



**2019**

**Mitchell County  
State of the County  
Health (SOTCH) Report**



# 2019 State of the County's Health Report

## - Mitchell County



### Mitchell County CHA Overview Video

The 2018 Community Health Assessment priority areas are:

- **Substance Abuse and Increasing Availability/Access of Mental Health Services**
- **Healthy Living Behaviors/Lifestyles and Chronic Disease Prevention**
- **Access to Healthcare/Social Determinants**

The following CHIP Scorecard was created and submitted **March 2nd, 2020** in order to meet the requirements for the **2019 County State of the County's Health Report** for Mitchell County.

Clear Impact Scorecard™ is a strategy and performance management software that is accessible through a web browser and designed to support collaboration both inside and outside organizations. WNC Healthy Impact is using Clear Impact Scorecard™ to support the development of electronic CHIPs, SOTCH Reports and Hospital Implementation Strategy scorecards in communities across the region.

Scorecard helps communities organize their community health improvement efforts:

- Develop and communicate shared vision
- Define clear measures of progress
- Share data internally or with partners
- Simplify the way you collect, monitor and report data on your results

The following resources were used/reviewed in order to complete the SOTCH:

- [WNC Healthy Impact](#)
- [WNC Healthy Impact Data Workbook](#)
- [NC DHHS CHA Tools](#)
- [NC DHHS County Health Data Book](#)
- [NC DHHS/ DPH CHA Data Tools](#)
- [National Institute of Drug Abuse](#)

### Substance Abuse and Increasing Availability/Access of Mental Health Services - Long Term CHIP

R	CHIP	Mitchell County is free from substance abuse, and residents have access to mental health services.	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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### Progress Made in 2019

The following progress was made in 2019 on our action plan interventions for Substance Abuse Prevention and Increasing Availability/ Access to Mental Health Services in Mitchell County.

- **Naloxone Initiative** - This service is provided by the Mitchell County Sheriff's Office and Spruce Pine Police Department. Law Enforcement partnered with regional tobacco coordinator and medical providers. The overall goal of this program is to reduce the opioid overdoses in Mitchell County by 3% in the next three years. Progress has been made in the county by placing a Naloxone kit and AED in approximately ten law enforcement cars. Each officer was also provided the proper training to administer the Naloxone kit to an individual who may have overdosed. As of 2019 this initiative is still going on in the Mitchell County Sheriff's office. The overall goal of reducing opioid overdoses will be assessed in 2020 but the Naloxone is still being distributed and the officers still have access to this resource. Narcan was also provided to Mitchell County DSS in 2019 through Vaya Health with approximately 18 kits being distributed.

