

ASSETS AND RESOURCES

The following assets and resources are organized according to the sections of the Community Health Assessment and avoiding duplication where possible.

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Access to Care

St. Joseph Mercy Health System

Saint Joseph Mercy Health System (SJMHS) is a health care organization with seven hospitals serving six counties in southeast Michigan. Combined, SJMHS employs more than 14,000 associates and has a medical staff of nearly 2,700 physicians. SJMHS is a member of Trinity Health, the nation's fourth largest Catholic health care organization. In Washtenaw County, SJMHS has the following main locations:

- St. Joseph Mercy Ann Arbor is a 537-bed teaching hospital located on a 340 acre campus in Ann Arbor, Michigan.
- Chelsea Community Hospital is a not-for-profit hospital established in 1970. CCH attracts more than 300 physicians in almost all disciplines, with leading edge technology, including the largest and strongest MRI in Michigan.
- St. Joseph Mercy Saline Health Center provides outpatient services to residents of southern Washtenaw, Monroe, and Lenawee counties.

Source: SJMHS website www.stjoeshealth.org

University of Michigan Health System

The University of Michigan Health System (UMHS) has three hospitals and 40 outpatient locations with more than 120 clinics around Michigan and northern Ohio. UMHS has over 27,000 faculty, staff, students, trainees, and volunteers. Located in Ann Arbor, the University of Michigan Medical Center is the main complex for patient care at the University of Michigan Health System. Hospitals on this campus include University Hospital, CS Mott Children's Hospital, and Von Voigtlander Women's Hospital. UMHS also has an extensive network of primary and specialty care centers in Washtenaw County.

Source: UMHS website www.med.umich.edu

Safety-Net Providers

The county is home to a variety of organizations providing essential health services to the uninsured. The “Guide to Health Coverage in Washtenaw County: Free/Low-Cost Health Care/Coverage” provides a list of these options meant for use by the public and is in the appendix.

- Chelsea Grace Clinic is a monthly free clinic operated by Faith in Action in Chelsea.
- The Corner Health Center in Ypsilanti offers a full range of health, mental health, and support services to young people ages 12-21 regardless of their ability to pay.
- University of Michigan Regional Alliance for Healthy Schools operates school-based health centers at multiple middle and high school sites.
- Hope Clinic in Ypsilanti provides medical and dental care and basic social services, like food, to uninsured persons.
- Neighborhood Family Health Center in Ypsilanti is affiliated with St. Joseph Mercy Health.
- Packard Health and Packard West provide primary care, mental health services and a variety of health promotion and supportive services.
- Planned Parenthood has two Ann Arbor locations and one Ypsilanti location.
- The Ypsilanti Family Practice is associated with the UM Health System.
- The Shelter Association of Washtenaw County, Delonis Health Center Clinic offers health services to persons experiencing homelessness or housing instability.
- Washtenaw County Public Health provides three clinics at the health department: WIC, the Adult Health Clinic and Immunization Services.
- Additional safety net clinics for dental care include the Community Dental Center, Washtenaw Children’s Dental Clinic, and University Dental Clinics at the UM School of Dentistry.

Washtenaw Health Plan

The mission of the Washtenaw Health Plan is to assure access to health care and improve the health of low-income, uninsured residents. In partnership with local health care organizations, the Plan promotes, organizes, administers, and finances programs to increase access to health care for persons unable to pay for such care. It uses its resources and role in the community to strengthen the local health care safety net by maximizing access to primary care for uninsured, underinsured, and other vulnerable Washtenaw County residents, offering essential coverage to uninsured and underinsured. Currently, the Plan provides health care coverage for 8,000 county residents.

Source: Washtenaw Health Plan 10 year anniversary brochure.

Washtenaw Health Initiative

The Washtenaw Health Initiative is a voluntary, countywide collaboration focused on how to improve access to coordinated care for low-income, uninsured, and Medicaid populations. The Initiative is focused on how to improve care now for these priority populations and to prepare for 2014, when federal health care reform is expected to be more fully implemented. The effort includes representatives from the UM Health System, St. Joseph Mercy Health System, VA Ann Arbor Healthcare System, health plans, county government, community services, physicians, and safety-net providers. The steering committee formed workgroups organized around primary care; dental care, mental health, and substance use disorders; social determinants of health; and Medicaid outreach and eligibility.

Source: Washtenaw Health Initiative: Picture of Health in Washtenaw County, Center for Healthcare Research and Transformation, May 2012.

