



**Goodhue County
Community
Health
Improvement
Plan (CHIP)**

2023-2025

Top health priorities identified in Goodhue County, Minnesota

Executive Summary

The Community Health Improvement Plan (CHIP)

is a guiding document which supports active engagement by community members and organizations in improving the health of Goodhue County. It is intended to be a framework for measurable change in addressing the needs identified in the last community health needs assessment.

This 2023 to 2025 plan is based on the 2022 Goodhue County Community Health Needs Assessment (CHNA). A copy of this assessment can be accessed at co.goodhue.mn.us/chna.

The CHIP is the responsibility of Goodhue County Health and Human Services (GCHHS) under Minnesota Statutes §145A and is required by the Public Health Accreditation Board. The CHIP reflects the results of a collaborative planning process between GCHHS and the community. It is a commitment by the community to improve the health of Goodhue County by advocating for and directing resources towards health priorities.

Three chosen priorities for 2023-2025 are:

- **Support mental wellbeing through mental health care and social connection,**
- **Advocate for more housing, and**
- **Address chemical health in youth and reduce overdose deaths.**

The Goodhue County Community Health Assessment Committee is responsible for advancing this work. The health priorities were chosen based on feedback from community members, community agencies, and other key stakeholders. The data from the 2022 CHNA informed these conversations and was kept at the center of the development of the strategies found in the CHIP.

This plan is about improving the health of the community together and achieving the Community Health Assessment Committee's vision. That vision is equitable opportunity for all Goodhue County residents to experience optimal health across the dimensions of wellbeing (physical, social, mental, spiritual, economic, environmental, occupational, and intellectual).

3 Health Priorities Goodhue County 2023-2025



#1



Support Mental Wellbeing through Mental Health Care and Social Connection

#2



Advocate for More Housing

#3



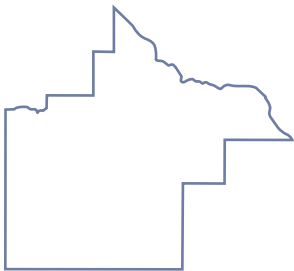
Address Chemical Health in Youth and Reduce Overdose Deaths

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Goodhue County, Minnesota

This Community Health Improvement Plan is about improving the health of all community members in the geographic area of Goodhue County, which is located in southeast Minnesota.



Goodhue County's estimated population is 47,582 (2020 US Census), an increase of 1,399 or 3% since the 2010 Census.

According to US Census 2020 Population Estimates retrieved from the 2022 County Health Rankings,

- 91.5% of the population is non-Hispanic white
- 3.6% is Hispanic
- 1.5% is American Indian and Alaskan Native
- 1.4% is Black or African American
- 0.8% is Asian, and
- 0.1% is Native Hawaiian/ Other Pacific Islander

Goodhue County has 10 cities and 21 townships.

The county is on the Highway 52 corridor between the Twin Cities and Rochester, including the towns of Cannon Falls, Zumbrota, and Pine Island. The Mississippi River town of Red Wing, on U.S. Highway 61, is the county seat. Other rural communities include Goodhue, Kenyon, Wanamingo, Bellechester, Dennison, and Lake City. Most of Lake City and a portion of Pine Island are in neighboring counties.

Households with children under 18 make up 28% of households in Goodhue County (ACS 2017-2021).

School districts include Cannon Falls, Goodhue, Kenyon-Wanamingo, Pine Island, Red Wing, and Goodhue County Education District, plus portions of seven others including Zumbrota-Mazeppa and Lake City.

A major demographic shift is underway.

In 2018, children aged 0 to 14 were out-numbered by retirees aged 65 and above for the first time in Goodhue County's

history, according to State Demographic Center estimates. In 2013, 18% of Goodhue County residents were over age 65, but the State Demographic Center projects that by 2028, 25% will be over age 65. Our population is becoming older. Goodhue County's population is expected to decline from 2023 to 2033.

An estimated 9% of the population in Goodhue County lives below the poverty line (ACS 2017-2021), and households in Goodhue County had a median income of \$71,414, lower than the state at \$77,706.

(U.S. Census Bureau QuickFacts, 2017-2021)

The county has 780 square miles, much of it prime farmland in active production.

Outside of agriculture, the economy of Goodhue County is specialized in manufacturing, and other large industries include health care and retail. From 2019 to 2021, employment in Goodhue Co. is still down from the pandemic recession *(Minnesota DEED County Profile)*.