- **Quitline and the 5 A's** - This program partners with regional tobacco coordinators and medical providers. It gives individuals who are willing to quit and are ready for help, the availability of having someone to talk to. This program uses the 5 A's: Ask, Advise, Assess, Assist, and Arrange to help individuals quit tobacco products. It is available to all of Mitchell County citizens. As of 2019 the Quitline is still available to the community and is being used by those who are interested in quitting smoking.
- **Marketing Strategies to Increase Awareness and Education on Dangers of Substance Abuse** - The Cures Prevention grant recently started to provide funds for education and awareness strategies in Mitchell County. The Cures Prevention staff organized work groups for programs such as Youth to Youth which is a school based program, Lock Your Meds, which is a media campaign to educate Mitchell County residents about locking prescribed medications in a lock box, and Chronic Pain Management programs in Mitchell County. The Cures grant recently started providing funding for educational opportunities and media campaigns. They are providing education and advertising via radio commercials and billboards to educate the public about the risks of substance abuse, ways to help family members who are using substances and how to properly dispose and lock prescribed medications. As of 2019 the Cures Prevention grant has billboards in Mitchell County and has produced flyers, handouts and other various sources of information that have been distributed to the community. Handouts have been provided at community events about the Lock Your Meds campaign. The Cures Prevention grant has helped facilitate the expansion of the Youth To Youth program expanding into the community high school. The Cures grant has funded chronic pain management programming for Mitchell County residents. The programming provides mindfulness education and training for residents who experience chronic pain. The programming has been advertised via flyers, email and newspaper ads.
- **Safe Needle Disposal Program** - This program is provided by the Mitchell Yancey Substance Abuse Task Force. Through the Mission Community Grant, the Task Force has funds to establish safe needle disposal sites in Mitchell County. Working with Toe River Health, Blue Ridge Regional Hospital and Law Enforcement worked together to determine the best strategy.
- **Needle Exchange Program** - Mitchell County Health Department (a part of Toe River Health District) has been in discussions with Mountain Community Health Partnership about developing a needed exchange program. In 2019 there are still efforts to develop a needle exchange program but a lack of resources hampers the work.
- **Increase Behavioral Health Care** - Bakersville Community Health Care Center offers a wide variety of substance abuse services. They have a substance abuse counselor who is currently working with substance abuse patients. This counselor is available to the public to provide counseling to individuals addicted to substances.
- **Prevent Substance Use (tobacco mainly) initiation among youth and young adults- Youth to Youth Initiative** - The Youth to Youth Initiative is an initiative through the Mitchell Yancey Substance Abuse Task Force. Targeted toward the schools of Yancey and Mitchell Counties, this initiative provides opportunities for youth, such as creating safe disposal videos, take field trips to local sheriff departments to watch the proper disposal of needles and drugs, and for the younger youth they provide fun activities such as Samantha Skunk plays. Samantha Skunk is a play that the older youth perform for younger students that teaches about good health choices, smoking stinks and medicine safety. As of 2019 this initiative is still thriving within Mitchell County. Multiple events have been held, such as hosting a play of Samantha Skunk using older Youth to Youth members in the middle school to present to the elementary school children. They also meet and participate in initiatives like making sure that gas stations aren't letting people over 21 buy alcohol for someone younger through the use of stickers placed on alcohol containers. This campaign has been dubbed the "Sticker shock" campaign. They started this campaign in April 2018. They also use other resources to educate adults about the danger of purchasing alcohol for someone else. Red Ribbon Week- Mitchell County Youth to Youth took part in Red Ribbon week with speaker Demarco Fomby coming to speak to the children in the school system.
- **Eliminate Exposure to Secondhand Smoke** - No progress has been made toward this specific action plan.
- **Promote quitting tobacco use among youth and adults** - No progress has been made toward this specific action plan.

Additionally, the following progress was made in 2019 on Substance Abuse Prevention and Increasing Availability/ Access to Mental Health Services in Mitchell County.

- **Vaping Community Forum** - On November 19th, 2019 Mitchell County held a community forum that focused on educating the citizens of Mitchell County on the dangers and effects of vaping and drinking. There were approximately 100 people at the event where local health professionals, tobacco specialists, the district attorney, and even two high school teens provided a panel discussion and answered questions about what they see in their everyday life regarding vaping and alcohol abuse. The event was well received and was educational to the community.
- **Drug Take Back Day** - This event is held for people who have outdated, unused, or unwanted prescription drugs or over-the-counter medications to dispose of. The event is held by the Substance Abuse Task Force at the Prescription Pad in Burnsville and at Blue Ridge Regional Hospital in Spruce Pine. The event is not only to take back drugs but is also used to create awareness around the need to discard old, unused prescriptions. This event had very low turnout and participation in Mitchell County so the task force has stopped providing the event They are brainstorming ways to get more participation. As of 2019 there are still plans to move forward with the event once the necessary publicity has been done. Residents in Mitchell County



can drop unused, outdated medications in the drug drop box located at the Sheriff's Department in Bakersville.

