

Appendices

Community Health Needs Assessment FHN Memorial Hospital



FHN Care Transitions Steering Committee

Cari Johnson	Director Care Transitions
Kathy Martinez	EVP/CNO/COO
Doreen Timm	Director Clinical Quality
Jackie Roach	Community Health Coordinator
Marilyn Smit	Marketing
Tim Mickel	Strategic Planning Coordinator
Nicole Dennison	Vice President Revenue Cycle
Clayton Cunningham	Executive Director Behavioral Health
Linnette Carter	Director Women's Health Service Line
Jeremy Heller	Volunteer Coordinator



December 2022



FHN 2022 Community Health Needs Assessment Survey

1. How do you feel healthcare providers in northwest Illinois handled the COVID-19 pandemic in the past two years?

- Very well
- Adequately
- Not very well
- Badly

2. Did the pandemic personally affect your or your family's use of healthcare during the past years?

- Yes – I and/or my family member had COVID-19 and received medical care
- Yes – I and/or my family member had COVID-19 but did not seek medical care
- Yes – I and/or my family member was hospitalized with COVID-19
- No – I and/or my family did not have COVID-19 and stayed away from healthcare providers except for routine appointments (mammograms, annual physicals, regular check-ups, etc.)
- No – I and/or my family did not have COVID-19 and stayed away from healthcare providers and did not go to routine appointments (mammograms, annual physicals, regular check-ups, etc.)

3. In 2019, FHN identified Community Health and Well-being, Chronic Disease Management, Adolescent Health, and Behavioral Health as the top healthcare priorities for northwest Illinois. Would you continue these as priorities for the next three years?

- Yes, these are all still priorities
- No – indicate those that are no longer priorities (*check all that apply*)
 - Community Health and Well-being
 - Chronic Disease Management
 - Adolescent Health
 - Behavioral Health

4. What are the two greatest health-related challenges in our community for the next 3 years?

5. What do you see as barriers to effective healthcare in northwest Illinois? (*check all that apply*)

- Accessibility to appointments
- Affordability of healthcare providers
- Affordability of elements to maintain good health at home (healthy food, medicines, etc.)
- Insufficient insurance coverage
- Insufficient trust in healthcare overall
- Transportation to appointments
- Insufficient people to help with healthcare at home
- Other (please specify) _____

6. What are barriers to mental healthcare specifically? (*check all that apply*)

- Accessibility to appointments
- Affordability of providers
- Insufficient insurance coverage
- Insufficient awareness of when mental healthcare is appropriate
- Negative stigma attached to needing/receiving mental healthcare
- Other (please specify) _____

7. What sources do you use for your health-related information? (check all that apply)

- National cable or network television news
- Local television/radio
- Social media
- My healthcare provider
- My healthcare organization
- Friends and family
- Other (please specify) _____

8. Do you or any of your family have these or other chronic healthcare conditions? (check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Lung disease/COPD (Chronic Obstructive Pulmonary Disease) | <input type="checkbox"/> Heart disease |
| <input type="checkbox"/> Kidney (renal) disease | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Arthritis |
| <input type="checkbox"/> Asthma/allergies | <input type="checkbox"/> Autoimmune conditions |
| <input type="checkbox"/> Hepatitis C | <input type="checkbox"/> Alzheimer's disease |
| <input type="checkbox"/> High blood pressure (hypertension) | <input type="checkbox"/> High cholesterol |
| <input type="checkbox"/> Long COVID | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Other (please specify) _____ | |

9. Do you and your family feel safe in your home?

- Always Most of the time Sometimes Not most of the time

10. Do you and your family have enough to eat?

- Always Most of the time Sometimes Not most of the time

11. Do you and your family have a regular healthcare provider?

- Yes No

12. Other comments about healthcare in our region?

DEMOGRAPHICS

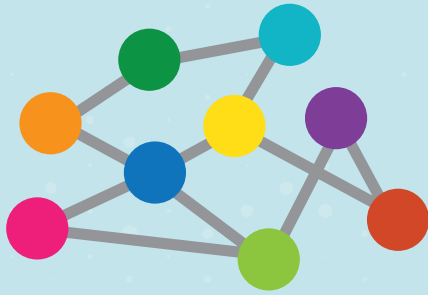
Age: Under 20 21-30 31-40 41-50 51-60 61-70 Over 70

Gender: Male Female Prefer not to say

Race: White/Caucasian Black/African American Hispanic Mixed race Prefer not to say

Preferred language: English Spanish Arabic Tagalog Other _____

My 5-digit zip code: _____ (Example: 61032)



CONNECT the D.O.T.S. Doors Of Team Support

As we all know, our communities have individuals with significant health and wellness challenges. For many of them, those challenges impact nearly every part of their lives, every day. The resources that they need are available, they're just not always easy to connect together into an effective, efficient plan of care...and action.

That understanding led to the formation of **CONNECT the D.O.T.S.**, where the partners of this community-wide effort have established the goal to promote well-being – and being well – by helping individuals meet their basic physical, emotional, social, and spiritual needs, while the team member organizations work together as partners to ensure that processes that connect them are clear, strong, well understood, and well-communicated.

We began working to **CONNECT the D.O.T.S.**, by researching where together, we can have the best – and quickest – results. That led us to start by addressing these major needs within the community:

- Health and well-being
- Chronic disease management
- Barriers to healthcare
- Poverty and the economic burden of disease

These broad areas have then been further focused, initially, on these specific needs:

- Transportation
- Supportive care for individuals coping with congestive heart failure, COPD, and cancer
- Medical management of chronic diseases such as asthma, diabetes, renal failure, and dementia
- Child nutrition and disease prevention

- Some of our partners include:
- Amity Daycare and Learning Center
 - Boys & Girls Club of Freeport/Stephenson County
 - City of Freeport
 - Church organizations
 - FHN
 - Freeport Fire Department
 - Freeport Police Department
 - Freeport School District 145
 - Joseph's Pantry
 - Mt. Calvary Church of God
 - New Jerusalem Church of God
 - NICAA Head Start
 - North Central Illinois Council of Governments
 - Pretzel City Area Transit
 - Salvation Army
 - Senior Resource Center
 - Star Ambulance
 - Stephenson County Farm Bureau
 - Stephenson County Health Department
 - United Way of Northwest Illinois
 - YMCA

We know that by all of us working together to **CONNECT the D.O.T.S.**, we will be able to provide the support needed by people who may otherwise not be able to improve or even maintain their health and well-being on their own. As we work with them, we also know that we are also improving the well-being of our whole community, helping all our friends and neighbors by reducing the impact – and cost – of any ineffective connections between our organizations that also can result in inefficient use of the overall community's limited resources, from time to dollars to human expertise. As the saying reminds us, sometimes it takes a village.

QUESTIONS?

Contact Kathy Martinez, FHN's executive sponsor of the initiative, at 815-599-7529 or kmartinez@fhn.org.



Kathy Martinez, DHA, MSN, RN FACHE
Executive Vice President,
Chief Operating Officer/Chief Nursing Officer

The following resource within the FHN community addresses inpatient and outpatient care:

Facility Name	City	County	Type of Services	Financial Assistance Available
FHN Memorial Hospital	Freeport	Stephenson	Full-Service Hospital	FHN Assisted Care Program provides financial assistance to those who are uninsured or under insured who also meet geographic, income and financial requirements (based on family size), as well as a six month residency requirement. Eligibility includes gross income and assets at 300% or below the federal poverty line. Additionally, FHN provides a discount of 20% to all uninsured patients.

The following resources, both FHN and non-FHN, were identified within the FHN service area for patient care:

Facility Name	City	County	Type of Services	Financial Assistance Available
FHN/Physicians Immediate Care Urgent Care Clinic	Freeport	Stephenson	Primary and Urgent Care	Dependent on insurance
FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital	Freeport	Stephenson	Oncology, Radiation, Hematology	For all FHN locations unless otherwise noted: Charity care assistance to those who meet financial terms, uninsured IL residents receive discounted care, medically necessary treatment regardless of ability to pay (all of which may be dependent on insurance coverage)
FHN Specialty Care	Freeport	Stephenson	Specialty Care: Ophthalmology, OB/GYN, Neurology, Pulmonology	
FHN Specialty Care	Freeport	Stephenson	Specialty Care: Otolaryngology, Audiology, Cardiology, Gastroenterology, Nephrology, Center for Wound Healing, Podiatry, Surgery, Urology	
FHN Family Health Care Center – Burchard Hills	Freeport	Stephenson	Primary Care, Orthopedics, Pediatrics, Allergy, Internal Medicine, Med Peds, Physical Therapy, Rheumatology	
FHN Family Health Care Center – Highland View	Freeport	Stephenson	Primary Care	
FHN Community Healthcare Center	Freeport	Stephenson	Primary Care, NP Services	Uninsured and Medicaid patients
FHN Hospice	Freeport	Stephenson	Hospice	