Blueprint for Aging

The Blueprint for Aging is a collaborative of seniors, family members, nonprofits, businesses, and government agencies that work together to create and test innovative system changes that make Washtenaw County a great place to age. Priority areas include increased awareness and education on elder justice issues; development of a train-the-trainer program for older adult service providers; a collaborative crisis intervention case management model that provides a means for partner agencies to address the needs of vulnerable seniors within Washtenaw County; and an online senior data book that allows easy access to local data for decision makers and service planners.

*Source: Blueprint for Aging website
www.blueprintforaging.org*

Children's Special Health Care

Washtenaw County Public Health coordinates the county's Children's Special Health Care Services. The program offers medical care and treatment assistance for children with chronic, severe, disabling health problems; and provides service coordination to meet child and family needs. Eligibility is based on the child's diagnosis, severity, and treatment plan—not income. Many families with program coverage also have private insurance, and the Children's Special Health Care Services program provides additional help and support. There is a cost for the program determined by a sliding fee scale. This fee is waived if the individual applying qualifies for Medicaid or MIChild.

*Source: Washtenaw County Public Health Children's Special Health Care Services website
<http://publichealth.ewashtenaw.org>*

Community Support and Treatment Services and the Washtenaw Community Health Organization

Community Support and Treatment Services provides mental health services to adults with a severe and persistent mental illness, children with a severe emotional disturbance, and individuals with a developmental disability that reside in the county. Washtenaw County Health Organization manages public mental health and substance abuse funds. Services are available to residents of the community who have Medicaid or are uninsured, and who are eligible for services as defined by the Michigan Mental Health Code and include mental health and substance abuse treatment. Community Support and Treatment Services provides mental health services under a contract with the Health Organization. Services are available to eligible persons regardless of age, sex, race, ethnicity, sexual preference, marital status, religion, physical, or mental handicaps, or ability to pay.

*Source: Community Support and Treatment Services website
www.ewashtenaw.org/government/departments/community_mental_health*

Health Services Access

Health Services Access is the central entry point for all Washtenaw County individuals seeking mental health and/or substance abuse information and services in Washtenaw County. Requests for services can be made 24 hours a day seven days a week by calling 734-544-3050 or 1-800-440-7548. Callers may receive health information and referrals to a variety of community services. If seeking mental health or substance abuse services, callers will receive a clinical screening completed by a licensed behavioral health professional using criteria found in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

Source: Washtenaw Community Health Organization website
<http://washtenawcho.org/services/Pages/AccessCrisis.aspx>

Chronic Disease

Michigan Health and Wellness Plan

Created in 2011, The Michigan Health and Wellness 4 x 4 Plan lays out strategies for reducing obesity and improving health and wellness.

Source: www.michigan.gov/documents/healthymichigan/Michigan_Health_Wellness_4x4_Plan_387870_7.pdf

Michigan for a Healthier Tomorrow

Michigan for a Healthier Tomorrow is a statewide healthy living campaign coordinated by the Michigan Department of Community Health. Residents can visit www.michigan.gov/healthymichigan to assess their health and make a plan and download resources.

Smoke-Free Environments

In Michigan, Washtenaw County has been at the forefront of establishing smoke-free environments. There are smoke-free policies in place at numerous institutions throughout the county, including Washtenaw County Government, Ypsilanti Housing Commission, Ann Arbor Housing Commission, University of Michigan, Washtenaw Community College, Eastern Michigan University, local K-12 school districts, Village of Dexter outdoor recreation facilities, and both local hospital systems. In addition, several local bars and restaurants opted to go smoke free prior to the passage of state legislation in 2010.

Michigan Tobacco Quit Line

The Michigan Tobacco Quit Line provides cessation services to Michigan residents that want to quit using tobacco. The Quit Line (1-800-784-8669) offers a personal health coach and participant toolkits to help tobacco users gain confidence and motivation they need to quit for good.

Source: Michigan Department of Community Health website
www.michigan.gov/healthymichigan/0,4675,7-216-33084_33091_33302---,00.html

Farmers' Markets

There are a total of thirteen farmers' markets throughout the county and based in Ann Arbor, Chelsea, Dexter, Dixboro, Ypsilanti, Manchester, Pittsfield Township, and Saline. Most now accept SNAP (food stamp benefits) and/or other program to assist low-income residents and discount programs for senior citizens. Washtenaw County Public Health has worked with farmers' markets and safety-net providers in Ypsilanti and Chelsea to support and encourage low-income patients to eat more fruits and vegetables by visiting their local farmers' market.