- **Mitchell Yancey Substance Abuse Task Force (MYSATF)** - The Mitchell-Yancey Substance Abuse Task Force (MYSATF) was established in 2009 by approximately 50 local healthcare professionals and community members concerned about the increasing rate of unintentional deaths by prescription drug poisonings. Since then, the Task Force has continued to grow including a wide range of stakeholders from both counties including: law enforcement, schools, civic organizations, medical and mental health providers, faith-based organizations, media professionals, businesses, youth and parents. MYSATF is recognized in the community as the lead convener for our counties' substance abuse prevention efforts, and recognized statewide for the strength and breadth of two-county relationships and innovative approaches. (The following are programs and things that have happened under MYSATF)
  - After School Programs - 60 students participated in 2019
    - Youth to Youth (Y2Y) - Youth-led/adult-guided groups meet in all four middle schools in Mitchell and Yancey Counties to build leadership skills and advocate for positive change in schools and the community. In the fall of 2019, the program was expanded to Mitchell High School. Participating students address issues that most teens are likely to experience, helping them to become leaders and role models amongst their peers. The skills students develop in Y2Y will serve them not only throughout their school career, but later in life as well.
    - Cougar Fit Club – Mountain Heritage High School students who have been identified by school counselors as being pre-disposed for developing risky lifestyle behaviors meet at the Blue Ridge Regional Fitness Center in Burnsville, with educators, mentors and fitness experts, to nurture their physical, mental, social and emotional well-being. The overarching goal of the program is to decrease the potential for risky behaviors (specifically substance use), increase physical activity, increase school attendance, and dropout prevention.
  - Drug Safety Initiatives
    - Distributed free drug lock boxes so that community members can secure and safely store personal medications.
    - Provided life-saving Narcan (opioid reversal treatment) kits to the community, including local law enforcement and school personnel.
    - Promoted safe disposal of prescription medications through community education, permanent drug drop boxes and the distribution of free drug deactivation kits.
    - Developed and promoted six safe needle disposal sites.
  - Public Education
    - 2020 Summer Resource Guide listing free and low cost summer activities distributed to children and families in the community.
    - Substance Abuse and Mental Health Resource Guides distributed to all healthcare providers, law enforcement, and the community at large listing current prevention, treatment and recovery resources in our community.
  - Home Remedies: Community Options Addressing Pain and Stress (COAPS) - 66 participants in 2019
    - Provides education and services around alternatives to opioids for pain management by promoting alternative approaches, such as meditation, acupuncture, chiropractic, massage, physical therapy, mindful movement, resiliency skills, and more.
  - MY Community Cares Summit
    - In September 2019, over 635 individuals from the Departments of Social Services, Health Departments, schools, law enforcement, judicial system, and more in Yancey and Mitchell counties came together for the 3-day Summit and Celebration, heightening community awareness about the characteristics and effects of trauma, and improving the understanding of providers, businesses, government agencies and others who interact with trauma victims and survivors. Trauma is often at the root of substance misuse, and internationally-acclaimed, trauma-informed care expert, Tonier Cain-Muldrow came to Burnsville to talk about her own background, trauma, and substance use, and help break down community barriers and stigma. The Summit concluded with a Recovery Celebration on Burnsville's Town Square, with District Attorney Seth Banks and Chief District Judge Ted McEntire talking about their beliefs that recovery is possible and happening. Several brave, local individuals also told their stories of their personal experiences with their own substance use, or living in a family with substance use.
- Mitchell County Lockboxes - Medication lockboxes continue to be distributed in Mitchell County through events such as Child Fest, the Back to School expo, and through Parent Teacher Conferences at both Middle Schools. The Substance Abuse Task Force graduated from CADCA academy (Community Anti-Drug Coalition of America). This academy helps the task force be able to attack the war on drugs within the county. Currently in 2019 the task force still distributes these boxes wherever needed, and people can call and pick up a medication lockbox.

- **LOCK YOUR MEDS campaign** - This campaign is held throughout the county via grants. The grant that supports the LOCK your Meds Campaign is the CURES grant. This campaign distributes lockboxes throughout the county to people who want to keep their medication out of sight and out of the hands of children and thieves. As of 2019 this campaign is still going on throughout Mitchell County and is distributing lockboxes when needed. Organizations that have lockboxes include the health department, Partners Aligned Toward Health, and law enforcement. A multitude of lockboxes have been distributed throughout the county.

<b>I</b>	Mitchell	Number of Unintentional Opioid Deaths	2017	1	↓ 2	-50% ↓
<b>I</b>	Mitchell	Rate of drug overdoses in Mitchell County	2013	19.4	→ 0	0% →
<b>P</b>		Expansion of Youth to Youth into the High School	Time Period	Current Actual Value	Current Trend	Baseline % Change
<b>PM</b>		Number of High School Students Reached	2019	30	→ 0	0% →
<b>P</b>		Educate the community and professionals through events and initiatives (community and partner strategy)	Time Period	Current Actual Value	Current Trend	Baseline % Change
<b>PM</b>		Number of Events Hosted	2019	5	→ 0	0% →

### Healthy Living Behaviors/Lifestyles and Chronic Disease Prevention - Long Term CHIP

<b>R</b>	CHIP	Healthy living behaviors/lifestyles in Mitchell County. Mitchell County free from chronic disease.	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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### Progress Made in 2019

The following progress was made in 2019 on our action plan interventions for Healthy Living Behaviors/ Lifestyles and Chronic Disease Prevention in Mitchell County.

