



Calvert Community Health Assessment

2007

Action Plan

Updated May 2011

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Arc of Southern Maryland

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Action Plan Issue	Timeline	Status	Outcome
Autism			
Calvert County Service Coordination	Ongoing	Completed	<p>Support 17 adults</p> <p>Residential outcome- person has a place to live and the support he or she needs to live there</p> <ul style="list-style-type: none"> • Seven are in residential services <p>Support employment outcome- employment</p> <ul style="list-style-type: none"> • Five are in supported employment <p>The person generally receives one-to-support for very specific activities depending on needs</p> <p>Three are in day support</p> <p>Four are in community supported living</p> <p>Two are transitioning youth who will be receiving some combination of Day Support or Supported Employment</p> <p>Four people receive two different services from the Arc</p>
Respite care	Ongoing	Completed	Support 14 adults with autism
Parent Support Group for Autism, Aspergers Syndrome	Periodic Training	Completed	When parent support group sessions are offered, very few people attend.

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Additional Information

- There is a population of people with autism that appears to be growing over time
- The school system may be the best predictor of future needs, in combination with the state's waiting list
- There are limited funds
- Currently, four organizations are able to support adults with autism to some degree
- Services are individually tailored to the extent possible
- Not all participants are Calvert County residents
- There is a waiting list for services because of limited state funds
- Arc does not control the waiting nor do we have access to any of the names of it
- The waiting list for the state consists of 155 residents from Calvert County
- Ninety-three of them need a service now
- Sixty-two need a service after three years

Summary of Updated Information:

Overall Status:

Statistical Information:

Verbiage:

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Board of Education

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Action Plan Issue	Timeline	Status	Outcomes
Drug and Alcohol			
Expand treatment program in the public secondary schools through the Maryland Student Assistance Program	Ongoing	<p>The MSAP is an intervention program used for early identification, intervention, referral and follow-up of “at-risk” students.</p> <p>At –risk students are those identified by self, peer, and staff members with behavior patterns, or changes in behavior patterns, which may suggest alcohol, tobacco, or other drug use.</p> <p>Each secondary school in Calvert County has a MSAP team which consists of multi-disciplined staff members who work with a local substance abuse assessor for the health department to identify, collect data on, intervene with and refer appropriate resources to students and their families who may have a drug, alcohol or tobacco problem.</p>	<ul style="list-style-type: none"> For the 2010-11 school year 23 students have been referred to school teams as of February 2011
Develop an intensive outpatient program through the expansion of the Juvenile Drug Court	N/A	Cancelled	Juvenile Drug Court no longer exists

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Teen Pregnancy			
HIPPY/Healthy Families	Ongoing	Parent Education Program Parents As Teachers Curriculum is used for Pre-natal – 3 years HIPPY Curriculum is used for children ages 3-5 years old	Offers home visiting instruction to 80 families and promotes good parenting skills and functioning, supports positive parent-child interaction. Optimizes early child development activities, offers preventive health care, prevents child maltreatment and improves family sufficiency for pre-natal women in Calvert County.
Even Start • GED/Parenting Classes	Monthly	This program is in jeopardy of loosing its funding.	Even Start is the only federal education program that teaches literacy skills to both parents and children. Even Start helps parents develop basic skills to identify job training programs and prepare for employment opportunities. This program is available to teens and adults that are not enrolled in the school system Currently serving ages 16 to 41 that have a young child that is also not enrolled in the school system.
Pediatric Dental Care			
Sealant Program/ Mobile Dentist	Ongoing	Program offered at all elementary and middle schools. They want to add the following additional services: • Fillings • Pulpotomies • Stainless steel crowns • Simple extractions	<ul style="list-style-type: none"> • School Yr 2009-10, 377 students seen <ul style="list-style-type: none"> ○ 377 cleanings ○ 704 sealants ○ 203 X-rays • School Yr 2010-11 (thru December 2010), 260 students seen <ul style="list-style-type: none"> ○ 260 cleanings ○ 474 sealants ○ 193 x-rays

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			<ul style="list-style-type: none"> Return 6 month visits
Autism			
Children with Special Needs/Infants and Toddlers Program	Ongoing	Infant & Toddlers Program	<ul style="list-style-type: none"> Number of children in program throughout the year: <ul style="list-style-type: none"> 2008 - 194 2009 - 189 2010 - 132 (up to Feb 2011)
Special Education Programs/classes	Ongoing	Child Find <ul style="list-style-type: none"> 3-5 year olds 	<ul style="list-style-type: none"> 2007-08 evaluated 98 children <ul style="list-style-type: none"> 81 eligible for an IEP 2008-09 evaluated 76 children <ul style="list-style-type: none"> 66 eligible for an IEP 2009-10 evaluated 97 children <ul style="list-style-type: none"> 83 eligible for an IEP
Obesity			
Participate in Healthy Lifestyle Model School Award Program	N/A	Cancelled Sept 2010	CCPS adheres to the MSDE curriculum in their health and PE classes. Nutrition, exercise for life, etc. are covered