Parks and Recreation

Washtenaw County has a well-maintained and extensive system of recreational parks and houses the Border to Border trail for outdoor exercise. Many area municipalities also have parks and/or recreational programs. The county's Border to Border trail is a paved shared-use path that extends along the Huron River.

University of Michigan MHealthy

MHealthy is the University of Michigan employee wellness program. The program aims to: promote the health and well-being of the University of Michigan community, develop more cost-effective delivery of health care as a model for other institutions, and advance public discussion and social commitment to change by harnessing the intellectual capacity of the University to improve the wellness of our employees, dependents, and retirees. *Source: MHealthy website: <http://hr.umich.edu/mhealthy/>*

Chelsea Area Wellness Foundation

The Chelsea Area Wellness Foundation is a tax-exempt, private foundation governed by a volunteer board of directors representing populations included in the school districts of Chelsea, Dexter, Grass Lake, Manchester, and Stockbridge. The Foundation's mission is to create a culture of wellness and foster sustainable improvements in community health. *Source: Chelsea Area Wellness Foundation website www.5healthytowns.org*

Health Coalitions

At least eight local community coalitions have missions that include chronic disease and/or obesity prevention. Coalitions include the Washtenaw Food Policy Council; wellness coalitions in Chelsea, Manchester, and Dexter; the Washtenaw Bicycling and Walking Coalition; and the Ypsilanti Health Coalition among many others. Visit <http://hip.ewashtenaw.org> for a current list of coalitions.

Mental Health and Substance Abuse

Community Support and Treatment Services and Washtenaw Community Health Organization

See Access to Care

Health Services Access

See Access to Care

Health Systems

The two area hospital systems described earlier (UM Health System and St. Joseph Mercy Health System) provide psychiatric inpatient services and outpatient mental health services. They also provide outpatient substance abuse treatment. The UM Health System also offers psychiatric emergency services and houses the UM Depression Center.

Washtenaw Alive

This suicide prevention coalition brings together diverse partners to address and prevent suicide through surveillance of suicide attempts, implementation of best practice gatekeeper programs and ongoing training, community education and resource dissemination.

Dawn Farm

A local nonprofit providing inpatient and outpatient substance abuse treatment and support.

Home of New Vision

Home of New Vision is a nonprofit organization that provides inpatient and outpatient substance abuse treatment for women committed to ongoing recovery from chemical dependency.

Other Resources

Low cost counseling for depression and other psychiatric illness can be obtained at Catholic Social Services, Eastern Michigan University, The Women's Center of Southeastern Michigan, and the UM Depression Center.

Additional mental health and substance abuse assets and resources:

- Private counseling services
- Walkable communities
- After school programs
- Employee assistance programs
- Depression services resource directory
- Academic community
- Peer mediators and listeners
- Suicide prevention training
- Health Improvement Plan of Washtenaw County Depression Focus Area
- Community Mental Health Partnership of Southeastern Michigan (CMHPSM)
- Community Support and Treatment Services and Corner Health Center Mom Power, COPE and Girls support and education groups for prevention of mental illness for teens and young adults
- University of Michigan Peer to Peer Depression and Suicide Awareness Campaign
- Eastern Michigan University's Stigma and Fear End (SAFE) NOW campaign
- SafeTalk Training
- "Mix it Up" Day at Milan Schools
- Publicly-funded substance abuse prevention and treatment for adults and children
- Communities Mobilizing for Change (CMCA)
- Parents Who Host Initiative
- Communities That Care (CTC)
- Corner Health Center Theater Troop
- Project Success
- Bi-County Senior Connections
- Early Risers
- 12-step programs
- Chelsea Hospital Senior Supper Club
- SRSly, a community coalition established to prevent destructive behavior in Chelsea youth

Perinatal Health

Hospitals and Neonatal Intensive Care Units

The two area hospital systems described above (UM Health System and St. Joseph Mercy Health System) both have level three neonatal intensive care units, capable of treating the smallest and sickest of newborns.

Maternal Infant Health Programs and Collaboration

Maternal Infant Health Program is a home visiting program for pregnant women and infants with Medicaid insurance. It is a benefit of their insurance. A team consisting of social worker, nurse, and registered dietician provide home or office visits. There is an ongoing collaboration between the “maternal only” programs in the community and with Washtenaw County Public Health’s own Maternal Infant Health Program that covers moms and infants to ensure that vulnerable infants and families in the community are offered/provided in home supports through this program.

