

2023-2025 Gallia County Community Health Improvement Plan

December 1, 2023



Public Health
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**Gallia County
Health Department**

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Executive Summary

In 2022, a Community Health Assessment (CHA) was completed in Gallia County to assess the health status and health issues of Gallia County residents. The Gallia County Health Department (GCHD) contracted with Illuminology (a central Ohio based research firm) to support the CHA. The GCHD, in partnership with Holzer Health System (Holzer), and the surrounding counties of Vinton, Meigs, and Jackson, developed and implemented the survey portion of the CHA. The collaborative also completed and reviewed the collection of secondary data sets.

In 2023, the GCHD invited representatives from 24 community organizations to an in-person Community Health Improvement Plan (CHIP) meeting. Twelve organizations had representatives present to examine the results of the CHA and develop the CHIP. The CHIP is a long-standing plan that recognizes health priorities, goals, objectives, and action steps that can be undertaken by a community. The CHIP serves as a roadmap to direct the development and execution of services, programs, and policies that are intended to improve the health and wellness of Gallia County residents.

During the CHIP process, community stakeholders analyzed the CHA data and incorporated their knowledge and experiences of the community to select health priority areas to dedicate resources, time, and efforts for Gallia County. The top three health priority areas for Gallia County for this CHIP cycle are: Substance Abuse, Mental Health, and Chronic Disease Prevention.

Workgroups were organized and tasked with creating work plans to address each priority area. These workplans list specific goals, objectives, and measures to address the priorities and track progress. The workgroups considered multiple sources as they developed and finalized the health priorities and work plans. These sources included Social Determinants of Health, evidenced based practices, the Health Impact Pyramid, importance of policy, system, and environmental changes and the need for alignments with Healthy People 2030 and Ohio's State Health Improvement Plan (SHIP).

Implementation of the CHIP will begin in December 2023. Gallia County is fortunate to have a large group of dedicated community members that will oversee the implementation and evaluation of the CHIP until the next planning cycle commences in 2026.

Vision Statement

Gallia County:

A safer, more educated, and healthier
community!

Welcome from the Health Commissioner

It is my pleasure to present the 2023 Gallia County Community Health Improvement Plan (CHIP). This Community Health Improvement Plan (CHIP) will serve as a roadmap to improving the health of Gallia County residents.

The Community Health Improvement Plan is data driven with baselines and targets to monitor progress. This plan will be implemented by multiple community partners through 2025. It may be edited and updated at the discretion of the priority workgroups. Annually, the plan will be reviewed to reflect accomplishments and new areas of need. The 2023 CHIP and 2022 Community Health Assessment (CHA) are available on the Gallia County Health Department website (www.galliacohealth.org).

This plan would not be possible without the dedication and participation from multiple community agencies, residents, and stakeholders. Data from the 2022 Community Health Assessment, along with data gathered from multiple community organizations, led the CHIP steering committee in their CHIP priority selection. Stakeholder groups were formed for each health priority area and workplans were developed to target priority areas with evidenced based objectives and actions.

Gallia County is fortunate to have organizations and residents that are dedicated to improving the health and future for all Gallia County residents. I encourage all Gallia County residents to contribute to this effort and join the Gallia County Health Department and multiple community partners in working towards a healthier Gallia County.

Sincerely,



Gerald E. Vallee, MD
Health Commissioner/Medical Director

Introduction

The latest version of the Gallia County Community Health Assessment was completed in 2023. The Gallia County Health Department (GCHD) and multiple partners, led a comprehensive assessment of the community's health status to achieve Gallia County's Community Health Assessment (CHA). To address the health issues identified in the CHA, the GCHD collaborated with multiple community stakeholders to gather inputs and inform a vision of health for Gallia County. The group also diligently reviewed the CHA data, carefully chose health priorities based on the data, and developed a plan of action to address the priorities. The Community Health Improvement Plan (CHIP) is a long-standing plan that recognizes health priorities, goals, objectives, and action steps that can be undertaken by a community. The CHIP serves as a roadmap to direct the development and execution of services, programs, and policies that are intended to improve the health and wellness of Gallia County residents.

The following report provides a brief description of the CHIP process utilized to engage Gallia County residents and partners in the creation of the CHIP. A section summarizing each identified health priority can be located after the summary section. This document provides information into the goals and key measures for each identified health priority along with data that is evidence of its importance. Complete work plans that detail goals, objectives, action steps, and time frames can be located in Appendix B. Appendix C has a complete list of key terms. Gallia County assets and resources can be located in Appendix D of this document.