Summary of Updated Information:
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CAASA

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Action Plan Issue	Timeline	Status	Outcomes
Drug and Alcohol use			
Distribute mini-grant funds to local organizations to implement alcohol and other drug prevention activities/programs	Yearly	Completed	<p><u>2011</u></p> <ul style="list-style-type: none"> • Mt. Harmony Elementary School • D.A.R.E. Program • Optimist of Calvert <p><u>2010</u></p> <ul style="list-style-type: none"> • Calvert Alternative Education Program • Crusade for Children • D.A.R.E. Program • Optimist of Calvert • Northern Middle School • Southern Maryland Community Network <p><u>2009</u></p> <ul style="list-style-type: none"> • D.A.R.E. Program • Mutual Elementary School • Patuxent Elementary School • Calvert Elementary School • Calvert County Criminal Justice Program • Dowell Elementary School <p><u>2008</u></p> <ul style="list-style-type: none"> • Calvert Elementary School • Carol Porto Treatment Center

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			<ul style="list-style-type: none"> • Crusade for Children • D.A.R.E. Program • Mutual Elementary School • Optimist of Solomons • Southern Maryland Community Network
Promote national awareness campaigns, such as Red Ribbon Week, Alcohol Awareness Month and Designated Driver Month	Sept, Oct, Dec, April and May	Completed	<p><u>Red Ribbon Week</u></p> <ul style="list-style-type: none"> • Ads placed in local papers • Distribution of tulip bulbs to public school for “plant the promise” campaign. • Distributed Red Ribbons to local businesses, churches and schools. • Toured schools that activity participated in RRW by setting up displays or decorating their school for the campaign. <p><u>Alcohol Awareness Month</u></p> <ul style="list-style-type: none"> • Ads placed in the local newspapers. Partnered with the Graphic Arts instructor at the Career Center to have student create media ads. <p><u>Designated Driver Month</u></p> <ul style="list-style-type: none"> • Set-up various displays around the county promoting December as designated driver month. • Placed ads in the local papers. • Honored local police officers for the efforts on DUI enforcement (awards and luncheon). <p>(Approximately 10,000 people reached annually)</p>
Distribute prevention information at various health fairs and community events	Yearly	Completed	<p><u>Participated in:</u></p> <ul style="list-style-type: none"> - Constellation Energy Health Fair - Middle and School Open House events - County Fair

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			<p>- CMH – Casual for a Cause Event - Boys and Girls Club</p> <p><u>Presentations</u></p> <p>- Spoke on the issue of proper prescription drug Disposal (Calvert Pines, Twin Beaches Senior Center & Asbury – Solomons) - Spoke to the Rotary Club about proper prescription drug disposal - Spoke to the Tri-County Council regarding Prescription drug abuse and proper disposal methods. - DEA Take-Back Event (Approximately 700 people reached annually)</p>
Develop appropriate brochures and handouts for community events that specifically address alcohol and drug abuse in Calvert County.	Yearly	Completed	<p>Developed two brochures: “Heroin – Sneaking In” “Prescription Drug Abuse” (Approximately 1,000 people reached annually)</p>
Apply for grant funds through the Drug Free Communities Support Program.	Yearly	Completed	Grant submitted March 2009 – not chosen as a recipient.
Continue to raise funds to support alcohol and other drug prevention efforts in Calvert County	As available	Completed	<ul style="list-style-type: none"> • Blue Crabs Game • Comedy Invasion • Membership fees • Night Golf Tournament • Donations
Sponsor local events that address risky behavior by middle and high school students.	Yearly	Completed	<p>Community Forum on Prescription Drug Abuse Underage Drinking Town Hall Meeting Youth Forums – funding partner with the Crusade Youth Summits – sponsor and funding partner with CCPS (500 people reached annually)</p>