Birth Support and Education

Doulas Care provides free or low-cost volunteer doulas (trained women who offer birth support) to low-income mothers. The Lamaze Family Center provides classes in prenatal fitness, childbirth preparation, and breastfeeding, as well as support groups for new mothers, new fathers, and women suffering from post-partum depression. Center for Childbearing Year offers a variety of birth and newborn care classes. The Michigan Visiting Nurses offer monthly childbirth education classes that are covered by Medicaid.

Breastfeeding Support and Education

Prenatal breastfeeding classes are taught by a number of agencies: WIC, Breastfeeding Center of Ann Arbor, and Lamaze Family Center. Support for breastfeeding moms is offered by a variety of agencies as well. WIC developed a peer counseling program for breastfeeding mothers. La Leche League offers monthly free support with groups that meet in Ann Arbor and Ypsilanti. The Breastfeeding Center of Ann Arbor offers a weekly breastfeeding support group. St. Joseph Mercy Health Systems has lactation consultants available for new moms and babies in their mother and baby unit. UM Health System has a multidisciplinary breastfeeding clinic staffed by a lactation consultant as well as an OBGYN and pediatrician specializing in breastfeeding support. The Washtenaw County Breastfeeding Coalition brings together leaders from each of these agencies and more to discuss improving support for breastfeeding mothers, babies, and families.

Parenting Classes

Hope Clinic, a free medical and dental clinic in Ypsilanti, offers free parenting classes, and Catholic Social Services offers classes in healthy families and “grandparents as parents” classes.

Home of New Vision

See Mental Health and Substance Abuse

Teen Health Resources

The Corner Health Center delivers prenatal care to teenage mothers, and The Teen Parent Center provides a mentoring program for young mothers.

Infant Mortality Reduction

Infant mortality has declined in Washtenaw County and throughout Michigan over the last decade due to both improved perinatal care and postpartum practices such as safe sleep. Michigan's Governor Snyder initiated an Infant Mortality Reduction Plan in August of 2012 which recommends elimination of medically unnecessary deliveries before 39 weeks of gestation. The Plan recommends progesterone treatment protocols for high risk women to prevent preterm labor and home visiting services for high risk pregnant and postpartum women. The plan also recognizes that health disparities among people of color must be addressed in order to improve overall birth outcomes. Washtenaw County Public Health has worked on strategies with multiple agencies to further reduce infant mortality, including:

- Collaboration on the Washtenaw County Coalition for Infant Mortality Reduction's "3 x More Likely" campaign to decrease the excessively high rate of infant mortality in blacks or African Americans.
- Participation in Child Death Review, to determine all the factors contributing to child deaths, including infant deaths related to trauma (e.g., car accident, drowning) or unsafe sleep.
- Collaboration with the Washtenaw Area Council for Children and its Infant Safe Sleep Task Force. The Task Force provides free classes to the community about shaken baby prevention and safe sleep.
- Initiation of breastfeeding peer counseling program within the WIC program
- Continued nutrition counseling in the WIC program
- Development and co-coordination of the Washtenaw County Breastfeeding Coalition which encourages and highlights businesses that support breastfeeding with its annual breastfeeding-friendly awards program.
- Enactment by the Washtenaw County Board of Commissioners of a policy to allow breastfeeding in all county buildings.

Infectious Disease

There are many places available in Washtenaw County for communicable disease testing, treatment, and vaccination including primary care, long term care facilities, hospitals, and Washtenaw County Public Health. In addition, pharmacies have recently become a location for receiving a variety of vaccines, especially influenza.

Washtenaw County Public Health

Public Health offers low-cost immunizations for the public. The department also runs an adult health clinic which provides STD testing and treatment and HIV testing and counseling. Public Health follows up on reportable diseases and coordinates outbreak response for the county as well.

Washtenaw County Environmental Health

Washtenaw County Environmental Health takes the necessary actions to ensure citizens and visitors can feel confident that their food, water, and surroundings are safe and sanitary. Through a combination of inspections, investigations, education, and enforcement, compliance is achieved to meet local, state, and federal guidelines for safe food, drinking water, and sewage disposal.

Washtenaw Immunization Action Coalition

Washtenaw County Public Health chairs this local partnership dedicated to decreasing vaccine preventable diseases in all ages, through improved public awareness and access to vaccines.