MAPP Overview

The Community Health Assessment Committee utilized the MAPP model. Mobilizing for Action through Planning and Partnerships (MAPP) is a community-driven strategic planning process for improving community health. Facilitated by public health leaders, this framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems. Public health systems can be defined as all public, private, and voluntary entities that contribute to the public's health and wellbeing throughout the community.

The CHIP involves Phase 3 of the MAPP process, Continuously Improve the Community. This phase provides a framework to prioritize health issues, and develop shared goals, long-term measures, data-driven action, and create a structure to monitor and evaluate the impact on CHIP priorities.





Overview of process for determining priority health issues

Goodhue County Health and Human Services (GCHHS) and Mayo Clinic Health System (MCHS) have long been partners in the work of community health assessment and improvement planning, but this year, with grant funds from the Minnesota Department of Health, we have been able to further align our work. A consultant helped develop an action plan template for this CHIP that meets the requirements of both local public health and the hospital system.

With this strengthened partnership, GCHHS and MCHS facilitated the Community Assessment Committee in determining priority issues. Data from the top four health issues in the 2022 CHNA were reviewed, themes were identified, and then priority health statements were developed by looking at who is affected, the impact of the issue of overall health, and the factors that contribute to the issue. The CHA Core Group (representatives from GCHHS, MCHS, United Way, and City of Red Wing) then reviewed the developed statements and edited them to provide clarity.

Aligning with state and national frameworks

Hospital quality metrics are a set of standards that quantify inpatient hospital processes and patient outcomes. These include staffing ratios, measures of whether patients got the recommended care for their conditions, as well as patient reports of care they experienced in the hospital.

Healthy Minnesota 2022 priorities:

- Assure that the opportunity to be healthy is available everywhere and for everyone
- Design places and systems for health and well-being
- Make it possible for all to participate in decisions that shape health and well-being

Healthy People 2030 identifies national public health priorities. It provides 10-year, measurable public health objectives.

2023-2025 Goodhue County CHIP Indicators are aligned with Healthy People 2030 Objectives.

Reduce the suicide rate

	National Data Suicides per 100,000 population age adjusted to the 2000 standard population	Goodhue County Data Suicides per 100,000 population, crude death rate
2019	13.9	19.4
2020	13.5	21.0
2021	14.1	14.6

Reduce the proportion of families that spend more than 30% of income on housing

National Disparities by Race/Ethnicity, 2017 (disaggregated data is unavailable at the county level)	National Disparities by Disability, 2017 (disaggregated data is unavailable at the county level)
45% Hispanic	42% people with disabilities
44% Black	33% people without disabilities
30% White	35% total U.S. population

Reduce overdose deaths including opioids

	National Data Deaths per 100,000 population age adjusted to the 2000 standard population	Goodhue County Data Deaths per 100,000 population, crude death rate
2019	15.5	21.6
2020	21.4	12.6
2021	24.7	31.3

National Data and Evidence-Based Resources can be found online at health.gov/healthypeople.

Implementation and monitoring of the plan

The action plans in the appendices identify the assets or resources that will be used to address each priority. Assets and resources can include things like strong community, local coalitions, and social capital as well as the resources the hospital system plans to commit to address the health needs. Each action plan also identifies the roles of the local health department and other partners. A column in the action plan tables identifies a “Strategy Lead” for each activity.

- The local health department, Goodhue County Health and Human Services (GCHHS) will share the action plans with strategy leads to update on a quarterly basis.

- Strategy leads will revise the Action Plan accordingly, for each action they are leading. Strategy leads will provide progress notes for activities to track the status of the effort as well as the most recent performance measure data available to track the results of the actions taken. They may also add, revise, or delete activities.

- GCHHS staff will prepare a CHIP Annual Report for the Community Health Assessment (CHA) Committee. The CHIP Annual Report will share the revision history, progress notes, pictures, and most recent data for performance measures and indicators.





Photo by DisobeyArt / iStock

#1 Health Priority:

Support mental wellbeing through mental health care and social connection

Overview

Mental Health and Mental Disorders was the #1 health issue identified in the 2022 CHNA, and Social Connection and Inclusion was #4. Both access to mental health care and feeling connected and included are factors that impact mental wellbeing. Barriers such as complex intake processes, lack of providers, insurance coverage, transportation, stigma, lack of education, racism, bullying, and community cohesion made this a priority health issue.