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<p>Support other community organizations in their efforts in the area of alcohol and other drug abuse prevention/treatment, ie. Juvenile Drug Court (no longer exists), Calvert County Health Department Prevention Office, Calvert County Public Schools, Boys and Girls Club of Southern Maryland.</p>	<p>Yearly</p>	<p>Completed</p>	<p><u>Presentations to:</u></p> <ul style="list-style-type: none"> • Boys and Girls Clubs • High School health classes • Neighborhood Watch presentations. • PTSA organizations <p>(400 people reached annually)</p> <p><u>Funding/services provided to various organizations in support of their efforts:</u></p> <ul style="list-style-type: none"> • CCPS • Crusade for Children • Southern Maryland Community Network • Optimist Clubs • Carol Porto Treatment Center • Sheriff Office – CAT Program <p>(1000 people reached annually)</p> <p>Partnership with the Calvert County Traffic Safety Council to develop a Designated Driver Program for local restaurants. (300 people reached annually)</p>
<p>Gather local data on DUI and drug arrests.</p>	<p>Monthly</p>	<p>Completed</p>	<p>Data is gathered monthly from the Maryland State Police, Barrack “U” and Calvert County Sheriff’s Office.</p>

<p>Summary of Updated Information:</p>
<p>Overall Status:</p>
<p>Statistical Information:</p>
<p>Verbiage:</p>

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Calvert County Health Department

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ACTION PLAN	TIMELINE	STATUS	OUTCOMES
Adolescent Health Coordinator	N/A	Cancelled	Position Cut, December 2009
Reproductive Health Clinic	Clinic Schedules Listed Below:	Completed	See Below for Outcome Data:
Pelvic and Breast Exams			
Pregnancy Testing	<p>Teens: Mon - Fri, 8 a.m. – 11:30 a.m. and 1 p.m. – 4:30 p.m.</p> <p>Adults: Mon– Fri, 8:30 a.m. – 10 a.m.</p>	<p>Number of Calvert County Teens (18 & Under) Referrals to Maternal Child Health</p> <ul style="list-style-type: none"> • FY 2009: 46 • FY 2010: 33 (First three quarters) • CCHD data shows teen pregnancy ages are getting lower. • The lowest reported age of pregnancy in Calvert County is twelve years old. 	<ul style="list-style-type: none"> • See Table 1, pregnancy testing services statistics • See Table 2, births to adolescents • See Table 3, medical risk factors-mother
Emergency Contraception	Mon – Fri, 8 a.m. – 11:30 a.m. and 1 p.m. – 3 p.m.	Ongoing	<ul style="list-style-type: none"> • See Table 4, emergency contraception statistics
STD/HIV Testing	Tues and Thurs, 8 a.m. – 11 a.m. and 1 p.m. – 3 p.m.	<ul style="list-style-type: none"> • Chlamydia continues to be a problem. • 25% of all STD's are found in the 15- 19 year old range. • Of more concern is that with increasing costs and 	<ul style="list-style-type: none"> • 344 HIV tests, 2010 • 2 positive tests • See Table 5, STD statistics

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		shrinking budgets, the State of Maryland Lab is now limiting the number of Chlamydia tests that are being paid for.	
		<ul style="list-style-type: none"> • Another concern is that there is possibly an increase in HIV and Hepatitis B and C being diagnosed in the county. 	
Provide information and referral for pregnancy, prevention, and parenting			
Maternal/Child Case Management Nurse Home Visitation	Ongoing	Ongoing	<ul style="list-style-type: none"> • 214 cases managed • 116 newborns • 416 home visitations • 156 community visits • 1,600 telephone calls
Prenatal & Infant Care Education			
Safe Sleep/Shaken Baby Education	Ongoing	Ongoing	<ul style="list-style-type: none"> • 214 case managed patients were provided with Safe Sleep/Shaken baby education
IPOP- Case Reviews			
Infants and Toddlers Program	Ongoing	Completed	<p>Children with Special Needs, ages 0-21</p> <ul style="list-style-type: none"> • FY2010, 65 children case managed
MCHP- Insurance Program			
	Mon – Fri, 8 a.m. – 5 p.m.	<ul style="list-style-type: none"> • 1,189 case load as of February 28, 2011 	<p>Applicants can apply:</p> <ul style="list-style-type: none"> • Online

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			<ul style="list-style-type: none"> • In-person • Mail
Parent Education Program			
			<ul style="list-style-type: none"> • Interpretation services for Latino/as is provided

TABLE 1

Pregnancy Testing Services

Age	FY 2007	FY 2008	FY 2009	FY 2010	EST. 2011
≤ 17	90	81	95	97	65
≥ 18	304	226	188	155	146
TOTAL	394	307	283	252	211

(Obtained from Calvert County Health Department)

TABLE 2

Calvert County Number of Births to Adolescents

Age	2004	2005	2006	2007	2008
< 15	0	2	1	0	0
15-17	19	25	21	20	15
18-19	49	47	57	45	52
Total	68	74	79	65	67

(Obtained from Calvert County Health Department)