The Process

The Gallia County Health Department was responsible for leading and ensuring there was collaboration throughout the CHIP development process. GCHD staff served as the facilitator while organizing and leading CHIP project meetings. The overall CHIP process occurred over the course of eight months. The timeline of the CHIP development can be viewed in Figure 1. Twelve community partners (steering committee) representing various sectors of the community were engaged in the development of the CHIP.



Figure 1: Gallia CHIP development timeline

Visioning

The vision of health for Gallia County was adopted in 2016. With each CHIP cycle, the vision is revisited to ensure it remains the guiding principle. During that vision process, the community was asked to identify an ideal future for the county, what a healthy community meant to them, and what definition of a healthy community best captured their vision of health. In May 2023, the steering committee reviewed the 2016 vision of health for Gallia County. The group decided to make changes to reflect the work that had already been conducted to improve the health of Gallia County residents. The approved vision and guiding principle for this CHIP is:

Gallia County: A safer , more educated, and healthier community!

After the visioning process, the steering committee established priorities and developed action plans that delineate the work of the CHIP.

Developing Priorities

Identifying Health Priorities

The steering committee participated in a process to review the CHA and prioritize the most pressing health issues impacting Gallia County. When determining the priorities, the steering committee utilized the following questions:

1. What is the extent of this health issue? How big is the problem in Gallia County?
2. What is the significance of this health issue? Does the health issue cause serious illness or premature death throughout the population?
3. What is the feasibility of having a positive impact on this health issue? Do we have the resources and ability to create a positive change?



4. What is the impact of the health issue on vulnerable populations? Does the issue impact populations like minorities, children, and the elderly more than the general population?
5. How does this health issue align with Ohio’s priorities? Does the health issue follow the Ohio State Health Improvement Plan (SHIP) priorities of Mental Health and Addiction, Chronic Disease, and Maternal and Infant Health? Figure 2 of the CHIP outlines the CHIP alignment with state priorities and national objectives.

After reviewing the CHA data and considering the aforementioned criteria, the steering committee determined that the most pressing health priorities in Gallia County are:

1. **Substance Abuse**
2. **Mental Health**
3. **Chronic Disease Prevention**

A summary of the goals and objectives for each priority can be located in the next section of this report.

After the health priorities were selected, the steering committee brainstormed current assets and resources within Gallia County that could be utilized to address the health priorities. These assets and resources can be located in Appendix D of this report.

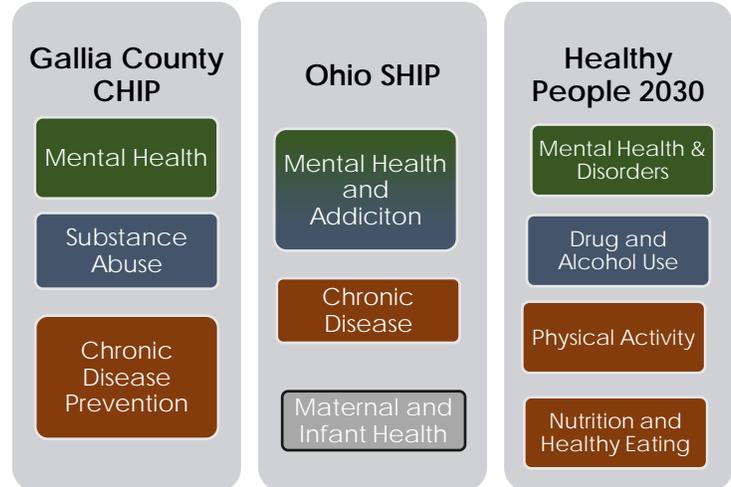
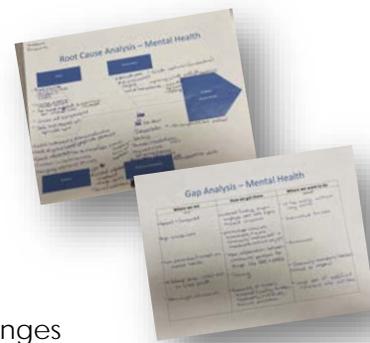


Figure 2: Gallia County CHIP alignment with state priorities and national objectives.