- **STAR (Students Taking Active Roles)** - This program is an after school program that targets at risk youth. With a focus on nutrition and physical activity the goal is to provide children with something to do. By keeping them busy they will avoid activities that will get them in trouble and they youth learn about nutrition and physical activity and the positive effects on the body. This program has physical activity components, provides an after school snack for the kids, and provides education via videos done by the student body. This program is in Bowman and Harris Middle Schools. As of 2019 this program is still being provided in Mitchell County and is being driven by the youth in the middle schools. Activities that have occurred in the past year are afterschool visits by local professionals. For example, Mitchell County Health Department staff provided education concerning safe relationships.
- **Senior Wellness Program** - Exercise for older adults is provided by the Mitchell Senior Center. Average attendance in the exercise/wellness classes are 30 individuals. Evidenced based programs are available in Chronic Disease management and are provided jointly between the Senior Center and Mitchell County Health Department. Along with the wellness program the senior center also does Walk with Ease and Matter of Balance of classes which are both evidence based classes that last several weeks at a time. Hospice staff are very helpful in assisting the senior center with projects in health care.
- **Develop Community** -Wide Campaign to Address Chronic Disease; Including a branded message and educational components- No progress has been made yet
- **HOPE for Mitchell County Group** - HOPE for Mitchell County- The HOPE committee meets once a month to discuss problems facing local children and how to come together to find solutions to these issues. A variety of individuals meet for this committee ranging from public health professionals to one on one psychiatrists. HOPE has helped children by using the resources of the people in the group. An update for 2019 is that this committee has formed a task force that is focused on creating a yearly event called "State of the Child." State of the Child is a trauma informed event for the community that provides education on trauma and its effects. In 2019 the first State of the Child event was held and hosted approximately 75 people. Along with this event the group still meets for more general issues as well.
- **Summer Tennis Camp** - This tennis camp is hosted by Partners Aligned Towards Health (PATH) for Mitchell County, and the Mitchell County Health Department provides volunteers and resources. The tennis camp is provided during the summer months annually. In 2019 the turnout for the event was somewhat limited. The event hosted approximately 20 children. The kids learned the fundamentals of tennis and what it's like to participate in a physical activity. This program gave kids a reason to get outside and become physically active. This activity was held in June 2019 from 9-11:45 for varying age groups. PATH and the Mitchell County Health Department is investigating why the turnout was lower than expected and hopes to have a larger attendance in future camps.

Additionally, the following progress was made in 2019 on Healthy Living Behaviors/ Lifestyle and Chronic Disease Prevention in Mitchell County.