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TABLE 3

Medical Risk Factors- Mother

Total STD	3	11.54%
Total Drug Use	3	11.54%
Total High School Student	16	61.54%

(Obtained from Calvert County Health Department, Monthly Statistical Report for Maternal Case Management)

TABLE 4

Emergency Contraception Pills Data

Age	FY 2007	FY 2008	FY 2009	FY 2010	EST. 2011
<15	4	2	3	2	1
15-17	127	117	77	55	42
18-19	116	94	96	56	44
Total	247	213	176	113	87

(Obtained from Calvert County Health Department)

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TABLE 5

Calvert County STD's

STD	2003	2004	2005	2006	2007	2008	2009
Chlamydia	144	162	176	163	195	223	189
Gonorrhea	32	15	39	17	22	45	32
Primary Syphilis	2	1	1	0	4	0	2
Total	178	178	216	180	221	268	223

(Obtained from State of Maryland MIS system and CDC)

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CCTSC

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Action Plan Issue	Timeline	Status	Outcome
Young Drivers (16 – 20 y.o.)			
Implement and Evaluate MHSO's model program for outreach education to young drivers. (Program TBD By Md. Highway Safety Office)	Sept, 2010	The MHSO did not develop a model program for outreach to young drivers for distribution by the Community Traffic Safety Program Coordinators	<p>As an interim measure, the Calvert County Community Traffic Safety Program continued to conduct mock crash programs at high schools with speaker's presentations focusing on the dangers and results of impaired, aggressive or unrestrained driving behaviors.</p> <p>Approximately 1800 high school students participate in the mock crash programs at Calvert, Huntingtown and Patuxent High Schools on a yearly basis.</p> <p>During calendar year 2010, there were no official reported young driver related fatal crashes in Calvert County</p> <ul style="list-style-type: none"> • Although two others occurred that did not meet the specific criteria required to meet the reporting standards.
Develop, Implement and Evaluate local program to increase enforcement, prosecution, and disposition of young drivers' traffic law violations (To include Calvert Law Enforcement training and Calvert GDL Enforcement initiative pilot programs)	Nov, 2009	This was a very difficult activity to conduct successfully, and limitations on grant funding in FY'10 resulted in the discontinuation of this grant-funded effort.	<p>The Maryland Highway Safety Office distributed 200 GDL law books to local law enforcement officers to assist them with enforcement efforts directed to young driver licensing violations.</p> <p>During the 2008 and 2009 calendar years, the Calvert County Sheriff's Office conducted GDL enforcement efforts directed to primary violations along problematic roadways with a prevalence of</p>

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			young driver crashes
Develop, Implement and Evaluate Calvert County pilot programs to increase effective enforcement, prosecution and disposition of impaired young drivers and those that furnish alcohol to underage persons (to include Calvert County Party-Busting Program)	Nov, 2009	Reductions in grant funding have limited the efforts to those conducted by regular duty personnel during the 2010 and 2011 grant fiscal years.	<p>The Calvert Alliance Against Substance Abuse and the Calvert County Traffic Safety Council partnered in training southern Maryland law enforcement officers on underage drinking enforcement techniques training</p> <ul style="list-style-type: none"> • May 2007 and June 2008, and the efforts continued in Calvert County through 2009. <p>Underage drinking and driving was discussed during the twelve Alive @ 25 programs taught by local law enforcement officers held during fiscal year 2010</p> <ul style="list-style-type: none"> • Reaching an additional 261 teens between the age of 16 and 24, who were young traffic offenders referred primarily by District Court Judge Riddle in lieu of sentencing
Impaired Drivers			
Implement and Evaluate MHSO's public information, education and awareness, education and enforcement campaign specifically addressing impaired driving through the Checkpoint Strikeforce Campaign.	Sept, 2010	There were approximately 85,000 contacts made during the Calvert County public awareness and education efforts, through VMS board messages, newspaper articles and website hits	During the FY'10 fiscal year, there were 28 separate overtime DUI enforcement efforts conducted, resulting in 57 DUI arrests at a cost of \$22,234.00.
Older Drivers			
<ul style="list-style-type: none"> • Develop, Implement and Evaluate a local public awareness, enforcement and education campaign specifically addressing the risks of impaired driving (to include year-long Calvert County Designated Driver Program) 	Nov, 2009	The Calvert County Traffic Safety Council CTSP and partners issued press releases for the "DUI is for Losers" campaign beginning in February 2010	<p>Partners distributed coasters to participating bars and restaurants and 1000 wine bags, 600 tree tags and 30 window clings with impaired driving prevention messages distributed to local liquor stores in December 2010.</p> <p>During calendar year 2010, there were six impaired driving fatal crashes in Calvert County, up from 0 in 2009.</p>

