



Healthier Together

Pierce County

St. Croix County

2022 ACCOMPLISHMENTS
2020-2022 PLAN





Creating and maintaining healthy communities



Colleagues and Partners-

The COVID-19 pandemic required all of us to make changes to our lives and work. COVID-19 prevented the completion of the plan we originally envisioned for our 2020-2022 Healthier Together work. However, Healthier Together members continued to work on improving our communities' mental health and preventing substance use disorders in creative and impactful ways.

This report summarizes Healthier Together's accomplishments in 2022, which was the final year of the plan that began in 2020. This last year was a year of transition. The Healthier Together leadership was able to continue the shift from response to recovery and help lead some of the work our members had so graciously continued throughout the pandemic.

While continuing our important work, we also worked on finalizing our 2023-2025 community health assessment and improvement plan. In this new plan, we will focus on mental, social, and emotional well-being as well as thriving and livable communities for all. We look forward to sharing this work with our partners and Pierce and St. Croix County residents.

We welcome you to visit our website for more information:
<https://www.healthiertogetherpiercestcroix.org/>

In partnership,

The Healthier Together Leadership Team



United Way
St. Croix Valley



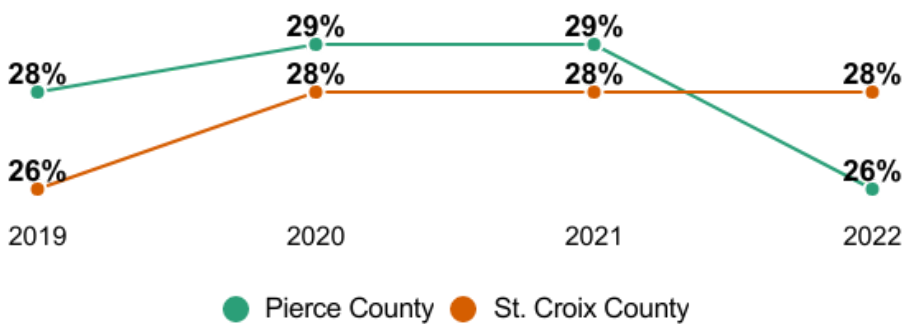
2022 ACCOMPLISHMENTS

Substance Use Disorders

- Continued implementing SUD prevention programs in Pierce County schools, including tobacco cessation classes in Ellsworth and prevention presentations on vape and fentanyl
- Ellsworth Middle School hosted Hazelden's "Top Secret Project" for parents and interested community members in May 2022
- Completed a partner review of the WI Addiction Recovery Help Line database through 211 SCV to ensure the accuracy and inclusion of all appropriate resources
- Pierce and St. Croix Counties analyzed the results of the 2021 Youth Risk Behavior Survey and presented the results to school staff to help agencies understand trends in mental health and substance use behaviors in high school students

KEY INDICATORS

% of adults reporting binge or heavy drinking



County Health Rankings, 2019-2022

% of high school students vaping in the past 30 days



YRBS, 2019 and 2021



Mental Health

- Trained two new Youth Mental Health First Aid (YMHFA) facilitators to serve St. Croix and Pierce Counties
- Trained 200 individuals in Youth and Adult Mental Health First Aid through collaboration with United Way St. Croix Valley and YMCA in Hudson
- Provided Make It Okay mental health stigma reduction training to more than 100 faith formation students
- Allina Health continues to provide Change to Chill to school partners, reaching more than 2,000 students
- Ellsworth School provided YMHFA training for 16 additional staff members
- Ellsworth school district hosted an "Anxiety in Children and Youth" panel presentation for parents and community members
- Seven school districts were trained on Dialectical Behavior Therapy (DBT) in Schools curriculum
- Western Wisconsin Health co-led DBT-inspired mental wellness classes for 22 students in two school districts
- The healthcare systems continued to add new psychiatry and mental health therapy providers and telehealth options to meet the mental health needs of the community
- Western Wisconsin Health provided care coordination for 48 positive food insecurity questionnaire results in the clinic and inpatient unit to provide food bags and resources
- Pierce County Public Health was awarded a \$30,000 grant to provide arts-based focus groups to key populations impacted by the pandemic. The focus groups will focus on artistic expression as a form of mental health recovery. The focus groups will be implemented in 2023.
- River Valley Trails sponsored the creation of Limitless Cycling, an adaptive bicycle program offering three different adaptive bikes and services to area senior centers, assisted living centers, nursing homes, and other groups
- In partnership with other HT members, United Way was awarded a \$100,000 grant from WI DHS to focus on building partnerships around housing issues in Pierce and St. Croix Counties. The grant supported the development of a data dashboard and key informant interviews to better understand housing issues and opportunities in our communities. A final report with recommendations will be developed in 2023.

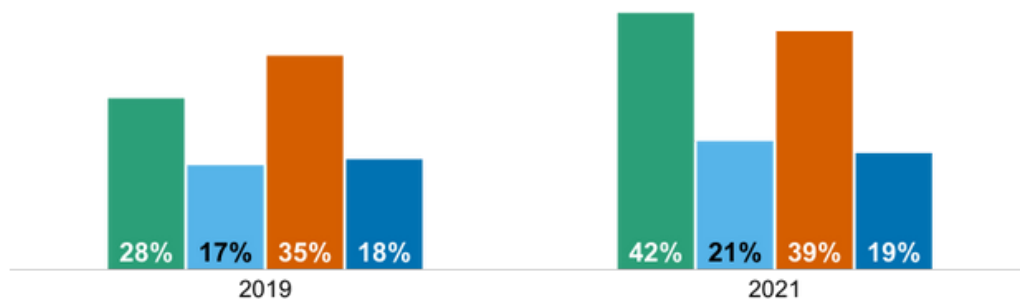


Mental Health continued

- Explored additional policy and system changes that increase access to nutritious food and reduce the stigma often associated with utilizing food pantries and similar resources
- Conducted a survey with food pantry partners to identify additional opportunities to reduce stigma and increase access to food
- Continued identification of food deserts in Pierce and St. Croix County and created an at-a-glance map to help hunger relief partners identify additional opportunities for programming
- The St. Croix Valley Foodbank distributed just over 4.2 million pounds of food to over 212,000 individuals.
- Translated materials into Spanish for the backpack program at local libraries
- River Valley Trails provided bicycle safety events for elementary-age youth to encourage safe and active outdoor biking practices

KEY INDICATORS

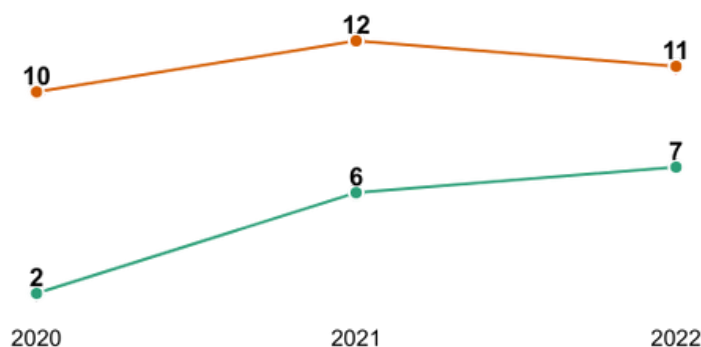
% of students sad or hopeless almost everyday for at least 2 weeks



● Pierce County Girls ● Pierce County Boys ● St. Croix County Girls
● St. Croix County Boys

YRBS, 2019 and 2021

of suicides



● Pierce County ● St. Croix County

WI Vital Records