- **Sizzlin Summer Series at Burnsville Town Square** - The Sizzlin Summer Series is hosted through PATH and is open to both the Yancey and Mitchell County communities. This series offers outdoor activities in Burnsville Town Square that are organized and provided by volunteer organizations. An example of the activities that are provided is a Zipline. This event had many volunteers from Toe River Health District which included Mitchell County Health Department. Approximately 50 children attended this event. Currently, a few organizations within Mitchell County are trying to organize an event similar to Sizzlin Summer Series in Mitchell County. This is currently in the early stages of development. There was an event held in 2019 but it had low turnout.
- **Run for Holland Race** - In 2019 the sixth annual Run for Holland Race achieved record numbers. The event took place Saturday, May 18th and the race had over 285 runners and walkers, 96 sprint runners, and 40 volunteers. Money from this race goes towards those with mental and physical disabilities. There was \$17,000 in business sponsorships, \$8,000 from individual donations, and \$400 from merchandise sale which created \$25,500 budget for 2019.
- **Tai Chi Classes** - Qigong and Tai Chi classes are hosted in Mitchell County to community members who wish to take advantage of this opportunity. The events are held at the community room at the Bakersville Community Health Center.
- Held **Tuberculous Skin Test Clinic** for Mayland Community College students – Approximately 30 tests were given to the students.
- **Offered Flu/Pneumonia Vaccinations** at Mitchell County Senior Center – The Mitchell County Health Department offered flu/pneumonia vaccinations to the Senior Center in 2019. Approximately 25 people were vaccinated.
- **Offered Flu/ Pneumonia Vaccinations** at Mitchell House - The Mitchell County Health Department provided flu and pneumonia vaccines to elderly individuals housed at the Mitchell House. Approximately 15 individuals received vaccines.
- **Toe Jam Festival** - The first annual Toe Jam Festival was held on Lower Street in Spruce Pine and was a huge success. There were rock and roll bands that played all day, two food trucks, and downtown restaurants stayed open for the patrons. Thank you to all who helped make this event possible and represented the Toe River Health District. The district provided a zipline event that is similar to what is done in the Sizzlin' Summer Series and many children thoroughly enjoyed this event. We also helped with tie dying t-shirts and handed out informational packets with our services for people who came to the event. This event had approximately 2,500 people who enjoyed the festivities, socialization, and food.
- **Pink volleyball game at Mitchell High School** - This event is hosted by the Mitchell County High School Volleyball Team and is assisted by the Mitchell County Health Department. The event in 2019, was a success and raised approximately \$700 that was donated to the Mitchell County Health Department for additional Breast Cancer funding for women who are uninsured or underinsured.

<b>I</b>	Mitchell Residents who meet physical activity recommendations	2018	16.9%	↓ 2	-66% ↓
<b>P</b>	Expand strategies to focus more on youth healthy living behaviors in the area	Time Period	Current Actual Value	Current Trend	Baseline % Change
<b>PM</b>	Number of Mitchell County residents reached	2019	75	→ 0	0% →
<b>P</b>	Educate the community on the benefits of a healthy lifestyle	Time Period	Current Actual Value	Current Trend	Baseline % Change
<b>PM</b>	Number of healthy diet educational materials disseminated into the community	2019	600	→ 0	0% →
<b>PM</b>	Number of physical activity educational materials disseminated into the community	2019	600	→ 0	0% →
<b>P</b>	Implement fitness center in the area	Time Period	Current Actual Value	Current Trend	Baseline % Change

#### Access to Healthcare/Social Determinants - CHIP

<b>R</b>	CHIP Mitchell County residents are educated, gainfully employed, food secure, and have health insurance coverage.	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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#### Progress Made in 2019

The following progress was made in 2019 on our action plan interventions for Social Determinants of Health in Mitchell County.

- **Mitchell County Community Gardens and Programming** - Mitchell County Community garden is located behind the Mitchell

County Senior Center. Its popularity has continued to grow in the community. The seniors in the senior center harvest the vegetables and take them home to eat. As of 2019 the garden popularity is still growing.

- **Establish a System for Countywide Adverse Childhood Experience (ACE) assessments and education for families and providers** - In 2019 the HOPE committee created the State of the Child event. This event is a trauma informed event hosted for local professionals and community members. State of the Child has an ACEs background and educational components are presented to the participants. Future events will continue ACEs training for participants to create a more trauma informed community. The first event hosted approximately 75 people.
- **Toe River Project Access and Federally Qualified Health Center** - Mountain Community Health Partnership has expanded their services. Services include the following:
  1. Family Practice- All of the physicians at Bakersville Community Health Center are board certified in family practice. They provide comprehensive health care for the individual and family across all ages and genders, emphasizing preventative care while managing chronic illness. In an age of increasing specialization in medicine, the physicians at BCHC provide personal, primary, continuing care in a patient-friendly atmosphere.
  2. OB/Pregnancy Care- MCHP offers care before, during, and after pregnancy. Local mothers-to-be still have the option of being seen locally, for their pregnancy care.
  3. Hospital Care- Physicians at BCHC admit and treat patients at Blue Ridge Regional Hospital. Inpatient services provided include medical, ICU.
  4. Behavioral Health- Patient centered holistic care involves behavioral health. As part of integrated health, MCHP offers behavioral health services and counseling to their patients. This is part of our commitment to provide a comprehensive medical home to their patients.
  5. Dental Services- In 2020, MCHP will open a dental office in Bakersville.
- **Utilizing outreach opportunities to assist citizens of Mitchell County** -
  - Mitchell County Health Department presented services and had a booth of resources at the State of the Child in Mitchell County
  - Career Expo at Mitchell High School- Mitchell County Health Department presented services at Mitchell High School Career Expo. The Expo was for the high school and both middle schools. Approximately 450 students were provided this education.
  - Health Fair at Sibelco Schoolhouse- Mitchell County Health Department provided Blood pressure checks and basic lab work for employees.
  - Mitchell County Health Department provided education and resources to Gouge Elementary School on healthy practices and hygiene etiquette. Children received gift bags that contained brochures for their parents along with goodies from the health department.
  - Toe River Health District provided health checks for drivers at the Transportation Rodeo. The Transportation Rodeo was a regional event for all transportation drivers in Madison, Yancey, Mitchell and Avery Counties. Transportation drivers participated in hearing screening, vision screening, blood pressure screening, updating vaccinations, black light handwashing demonstration, and blood borne pathogens training. This event was hosted at Mayland Community College.
  - Mitchell County Health Department provided service information at the Spruce Pine Community Easter Egg Hunt. Approximately 200 people attended this event.
  - Mitchell County Health Department presented suicide information at Bowman Middle School. This was an educational session about suicide prevention, feelings, what to do if they feel suicidal.