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Implement and evaluate MHSO's innovative approaches to older driver outreach and education	Sept, 2010	The Maryland Highway Safety Office's "Seniors on the Move" program has been scheduled for the summer and early fall of 2011 for volunteer drivers participating in the Partners in Care volunteer transportation program	At least twenty participants will attend the four sessions (AARP, AAA Roadwise Review, Pharmaceutical Awareness, and CarFit).
Motorcyclists			
Implement and evaluate MHSO's comprehensive motorcyclist outreach program to educate motorcyclists of critical crash risk factors and countermeasure strategies	Sept, 2010	The Maryland Highway Safety Office is still in the planning stages for their motorcyclist outreach program.	<p>Calvert CTSP implementation will begin after materials are received.</p> <ul style="list-style-type: none"> In the interim, Calvert County is working with the Southern Maryland Motorcycle Safety Coalition on organizing a safety rally, which will be directed to motorist and motorcyclist awareness, distribution of educational materials, and the opportunity for Class M licensed riders to ride a slow speed skills course, similar to the MVA licensing course. <p>During 2010, there were three motorcycle fatalities in Calvert County. Two of the fatalities were alcohol involved on the part of the motorcyclist.</p>
Implement and evaluate MHSO's public awareness campaign aimed at increasing motorists' awareness of motorcycle safety	Sept, 2010	The Maryland Highway Safety Office has disseminated several motorist outreach materials to the CTSP Coordinator, which were distributed during safety events.	The campaign message "Watch for Motorcyclists" was included on the wwwsomdnews.com website banners and press releases in the Calvert Recorder and Calvert Independent newspapers.
Aggressive Drivers			
Implement and Evaluate MHSO's public information, education and awareness and enforcement campaign specifically addressing Calvert County aggressive driving concerns through the Smooth	Sept, 2009	The Calvert County CTSP continued to conduct educational and public awareness programs directed to 16 to 44 years of age, the primary target audience for aggressive driving campaigns	<p>Press releases, VMS boards, mock crash programs and enforcement efforts were conducted during the five weeks of the campaign in 2010.</p> <p>Action Measure Tool Survey Outcomes:</p>

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Operator Campaign			<ul style="list-style-type: none"> • 88% of survey respondents stated that they had driven 10 miles over the speed limit <ul style="list-style-type: none"> ○ 21% of the respondents stated that they have driven 20 miles over the speed limit in the previous month. <p>Approximately \$5500.00 was directed to overtime aggressive driving enforcement efforts during FY'2010.</p>
Identify Calvert County locations and Implement Aggressive Driving enforcement strategies	Sept, 2009	Five locations were identified for increased enforcement efforts based on 2006-2008 crash data, which were supplemented with overtime grant funding for law enforcement during the Smooth Operator campaign	In addition, law enforcement officers were requested to work those locations as often as possible during routine patrols
Occupant Protection			
Implement and Evaluate MHSO's initiatives to support the Click It or Ticket Campaign	June, 2009	Local law enforcement agencies participated in Maryland's Law Enforcement Challenge Campaign, focusing on increase awareness and enforcement of seat belt laws during May's and November's Click it or Ticket months.	<p>Three seat belt checkpoints were conducted</p> <ul style="list-style-type: none"> • Including one in the Town of Chesapeake Beach, where seat belt usage has been lower than Maryland's average rate. • Nighttime seat belt usage enforcement was conducted. <p>2011 CIOT materials were distributed during the May campaign.</p> <p>Twenty-seven child safety seats were installed during the CIOT campaign.</p>
Develop, Implement and Evaluate a locally based public information, education, awareness and enforcement campaign specifically addressing occupant protection to high risk audiences	Sept, 2009	<p>Several local initiatives were conducted. They included :</p> <ul style="list-style-type: none"> • distributing 20,000 Click It or Ticket flyers on Papa Johns pizza boxes • use of local and state VMS boards with CIOT messages during enforcement 	<p>Calvert County's seat belt usage rate increased in Chesapeake Beach from 63% in 2005 to 90.7% in 2010.</p> <p>97 Action Measure Tool surveys were completed,</p>