Why this is important

Ensuring that individuals have access to mental health care and social connections can improve lives and communities. For many, removing barriers to services and supports can dramatically reduce or eliminate the risk of suicide, legal issues, family conflict, unemployment, and substance abuse.

In Goodhue County, 13% of adults 25+ delayed mental health care in 2021. And when we look at a lower income population (GCHHS, C.A.R.E. Clinic, and food shelf customers) we see that number rise to 26%. Similarly, those in this population have more mentally unhealthy days (9.1 out of 30 days) compared to the general adult population age 25+ (2.8 out of 30 days). However, all Goodhue County residents have experienced an increase in mentally unhealthy days from 2015 to 2021.

Positive relationships at home, at work, and in the community can have a major impact on a person's health and wellbeing, but some people don't get support they need. In Goodhue County, 34% of students feel that adults in their community don't care about them at all or care very little and 15% report being bullied for their race or ethnicity at least one in the last 30 days.

Healthy People 2030 says that interventions to help people get the social and community support they need are critical for improving health and well-being.

Percentage of people who delayed mental health care in the past year

13%

Goodhue County adults 25+

26%

HHS, C.A.R.E. Clinic and food shelf customers

(Goodhue County CHNA Survey, 2021)



Suicide was the #9 cause of death in Goodhue County in 2015-2019. 9 people died by suicide in Goodhue County in 2019.

(MDH, 2021) (MHMD-01)

The average number of mentally unhealthy days for adults 25+ was

3.8 out of 30 days.

This is up from 2.5 days in 2015.

For Goodhue County Health & Human Services, C.A.R.E. Clinic and food shelf customers surveyed in 2021, it was **9.1 out of 30 days**

(Goodhue County CHNA Survey, 2021)

What we're going to do about it

Result 1: All community members have access to mental health supports and know how to use them.

Indicators:

- Percentage of people who delayed mental health care in the past year
- Average number of mentally unhealthy days
- Suicide (number and rate)

Strategies:

- Provide Suicide prevention training/ community education programs
- Expand Peer-led Groups
- Create an Employee Friendly Workplace Certification Program

Result 2: All community members feel connected and valued by others.

Indicators :

- Percent of Goodhue County students who feel that adults in their community care about them
- Percent of adults who usually or always get the social or emotional support they need.

Strategies:

- Support and expand the Honoring Dakota Project
- Educate the community about Positive Childhood Experiences



The full action plan can be found online at co.goodhue.mn.us/chip.



Photo by andreas / iStock

#2 Health Priority:

Advocate for more housing

Overview

Housing & Homes was the #2 health issue identified in the 2022 CHNA. Having a safe and affordable home can help improve health, but quality rental homes are scarce and expensive. Advocating for more housing is about supporting housing projects and educating the community about the importance of affordable, accessible and stable housing to their community's long-term health.

Why this is important

All Goodhue County residents should have a safe, secure place to call home. We need more housing in our communities that can provide stability, choices for low-income renters, and homeownership and wealth-building opportunities for generations to come. We need affordable housing opportunities for those of all abilities and needs. Having quality housing in a thriving community is associated with improved physical and mental health.

According to the Frameworks Institute, "The federal government spends about \$200 billion each year to help Americans buy or rent their homes [in the form of tax breaks and loan guarantees]. Right now, very little of this money goes primarily to people with lower incomes, who are most in need of support."^[1] The result is that people with lower incomes end up spending more of their money on housing. In Goodhue County, 44% of renter-occupied households and 23% of owner-occupied households with a mortgage pay 30% or

[1] Levay, K., Volmert, A., and Kendall-Taylor, N. (2018). Finding a frame for affordable housing: Findings from reframing research on affordable housing and community development. Washington, DC: FrameWorks Institute.



Percentage of households that pay 30% or more of their income on housing:

44% of renter-occupied households and 23% of owner-occupied households with a mortgage in Goodhue County.

(ACS, 2016-2020)

In Real Life Based on the overall median gross rent, a household renting in Red Wing needs to earn roughly \$35,000 per year to avoid being cost-burdened by housing payments. Based on the overall median gross mortgage, a household owning a home in Red Wing needs to earn roughly \$54,500 to avoid being cost-burdened by housing payments. *(Red Wing Report Card 2020)*

Rental Vacancy Rates The rental vacancy rates for affordable and subsidized rental properties (0.9% for Red Wing) and market rate rental properties (4% for the county) are low. We want the vacancy rate to be 5% to meet demand. With more units, businesses can attract more employees, people will be healthier, and Red Wing can grow economically stronger.

(Comprehensive Housing Needs Analysis for Goodhue County, 2020 / Red Wing Report Card 2022)

more of their income on housing. Spending so much income on housing puts residents at a disadvantage in other areas of life, because they have less to spend on things like health and education.

Goodhue County has a large disparity in home ownership, with 76% of white households and only 41% for households of all other races owning their own homes. This racial disparity is also seen in homelessness, as 34% of active clients on the coordinated entry list (a list of people who meet the criteria to be considered homeless) between June 2020-May 2021 were people of color, despite only making up less than 10% of the total population of Goodhue County.

When communities oppose housing developments, it has an impact on safe, affordable housing options. It means much of the housing stock that needs to be replenished, updated or expanded — housing that would help ease the cost burdens — never gets built. There is opportunity to change the narrative about why housing matters, what “affordable housing” means, why housing is a shared public concern, and what needs to be done to fix this problem. Reframing the conversation about housing means changing the way we invite a more thoughtful public conversation about new housing projects.

What we’re going to do about it

Result: Everyone, regardless of income and background, will have a safe, stable, and healthy place to live.

Indicators:

- Percent of cost-burdened renters (spending more than 30%)
- Rental vacancy rate

Strategies:

- Advocate for additional affordable and supportive housing units
- Prepare a community education and engagement campaign to shift the narrative around the importance of a robust housing market that meets the needs of all community members

The full action plan can be found online at co.goodhue.mn.us/chip.



HUDSON-HINTZE / UNSPLASH

#3 Health Priority:

Address chemical health in youth and reduce overdose deaths

Overview

Drug & Alcohol Use was the #3 health issue identified in the 2022 CHNA. Substance use disorders are linked to many health issues, and overdoses can lead to emergency department visits and deaths. Focusing on chemical health in youth is a preventative approach to the development of substance use disorders. However, people are dying now and there is also an immediate need to address the critical care aspects of drug and alcohol use. The two-prong approach can help ensure a thriving and healthy community.

Why this is important

The earlier in life a young person starts using alcohol or other drugs, the greater their lifetime risk of misuse or addiction. Prevention and early intervention can reduce the effect of substance use in Goodhue County. Substance use disorders can make daily activities difficult and impair a person's ability to work, interact with family, and fulfill other major life functions. Working to educate and support youth to prevent the use and misuse of drugs can make an impact of their social and health outcomes later in life.

In Goodhue County, 15% of 9th grade females and 9% of 9th grade males reported drinking one or more alcoholic beverages in the last 30 days. In 2022 6% of 11th grade students used prescription drugs without a doctor's prescription without a doctor's prescription or differently than how a doctor told them to use it; this is up from 2.5% in 2019. In addition, Goodhue County has recently seen a spike in our overdose deaths. In 2021, 15 residents died from an opioid overdose which was up from six in 2020 and only three in 2016.

Overdose deaths are preventable. There are tools that reduce the risk of dying from an overdose. For every drug overdose that results in death, there are many more nonfatal overdoses, each one with its own emotional and monetary toll. Saving a person from a fatal overdose may be the first step in connecting them with the treatment, services, and supports they need to address their substance use disorder.

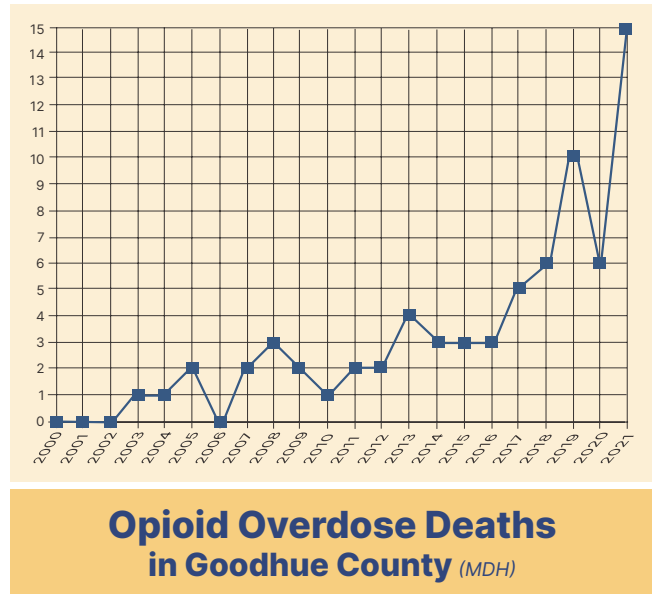
9% males and 15% females in 9th grade reported drinking one or more alcoholic beverages in the last 30 days. This alcohol was most often from parties (14%), down from 42% in 2019, or from friends (25%) and parents (31%). (MSS, 2022)

The proportion of overdose deaths involving synthetic opioids increased 205% from 2011-2013 to 2017-2019 in Southeast Minnesota and more involve multiple drugs. (MDH, 2022)



6% of Goodhue County 11th graders reported used prescription drugs without a doctor's prescription or differently than how a doctor told them to use it, this is up from 2.5% in 2019.

(MSS, 2022)



What we're going to do about it

Result 1: Youth stay substance free.

Indicators:

- Percent of 9th grade students who report drinking one or more alcoholic beverages in the last 30 days.
- Percent of 11th grade students who report using prescription drugs without a doctor's prescription or differently than how a doctor told them to use it.

Strategies:

- Educate students, caregivers, and educators on substances, risk factors, and protective factors
- Expand access to youth mentoring programs
- Reduce barriers for youth to participate in healthy activities

Result 2: All community members know how to prevent fatal overdoses.

Indicator:

- Number of opioid overdose deaths in Goodhue County

Strategies:

- Expand knowledge about opioids and harm reduction through community education
- Increase access to Naloxone and fentanyl test strips

The full action plan can be found online at co.goodhue.mn.us/chip.

List of Annexes

The full action plans can be found online at co.goodhue.mn.us/chip.

Action Plan #1:

Support mental wellbeing through mental health care and social connection

Action Plan #2:

Advocate for more housing

Action Plan #3:

Address chemical health in youth and reduce overdose deaths



Goodhue County Community Health Assessment (CHA) Committee Members

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The CHA Committee thanks the numerous other community members who participated in the development of this plan and who will help carry the work forward.

Partnering for the health of Goodhue County, Minnesota



United Way of Goodhue,
Wabasha & Pierce Counties



This report was made possible in part by a Minnesota Department of Health Rural Health Assessment Grant using federal funds from the Centers for Disease Control and Prevention.

Priority Health Issue 1: Support Mental Wellbeing through Mental Health Care and Social Connection

Assets / Resources:

Several organizations are currently providing or are interested in expanding mental health supports and social connection in Goodhue County, such as SE MN NAMI, the SE MN Suicide Prevention Coalition, the Minneapolis VA, Winona Health, Fernbrook Family Center, Hiawatha Valley Mental Health Center, Mayo Clinic Health System, Crisis Response and the Southeast Regional Crisis Center (SERCC), SEMCIL, Goodhue County Health and Human Services, Live Well Goodhue County, United Way of Goodhue, Wabasha & Pierce Counties, Workforce Development Inc., and Goodhue County Child and Family Collaborative. Many of these organization are looking at both evidence-based and innovative ways of increasing access to training, education, therapy, group supports, and making systems-level changes to improve the community's mental health. Businesses are a resource to provide education and ensure workers are aware of community services and supports. In 2022, the Goodhue County Board of Commissioners allocated funds from the American Rescue Plan Act (ARPA) to support mental health projects and programs of the Mental and Chemical Health Coalition of Goodhue County.

Challenges / Barriers:

Challenges and barriers include stigma and public perception, lack of mental health education and awareness of signs of mental illness, lack of awareness of existing resources available, complicated eligibility, insurance, and intake process, and workforce recruitment barriers (such as low insurance reimbursements, low wages, credentialing challenges, competing with Twin Cities and Rochester, and no local 4-year college).

Collaborative Partnerships:

The Mental and Chemical Health Coalition of Goodhue County formed in 2018 to improve mental health and reduce duplication. It is convened by the Community Health Assessment Committee, Goodhue County Child and Family Collaborative, Live Well Goodhue County, Mayo Clinic Health System, Fernbrook Family Center, Hiawatha Valley Mental Health Center, C.A.R.E. Clinic, and University of Minnesota Extension. This coalition, in collaboration with other groups, such as Winona Health, the SE MN Suicide Prevention Coalition and the Goodhue Community Health Awareness Coalition, will be essential in moving the strategies laid out in this plan forward.

The Honoring Dakota Project is a collaborative project that includes partners from Prairie Island Indian Community, City of Red Wing, Goodhue County Health and Human Services, Goodhue County Child & Family Collaborative, Red Wing Arts, and Thrive Unltd. This project is addressing social connection through a process of community conversations and events that provides education, builds relationships, and creates a space for healing.

Result: All community members have access to mental health supports and know how to use them

Indicator(s):

- Percentage of people who delayed mental health care in the past year
- Average number of mentally unhealthy days
- Suicide (number and rate)

Strategies	Timeframe	Strategy lead	Performance measures (<i>how much, how well, is anyone better off?</i>)
Suicide Prevention Training/Community Education Programs	2023-2025	Mental and Chemical Health Coalition	<i># participants</i> <i>#/% trainings that incorporate SERCC and Mobile Crisis</i> <i>% participants who use training to connect people to mental health care</i>
Peer-led Groups	2023-2025	Mental and Chemical Health Coalition	<i># new groups created</i> <i>% new groups sustained</i> <i>Average mentally healthy days for group participants</i>
Employee Friendly Workplace Certification Program	2023-2025	Live Well Goodhue County; Workforce Development Inc.	<i>#/% employers completing certification</i> <i>Average mentally healthy days for employees</i> <i>% employees who delay mental health care</i>

Result: All community members feel connected and valued by others

Indicator(s):

- Percent of Goodhue County students who feel that adults in their community care about them
- Goodhue County Adults 25+ who always have the social and emotional support they need

Strategies	Timeframe	Strategy lead	Performance measures (<i>how much, how well, is anyone better off?</i>)
Support and expand the Honoring Dakota Project	2023-2025	Honoring Dakota Project Team	<i># of people who attend events</i> <i>\$ of funds secured</i>
Educate the community about Positive Childhood Experiences	2023-2025	Goodhue County Child & Family Collaborative	<i># of people trained</i> <i>% of people trained who report an increase in knowledge</i>

Priority Health Issue 2: Advocate for More Housing

Assets / Resources:

Existing relationships and collaboration between local nonprofits, shelter providers, housing developers, Housing and Redevelopment Authorities, city staff, county staff, and community housing groups reflect a strong dedication to addressing homelessness and local housing needs. The support of some local government leaders and their use of strategic plans, comprehensive plan updates, and local studies to address housing needs are other assets, providing additional data on community housing needs, future demographic changes, and future demand for housing needs. Dedicated and engaged community members of diverse backgrounds who are passionate about addressing housing needs and advocating for the needs of the homeless population also add to these efforts. Current opportunities for housing and program development are an asset due to large amounts of state and federal funds for housing and enough contractors and vendors.

Challenges / Barriers:

One challenge to addressing this goal is community pushback and lack of awareness on housing needs. This includes the “Not in my backyard” community opposition that prevents local housing developments from moving forward on a local level. In recent years, this has led to more opposition than community support at City Council/other community meetings regarding new housing developments. Major employers are also missing from this conversation. Representation of the local workforce affected by the lack of affordable options should be added to these efforts.

Other challenges and barriers include the high costs of housing development, housing rehabilitation, and program development. With an increase in housing, there will also be an increased need for other community infrastructure to support a growing population including roadways, healthcare, businesses, and other community resources. We will also need more public transportation as housing development moves further from city centers. The high cost of living, high rent, and low wage jobs in the community will continue to be challenges and barriers to be addressed in order for everyone, regardless of income and background to have a safe, stable, and healthy place to live.

Collaborative Partnerships:

Partnerships with local housing agencies, developers, nonprofits, shelter providers, the Goodhue County Homeless Response Team, Hands for Hope, and community members will have a large role in this health priority. GCHHS will work with the United Way of Goodhue, Wabasha, & Pierce Counties, developers including the HRA’s, Habitat for Humanity, and Three Rivers Community Action, housing providers, shelter providers, other nonprofits, city staff from across Goodhue County, and community members.

The Mental and Chemical Health Coalition of Goodhue County, the Goodhue County Homeless Response Team, and Hands for Hope will be informed of local opportunities for advocacy and community education.