Additionally, the following progress was made in 2019 on Social Determinants of Health in Mitchell County.

- **Toe River Health District (TRHD) presentation at Gouge Elementary School** - Educated students on Healthy Habits such as ways to keep their body clean. Information was presented on male cleaning habits, female cleaning habits, and dental habits. Approximately 50-75 were presented with this material.
- **Rise Against Hunger Annual Event** - More than 120 volunteers from various churches and civic organizations gathered on Oct. 12th, 2019 at Higgins United Methodist Church in Burnsville, NC to package meals for those in need around the world. This event is sponsored annually by the Rotary Club of Spruce Pine and Higgins United Methodist Church, raised funds for the meals and gathered volunteers.
- **TRHD presentation at Bowman Middle School** – Toe River Health District staff presented information to Bowman Middle School students regarding suicide prevention. Material was presented on what to do, who to call, and feelings that may happen if a person is suicidal. Overall, approximately 100 students were at this event and it appeared to be received well by the students

and teachers.

- **Taste of the Blue Ridge** - Hosted on August 12th, 2019 at Cross Street Commerce Center in Spruce Pine. The benefits and proceeds of this event go toward Imagination Library and Play and Learn groups as well as Community Outreach activities. Money is raised through bidding on items, buying food, and purchasing an event ticket.
- **Education Presentation Night for Roan View/ Intermountain Children** – Educational presentation was provided at Roan View Head Start and Daycare and Intermountain Children Services to the parents of the children who attend the daycare. The information provided was educational material on what to do on an array of things that can occur with children such as drops, burns, allergic reactions etc. This was presented to approximately 20 parents.
- **Meals on Wheels Program** - The Mitchell County Meals on Wheels program is currently running out of the Mitchell County Senior Center. The program received financial help in 2018 from the Board of Commissioners who approved purchasing a new freezer. The program also received a \$9,900 check from Blue Cross and Blue Shield. This money will expand coverage to 22 people in the county.
- **Child Fest** - This is a yearly event that is held at Mitchell High School and sponsored by Blue Ridge Partnership for Children. Many local organizations participate. Families were provided information about an array of things from primary care, radon kits, WIC services, and other services in general from the Mitchell County Health Department. Other organizations provided their services to the community and how they can assist individuals and parents. The children receive goodie bags and other fun incentives while the parents receive information. There are also inflatables, farm animals, a fire truck, and other fun events available to the children. The turnout in 2019 was a little less than 2018 but that is believed to be due to the weather on the day of the event. More than 558 individuals were served during this event in 2019.
- **Liberty Hill Back to School Bash Annual Event** - For area students. Children were given crayons, pencils, and notebooks. Car Seat Safety was presented. All families were told about the services available at the Mitchell County Health Department. Several families were reached that did not have any insurance and these children were brought in to have well-child check-ups. Approximately 200 kids from Mitchell, Yancey, and Avery County were provided backpacks and various school supplies along with brochures on services that Mitchell County Health Department and other local organizations offered.
- **Blue Ridge Christian News Back to School Bash (Moved to Skyview Circle)** - Children were given crayons, pencils, and notebooks. Car Seat Safety was presented. All families were told about the services available at the Mitchell County Health Department. Several families were reached that did not have any insurance and these children were brought in to have well-child check-ups. This event was moved to Skyview Circle in order to encompass all of the churches in the area that wanted to participate. Ultimately more than 400 area youths attended this event. They also received Bibles from the Gideon's.
- **Healthy Halloween** – this event was centered around sharing health information. Approximately 892 children and family members were reached through this event with more than 30 local agencies/vendors providing an array of goodies for the children and providing information for parents. This program continues to grow every year. The program receives major support from the local school system. Mitchell County Headstart attends this event as well as Avery County Schools.
- **Mitchell County Health Department partnered with Project Promise** - Mitchell County Health Department provided shadowing for high school students. Currently there are students participating in this program with one student intern who shadows the two nurses in the health department and does various assignments.
- **AMY Wee Trade Fundraiser for Imagination Library** - The most recent consignment sale for the AMY Wee Trade fundraiser raised approximately \$18,000. \$12,000 of this money went back to the consigners and \$6,000 went to the Imagination Library to buy kid's books. Currently there are approximately 1,800 books sent each month to children in Mitchell, Yancey, and Avery Counties.
- **SEARCH Organization** - The SEARCH organization, Sustaining Essential and Rural Community Healthcare, was started in July 2017 in reaction to Blue Ridge Regional Hospital closing its labor and delivery services. The organization is an advocate for healthcare in Yancey, Mitchell and Avery Counties. They host educational events for local health professionals and community members.

