: 64
- Prefer not to answer: 9

Q25. What is your gender?

- Male: 56
- Female: 236
- Prefer not to say: 9
- Other: 0

Q26. What do you consider to be your race?

- African American: 2
- Asian/Pacific Islander: 1
- Hispanic: 4
- Hmong: 0
- Native American: 3
- White: 266
- Prefer not to say: 13
- Other: 11

Q27. What is the highest level of education you completed?

- Did not graduate high school: 1
- High School diploma: 67
- Vocational school: 48
- College graduate: 111
- Post graduate/professional degree: 63
- Prefer not to answer: 9

PORT WASHINGTON/SAUKVILLE – SURVEY RESULTS				
STRONGLY DISAGREE	DISAGREE	NEITHER AGREE OR DISAGREE	AGREE	STRONGLY AGREE
Q1. Mental health problems are illnesses just as physical health problems are illnesses.				
10	4	7	55	156
Q2. Anyone can develop a mental illness.				
7	5	8	95	199
Q3. In general, people with mental illness are more dangerous than the average person.				
48	95	110	51	9
Q4. It is important to avoid language that labels people with mental illness (e.g. crazy, nuts).				
7	11	22	97	173
Q5. Our community emphasizes the importance of mental wellness.				
19	84	125	74	12
Q6. If an individual had a mental health problem, I would know how to refer them for support.				
18	94	46	109	45
Q7. People with mental illness should be treated the same as any other person				
5	32	50	108	116
Q8. Experiencing abuse, neglect, and other household challenges as a child can have a long-term effect on a person's emotional and behavioral health even after the challenges are resolved.				
4	1	6	78	223
Q9. Experiencing abuse, neglect, and other household challenges as a child can increase a person's risk for depression, anxiety, and other mental health disorders.				
4	3	4	99	204
Q10. Suicide usually happens without warning.				
41	172	57	30	11
Q11. People should not ask others about their mental health because it could offend them.				
44	156	86	24	3

YES	NO	NOT SURE	PREFER NOT TO ANSWER
Q12. Have you ever been diagnosed with a mental health condition?			
125	172	10	6
Q13. Do you have a family member or friend with a mental health condition?			
250	42	20	1

Q14. In thinking about your own mental health wellness, what activities or behaviors help you feel better or help you manage everyday life? Check all that apply.

- Talk with someone: 271
- Going for a walk: 247
- Deep breathing/meditation/mindfulness: 184
- Eating healthy foods: 148

- Consuming other substances: 13
- Sleep: 215
- Spending time in nature: 216
- Spiritual or religious involvement: 147
- Reading or listening to music: 223
- Volunteering/acts of service: 126
- Exercise: 220
- Taking medication: 98
- Consuming alcohol: 34

STRONGLY DISAGREE	DISAGREE	NEITHER AGREE OR DISAGREE	AGREE	STRONGLY AGREE
Q15. Support and crisis hotlines are promoted throughout our community.				
19	93	97	92	11
Q16. All residents have access to mental health screenings.				
36	110	112	46	8
Q17. Support groups are available for survivors of suicide and those who have attempted suicide.				
11	50	145	94	11
Q18. Support groups are available for people facing mental health challenges and their families.				
20	47	123	108	12
Q19. Organizations in the community can refer individuals with any mental health condition to appropriate resources.				
11	21	119	134	16
Q20. The community offers a range of safe places where all people can connect and belong.				
23	86	131	62	7
Q21. Mental health trainings are available and well-utilized.				
27	124	138	20	1

Q22. Thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?

- 0 days: 69
- 1-5 days: 108
- 6-10 days: 31
- 11-15 days: 15
- 16-20 days: 14
- 21-25 days: 5
- 26-30 days: 12

*Average Poor Mental Health Days: 8.8

Q23. What is your zip code?

- 53074: 233
- 53080: 82

Q24. Are you:

- Single: 29
- Married/cohabitating: 246
- Divorced/widowed/separated: 32
- Prefer not to answer: 6

Q25. What is your gender?

- Male: 59
- Female: 247
- Prefer not to say: 6
- Other: 0

Q26. What do you consider to be your race?

- African American: 0
- Asian/Pacific Islander: 4
- Hispanic: 4
- Hmong: 0
- Native American: 2
- White: 286
- Prefer not to say: 12
- Other: 4

Q27. What is the highest level of education you completed?