Result: Everyone, regardless of income and background, will have a safe, stable, and healthy place to live

Indicator(s):

- Percent of cost-burdened renters (spending 30% or more of their income on housing)
- Rental vacancy rate (among all units, rental vs owned, rental type)

Strategies	Timeframe	Strategy lead	Performance measures (<i>how much, how well, is anyone better off?</i>)
Advocate for additional affordable and supportive housing units	2023-2025	Varies (GCHHS Housing Resource Specialist, developer, UWGWP Executive Director etc.)	<i># partners making public comments</i> <i>% formally supported opportunities approved</i> <i># affordable and/or supportive units created through formally supported opportunities</i>
Prepare a community education campaign to shift the narrative around the importance of a robust housing market that meets the needs of all community members	2023-2025	City of RW Community Engagement Facilitator, GCHHS Housing Resource Specialist	<i># Q & A articles / # people reached</i> <i># social media posts / # people reached</i> <i># radio interviews/ # listening audience</i>

Priority Health Issue 3: Address Chemical Health in Youth & Reduce Overdose Deaths

Assets / Resources:

Goodhue County has many opportunities for youth to participate in healthy activities that support building strong connections and staying substance free. Programs like RiseUp Red Wing, 4-H, athletics, faith-based groups, and more are already serving youth in our county and providing them with substance-free opportunities to engage with their peers and caring adults.

As part of the national Opioid Settlement, Goodhue County will be receiving funding for the next 18 years to address the opioid epidemic. A consultant has been hired to assess community needs and wants around how best to use these funds to prevent opioid misuse. Additionally, there are several places, such as pharmacies, where Naloxone is already accessible

Challenges / Barriers:

There is currently no one organization or group in Goodhue County that is focused on youth substance prevention. Previous efforts, such as the Chemical Health Initiative, have disbanded and had mixed success. Agencies have limited capacity and resources to work on this priority health issue.

Another challenge is that there is a significant amount of stigma around drug use. Harm reduction methods are not well-known or accepted within the community. There is also increased access to fentanyl as it is often laced in other substances.

Collaborative Partnerships:

The Mental and Chemical Health Coalition (which is convened by Goodhue County Health & Human Services, Mayo Clinic Health System, Goodhue County Child & Family Collaborative, Fernbrook Family Center, Hiawatha Valley Mental Health Center, University of Minnesota- Extension, C.A.R.E Clinic and Live Well Goodhue County) is in the best position to address this priority health issue. While chemical health is newly added to this group, they have the structure and partners at the table to make progress on the strategies.

Collaborating with youth-serving organizations will also be essential for impacting this priority issue. Youth preventions starts by building protective factors for youth, such as strong connections with caring adults, developing a sense of belonging, and providing opportunities for positive social involvement.

Result: Youth stay substance free			
Indicator(s):			
<ul style="list-style-type: none"> • Percent of 9th grade students who report drinking one or more alcoholic beverages in the last 30 days. • Percent of 11th grade students who report using prescription drugs without a doctor's prescription or differently than how a doctor told them to use it. 			
Strategies	Timeframe	Strategy lead	Performance measures (how much, how well, is anyone better off?)
Educate students, caregivers, and educators on substances, risk factors, and protective factors	2023-2025	The Mental & Chemical Health Coalition of Goodhue County	<p># of people reached through education campaigns</p> <p>% of students, caregivers, and educators who report an increase in knowledge about chemical health</p>
Expand access to youth mentoring programs	2023-2025	RiseUp Red Wing	<p># of youth who have a mentor</p> <p>% of youth in mentoring programs that report having a strong connection with their mentor</p>
Reduce barriers for youth to participate in healthy activities	2023-2025	Goodhue County Child & Family Collaborative	<p>\$ given to support youth participating in activities</p> <p>% of youth who report participating in extracurricular activities</p>

Result: All community members know how to prevent fatal overdoses.

Indicator(s): Number of opioid overdose deaths in Goodhue County

Strategies	Timeframe	Strategy lead	Performance measures (how much, how well, is anyone better off?)
Expand knowledge about opioids and harm reduction through community education	2023-2025	The Mental & Chemical Health Coalition of Goodhue County	<i># of people reached through education campaigns</i> <i>% of participants who report an increased knowledge about opioids and harm reduction</i>
Increase access to Naloxone and fentanyl test strips	2023-2025	The Mental & Chemical Health Coalition of Goodhue County	<i># of people trained in Naloxone usage</i> <i># of Naloxone and fentanyl test strips access points in Goodhue County</i> <i>% of people trained who report knowing where to find and how to use Naloxone.</i>