Hospice Care of America	Freeport	Stephenson	Hospice Care	
FHN Family Healthcare Center - Lena	Lena	Stephenson	Primary Care, Cardiology, Orthopedics, Sports Medicine	
SSM Health Monroe Clinic – Freeport	Freeport	Stephenson	Primary and Specialty Care: Cardiology, Endocrinology, Diabetes management, Pediatrics, Behavioral Health, Psychiatry, Neurology, Family Practice, Otolaryngology, Nephrology, Orthopedics	Monroe Clinic offers a 15% discount for prompt payment (within 30 days) and an additional discount on charges by 10 percent for patients without health insurance. There is a charity care application on the website but unclear information on what this application offers.
SSM Health Monroe Clinic – Freeport Eye Clinic	Freeport	Stephenson	Specialty Care: Ophthalmology and Optometry; Eye Glass and Contacts, Cataract Surgery, Retinal Concerns	
SSM Health Monroe Clinic – Highland Women's Care Center	Freeport	Stephenson	Specialty Care: Fertility, Menstrual, Urinary Disorders, General Women's Health; Acupuncture, Massage, Digital Mammography	
SSM Health Monroe Clinic – Lena	Lena	Stephenson	Primary Care	
SSM Health Monroe Home Care and Hospice		Stephenson, Jo Daviess	Skilled Nursing Care in the Home, Hospice and Palliative Care	
FHN Jo Daviess Family Healthcare Center	Stockton	Jo Daviess	Primary Care	
Jo Daviess County Health Department Home Health Care Services		Jo Daviess	Therapy, Skilled Nursing, Medical Social Work	There are no age or financial restrictions on services for Home Health Care - just have to be homebound
FHN Family Healthcare Center – Mount Carroll	Mount Carroll	Carroll	Primary and Specialty Care: Internal Medicine, Podiatry, Gastroenterology, Wound Care	
FHN Family Healthcare Center – Lanark	Lanark	Carroll	Primary Care	
FHN Family Healthcare Center – Savanna	Savanna	Carroll	Primary and Specialty Care: Cardiology	

This resource was identified within the FHN community to address mental/behavioral health needs:

Facility Name	City	County	Type of Services	Financial Assistance Available
FHN Family Counseling Center	Freeport	Stephenson	Behavioral Health Assessment and Treatment: Psychiatric Services, Psychological Assessment; Individual, Group or Family Therapy; Case Management; Community Support Services; Telehealth Counseling; Crisis Services; Psychosocial Rehabilitation; Substance Abuse Prevention and Education; Pet Therapy; Crisis Stabilization Center	See above
Rosecrance Freeport	Freeport	Stephenson	Mental Health and Substance Use Disorder Assessments; Mental Health Services for Children, Teens, and Adults; Individual, Group and Family Therapy; Substance Use Disorder Services for Adults (Outpatient and Continuing Care Programs)	Rosecrance is a not-for-profit healthcare provider that keeps fees as low as possible. Initial financial information can confirm services covered by patients' insurance; most major medical insurance is accepted. Rosecrance is an approved VA-CCN provider for uniformed service personnel, including first responders.
Sinnissippi Center	Mount Carroll	Carroll	Adolescent and Adult Care; Substance Abuse Treatment; Individual and Family Crisis Management; Family Counseling; Psychiatric Care and Medication Management	Fees at Sinnissippi Centers are set on a sliding scale and are based on family size and income. Medicare, Medicaid, KidCare and private insurance are also accepted



We have outstanding healthcare resources for a rural area like ours.

- 2022 FHN Survey Comment

Medically Underserved Area (MUA) and Health Professional Shortage Areas (HPSA) Information

Medically Underserved Area (MUA) Information

Name	ID	Type	Score	Update Date	Score
Carroll County	796	MUA	60.8	11/1/1978	60.8
Jo Daviess County	809	MUA	61.7	11/1/1978	61.7
Winslow Service Area	918	MUA	58.4	5/18/1994	58.4
Low Income – Freeport Service Area	7485	MUA / Low Income	57.3	7/11/2005	57.3

Health Professional Shortage Areas HPSA: Primary Care Providers

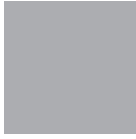
HPSA Name	ID	Type	FTE	Update Date	Score
Carroll County	1177928750	Single County	3.02	9/8/2021	15
USP – Thomson (Correctional Facility)	1176239196	Population Group	1.10	3/29/2022	21
Jo Daviess County	-	-	-	-	-
Stephenson County	-	-	-	-	-
Low Income – Stephenson County	1176239196	Population Group	3.33	7/1/2021	14

HPSA: Dental Providers

HPSA Name	ID	Type	FTE	Update Date	Score
Carroll County	6172038304	Single County	1.04	9/6/2021	7
USP – Thomson (Correctional Facility)	6176120475	Population Group	0.76	3/29/2022	15
Jo Daviess County	-	-	-	-	-
Stephenson County	-	-	-	-	-
Low Income – Stephenson County	6171851554	Population Group	4.00	9/9/2021	15

HPSA: Mental Health Providers

HPSA Name	ID	Type	FTE	Update Date	Score
Carroll County	7178029302	Single County	0.70	12/29/2021	15
USP – Thomson (Correctional Facility)	7176571761	Population Group	0.57	3/29/2022	21
Jo Daviess County	7176504578	Single County	1.07	9/8/2021	16
Stephenson County	-	-	-	-	-
Low Income – Stephenson County	7176529336	Population Group	1.07	3/23/2022	16



THE 2022 STATE OF OUR YOUTH

Stephenson County



- IN THIS SUMMARY:**
- 02. 2022 Illinois Youth Survey Background
 - 03. Alcohol Use
 - 04. Substance Use
 - 05. Contributing Factors for Use
 - 05. What Youth are Hearing from their Parents
 - 07. Mental, Social, and Physical Health
 - 09. What Can You Do?



ILLINOIS YOUTH SURVEY

The Illinois Youth Survey has been completed biennially at the middle and high schools in the state since the late 1990's. Data from the survey has been used to identify trends related to substance misuse and to assist in securing state and federal funding for prevention programs. The survey measures attitudes, perceptions, and behaviors related to substance use and other related topics.

The statistics in this summary are taken from the results of the 2022 Illinois Youth Survey. Schools in Stephenson County participated in the survey with a 62% completion rate by all age appropriate students. Although the majority of the public schools in Stephenson County registered to participate in the 2022 survey, only four junior high/middle schools and three high schools were able to complete the survey. A full list of survey questions and results for Stephenson County are available dating back to 2010, at <https://iys.cprd.illinois.edu/>.

Research over the years has identified some of the following risk factors for underage alcohol and other substance misuse: antisocial behaviors, perceptions of peer substance use, low perceived risk of harm, poor family-youth relationships, parental acceptance of substance use, school absenteeism, and availability and marketing of substances to youth.

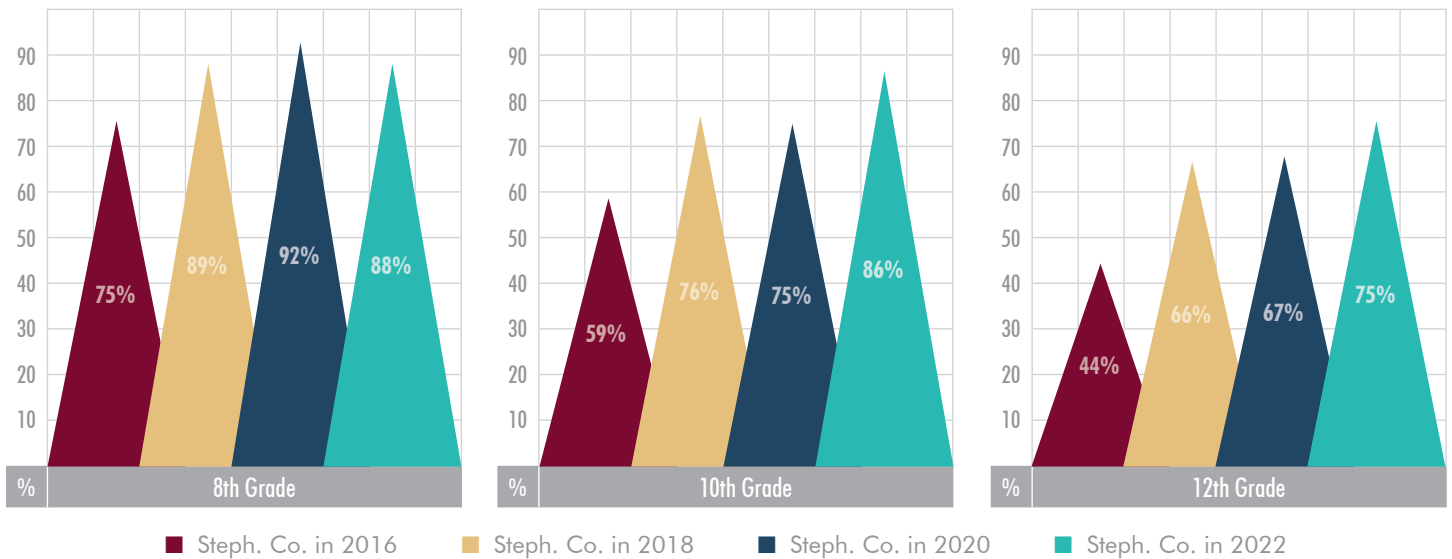
Prevention strategies focus on evidence-based protective factors which include: self-efficacy to say no to substance misuse, future college aspirations, peer disapproval, involvement in sports and physical activity, parental monitoring, perceived parental trust, school belonging and involvement, authoritative school environment, and community norms that discourage youth substance use.*

** Evidence-Based Resource Guide, Preventing Marijuana Use Among Youth, Substance Abuse and Mental Health Services Administration, Released 2021*

ALCOHOL USE

Most youth in Stephenson County **do NOT drink** alcohol.

Percentage of students who have **not** consumed alcohol in the past 30 days:



DID YOU KNOW?

41% OF STUDENTS REPORTED HAVING THEIR FIRST EXPERIENCE WITH ALCOHOL **UNDER THE AGE OF 10**. 9% OF 12TH GRADERS REPORTED **BINGE DRINKING** WITHIN THE PAST 2 WEEKS.

WE ASKED...

In the past year, **have your parents/guardians talked to you about NOT USING alcohol?**

Students in 8th, 10th, and 12th grade reported their parents/guardians have talked to them about alcohol use.

53%

8TH GRADE STUDENTS



39%

10TH GRADE STUDENTS



35%

12TH GRADE STUDENTS



14%

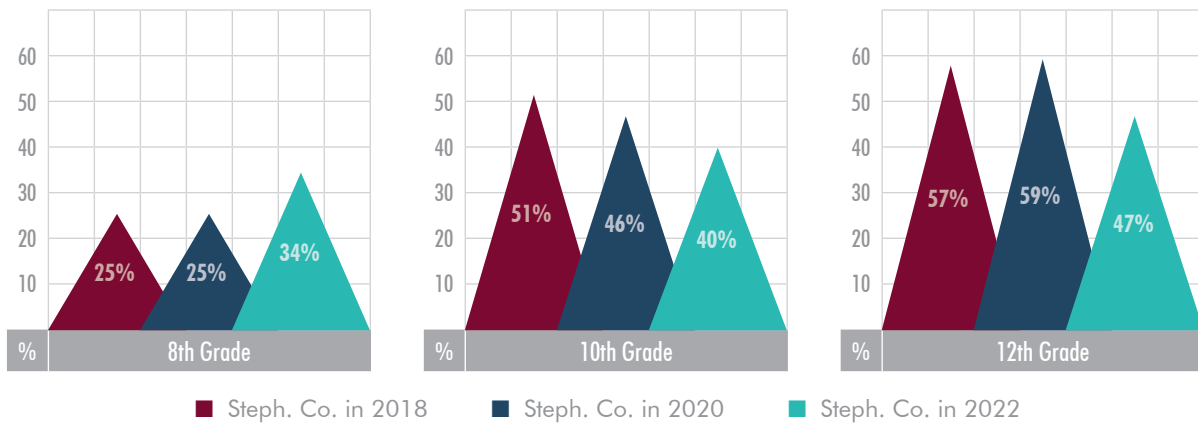
14% OF 8TH, 10TH, AND 12TH GRADERS REPORTED THAT **THEIR PARENTS PROVIDED THEM ALCOHOL WITH PARENTAL PERMISSION.**



SUBSTANCE USE

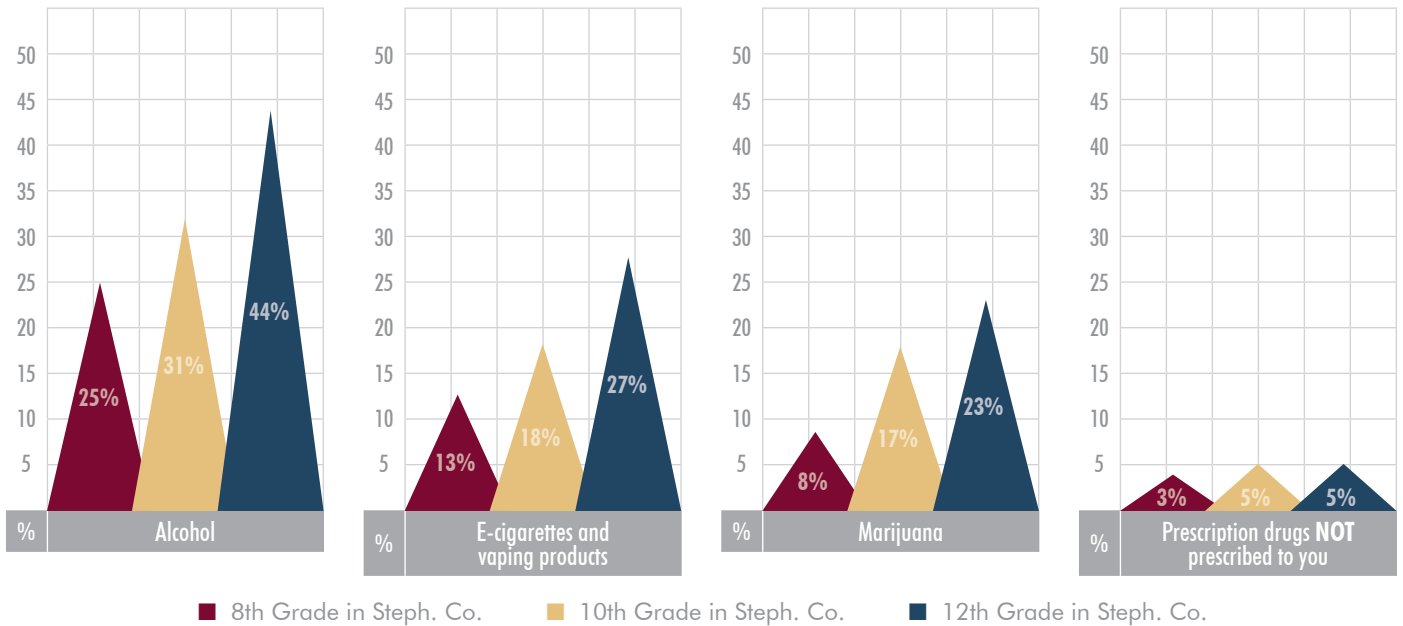
Even though most students are not using marijuana, it has been on the rise nationally. There is a concern about the potential for increased use as more and more states are allowing marijuana to become legal for both medicinal and recreational purposes. An increase of availability in the community could result in the increased usage by our youth.

Youth in Stephenson County who **HAVE USED** any common substances **PLUS** alcohol, cigarettes, inhalants, marijuana, vaping, and other vaping products in the past year.



Substance **USE** in Stephenson County in the past year.

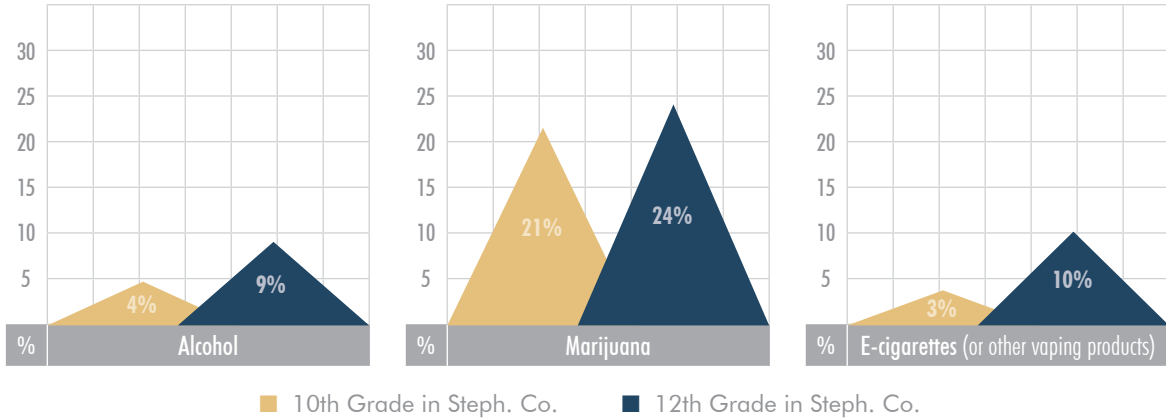
Students in 8th, 10th, and 12th grades



**Note the increase in usage as the youth gets older.*

CONTRIBUTING FACTORS FOR USE

Students reporting that they think people have **NO** risk or slight risk of harming themselves if they use alcohol, marijuana, or e-cigarettes or other vaping products.
(Alcohol: one or two drinks nearly every day. Marijuana: once or twice a week.)



DID YOU KNOW?

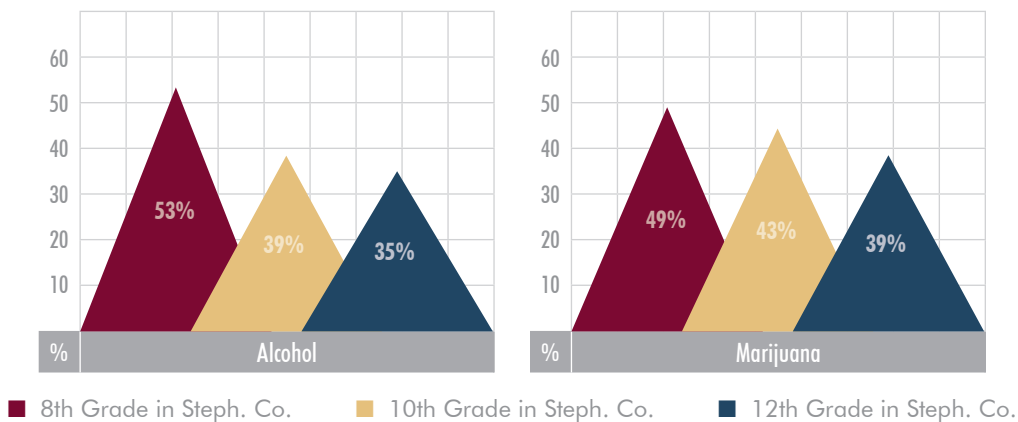
THE MAJORITY OF STUDENTS BELIEVE THE USE OF ALCOHOL, MARIJUANA, AND VAPING PRODUCTS ARE HARMFUL.

WHAT YOUTH ARE HEARING FROM THEIR PARENTS

TALK TO YOUR CHILDREN, IT MAKES A DIFFERENCE!

Studies have shown that perception of parental disapproval is a top reason why youth choose not to partake in substance use. In addition, monitoring – knowing where your child is and who they are with at all times – can decrease the chances of your child engaging in risky behaviors.

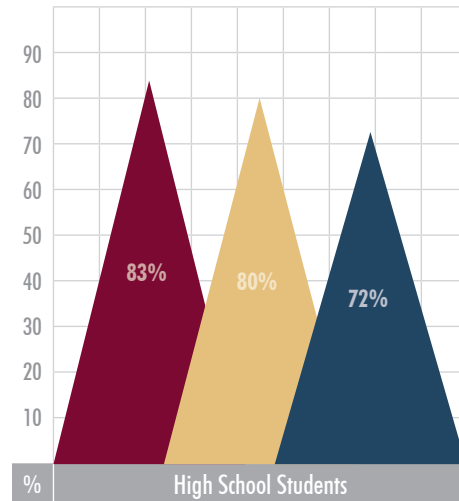
Stephenson County students reported that their parents/guardians **HAVE** talked to them about **NOT** using alcohol and marijuana.





46% OF STEPHENSON COUNTY 12TH GRADE STUDENTS **DON'T THINK THEY WOULD BE CAUGHT BY THEIR PARENTS** FOR DRINKING ALCOHOL WITHOUT PERMISSION.

Students reporting that **their family HAS CLEAR RULES** about alcohol and drug use.



■ 8th Grade in Steph. Co. ■ 10th Grade in Steph. Co. ■ 12th Grade in Steph. Co.

23%

OF 12TH GRADERS BELIEVE THAT THEIR PARENTS THINK IT IS A LITTLE BIT OR NOT WRONG AT ALL FOR THEM TO USE ALCOHOL.



13%

BELIEVE MOST ADULTS IN THEIR NEIGHBORHOOD THINK IT IS ACCEPTABLE FOR 12TH GRADERS TO USE ALCOHOL.



40% OF 12TH GRADE DRIVERS BELIEVE THEY **WOULD NOT BE CAUGHT BY THEIR PARENTS** IF THEY DRANK AND DROVE.

WE ASKED...

In the past year, have your parents/guardians talked to you about **NOT DRINKING AND DRIVING** or riding with a drunk driver?

61%

10TH GRADE STUDENTS

57%

12TH GRADE STUDENTS

MENTAL, SOCIAL, AND PHYSICAL HEALTH

WE ASKED...

In the last 12 months, have you seriously **CONSIDERED SUICIDE**.

20%

10TH GRADE STUDENTS

12%

12TH GRADE STUDENTS

WE ASKED...

In the last 12 months, have you **FELT SO SAD OR HOPELESS ALMOST EVERY DAY FOR 2 WEEKS** or more in a row that you stopped doing usual activities.

33%

8TH GRADE STUDENTS

48%

10TH GRADE STUDENTS

30%

12TH GRADE STUDENTS

SYMPTOMS OF DEPRESSION IN CHILDREN AND TEENS

If you feel your child may be suffering from depression, seek out professional help. The symptoms of depression are often subtle at first. They may occur suddenly or happen slowly over time.

Physical symptoms

- Unexplained aches and pains, such as headaches or stomach pain
- Trouble sleeping, or sleeping too much
- Changes in eating habits that lead to weight gain or loss or not making expected weight gains
- Constant tiredness, lack of energy
- Body movements that seem slow, restless, or agitated

Mental or emotional symptoms

- Irritability or temper tantrums
- Difficulty thinking and making decisions
- Decline in academic achievements
- Having low self-esteem, being self-critical, and/or feeling that others are unfairly critical
- Feelings of guilt and hopelessness
- Social withdrawal, such as lack of interest in friends
- Anxiety, such as worrying too much or fearing separation from a parent
- Thinking about death or feeling suicidal

RESOURCES

CONTACT of Northern Illinois

24-hour/7 days a week HELPLINE

1-888-463-6260 • www.NIContact.org

FHN Family Counseling Center

1-815-599-7300 • www.FHN.org/SUP

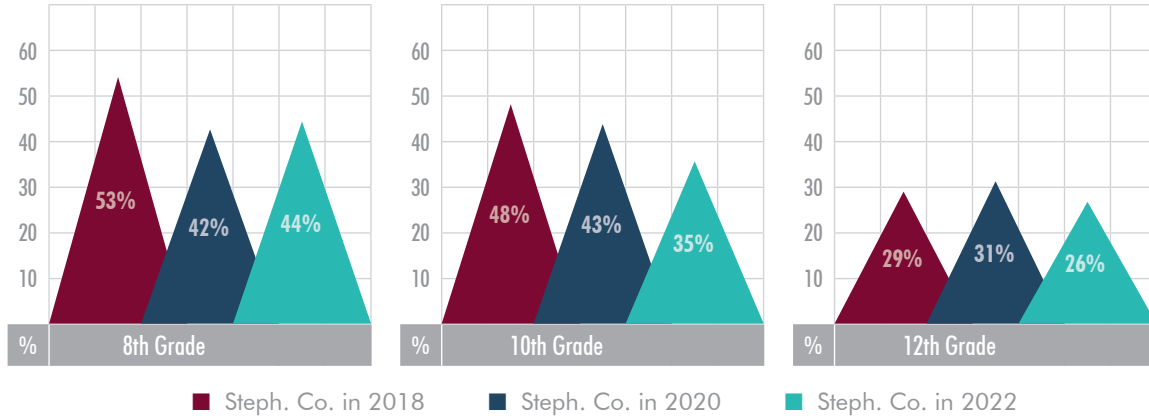
Substance Abuse and Mental Health Services Administration (SAMHSA)

- National Suicide Prevention Hotline: 1-800-273-8255 (TALK)
- National Helpline: 1-800-662-4357 (HELP)

www.SAMHSA.gov

Students reporting that they have **experienced any type of BULLYING*** in the past year.

**Called names, threatened, physically assaulted, cyber-bullied.*



13%
8TH GRADE

16%
10TH GRADE

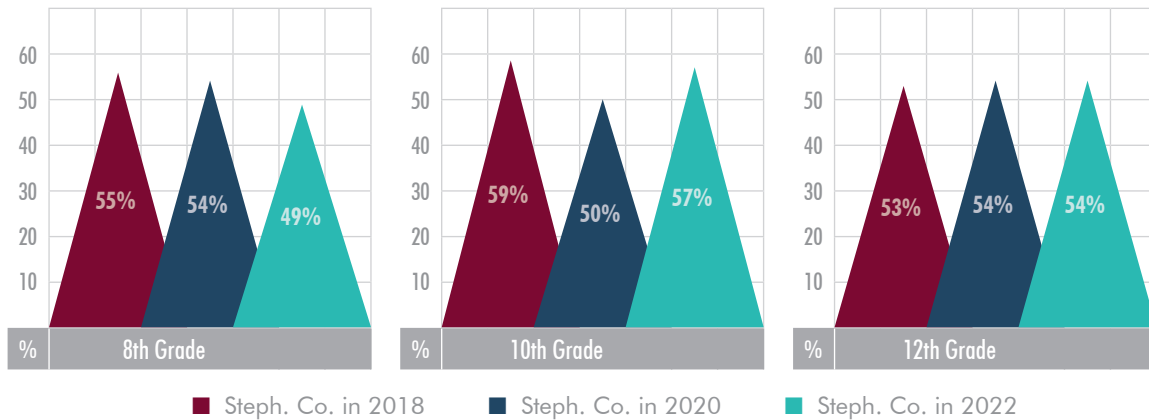
13%
12TH GRADE

STEPHENSON COUNTY STUDENTS THAT HAVE A **PREVALENCE OF OBESITY**.
COMPARED TO THE STATE AVERAGE OF 18% IN ALL GRADE LEVELS.

WE ASKED...

On an average school day, how many hours do you **play VIDEO OR COMPUTER GAMES** or use a computer for something that is not school work?

Students reported using 4-7 hours a day or more:



WHAT CAN YOU DO?

SUBSTANCE USE IS EVERYONE'S PROBLEM AND WE MUST WORK TOGETHER AS A COMMUNITY TO SUPPORT OUR YOUTH.

FAMILIES

- Families can help prevent underage drinking by staying involved in their children's lives. It is important for families to pay attention to what's happening with their teens.
- Parents and caregivers play a vital role in influencing their child's attitudes and behaviors. They serve as role models on the use of alcohol, control the availability of alcohol in their home, and are instrumental in setting clear guidelines and expectations concerning drinking behaviors.

SCHOOLS

- Educational programs in schools can help young adults learn about the social, psychological, and biological implications of alcohol and drug misuse. Informational programs, such as *ALL STARS – Building Bright Futures*, can help young adults make responsible choices.
- School administrators and staff can send clear messages to students and parents about the risks of young adult alcohol and drug misuse relative to accidents, injuries and deaths, alcohol/chemical abuse and dependency, unwanted and/or unplanned sexual activity, academic achievement, and violence.

COMMUNITY & SOCIAL SERVICE SUPPORTS

- Community and social service support organizations can develop special events and communications to appeal to young adults.
- Organizations can provide confidential services and referrals geared toward young adults.

BUSINESS

- Workplace policies can send clear messages about risks of alcohol and drug misuse both at and outside of the workplace.
- Signs, posters, paycheck inserts and other messages can help frame the risks of alcohol and drug misuse and provide information on ways to get help in a caring manner.
- Managers and employers can encourage early and confidential conversations about problems an employee may be experiencing as a result of alcohol or drug misuse. Sometimes just initiating a conversation can help a young adult better see how substance use might be affecting his/her work and well-being.

SAFETY & LAW ENFORCEMENT

- Effective enforcement of alcohol and drug laws can serve as a deterrent.
- Alternatives to sentencing can provide education and incentives to help address underlying alcohol and drug problems in lieu of or in addition to fines. These alternatives help young adults explore their own patterns of use or misuse and provide motivation to change patterns and lower risk.

HEALTH & MEDICAL

- Health and medical clinics working with young adults can offer education and early intervention programs, including confidential screening and assessments, brief interventions and referral to treatment and recovery support services.
- Culturally sensitive services and health promotion messages can be designed to appeal to young adults.

THE 2022 STATE OF OUR YOUTH

Stephenson County



- Alcohol and Marijuana Use
- Contributing Factors for Use
- Mental, Social, and Physical Health

WHAT ARE THE
STATISTICS?
WHAT CAN
YOU DO?

ADDITIONAL HELPFUL RESOURCES

Talk. They Hear You. (SAMHSA)
<https://underagedrinking.samhsa.gov>

Partnership for Drug-Free Kids
www.drugfree.org



421 W. Exchange St. • Freeport, IL 61032
Phone: 815-599-7300

Funded in whole or part by the Illinois Department of Human Services



THE 2022 STATE OF OUR YOUTH

Jo Daviess County



- IN THIS SUMMARY:**
- 02. Jo Daviess County Juvenile Justice Council
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Heather Wagner, Operations Leader • FHN Family Counseling Center
 Phone: 815-599-7300 • Email: hwagner@fhn.org

JO DAVIESS COUNTY JUVENILE JUSTICE COUNCIL

The Juvenile Justice Council in partnership with FHN, along with other key members of the county, used the Strategic Prevention Framework process to reduce past 30-day use of alcohol among 8th-12th graders in the county. The Strategic Prevention Framework (SPF) planning process is a dynamic, data-driven approach to underage drinking prevention. The SPF focuses on sustainable, population-level change to guide the prevention efforts in Jo Daviess County (JDC). This process has included building the capacity of the community, data assessment, identifying and prioritizing contributing factors of underage drinking, and selecting strategies that are evidence based in the prevention of substance misuse. Three strategies currently implemented in the county are an Alcohol Prevention and Vaping Prevention Communication Campaigns and a multi-session Youth Prevention Education program in the JDC's middle schools.

The Juvenile Justice Council is a cross-agency group of civic-minded individuals from within the community, who collaborate together to provide programs, activities, and presentations to parents, educators and youth at all schools in Jo Daviess County. The Council promotes messages that assist young people in making life decisions that are positive and supportive of their schools, their communities, and their peers.

The Council includes representation from the following sectors: youth, parents, business, schools, youth serving organizations, law enforcement, government, faith based, healthcare and civic and volunteer organizations.

ILLINOIS YOUTH SURVEY

The Illinois Youth Survey has been completed biennially at the middle and high schools in the state since the late 1990's. Data from the survey has been used to identify trends related to substance misuse and to assist in securing state and federal funding for prevention programs. The survey measures attitudes, perceptions, and behaviors related to substance use and other related topics.

The statistics in this summary are taken from the results of the 2022 Illinois Youth Survey. All six JDC school districts were able to participate this year. A full list of survey questions and results for Jo Daviess County are available dating back to 2010, at <https://iys.cprd.illinois.edu/>.

Research over the years has identified some of the following risk factors for underage age alcohol and other substance misuse: antisocial behaviors, perceptions of peer substance use, low perceived risk of harm, poor family-youth relationships, parental acceptance of substance use, school absenteeism, and availability and marketing of substances to youth.

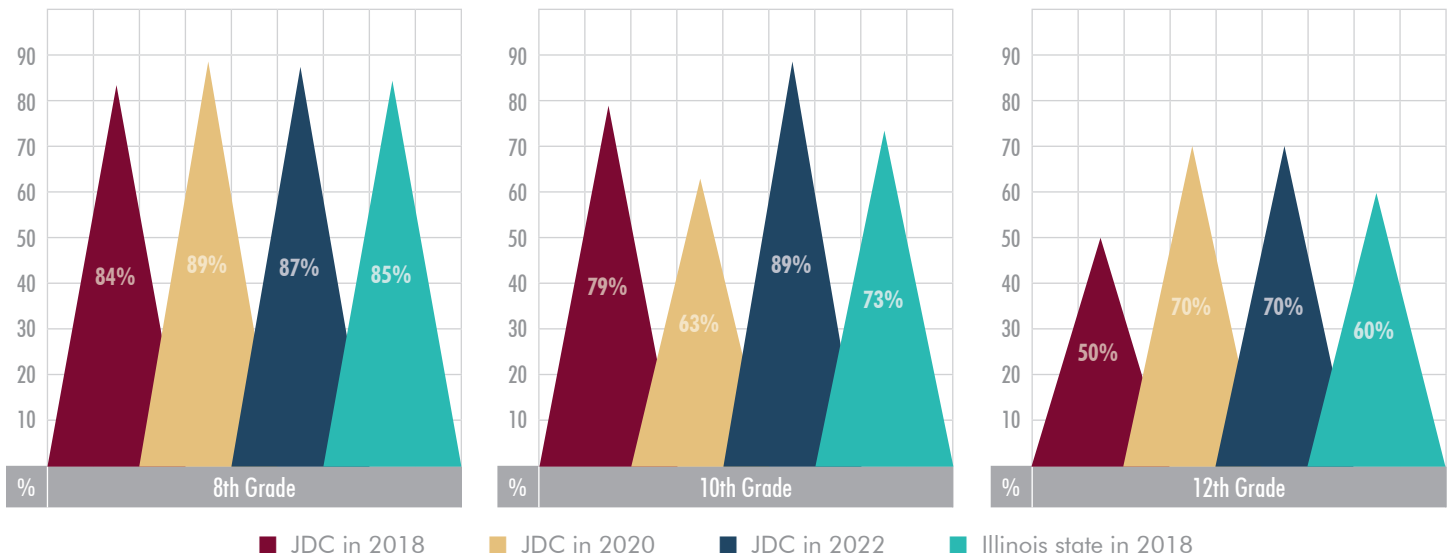
Prevention strategies focus on evidence based protective factors which include: self efficacy to say no to substance misuse, future college aspirations, peer disapproval, involvement in sports and physical activity, parental monitoring , perceived parental trust, school belonging and involvement, authoritative school environment, and community norms that discourage youth substance use.*

**Evidence-Based Resource Guide, Preventing Marijuana Use Among Youth, Substance Abuse and Mental Health Services Administration, Released 2021*

ALCOHOL USE

Most youth in Jo Daviess County **do NOT** drink alcohol.

Percentage of students who have **not** consumed alcohol in the past 30 days:



DID YOU KNOW?

25% OF STUDENTS REPORTED HAVING THEIR FIRST ALCOHOL UNDER THE AGE OF 10.
14% OF 12TH GRADERS REPORTED **BINGE DRINKING** WITHIN THE PAST 2 WEEKS.

WE ASKED...

In the past year, **have your parents/guardians talked to you about NOT USING alcohol?**

Students in 8th through 12th grade reporting their parents/guardians have talked to them about alcohol use.

51%

8TH GRADE STUDENTS



43%

10TH GRADE STUDENTS



41%

12TH GRADE STUDENTS



51% OF 8TH – 12TH GRADERS REPORTED THAT **THEIR PARENTS PROVIDED THEM ALCOHOL WITH PARENTAL PERMISSION.**

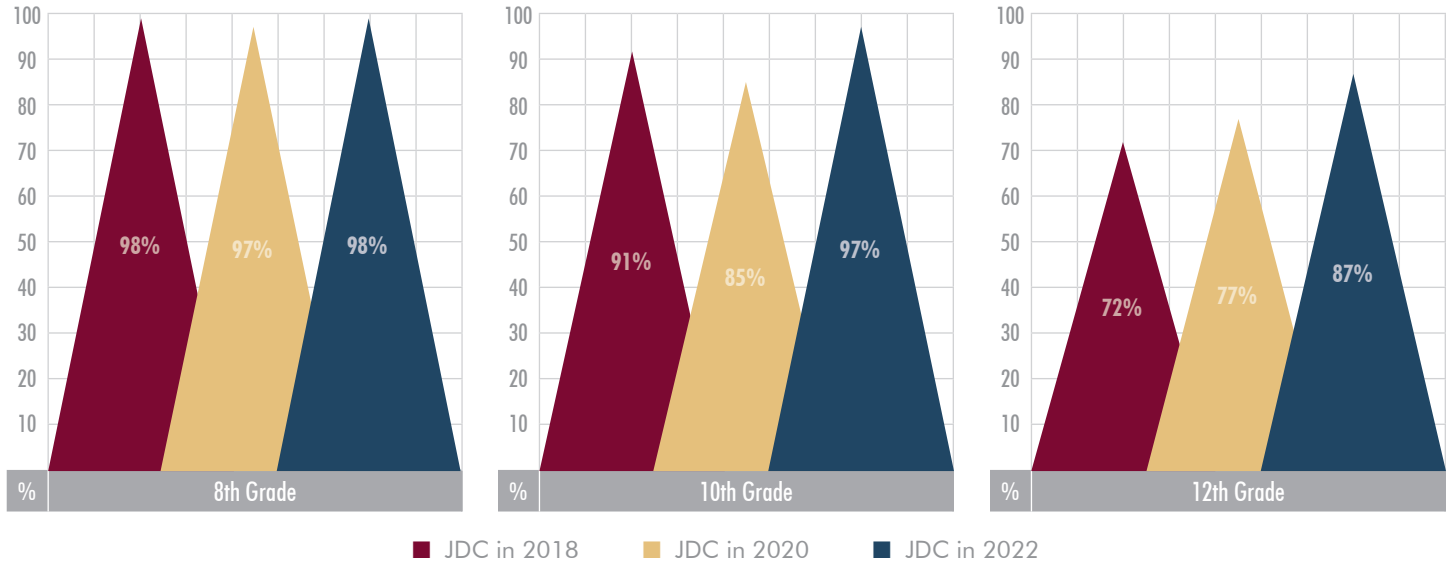


JDC is **7% HIGHER** than the state average of 44%.

SUBSTANCE USE

Even though most students are not using marijuana, it has been on the rise nationally. There is a concern about the potential for increased use since marijuana has become legal for both medicinal and recreational purposes in Illinois. An increase of availability in the community could result in the increased usage by our youth.

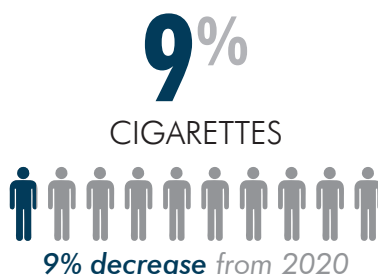
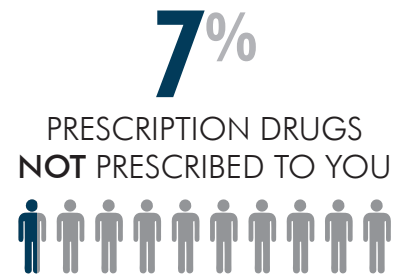
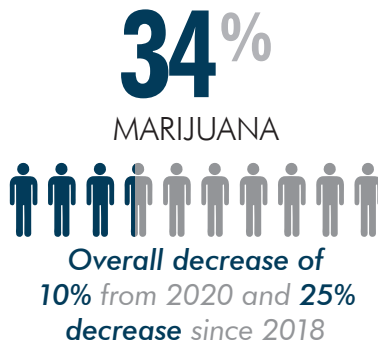
Most youth in Jo Daviess County **do NOT** use marijuana.
Students reporting they have not used marijuana in the past 30 days:



Overall use by 10th and 12th graders has **decreased by an average of 11%**

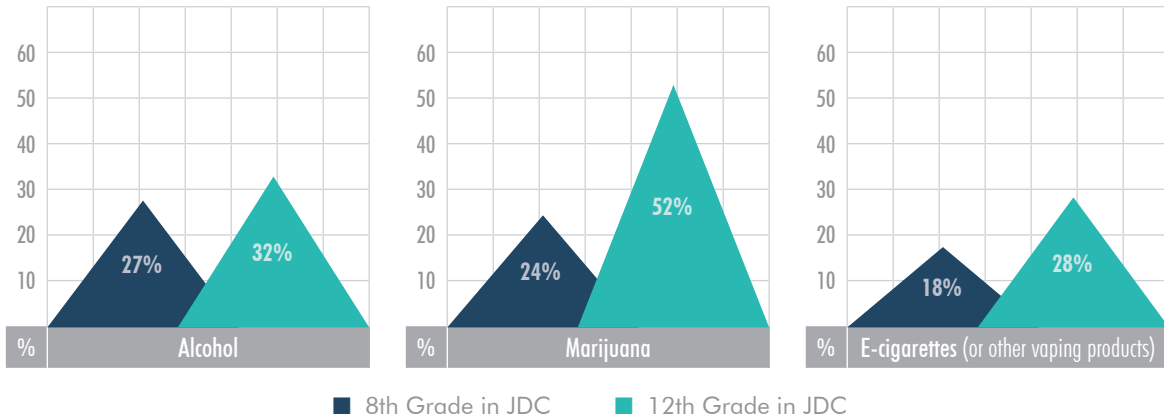
Less than half of Jo Daviess County youth **HAVE** used a substance in the past year with **significant decreases** in reported use of cigarettes, marijuana and vaping products since 2020.

Students in 8th through 12th grade reporting they have used a substance in the last year:



CONTRIBUTING FACTORS FOR USE

Students reporting that they think people have **NO** risk or slight risk of harming themselves if they use alcohol, marijuana, or e-cigarettes or other vaping products.
(Alcohol: one or two drinks nearly every day. Marijuana: once or twice a week.)



DID YOU KNOW?

THE MAJORITY OF STUDENTS BELIEVE **DRINKING ALCOHOL AND USING VAPING PRODUCTS ARE HARMFUL.**

WHAT YOUTH ARE HEARING FROM THEIR PARENTS

TALK TO YOUR CHILDREN, IT MAKES A DIFFERENCE!

Studies have shown that perception of parental disapproval is a top reason why youth choose not to partake in substance use. In addition, monitoring – knowing where your child is and who they are with at all times – can decrease the chances of your child engaging in risky behaviors.

JDC students reporting that their parents/guardians **HAVE** talked to them about **NOT** using alcohol and marijuana in the past year.