- Did not graduate high school: 0
- High School diploma: 42
- Vocational school: 28
- College graduate: 132
- Post graduate/professional degree: 105
- Prefer not to answer: 7

Appendix C

Key

	Project is complete
	Project is not complete/ongoing
	Project has not started/has ended

Port Washington – Saukville

Phase	Activity	Outcome
Phase I - Kindness	Conduct a mental health awareness campaign and/or event.	Change Direction Campaign
	Offer at least one mental health educational or training opportunity with 2-3 workplaces and 1-2 senior living/senior centers.	Ended
	Hold at least one Community Conversation.	Cultivate Conversations – 2019
	Advertise the mental health hotlines, 2-11, COPE, and county crisis line.	Website, flyers, pens, & magnets
	Host Honest, Open, Proud from WISE.	Training offered – 2018
Phase II – Empathy	Provide an annual mental health screening that is open to the community.	Depression screening to be offered at Senior Health Fair in Spring 2020

	Disseminate community resources.	Ongoing dissemination of AODA & Mental Health Resource Guide (updated annually)
	Local school district will form, organize, and develop a sustainable Mental Health Crisis Plan.	Schools oversee their own mental health plans – Training for faculty/staff, student assessment and support
	Offer at least one mental health educational or training opportunity with 2-3 schools and 1-2 faith-based organizations.	Ended
Phase III – Support	Identify Peer Support Specialists throughout your community to train.	Not started
	Offer at least one mental health educational or training opportunity with police, fire, and EMS. Provide First Responder Toolkit during training.	Crisis Intervention Team (CIT) Training has been offered twice per year – 2018, 2019 - Trainings planned for 2020
	Get at least five community agencies to populate 2-11 with their current information.	Hosted 2-11 information session for agencies to grow familiar with resource and populate their information
	Hold peer-led support groups for different populations in your community including youth, families, elderly, etc.	NAMI Ozaukee County provides peer support groups throughout the year
	Explore ways to increase the number of outpatient providers.	Not started
	Identify and recruit three new members to sit on the Well Washington County Think Well team.	Not started
Phase IV – Resilience	Meet with your district legislators and local officials to talk about Cultivate Mental Wellness in your community.	Not started
	Explore and adopt a housing option for community members dealing with mental health.	Not started
	Work on changing policies to reduce incarceration, substance abuse, or other adverse childhood experiences by collaborating with community partners.	Not started
	Support mental health initiatives through your budget or funding opportunities.	Cultivate partners have provided funding for Cultivate activities and to expand and/or support mental health service providers

West Bend Cultivate

Phase	Activity	Outcome
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Phase I - Kindness	Conduct a mental health awareness campaign and/or event.	Change Direction Campaign
	Offer at least one mental health educational or training opportunity with 2-3 workplaces and 1-2 senior living/senior centers.	Ended
	Hold at least one Community Conversation.	Lecture Series - 2018
	Advertise the mental health hotlines, 2-11, COPE, and county crisis line.	Website, flyers, pens, & magnets
	Host Honest, Open, Proud from WISE.	Training offered – 2018
Phase II – Empathy	Provide an annual mental health screening that is open to the community.	Depression screening to be offered at Senior Health Fair in Spring 2020
	Disseminate community resources.	Ongoing dissemination of AODA & Mental Health Resource Guide (updated annually)
	Local school district will form, organize, and develop a sustainable Mental Health Crisis Plan.	Schools oversee their own mental health plans – Training for faculty/staff, student assessment and support
	Offer at least one mental health educational or training opportunity with 2-3 schools and 1-2 faith-based organizations.	Ended
Phase III – Support	Identify Peer Support Specialists throughout your community to train.	Not started
	Offer at least one mental health educational or training opportunity with police, fire, and EMS. Provide First Responder Toolkit during training.	Crisis Intervention Team (CIT) Training has been offered twice per year – 2018, 2019 - Trainings planned for 2020
	Get at least five community agencies to populate 2-11 with their current information.	Hosted 2-11 information session for agencies to grow familiar with resource and populate their information
	Hold peer-led support groups for different populations in your community including youth, families, elderly, etc.	NAMI Washington County provides peer support groups throughout the year
	Explore ways to increase the number of outpatient providers.	Not started
	Identify and recruit three new members to sit on the Well Washington County Think Well team.	Not started
Phase IV – Resilience	Meet with your district legislators and local officials to talk about Cultivate Mental Wellness in your community.	Not started

	Explore and adopt a housing option for community members dealing with mental health.	Not started
	Work on changing policies to reduce incarceration, substance abuse, or other adverse childhood experiences by collaborating with community partners.	Not started
	Support mental health initiatives through your budget or funding opportunities.	Cultivate partners have provided funding for Cultivate activities and to expand and/or support mental health service providers

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Washington Ozaukee Joint Board of Health
Tentative Meeting Dates 2023

Consistent with Wisconsin State Statute 251, the Washington Ozaukee Joint Board of Health shall, at a minimum, meet quarterly.

Regular virtual meetings are tentatively scheduled at 8:30 am on the 2nd Friday of every other month.

2023 Dates

January 13th

No meeting on March 10th

May 12th

July 14th

September 8th

November 10th