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		<p>waves</p> <ul style="list-style-type: none"> • distribution of English and Spanish CIOT and child passenger safety educational materials to local public beaches, marinas, daycare providers, churches and schools • Mock crash educational programs were conducted for high school students, and discussions regarding seat belt usage were held during the Alive at 25 program for young offenders referred by Calvert County District Court Judges. • Enforcement initiatives included seat belt checkpoints in Solomons, North Beach and Benedict, as well as routine patrol officers conducting enforcement efforts, as well as on roadways around high schools, with a focus on seat belt compliance and other Graduated Drivers License requirements for drivers and passengers. 	<p>with 80% of those completed by youth under the age of 18.</p> <ul style="list-style-type: none"> • Of those, 77% stated that they wear seat belts all of the time, and 6% had been ticketed for driving unrestrained by a seat belt. • 63% typically ride unbuckled in the rear passenger seat. <p>Evaluation methods included a determination of a change in knowledge, attitudes and behaviors regarding occupant protection usage.</p>
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Calvert Hospice

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Action Plan Issue	Timeline	Status	Outcome															
End of Life																		
<ul style="list-style-type: none"> Open and operate Burnett-Calvert Hospice House 	Jan, 2010	Completed	6 Bed House Staff: <ul style="list-style-type: none"> On-call 24/7 1 RN MSN 2 CNA Emergency Service 															
<ul style="list-style-type: none"> Expand services to meet the needs of the growing population of terminally ill elderly 	Sept, 2010	Completed	Implemented "Transition Care" <ul style="list-style-type: none"> Transitions is a non-medical community outreach program designed to help individuals and their families cope with a life-limiting illness Free and available to anyone in Calvert County who has been diagnosed with a life-limiting illness, whether or not they are undergoing curative treatment <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>2008</th> <th>2009</th> <th>2010</th> <th>Comments</th> </tr> </thead> <tbody> <tr> <td>Patients</td> <td>294</td> <td>246</td> <td>280</td> <td>Unduplicated</td> </tr> <tr> <td>Bereaved</td> <td>277</td> <td>275</td> <td>278</td> <td>Total (community and hospice families, individual and group)</td> </tr> </tbody> </table>		2008	2009	2010	Comments	Patients	294	246	280	Unduplicated	Bereaved	277	275	278	Total (community and hospice families, individual and group)
	2008	2009	2010	Comments														
Patients	294	246	280	Unduplicated														
Bereaved	277	275	278	Total (community and hospice families, individual and group)														

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								counseling)
	Mar, 2011	Start	<ul style="list-style-type: none"> • “Nurse Liaison” to go further upstream to work with providers providing care earlier to prevent readmission at hospital. • Nurse Liaison cares for identified individuals at provider’s office to facilitate approach to end-of-life care. 					
<ul style="list-style-type: none"> • Continue educational programs on end-of-life care options and advance directives 	Ongoing	Ongoing	<ul style="list-style-type: none"> • 5 Wishes • Transitions • Hospice 					
				2008	2009	2010	Comments	
			Educated	98	125	136	Conferences sponsored by hospice, volunteer training	

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Calvert Memorial Hospital- Children and Adolescent Health

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Action Plan Issue	Timeline	Status	Outcomes
Pediatric Dental Care			
	FY 2009	Grant from Dept. of Oral Health	Number of LHD pediatric: Patients seen, 197 Clinical visits, 128
			Onsite and offsite programs: Dental sealants, 10 Fluoride treatments, 17
			<u>Community Outreach Programs:</u> Oral Health Education, Beach Fun Fest, 300 participants Oral Health Education, Dowell Fun Fest, 500 participants Dental Jeopardy Presentation, Judy Center, 20 participants
	FY 2011		<u>Dental Screenings:</u> Judy Center, 64 participants Head Start, 1 participant
Autism			
Provide educational programs	Jan, 2009	Kid's Korner- Dr. Ramashandra, Lunch N Learn	0 attendees
Market physician speaker's bureau	Ongoing	Ongoing	Calendar of speakers based on National Health Calendar
Meet with community groups to identify needs	Cancelled	Cancelled	Low participation rates/no participation
Obesity			
Provide lifestyle related educational	FY 2010	Presidential Active Lifestyle Award	0 participants

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program in partnership with youth organizations/clubs	FY 2011		Cardinal Hickey, 56 participants
	FY 2008	Yoga for School Readiness	Judy Center, 100 participants
	FY 2008 FY 2009	Lean on Me	8 participants 65 participants
	FY 2010	Kids Fit & Fun <ul style="list-style-type: none"> • Crawl & Tot • Pre-K 	6 participants 8 participants
Nutrition Talks	FY 2008 FY 2009	Completed	Beach Elementary, Career Day 30 participants 30 participants
		Completed	Head Start “Kids Nutrition” 30 participants
	FY 2008 FY 2009	Completed	Calvert County Parks and Rec 200 participants 200 participants
	FY 2008 FY 2009	Completed	Calvert County Parks and Rec Winter Extravaganza 75 participants 0 participants
	FY 2008	Completed	CMH Daycare 22 participants
	FY 2008 FY 2009	Completed	Barstow Acres Camp 30 participants 30 participants