45%

ALCOHOL



42%

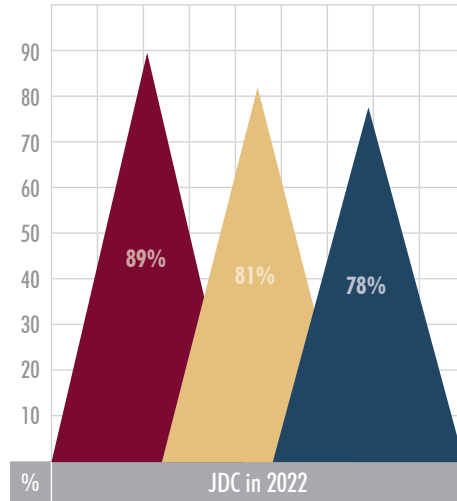
MARIJUANA





42% OF JDC 12TH GRADE STUDENTS **DON'T THINK THEY WOULD BE CAUGHT BY THEIR PARENTS** FOR DRINKING ALCOHOL WITHOUT PERMISSION.

Students reporting that **their family HAS CLEAR RULES** about alcohol and drug use.



■ 8th Grade ■ 10th Grade ■ 12th Grade

34%

OF 12TH GRADERS BELIEVE THAT THEIR **PARENTS THINK IT IS A LITTLE BIT OR NOT WRONG AT ALL** FOR THEM TO USE ALCOHOL.



50%

BELIEVE **MOST ADULTS IN THEIR NEIGHBORHOOD** THINK IT IS ACCEPTABLE FOR 12TH GRADERS TO USE ALCOHOL.



35% OF 12TH GRADE DRIVERS BELIEVE THEY WOULD NOT BE CAUGHT BY THEIR PARENTS IF THEY DRANK AND DROVE.



77% OF JDC STUDENTS REPORTED THAT IN THE PAST YEAR **THEIR PARENTS/ GUARDIANS HAVE TALKED TO THEM** ABOUT NOT DRINKING AND DRIVING OR RIDING WITH A DRUNK DRIVER.

MENTAL, SOCIAL, AND PHYSICAL HEALTH

12%



In the last 12 months, 12% JDC high school students reported that they had seriously **CONSIDERED SUICIDE**.

31%



In the last 12 months, 31% have **FELT SO SAD OR HOPELESS ALMOST EVERY DAY FOR 2 WEEKS** or more in a row that they stopped doing usual activities.

SYMPTOMS OF DEPRESSION IN CHILDREN AND TEENS

If you feel your child may be suffering from depression, seek out professional help. The symptoms of depression are often subtle at first. They may occur suddenly or happen slowly over time.

Physical symptoms

- Unexplained aches and pains, such as headaches or stomach pain
- Trouble sleeping, or sleeping too much
- Changes in eating habits that lead to weight gain or loss or not making expected weight gains
- Constant tiredness, lack of energy
- Body movements that seem slow, restless, or agitated

Mental or emotional symptoms

- Irritability or temper tantrums
- Difficulty thinking and making decisions
- Decline in academic achievements
- Having low self-esteem, being self-critical, and/or feeling that others are unfairly critical
- Feelings of guilt and hopelessness
- Social withdrawal, such as lack of interest in friends
- Anxiety, such as worrying too much or fearing separation from a parent
- Thinking about death or feeling suicidal

RESOURCES

CONTACT of Northern Illinois

24-hour/7 days a week HELPLINE

Call 9.8.8. • 1-888-463-6260 • www.NIContact.org

FHN Family Counseling Center

421 W. Exchange Street, Freeport, IL 61032 • 815-599-7300

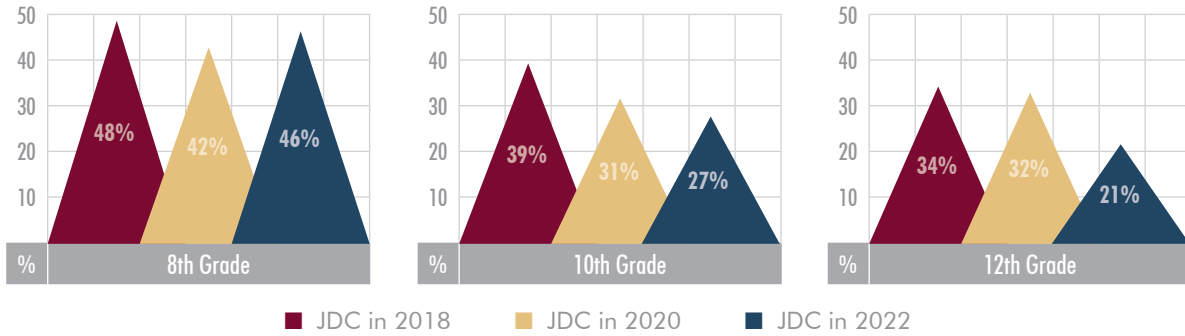
Substance Abuse and Mental Health Services Administration (SAMHSA)

- National Suicide Prevention Hotline – 1-800-273-8255 (TALK)
- National Helpline – 1-800-662-4357 (HELP)

www.SAMHSA.gov

Students reporting that they have **experienced any type of BULLYING*** in the past year.

**Called names, threatened, physically assaulted, cyber-bullied.*



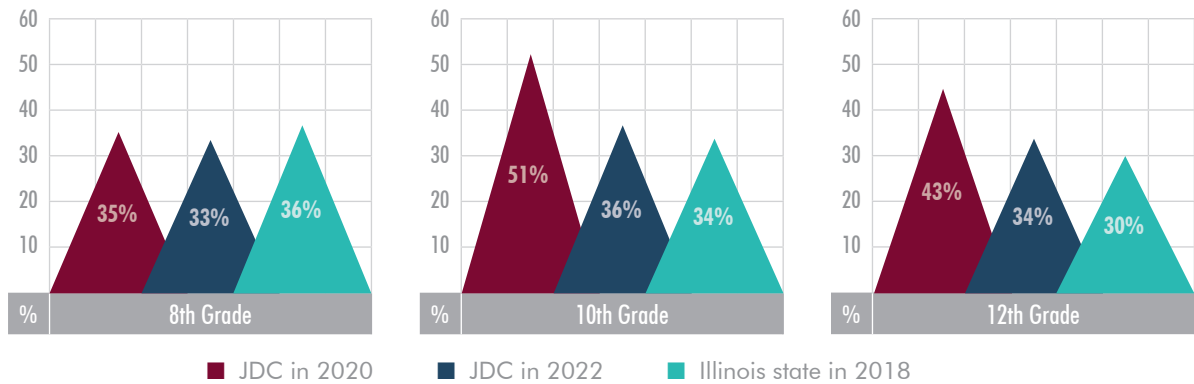
13%

13% OF JDC STUDENTS HAVE A **PREVALENCE OF OBESITY**. A 2% INCREASE FROM 2020 AND ABOVE THE STATE AVERAGE.

WE ASKED...

On an average school day, how many hours do you **play VIDEO OR COMPUTER GAMES** or use a computer for something that is not school work?

Students reported using 4-5 hours a day or more:



ADDITIONAL HELPFUL RESOURCES

Talk. They Hear You. (SAMHSA)
<https://underageddrinking.samhsa.gov>

Partnership for Drug-Free Kids
www.drugfree.org

JoDavie County Wellness Coalition Promoting Healthy Living
www.jodaviecountywellnesscoalition.com

WHAT CAN YOU DO?

SUBSTANCE USE IS EVERYONE'S PROBLEM AND WE MUST WORK TOGETHER AS A COMMUNITY TO SUPPORT OUR YOUTH.

FAMILIES

- Families can help prevent underage drinking by staying involved in their children's lives. It is important for families to pay attention to what's happening with their teens.
- Parents and caregivers play a vital role in influencing their child's attitudes and behaviors. They serve as role models on the use of alcohol, control the availability of alcohol in their home, and are instrumental in setting clear guidelines and expectations concerning drinking behaviors.

SCHOOLS

- Educational programs in schools can help young adults learn about the social, psychological, and biological implications of alcohol and drug misuse. Informational programs, such as *ALL STARS – Building Bright Futures and Project ALERT*, can help young adults make responsible choices.
- School administrators and staff can send clear messages to students and parents about the risks of young adult alcohol and drug misuse relative to accidents, injuries and deaths, alcohol/chemical abuse and dependency, unwanted and/or unplanned sexual activity, academic achievement, and violence.

COMMUNITY & SOCIAL SERVICE SUPPORTS

- Community and social service support organizations can develop special events and communications to appeal to young adults.
- Organizations can provide confidential services and referrals geared toward young adults.

BUSINESS

- Workplace policies can send clear messages about risks of alcohol and drug misuse both at and outside of the workplace.
- Signs, posters, paycheck inserts and other messages can help frame the risks of alcohol and drug misuse and provide information on ways to get help in a caring manner.
- Managers and employers can encourage early and confidential conversations about problems an employee may be experiencing as a result of alcohol or drug misuse. Sometimes just initiating a conversation can help a young adult better see how substance use might be affecting his/her work and well-being.

