

Sioux County Community Health Improvement Plan 2026-2028

Need #1: Mental Health

Goal #1	Sioux County will foster a community environment where children, adolescents, and adults actively thrive, supported by accessible, high-quality mental health resources that promote lifelong well-being.	
Objective #1 Family Support	Improve family well-being and early mental health outcomes by maintaining accreditation for the Healthy Families America home visitation program, ensuring continued delivery of high-quality, evidence-based support to families.	
	Strategies:	Provide long term and accelerated home visitation and family support through nationally accredited Healthy Families of America (HFA) program
		Provide short term parenting support through Steps to Success program to families who do not qualify for HFA long term or accelerated programs
		Implement and promote Escuelita Familiar (Family Literacy) classes and Summer Boost sessions to support non-English-speaking parents' involvement in their child's education
		HFA staff will maintain infant mental health endorsement and ongoing continuing education
		All CHP direct service staff will receive ongoing training in cultural diversity, health equity, social determinants of health, and trauma-informed care
Objective #2 Adolescents	In collaboration with schools and youth-focused organizations, deliver a minimum of 15 presentations each fiscal year that promote mental health through education on high-risk behaviors and the development of healthy coping mechanisms.	
	Strategies:	CHP's Health Educator will provide education to students, teachers, and community members on the relationship between high-risk behaviors and mental health and will introduce healthy coping strategies that can be implemented.

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		CHP’s bilingual Community Health Worker will collaborate with Sioux County schools to provide workshops to EL Newcomer students to assist in their transition to a new culture. Workshops will include education on high-risk behaviors, the importance of mental health, and adopting healthy coping strategies.
Objective #3	Establish and maintain multidisciplinary coalitions that convene at least quarterly through FY28 to foster collaboration, align services, and build sustainable initiatives that enhance mental health and well-being.	
	Multidisciplinary	Strategies:
		Facilitate four Joint Provider meetings per year to strengthen collaboration and support resource and information sharing
		Facilitate five Healthy Sioux County Coalition meetings per year to foster collaboration on sustainable, action-oriented solutions addressing the priorities in the Community Health Assessment
		Keep CHP’s Community Resource page updated with current mental health providers and resources, and actively promote the webpage to the community quarterly
		Collaborate with community partners to promote the 988 Suicide & Crisis Line and Your Life Iowa through social media campaigns and public service announcements quarterly

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Need #2: Overweight and Obesity

Goal #2	Implement and support preventive strategies that promote nutrition, physical activity, and healthy weight to lower the incidence of obesity, heart disease, and other chronic health conditions.	
Objective #1 Education	Encourage long-term healthy lifestyle choices that combat overweight and obesity by offering at least one KEYS to Dementia Prevention class and two Choose Health NW Iowa classes per fiscal year in Sioux County through FY28.	
	Strategies:	Partner with Sioux County healthcare systems to develop and implement <i>Choose Health NW Iowa</i> (diabetes prevention/healthy living) classes in communities throughout Sioux County
		Encourage Sioux County businesses to offer <i>Choose Health NW Iowa</i> class at their worksite or to offer employee incentive for completion
		Develop <i>Choose Health NW Iowa</i> class for Spanish-speaking population in Sioux County
		Include health lesson in each session of Escuelita Familiar (Family Literacy)
		Collaborate with Sioux County schools to provide workshops to EL Newcomer students to promote healthy behaviors and to promote completion of high school diploma or GED
		Partner with health care systems to implement <i>KEYS to Dementia Prevention</i> classes in communities throughout Sioux County
		CHP will participate in Wellness Fairs hosted by Sioux County partners to promote key healthy lifestyle messages
Objective #2 Engaging the Community	Address overweight and obesity by collaborating with diverse community partners in Sioux County to implement and sustain at least two culturally responsive and age-appropriate initiatives focused on physical and whole-self activities that engage residents of all ages to promote active lifestyles, by the end of FY28.	
	Strategies:	Work with community partners to promote involvement in Healthiest State Annual Walk throughout Sioux County

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Need #2: Overweight and Obesity

		Collaborate with cities to actively promote opportunities for physical activity in their locations (use of trail systems, pickle ball courts, tennis courts, swimming pools, parks, disc golf, rec centers, etc.)
		CHP and Healthy Sioux County Coalition partners will pilot and invite communities across Sioux County to join the county-wide Healthy Habits BINGO-style initiative designed to promote lifelong habits that support physical, emotional, and mental well-being

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Need #3: Navigating Systems

Goal #3	Enhance coordination among health, social, and community systems in Sioux County to provide seamless, integrated support that residents can navigate with confidence and ease.	
Objective #1 Care Coordination	To improve equitable access to health and social services, CHP will continue developing the Community Resource Specialist and Community Health Worker roles through FY28, focusing on culturally responsive outreach and navigation support.	
	Strategies:	CHP Community Resource Specialists will connect individuals to needed community resources
		CHP will support Community Resource Specialist and Community Health Worker staff through ongoing reflective supervision and promotion of self-care
		CHP staff will facilitate Escuelita Familiar (Family Literacy) classes and Summer Boost sessions to support non-English-speaking parents’ involvement in their child’s literacy & education, to provide an opportunity for staff to connect with families to assess needs and connect to resources
		Community Health Worker will collaborate with Sioux County schools to provide workshops to English Learner (EL) Newcomer students to assist in their transition to a new culture, to promote literacy and completion of high school diploma or GED, and as an opportunity to connect with students to assess needs and connect to resources
Objective #2 Collaboration/Data Sharing	To support Sioux County residents in navigating complex health and wellness systems, CHP will partner with local organizations to identify access barriers and promote coordinated service delivery through regular convenings: 4 Joint Provider meetings and 5 Healthy Sioux County meetings per fiscal year through FY28.	
	Strategies:	Encourage community partners and Behavioral Health (BH) System Navigators to participate in Joint Provider and Healthy Sioux County coalition meetings
		CHP Community Resource Specialists will record referrals made and resources needed (including those not available in the county) and the data will be shared at coalition, staff, Board of Health and CHP Board of Director meetings

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Need #3: Navigating Systems

		CHP will maintain and continually update Community Resources Guide on their website and promote the Community Resources Guide among the public and among community partners
		CHP will promote BH System Navigation resources, including Your Life Iowa, through social media postings monthly and make referrals to System Navigators when applicable
Objective #3 Policy/Training	CHP will complete a comprehensive review of policies and procedures by FY28 to ensure all outreach and programming are responsive to social determinants of health and rooted in culturally and linguistically appropriate practices, enhancing equitable access and system navigation.	
	Strategies:	CHP staff will maintain up-to-date education on social determinants of health, health literacy, ACEs, culturally and linguistically appropriate care, and trauma-informed care practices
		Review and revise CHP Policy Manual and obtain CHP board approval
		Onboard new staff with interactive training that builds knowledge of social drivers of health, health equity, and core public health principles for equitable practice.