Summary of Updated Information:
Overall Status:
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Verbiage:

Calvert Memorial Hospital- Adult and Elder Health

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ACTION PLAN ISSUE	TIMELINE	STATUS	OUTCOME
Lack of Primary Care access			
Incorporate MHA's Physician Shortage report into CMH's recruitment plan	Ongoing	Ongoing	<ul style="list-style-type: none"> • New physician specialists • Usually incorporate CMH's major service lines • Calendar of speakers based on National Health Calendar
Primary care, OB/GYN, and specialty practices such as: gastroenterology, otolaryngology and surgery	Ongoing	Ongoing	OBGYN Dr. Hubayter
			GI Dr. Bhinder and Dr. Haque
			ENT Dr. Tudor
			Surgery Dr. Quigley and Dr. Sebby
			Primary Care Dr. Villar, Dr. Kodali and Dr. Bruney
Obesity			
Expand Nutritional Consultation to World Gym locations	FY 2009/2010	Nutritional counseling, CMH and World Gym by appointment <ul style="list-style-type: none"> • Meet one-on-one with registered dietician • Vitabot 	
Offer Weigh to Wellness program at World Gym location	FY 2009 FY 2010	Weight Loss for Life	<ul style="list-style-type: none"> • 30 participants • 32 participants

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Offer KeepWell@ Work to local businesses	Sept, 2010 Jan, 2011	Employee Wellness Program <i>Calvert County Government:</i> Win At Losing Win At Losing II	<ul style="list-style-type: none"> • 48 employees, 335.1 lbs lost • 44 employees, 304.9 lbs lost during 12-week program
Offer KeepWell@ Work to local businesses	Jan, 2009	Employee Wellness Program <i>CMH:</i> Win At Losing	<p>208 participants:</p> <ul style="list-style-type: none"> • 12-week challenge • Formed teams using creative names such as: Sub Acuties (Level 4), Body Maintenance (Plant Ops) and the Heartbreakers (Level 2) • Weigh-ins • Body compositions • Half-way through the program participants had lost <u>308.76 lbs</u>
	Nov, 2009	Maintain Your Frame	<p>100 participants</p> <ul style="list-style-type: none"> • 6-week program • Started 2 weeks before Thanksgiving • Designed to help navigate through the holidays and avoid temptations
	Jan ,2010	Win at Losing II	<p>151 participants</p> <ul style="list-style-type: none"> • Weekly weigh-ins, body comps • Team participation • The winners were the Radiology team, with a total team loss of <u>115 lbs.</u> • Total weight loss was <u>519.7 lbs</u>

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	Jan, 2011	Buddy Up to Lighten Up	216 participants: <ul style="list-style-type: none"> • work with a buddy to help motivate • weekly weigh-ins, nutritional challenges • 1,745.4 lbs lost- 12 week challenge
	TBD	Employee maintenance program	N/A
	May 2010	5K CMH Breast Cancer challenge	<ul style="list-style-type: none"> • 250 people
	October 2010	5k Walk/Run	<ul style="list-style-type: none"> • 350 participants
Heighten community awareness of obesity problems	FY 2009 FY 2010	Health Alternative Classes	<ul style="list-style-type: none"> • 1,627 Participants • 1,069 Participants
	FY 2008 FY 2009	Diabetes Expo	<ul style="list-style-type: none"> • 218 participants • 146 participants
	FY 2009	“TLC” Exercise program	<ul style="list-style-type: none"> • 177 participants
	FY 2008 FY 2009	Fitness Assessments	<ul style="list-style-type: none"> • 8 participants • 25 participants
	FY 2008 FY 2009	Body composition measurements	<ul style="list-style-type: none"> • 2 participants • 2 participants
		Health Fairs	
	FY 2008	Calvert Pines Seniors Center	<ul style="list-style-type: none"> • 200 participants
	FY 2008 FY 2009	Parks and Rec. Winter Extravaganza	<ul style="list-style-type: none"> • 75 participants • 0 participants
	FY 2008	Mt. Olive UMC	<ul style="list-style-type: none"> • 50 participants
	FY 2008	Church of Ministry Miracles	<ul style="list-style-type: none"> • 10 participants