<b>I</b>	Mitchell % Residents limited in activities due to a physical, mental or emotional problem	2018	36.8%	↗ 1	23% ↗
<b>P</b>	Create mapping guide of resources in the community	Time Period	Current Actual Value	Current Trend	Baseline % Change
<b>P</b>	Continue expansion of meals on wheels to reach more individuals in the county/ try to provide more food to those in need	Time Period	Current Actual Value	Current Trend	Baseline % Change
<b>PM</b>	Number of food insecure families reached	2019	80	→ 0	0% →



PM Number of new families who received health services

2019	30	→ 0	0% →
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## New and Emerging Issues and Initiatives

R Monitor New and Emerging Issues

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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### Notes

These are the new or emerging issues in our community in 2019 that were not identified as priorities in our CHA.

- **Mitchell County New Jail Facility-** Mitchell County officials and some community citizens believe that the county is in need of a facility. The Mitchell County jail burned in 2002. Since that time Mitchell County has been sending its inmates to surrounding counties to be jailed. The county is spending large sums of money in order to house these inmates out of county.
- **Youth Recreation Center-** Mitchell County has limited resources for activities for children. There are many residents who want a recreation center, bowling alley or skating rink for the youth.
- **Children’s Home and Need of Foster Parents-** Mitchell County has a need for a children’s home. There is also a large need for foster parents in Mitchell County. Currently children who are in the foster or adoption system at DSS are being sent to other counties, some as far as Raleigh and Charlotte. There are only 5 foster parents in Mitchell County at the present time.
- **Mission selling to HCA-** Blue Ridge Regional Hospital was part of the Mission hospital system which was a nonprofit hospital system. Recently Mission sold their system to HCA which is a for profit hospital system. Many changes have taken place since HCA took over the Mission system. This has led to the community voicing concern over high co-pays and quality of care decreasing.
- **Littering-** Mitchell County citizens have voiced concern over littering on our roads, stating that the littering seems worse than normal and that it is becoming an issue. Some have asked to try and educate the community on the harms of littering and some have also called for new laws to be put into place to address this issue.