SAFETY & LAW ENFORCEMENT

- Effective enforcement of alcohol and drug laws can serve as a deterrent.
- Alternatives to sentencing can provide education and incentives to help address underlying alcohol and drug problems in lieu of or in addition to fines. These alternatives help young adults explore their own patterns of use or misuse and provide motivation to change patterns and lower risk.

HEALTH & MEDICAL

- Health and medical clinics working with young adults can offer education and early intervention programs, including confidential screening and assessments, brief interventions and referral to treatment and recovery support services.
- Culturally sensitive services and health promotion messages can be designed to appeal to young adults.



JoDavieess County

421 W. Exchange St.
Freeport, IL 61032

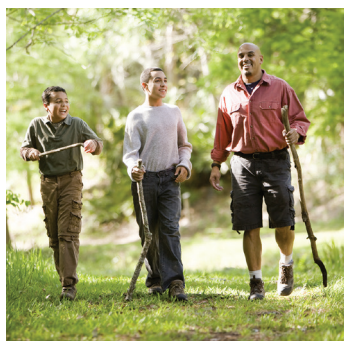
Phone: 815-599-6000

THE 2022 STATE OF OUR YOUTH

Jo Davieess County



- Alcohol and Marijuana Use
- Contributing Factors for Use
- Mental, Social, and Physical Health



WHAT ARE THE
STATISTICS?
WHAT CAN
YOU DO?

Pearl City Patient Recovers from COVID-19



It wasn't the customary COVID-19 symptoms that sent Colleen Edler to FHN's Emergency Department, but after four days of excruciating headache pain, she knew something was very wrong. She explains, "I had the worst headache of my life. When it became nearly unbearable we decided to go to FHN's ER."

Colleen, a lifelong resident of Pearl City, has two pre-existing conditions: diabetes and high blood pressure. Because this makes her vulnerable to serious complications, she was tested for the coronavirus and taken directly to the intensive care unit (ICU). Several days later, she developed additional symptoms and was diagnosed with bilateral pneumonia and COVID-19.

When her blood oxygen level went too low, Colleen needed to be intubated, or "put on a ventilator," for ten days. According to Robert Geller, MD, FHN's Infectious Disease Director who oversaw her care, "Colleen really was a miracle. Intubation can be a tricky procedure and she not only came through that fine, but also overcame the pre-existing conditions that made her a higher-risk patient."

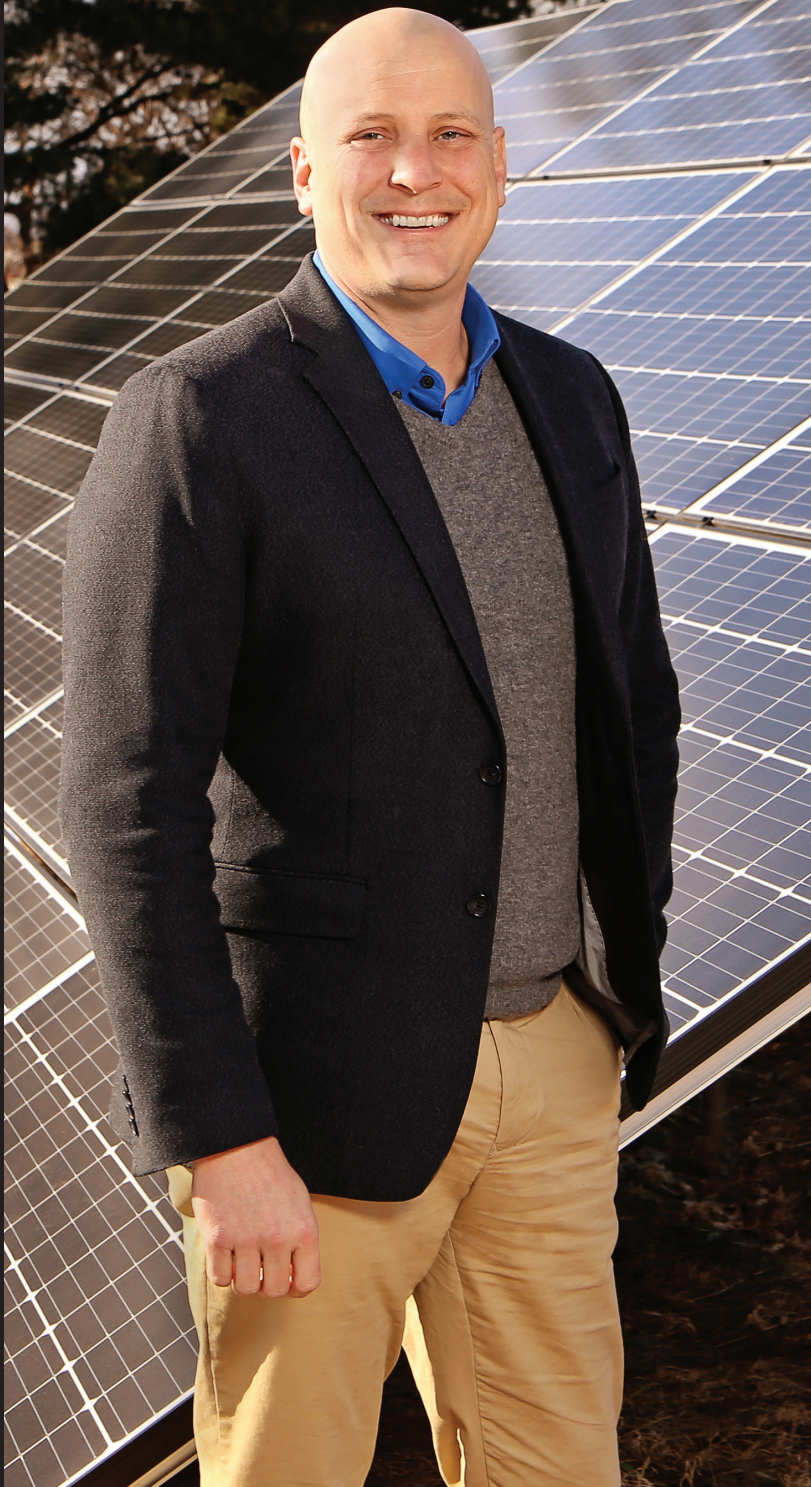
Coming off the ventilator was the beginning of the end of her nightmare. She shares, "As soon as I was fully awake I wanted to talk to my family. Dr. Geller told me that I was 'his miracle,' since only one-in-eight COVID-19 intubated patients survive the ordeal. I am so grateful to everyone who helped me get better!"

After 17 days in the hospital, Colleen was ready to go home. She received a warm sendoff from everyone at FHN, including a standing ovation! Now, she is looking forward to golfing, boating, and enjoying the antics of her twin grandsons, Aiden and Thomas.

As she reflects on her experience, Colleen can't help but get emotional speaking of her caregivers. She asserts, "These intelligent, brave professionals saved my life. **They are my heroes.**"



Life looks brighter after my battle with COVID-19



He didn't know he was exposed to COVID-19, so when Paul Fosler felt tired and "off," he dismissed it. By day four of his fatigue, Paul's wife Kristine urged him to get tested and got a referral to FHN's Acute Respiratory Clinic. This new facility, located on the lower east side of FHN Specialty Care – Harlem Avenue, is set up to stop the spread of COVID-19 and other respiratory diseases while accelerating their diagnosis and treatment.

Paul's test came back positive. He fought at home for seven days, but then a bad cough and difficulty breathing set in. At age 42 with no underlying health conditions, he was somewhat shocked his symptoms got so severe. "I got blood work and an x-ray," he explains, "and Dr. Clarence Parks said my left lung looked a bit cloudy. He said I could recuperate at home with proper care and meds. I am busy with my solar energy business and was counting on not being down for too long."

Unfortunately for Paul, a quick recovery was not in the cards. "I felt horrible," he says. "I had a heavy cough, chills, and fever. I was really struggling to inhale. When I stood up I felt heavy and weak. My wife took me to the hospital and Dr. Parks said I likely had COVID-related pneumonia."

Paul was sent to FHN's COVID Intensive Care Unit (ICU), where he received near constant monitoring and several therapeutic treatments. "My nurses were excellent and Dr. Parks was wonderful – he came to see me every day and was outstanding with follow-up," he stresses. After Paul's condition started to improve, he was moved to the telemetry department, which was filled with COVID-positive patients. Ultimately, he was sent home with oxygen support, but now is "back to normal." He shares, "I have lived in Freeport my whole life, and I could not have been happier with FHN. Everyone was great – professional, compassionate, and just plain nice."

FHN has treated hundreds of COVID-19 patients during this unprecedented pandemic.

We'll be here if you need us, too.

 *We're here, for you.*
FHN
Clarence Parks, MD