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	FY 2008 FY 2009	Crossroads Church	<ul style="list-style-type: none"> • 40 participants • 116 participants
		Presentations (not health fairs)	
	FY 2008	Ashbury Wellness Day	<ul style="list-style-type: none"> • 12 participants
	FY 2009	Good Stress, Bad Stress, and Everything in Between <ul style="list-style-type: none"> • Dr. Libby Nutt Williams, Psychologist, St. Mary's College • Research shows correlation between stress and obesity 	<ul style="list-style-type: none"> • 18 participants
		Nutrition Talks	
	FY 2008 FY 2009	Individualized nutrition consults	<ul style="list-style-type: none"> • 43 participants • 5 participants
	FY 2008 FY 2009	Calvert Pines Senior Center	<ul style="list-style-type: none"> • 840 participants • 150 participants
	FY 2008	P.G. Fire Dept.	<ul style="list-style-type: none"> • 115 participants
Care for the Uninsured			
Utilization of CMH ED for non-urgent care	Ongoing	Continue with ED Case Management to identify needs and to coordinate access to "Medical Home"	
Identification of those in	FY 2009	Partner with faith-based community	<ul style="list-style-type: none"> • 127 participants

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need		to link those in need with services and identify resources in community that team can access (Cover the Uninsured Week)	
Enhance community partnerships			
Provide support to Calvert Health Solutions	Ongoing	Ongoing	Provide labs and x-rays. In-kind resources such as: marketing and case management. Dental program provider through Calvert Community Dental Care, 60 participants.
Offer free or low-cost screenings for community wellness educational programs	Ongoing	Ongoing	Blood pressure, cholesterol testing and metabolic syndrome, lung function testing, vascular and skin cancer
		Health Ministry	
	FY 2008 FY 2009	Grace Brother Church	<ul style="list-style-type: none"> • 232 participants • 121 participants
	FY 2008	Mt. Olive UMC	<ul style="list-style-type: none"> • 67 participants
	FY 2008	Church of Ministry Miracles	<ul style="list-style-type: none"> • 50 participants

Summary of Updated Information:
Overall Status:
Statistical Information:
Verbiage:

Calvert Memorial Hospital- Community Education and Awareness

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ACTION PLAN ISSUE	TIMELINE	STATUS	OUTCOME
LYME Community Education/Awareness			
Provide educational programs	FY 2008/2009	Ongoing	Learn about Lyme, Lunch and Learn, 28 participants Lyme Support Group, 45 participants Lyme Support Group, 100 participants Lyme presentation, Jesus Christ of Latter Day Saints, 100 participants Lyme Support Group - 1 st Monday of each month , 6-7 p.m. • Call 410-535-8233
Market physician speaker's bureau	Ongoing	Ongoing	Calendar of speakers based on National Health Calendar

Summary of Updated Information:
Overall Status:
Statistical Information:
Verbiage:

Calvert Substance Abuse Service

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Action Plan Issue	Timeline	Status	Outcome
Drug and Alcohol Use			
Promote Project Graduation as an alternative to unsupervised parties after graduation.	June, 2009		
Support the Sheriff's Office Compliance Checks by sending thank you letters to those establishments that do not sell alcohol to minors	Monthly or as conducted.		

Summary of Updated Information:
Overall Status:
Statistical Information:
Verbiage:

Core Service Agency- Health Department

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Action Plan Issue	Timeline	Status	Outcome
Recruitment and Retention of MDS			
Lack of Mental Health Providers	Ongoing	Recruit professionals for the public sector MH system as needed	
Mental Health			
Establish a mental health Crisis Response Team	N/A	(delete)	N/A
Veteran Initiative –Dr. Mark Chapin, Dept of Veterans Affairs can be reached at 443-388-6196. He is available at Calvert Substance Abuse Services one day per week – or as needed.	N/A	Completed	Accomplished

Summary of Updated Information:
Overall Status:
Statistical Information:
Verbiage:

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Office on Aging

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Action Plan Issue	Timeline	Status	Outcome
Support services for families and caregivers			
Provide educational/informational programs	Ongoing efforts		
Promote support group, Widow Person People Who Care	Meets monthly		
Living Well Program:	<p>Implemented Summer 2008</p> <p>Two successful workshops were held this past Fall</p> <p>JAN 2010</p>	<p>87 residents are participating</p> <p>Immediate changes noted:</p> <ul style="list-style-type: none"> • Exercising more • Self-reports: <ul style="list-style-type: none"> ○ Increased energy ○ Decreased fatigue • Future plans to sustain quality of life 	<ul style="list-style-type: none"> • Long-term (>12months) • Senior center activities participation increased 11% • Decrease in staff sick time, on average, 5 less sick days compared to previous year <p>Randomized survey:</p> <p>Fewer DR. visits; less discouraged, worried, frustrated and fearful; Increased exercise; Healthier nutritional choices</p>

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Summary of Updated Information:
Overall Status:
Statistical Information:
Verbiage: