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Robertson County Health Plan for January 2017 – Dec 2018 FINAL *Revised Nov 2017*

Reviews and Drafts Log

Date updated:	Draft name/ number:	Summary of changes:	Signed off date:
1/3/17	V2	Revised following comments from Health Council on Draft 1 at Dec Health Council Meeting	
1/13/17	V3	Revised to take out actions related to developing a “rota” of churches for emergency shelters, and other small corrections following Council meeting on 1/11/17.	1/11/17
11/9/17	Final, revised	Update on progress and redefining objectives for year 2 of this plan following a review meeting held with the Health Council on 11/7/17	

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Background

History and Structure of the Council

The Robertson County Health Council began in 1997, in response to tremendous changes in the health care delivery system in Tennessee and the nation. The Department of Health implemented Health Councils throughout the state of Tennessee, with a goal to shift from treatment to prevention and to give greater ownership of healthiness to communities. In 1996, the Department of Health worked through Health Councils in the 12 communities of the Mid-Cumberland Region (one of 9 regions in Tennessee) to undertake a community-based, community-owned Diagnosis Process. This process identified the major health concerns of Robertson County residents, the impact of these issues in terms of numbers of people affected, and the impact on health and financial cost.

Following this formal process, Robertson County Health Council members were charged with enacting a plan to address these priority health areas. This was accomplished by partnering with other organizations or by developing and implementing interventions. The Robertson Health Council also provides input and planning on services and funding provided by the Department of Health and assures accountability for the state funded initiatives within their communities.

The Robertson County Health Council is a diverse group representing various professions, geographic locations, social-economic levels and ethnic groups. Currently the Council is comprised of representatives from the following Robertson County agencies and service providers:

- Robertson County YMCA
- Reformers Unanimous Addiction Program
- Robertson County Health Department
- NorthCrest Medical Center
- United Way of Robertson County
- Robertson County Mayor's Office
- UT Extension Office
- Greater Faith Community Action Corporation
- Bransford After School Program
- Springfield Police Department
- Robertson County Sheriff's Department
- Family and Children's Service (Project AWARE Robertson County)
- Roberts County Schools Nursing Services
- TNKids
- Robertson County Juvenile Court

Purpose and main activities

County Health Councils are the instrument through which health problems in the community can be assessed, health problems identified, and prioritized. They are the Department of Health's chosen way of ensuring the health plans are developed to deal with these problems at a community level. The Council exists as an advisory and support body to the TN Department of Health regarding the health problems of Robertson County.

Our main activities are to:

1. Develop a community health plan which includes health problems and needs identification.
2. Develop goals, objectives, and plans of action to meet these needs along with identifying and securing resources.
3. Establish priorities for all identified health problems.
4. Identify department/organization work teams and community agencies that should coordinate efforts with respect to each health problem prioritized.

Initially, the Community Diagnosis Process was used to assess and evaluate problems, and then establish priorities and goals for Robertson County. In 2016, the Health Council undertook a less formal assessment of needs and have now established new priorities and goals.

Who We Serve

The Robertson County Health Council serves all current residents of Robertson County, and all future residents of the county.

Key Success and Challenges

Key successes of the Robertson County Health Council over the past 10-15 years include:

- Implementing a "Homeless Count" – a point-in-time assessment of the number of homeless people in Robertson County
- Designated emergency shelter for homeless people has been identified for cold weather (fire stations, etc.)
- Emergency food supplies are now available through law enforcement for people who are stranded and/or in crisis
- A teen drama troupe was developed to deliver health and safety messages to youth
- Smoking and tobacco cessation programs have been implemented
- Health and hygiene items have been collected and are available for those who need them
- A "Spring Fling" was held to support the Bransford After School program
- An annual "Mayor's Back to School Bash" is held each year which equips children and their families with supplies and health information for the upcoming school year.

- Emergency food supplies are available through United Ministries and other faith communities.
- A county-wide “resource directory” was developed and is updated regularly by Health Council members
- Robertson County Health Council website was established
- Regular information sharing about programs and resources through monthly Health Council meetings, which are well attended by both members and guests from the community

Challenges for the upcoming several years will include:

- Helping Robertson County residents become more informed about the resources available to them to improve their health and well-being, and making these resources accessible to everyone across the county (not just in Springfield).
- Addressing the issue of homelessness in Robertson County so that all residents have an opportunity to live, learn and participate in our community fully.
- Engaging our communities of faith more in the health and well-being of our community, in a more collaborative way.
- Increasing transportation throughout the county so that Robertson County residents can access the services and health programs available.
- Address the stigma around mental health, and increase the community’s ability to respond to mental health needs, especially for our young people.
- Increase the general physical health of Robertson County residents of all ages, ethnicities, ages, and communities. This includes addressing tobacco use, obesity, diabetes, and substance abuse.
- Implementing more preventative programs including nutrition education, Youth Mental Health First Aid, budgeting education, and general health education.

Year 1 Update:

In the first year of this plan (2017) accomplishments have included:

- Healthy TN Communities application successfully submitted. Designation is expected in Spring 2018. This involved engaging many business, agencies, and churches.
- SNAP education was doubled, in partnership with UT Extension Office, Head Start, and Open Door Pregnancy Center. A new coordinator will be in place in Jan 2018.
- 20 Youth Mental Health First Aid classes were held for the community in 2017. Over 400 people are now certified in Robertson County.
- Press coverage and social media coverage for the council has increased. We have released several stories that were picked up by local papers and shared on Facebook, etc. as Health Council sponsored initiatives.
- Emergency Room visits due to dental issues has decreased 466, representing 1% of total ER visits to Northcrest Medical Center. This is a significant drop from over 600 in 2016.
- The number of uninsured children in Robertson County has reduced from 1,400 in 2015 to just over 800 in 2016.
- 6 new health council members have joined the council

- A revised and updated Resource Directory has been developed and a distribution plan put into action.
- Several discussion meetings and roundtable discussions were held with partner agencies and the community around poverty, homelessness, and recovery from substance abuse.
- The 180 Program was funded through a grant and launched. This program serves struggling families in our community. Partners have been identified to help deliver this program long term.

Vision

Our Vision is to achieve TN Healthy Community status, and to be ranked within the top 5 healthiest counties in the state.

We want a community that works together in partnership and through collaboration to ensure health resources are available to all, and that these resources are well known to the residents of the county. We want residents to be well educated, employed and empowered so that the cycle of poor health outcomes stop.

This will result in the following outcomes for Robertson County:

- Increased physical and mental health resources within Robertson County
- Homeless shelters for men, women, and families
- Decrease in obesity rates
- Increase in participation of physical activities
- More nutrition programs which bring about healthier diets
- Drops in homelessness rates
- Happy, healthy, content residents (both mentally and physically)
- Agencies, government departments, faith communities and other community members working as one to address issues together – a “one stop shop” for resources
- Safe options for abuse survivors and their children that includes tangible needs as well as wellness goals, especially for child witnesses
- Less tobacco use – no smoking in public places
- New community resources for physical activity such as playgrounds, bike rental stations, and activity centers for youth
- Increased public understanding and knowledge of mental health resources, particularly for youth
- Reductions in youth substance abuse

Mission

Our mission is to work as an efficient, effective and collaborative Council to improve the health and well-being of Robertson County residents.

Values

As a council, we are committed to working with each other and with our community members in the following ways:

- Participation of every Council Member is required.
- We will listen to each other to understand (not to just respond). Every idea or concern is valid.
- We will be accountable to each other and work between our meetings.
- We will do what we say we will do.
- We will not meet just to meet.
- We will establish clear action plans for our goals and objectives. We will work to specific timelines.
- We will walk the walk and make sure we talk to our agencies, organizations, and community members about the work we're doing together.
- We will be community-centered, working in partnership and collaboration.

Goals and Objectives

The following goals and objectives were identified by the members of Robertson County Health Council and invited community members during a series of 3 monthly meetings held between September and October 2016. This work was also informed by Mayor Howard Bradley's presentation to the Health Council in summer 2016 on his health priorities for the county.

Goal 1: Increase the physical and mental well-being of Robertson County residents through promotion of existing resources and development of new resources in our community.

NEW GOAL 1: Increase the education of Robertson County residents about physical and mental health through promotion of existing resources and development of new resources in our community. (REVISED NOV 2017)

Objectives:

- a) Begin the process of becoming of Healthy TN Community by January 2017, and will complete this successfully by January 2018. - **ACHIEVED**
- b) Engage the Robertson County Chamber and local press in communicating and promoting the Council's activities with Health TN Community project during 2017. – **ACHIEVED, but will be ongoing**

- c) Increase SNAP education of parents, doubling the number of those attending SNAP Education programs through the UT Extension Office each year. – **ACHIEVED, but we will remain active in engaging people in this program**
- d) Hold at least 2 Youth Mental Health First Aid programs for adults each year, and offer at least 2 “lunch and learn” follow-up classes each year. – **ACHIEVED, but this will continue in 2018**
- e) Decrease the number of people going to the ER for emergency dental care by 25%. (See Appendix B for baseline data and notes regarding this issue.) **ACHIEVED – will continue to reduce this in 2018.**
- f) Recruit up to 10 more health advocates and county health officials to the Health Council by the end of 2017, including more business people, EMT providers, emergency coordination personnel, etc. **PARTIALLY ACHIEVED – 21 active members at Nov 2017; will attempt to appeal directly to more health partners in 2018**

Goal 2: Develop a support network for our homeless population in the county so that people do not have to travel outside the county for services.

Objectives:

- a) Coordinate faith-based leaders to develop a council focused on developing a centralized “one-stop-shop” for resources for homeless residents across the county (not just in Springfield) by end of August 2017 and implement this by December 2017. **NOT ACHIEVED – We will work to include this in work to develop an Interfaith Anti-Drug Coalition in 2018**
- b) Develop an education program through partnership about budgeting, credit recovery, and available resources to address homelessness and the cycle of poverty by Dec 2017. **ACHIEVED – 180 Program has been identified and funded for this activity.**
- c) Reduce our homeless population by 20% by December 2018. (City count required by the state to be held in Feb 2017 will be used as a baseline.) **NOT ACHIEVED – Our homeless population continues to increase. At Oct 2017, 166 families have been identified through the school as homeless.**
- d) Advocate for domestic violence shelters to be established within Robertson County. **PARTIALLY ACHIEVED – Secure is now active again. Homesafe continues to attend Health Council meetings and is aware of the need for services in Robertson County.**
- e) Support the needs assessment for domestic violence shelter and services through Homesafe in 2017. **NOT ACHIEVED – This needs assessment has not been undertaken by Homesafe yet.**
- f) Develop plans and address the needs identified in the above assessment by Dec 2018. **NOT ACHIEVED – Will be completed in 2018/19.**

Goal 3: Increase awareness and communication about access to health care in Robertson County.

Objectives:

- a) Update the Robertson County Resource Directory annually and create a distribution plan so that this gets into the hands of people who need it (through libraries, health departments, churches, jails, courts, schools, partner websites, Robertson County Health Council websites and social media, etc.) – **PARTIALLY ACHIEVED, distribution plan needs to be put into action in 2018.**
- b) Develop an online/social media presence for the Robertson County Health Council, updating these regularly with initiatives, progress, and relevant activities to encourage participation in Health Council-led initiatives. **ACHIEVED, Facebook page is active, website is being updated and refreshed.**
- c) Investigate 211 as a potential partner and resource for our county, and ensure they have relevant, up to date information for Robertson County. **ACHIEVED, this was investigated and is being used by agencies.**
- d) Reduce the number of uninsured children in Robertson County by 35% by sending out insurance information in backpacks at a different time of year (not at the beginning of the school year) and by holding a Health Fair for uninsured families in conjunction with the Mayor’s Back to School Bash. **ACHIEVED, but future reductions will be sought in 2018.**

Success Measures and Action Plan

The following measures will be used to inform the activities of each of the working committees that will be established through the Health Council. These will be reviewed monthly by the full Health Council, and each committee will report on progress against them. Each of these measures is tied directly to our Vision, Goals and Objectives within this Health Plan.

NO.	Measures of Success and Actions:	When this will be measured:
GOAL 1: Increase the education of Robertson County residents about physical and mental health through promotion of existing resources and development of new resources in our community. (REVISED NOV 2017)		
1	Achieve one Healthy TN goal per month, and Healthy TN Community status by Dec 2017.	Monthly from Jan 2017—Dec 2017
2	Utilize technology and all means of communication to help residents access available resources	Monthly from Jan 2017
3	Promote and facilitate at least 2 Youth Mental Health First Aid classes each year.	Semi Annually – May and Oct
4	Through Mid-Cumberland Council on Children and Youth, promote and hold 2 “lunch and learns” for participants of Youth Mental Health First Aid classes	Semi Annually – March and Sept
5	Collect data on how people are using Youth Mental Health First Aid skills through online survey of certified First Aiders.	Annually—Dec 2017 and Dec 2018
6	Identify a funding partner or grant to continue to fund Youth Mental Health First Aid classes.	By June 2018