Vaccines for Children

Vaccines for Children (also called VFC) is a federally funded program that helps fund vaccines for children with Medicaid, with no insurance, or with insurance that does not cover vaccines. Washtenaw County Public Health works closely with our 38 VFC providers across the community to educate providers about the vaccines, storage and handling, and MCIR (state immunization database) usage. Site visits are made to at least half of the VFC practices each year to provide individualized feedback for their vaccine practices and completion rates for their patients.

Immunization Nurse Education

Two Washtenaw County Public Health nurses are trained to provide on-site vaccine education to clinical practices in the county. These sessions occur at least once a year.

Flu Advisory Board

Washtenaw County Public Health staff members participate in a statewide group that addresses flu vaccine and treatment practices in Michigan

HIV/AIDS Resource Center

The HIV/Resources Center (or HARC) is a community nonprofit that provides HIV/AIDS related prevention services, testing, and case management for Washtenaw County. It also manages a needle exchange program.

Safety-Net Providers

See also Access to Care

Washtenaw County has a number of free or low-cost clinics that can diagnose and treat communicable diseases including sexual transmitted diseases.

Injury

Treatment at our Hospitals

See also Access to Care

Washtenaw County's two major hospitals, St. Joseph Mercy Health System and the UM Health System, are both capable of treating level 1 trauma (the most severe injuries). The UM Hospital is the state burn coordinating center and St. Joseph Mercy hospital is the burn surge facility. CS Mott Children's hospital can treat severely injured children.

University of Michigan Health System

The UM runs The Turner Geriatric Clinic which works on fall prevention in the elderly. Dr Neil Alexander runs the Mobility Research Center at the University of Michigan, which has a focus on falls in the elderly as well. The UM Injury Center is hosting a conference in the fall of 2013, entitled Preventing Injury: From Research to Practice to People, where one of Washtenaw County Public Health's epidemiologists will present data on hospital discharge injury coding. The UM's CS Mott Children's Hospital is the lead agency for Safe Kids Huron Valley. The UM Health System also has a Child Protection Team focused on diagnosing and preventing child abuse.

Catholic Social Services

The local Catholic Social Services provides a Home Safety Program to seniors which identifies safety risks in the home, and provides practical solutions, including installing a variety of safety devices.

YMCA of Ann Arbor

The YMCA offers Enhance Fitness, a low cost course shown to improve balance and decrease falls in senior citizens.

Emergency Services and Preparedness

The Washtenaw County Director of Emergency Services convenes regular meetings of the emergency responders, Red Cross, and the health department to plan for possible disaster scenarios. The county also maintains an up-to-date siren warning system, and has a well-outfitted mobile emergency operations center.

Huron Valley Ambulance

Huron Valley Ambulance is a nonprofit service and provides a number of injury prevention programs such as:

- Camp 911: Youth 8-12 years learn about safety, injury prevention, first aid, CPR, AEDs, and public safety careers.
- Andy the Ambulance: Andy is a remote controlled, talking, robotic ambulance who visits different community events and talks to children about wearing seat belts and bike helmets and how to call 911
- CPR, Choking and First Aid Courses and Demos: Huron Valley offers CPR and first aid courses to the community; they also attend different wellness events to offer CPR and Heimlich Maneuver demonstrations.
- Blood Pressure Checks: They provide free blood pressure checks at a variety of community events
- Social Media: Huron Valley Ambulance posts on social media accounts about a variety of safety issues such as bus stop safety, distracted driving awareness, bike and bike helmet safety, and more.

Other Resources

Washtenaw County Public Health has identified several areas of particular concern, and works with multiple agencies to decrease the number and severity of injuries. There are different prevention strategies for each type of injury. These include:

- Formation of Washtenaw Alive, a community group committed to study and prevent suicide;
- Cooperation with the Washtenaw Area Council for Children on a safe sleep grant to decrease infant suffocation deaths;
- Work with multiple area schools on Safe Routes to School (safe walking and biking to school) projects;
- Membership in Safe Kids Huron Valley, an injury prevention coalition affiliated with Safe Kids USA and coordinated by the Pediatric Trauma Program at CS Mott Children's Hospital;
- Participation in Region 2 South Planning Board and Advisory Committee to prepare for and minimize damage from all hazards;
- Dissemination of information on ASK day, which reminds parents to ask if there are guns where their children play.