R Keep Track of New Initiatives and Community Changes

Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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### Notes

The following are new initiatives or changes in our community in 2019:

- **Project Lifesaver** - This is a program geared towards the safety of children with autism and elderly individuals with Alzheimer’s. Children with autism or elderly individuals with Alzheimer’s wear a tracking bracelet, so if they are lost law enforcement can pinpoint a person’s location so the individual can be found. As of 2019 this program is still available to the public. They have found multiple people using this program and the technology included with it. The program now has a wider spread throughout the county and is growing in popularity.
- **Possible YMCA Expansion into Mitchell County** - Mitchell County received preliminary interest in having a YMCA expand from Avery County into Mitchell County. Currently meetings have occurred with the community and with community leaders. The YMCA of Avery County received a grant from AMY Wellness Foundation to help with the development of a YMCA expansion in Mitchell County. The YMCA of Avery County has hired a local representative who is housed in an office in Spruce Pine.
- **Tonier Cane Event** - In September 2019, over 635 individuals from the Departments of Social Services, Health Departments, schools, law enforcement, judicial system, and more in Yancey and Mitchell counties came together for the 3-day Summit and Celebration, heightening community awareness about the characteristics and effects of trauma, and improving the understanding of providers, businesses, government agencies and others who interact with trauma victims and survivors. Trauma is often at the root of substance misuse, and internationally-acclaimed, trauma-informed care expert, Tonier Cain-Muldrow came to Burnsville to talk about her own background, trauma, and substance use, and help break down community barriers and stigma. The Summit concluded with a Recovery Celebration on Burnsville’s Town Square, with District Attorney Seth Banks and Chief District Judge Ted McEntire talking about their beliefs that recovery is possible and happening. Several brave, local individuals also told their stories of their personal experiences with their own substance use, or living in a family with substance use.
- **Hospice and Palliative Care of Blue Ridge Receives Duke Endowment Grant** - This organization will use the grant for providing existing Pathways Palliative Program additional support, resources and education to those within the community who

are living with a serious illness. The amount of the grant was not given publicly.

- **Mitchell County Health Department Open House** - Mitchell County Health Department held an Open House in 2019 geared towards creating awareness of the services provided by the health department to the community. During the open house the health department rolled out Primary Care to the community and received a great response from the community. Food, children's activities, health department tours and incentives such as gift baskets and gift cards were provided to the individuals who came to the event. Overall there were approximately 125 individuals come through the health department and receive this information.
- **Smoke detector program from Bakersville Fire Department** - This program is through the Mitchell County Sheriff's Office and available to the community to provide a free smoke detector with free installment. As of 2019 this program is still up and running. The community utilizes the program and the smoke detectors are a good way to get the Sheriff's department out in the community.
- **High School Mock Interviews** - The Mitchell County Health Department joined with Mitchell County High School to provide mock interviews for selected students. There were approximately 15 students in 2019.
- **Graduation Bags for Mitchell High School Seniors** - This is an ongoing project from local health organizations who ban together and provide gift bags to local high school seniors. There were approximately 125 seniors who were provided these gift bags. Inside the bags were information for health services available to them as well as incentives.
- **Medicaid Event in Community Flu Shots** - Mitchell County DSS held a Medicaid Transformation event at Mitchell County High School. Area agencies had booths at the event along with the insurance companies who are contracting with the state to provide Medicaid. Mitchell County Health Department had a booth that provided information on health department services, a car seat demonstration, a WIC information table and they also provided approximately 37 flu shots for community members.
- **Mitchell House Flu Shots** - Mitchell County Health Department provided 16 flu shots to elderly residents at the Mitchell House.
- **Mitchell County Schools Flu Shots** - Mitchell County Health Department went into all the county schools and provided over 203 flu shots to students and staff. This saved many families from having to take off work and take their child to get a flu shot. The schools provided with the flu shots were Deyton Elementary, Gouge Elementary, Greenlee Primary, Harris Middle School, Bowman Middle School, and Mitchell High School.
- **Tipton Hill Flu Shots** - Flu shots were provided to the Tipton Hill Community in their Community Center by the Mitchell County Health Department. This was open to the public. Approximately 15 individuals received flu shots.
- **Mitchell DSS Flu Shots** - Mitchell County Health Department provided a flu shot clinic for Mitchell County DSS employees and Mitchell County Employees. Approximately 24 individuals received flu shots.
- **Mayland Nursing Staff Flu Shots** - Mitchell County Health Department held a flu clinic at Mayland for nursing students and staff. Approximately 33 individuals received flu shots.
- **Dental Varnishing at Headstart** - Mitchell County Health Department provided dental varnishing and flu shots for children at Headstart. They provided these services to an average of 5-10 children at the local Headstarts.