NO.	Measures of Success and Actions:	When this will be measured:
7	Double the number of parents participating in SNAP education classes.	Annually – measured Dec each year
8	Use online and other promotional methods to publicize the dental care services available in Robertson County.	Annually – measured in Dec each year.
9	Recruit up to 10 new Council members from the following sectors/agencies: <ul style="list-style-type: none"> • Open Door Pregnancy Center • District Attorney’s office • Law Enforcement • CASA • Rape Crisis Center • Child Advocacy Center • Addiction Services specialists and providers • Emergency Services (EMT, EMA, etc.) • Faith Communities • Youth Justice Team • Business members • Robertson County Chamber 	2 each quarter
Goal 2: Develop a support network for our homeless population and those in recovery (NEW 2018) within the county so that people do not have to travel outside the county for services.		
10	Investigate “one stop shop” approach utilizing churches being used in neighboring counties (i.e., Chatham)	March 2017
11	Coordinate core faith-based leaders to develop a council focused on developing a centralized location.	August 2017
12	NEW - Implement the 180 Program through partnership with churches, agencies, and others.	March 2018
13	“One stop shop” for homeless resources covering the entire county to be implemented through church leader partnership.	January 2018
14	Develop a process or method of counting the number of homeless families and individuals (including unaccompanied youth) in Robertson County	April 2018
15	Undertake a count of homeless families and individuals (including unaccompanied youth) in Robertson County at a point in time.	September 2017 then annually thereafter
16	Develop an education program through partnership about budgeting, credit recovery, and available resources.	December 2017
17	Launch education program (above)	January 2018

NO.	Measures of Success and Actions:	When this will be measured:
18	At least 50% of parents of families identified through the schools as being homeless to attend a session of the 180 Program. complete financial education course.	December 2018
19	Reduce homeless population by 20% (baseline to be set in Feb 2017)	December 2018
20	Participate in needs assessment with HomeSafe to establish if there is a need for a domestic violence shelter in Robertson County.	December 2018
21	Develop plans, in partnership with HomeSafe, to address the needs identified in above needs assessment, and implement these by Dec 2018	June 2019; implement plans by Dec 2019
22	Contact volunteer fire departments about possibly providing emergency shelter for displaced homeless families.	March 2017
22	NEW – Facilitate discussions and develop an action plan to develop an Interfaith Anti-Drug Coalition.	Dec 2018
Goal 3: Increase awareness and communication about access to health care in Robertson County.		
23	Update existing Resource Directory annually	January 2017 January 2018
24	Implement (NEW) Distribution Plan for the Resource Directory	March 2018
23	Find a printing sponsor and get Resource Directory Printed	April 2017
25	Get the Resource Directory listed on other websites (United Way, County and City websites, schools, Northcrest, etc.)	April 2017
26	Investigate 211 as a partner and ensure resources listed there are accurate, relevant and up to date.	June 2017
27	Update Health Council Website to include meeting minutes, good news stories, and plans and progress communicated to the general public.	February 2017 and monthly thereafter
28	Establish a Health Council Facebook page and populate it weekly (at least) with information about meetings, Council projects, and other Health Initiatives going on in the county.	January 2017 and monthly thereafter
29	Number of hits on the Health Council Website to increase by 25% each year (measured every 6 months)	July and December 2018 and 2019
30	Increase “likes” on Health Council Facebook page to 500	250 by Dec 2018 500 by December 2019

Management Plan

This Health Plan will be used to inform the Robertson County Health Council monthly meetings. Committees will be developed for each of our goals and these working committees will be held accountable for reporting progress against each of the objectives identified. A full review of our priorities, needs and progress will be undertaken in September of each year, and this plan will be updated if needed.

Working Committees will be in place for 2018 -2019, and will meet on an ad hoc, as needed basis. These committees will update progress against each of the goals in this plan each month at our Health Council Meetings.

Goal 1 – Education of physical and mental health resources

- Lauren Patterson (UT Extension Office)
- Rebecca Macfarlane (Project AWARE)
- Brenda Smith (WeACT Suicide Prevention Ministry through City of Faith Church)
- Rachel Caruthers (RobCo Health Dept)
- Deshnell Corbin (MidCumberland Health Dept)
- Stephanie Evans (Centerstone)
- Ashley Clinard (YMCA)

Goal 2 – Develop a support network for homeless families and recovery community

- Lisa Cobb (Robertson County Schools)
- Rebecca Macfarlane (Project AWARE)
- Johnny Norton (South Haven Baptist Church)
- Penny Paparteys (Homesafe)
- Donny King (TNKids Nutrition)
- David Thompson (Community Volunteer; former Chief of Police in Springfield)

Goal 3 – Increase awareness about access to health care

- Kathy Finley (UT Extension Office)
- Rachel Goodman (Northcrest Medical Center)
- Kelly Harris (Community Volunteer; former Health Educator with Health Dept.)
- Ryan Martin (RobCo Sheriff's Office)
- Jackie Rawls (United Way)
- Vanessa Watkins (RobCo Health Dept.)
- Michelle Powel (United Way)
- Howard Bradley (County Mayor)

APPENDIX A – Current Robertson County Health Council Membership (as at Nov 2017)

Howard Bradley
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County Mayor

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Health Educator, RobCo Health Dept.

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Robertson County Schools/TNKids Chair

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Robertson County Sheriff's Office

Rebecca Macfarlane* Chair
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Family and Children's Service (Project AWARE)

Johnny Norton
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Reformers Unanimous Addiction Program

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United Way of Robertson County

David Thompson

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County Director

APPENDIX B – Notes from Robertson County Health Council Outlining Mayor Bradley’s Health Priorities for the County (Oct 14, 2015)

Robertson County Health Council

October 14, 2015

Members Present: Mayor Howard Bradley, Ashley Clinard, Kathy Finley, David Thompson, Vanessa Watkins

Members Absent: Diane Bass, Fairy Caroland, Robert Gardner, Kelley Harris, Bill Holt, Dana Holt, Carolyn Woodard

Staff: Shirley Corker (Community Development Coordinator)

Guests: Johnny Norton (Reformers Unanimous), Erika Stanley and Charles Virgill (TSU), Martin Whiteside (TN Dept. of Health)

Business: The meeting was called to order by Co-Chair Ashley Clinard

Housekeeping/Announcements:

- The September 9, 2015 minutes were approved as submitted.

New Business:

- **Growth Development and Needs of Robertson County** - Mayor Howard Bradley started his address to the Council by talking about the inter-connectedness of things and how they all related together. He referenced the data in the 2015 Drive Your County To The Top Ten report on Robertson County noting that the County overall rated better than average. He recognized County Health Department Director Vanessa Watkins and the Robertson County Health Department for the excellent services they provide to the county, but felt these services were being under-utilized. Mayor Bradley noted one of the major problems in the county was lack of affordable dental care for adults. Lack of dental care can affect every part of the human body. **He noted the hospital has over 600 emergency dental visits per year.** The Health Department has a dental clinic but primarily only sees children on TennCare. They will do adult teeth extractions in an emergency. Mayor Bradley recognized providing adult dental services was cost prohibitive but felt there might be options through the County and State. He asked the Council's support in exploring these. **Other areas of concern was the number of homeless children (100) identified in the school system last year; and lack of communication in Robertson County.** At the end of Mayor Bradley's presentation Kathy Finley made a motion the Council write a letter of support in favor of requesting expanded dental services at the Robertson County Dental Clinic. Ashley Clinard provided a second and the motion carried by majority vote.

- Child Health Improvement Plan - Tennessee State University has been subcontracted by the Tennessee Department of Health and TennCare to create an improvement plan by next April in one of five areas. The topic chosen was child health. Charles Virgill explained his purpose in attendance was to survey the opinions and knowledge of the county in regards to specific questions in some of the following areas: oral health, youth victims of violent crime, smoking, drug use, sexual activity, high school graduation, unmarried moms, depression and other topics. He ended the session by asking members to fill in the blank for the sentence, "If we don't stop doing _____ now children's health is going to be impacted in a very negative way". Council Members all across the State are being surveyed. Once the information is compiled Council members will be extended an invitation to the TN Children's Health Improvement Summit at Tennessee State University on Friday, November 20, 2015 from 10-2:00 to have input on the information gathered. Regions will meet in February to create the final report in April that will be rolled into the Children's Health Plan. Gas cards will be provided to those attending.
- Reformers Unanimous - Johnny Norton showed a 9 minute video about the addictions program started in 1996 in Rockford, Illinois. A 140 chapters were opened in the first year. Today there are over 1066 chapters all across the United States. The premise of the program is that anyone's life can be changed. Reformers Unanimous is a faith-based free program that focuses on reforming behavior through adherence to spiritual principles.
- Review - With a few minutes remaining the following suggestions were made for ways the Council might help promote awareness about Robertson County Health Department services.
 - Link information to county and city website and partner in other ways to promote services.
 - Promote services through the YMCA.
 - Promote through Emergence Medical Services.
 - Health Council Website
 - Article in paper
 - Northcrest Social Work Department
 - Churches

Adjournment:

- The meeting was adjourned 1:30 pm.