Work Plan Development

The workgroups for each priority came together in October 2023 to develop work plans to address the health priorities. During this meeting, each group was charged with completing a fish bone diagram to generate potential root causes for the priority areas. Each group then reviewed existing policies, assets, and resources that were available in the community. The group also considered new policies, resources, and environmental changes that were needed within Gallia County. After completing the fish bone diagram, the groups conducted a gap analysis to determine where gaps in services and programs exist. Work groups then utilized the results of both the fish bone diagram and the gap analysis to articulate goals and objectives to combat those priorities. Throughout this process, workgroups recognized a key measure for each goal to serve as outcome measures for the plan. Measurable objectives, with associated action steps and time frames were also developed to achieve the goals. Groups ensured to incorporate and consider vulnerable populations and policy changes through the planning process.



Images: Root Causes and Gap Analyses results from October 20, 2023 meeting.



Images: Gallia County community stakeholders gather at the Gallia County Health Department to draft CHIP work plans October 2023

The workgroups considered all of the following frameworks and concepts when developing workplans.

Policy, System, and Environmental Changes: These are variations in laws, policies, and the environment that effect the health of Gallia County and modify the decision to make the healthy choice the first choice for residents. These changes are maintainable and long lasting. Workgroups ensured that they were recognizing policy changes that would greatly impact vulnerable populations and address the causes of increased risks on those populations.

Social Determinants of Health: The Social Determinants of Health are issues in a community that play a role in health outcomes. They include conditions such as education, economic stability, social and community context, neighborhood and built environment, and health care access and quality. The factors have a major impact on Gallia County residents' well-being, health, and quality of life. By addressing these at the community level, an impact can be made on the individual's health status, healthcare expenses, and morbidity and mortality. Figure 3 from Healthy People 2030 provides an overview of the five domains of the Social Determinants of Health.



Figure 3: The Social Determinants of Health



Figure 4: The Health Impact Pyramid

The Health Impact Pyramid: The Health Impact Pyramid defines the success of multiple public health interventions. The base of the pyramid has the highest potential to improve health. Interventions at the higher level of the pyramid may have less of an impact on health, but the long-term success can be maximized at all levels. Figure 4 provides an example of the specific levels of the Health Impact Pyramid.

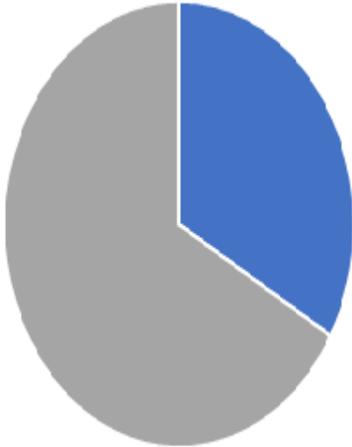
Evidence Based Public Health Practices: These programs, policies, and interventions are confirmed to be most effective in altering behavior. They generate sustainable changes to improve health.

The following pages in this document contain a summary of the selected priorities along with the goals and objectives outlined during the steering committee and workgroup meetings that aim to improve the health of all Gallia County residents.

Plan to Address Priorities

Priority: Substance Abuse

Why is this a priority? Substance Abuse, including alcohol and other drugs, impacts individuals at all levels of the community. It not only leads to overdoses and deaths, but also causes a drain on public safety resources and childhood trauma for the community’s youth. According to the 2022 Gallia County Community Health Assessment (CHA), one third of respondents say drug and or alcohol abuse is one of the top three health issues in Gallia County. Gallia County also has a higher rate of drug use and drug overdose death than the state of Ohio. Substance abuse has impacted vulnerable groups within the community from children to the elderly.



The Plan: Our community will leverage our resources to decrease substance abuse and overdose deaths in Gallia County, increase access to naloxone, educate residents on harm reduction strategies, and transform the culture of the community to save lives and improve quality of life in Gallia County.

Goals: Decrease substance abuse overdose deaths in Gallia County.

Key Measure(s): Overdose deaths

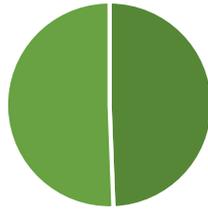
Vulnerable populations impacted by CHIP: Active drug users: Increase access to Naloxone.

Objectives:

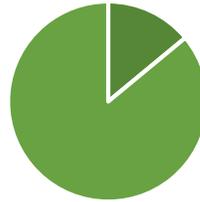
- By March 31, 2024, Gallia County will implement a Drug Overdose Review Board.
- By December 31, 2025, increase the number of individuals who are trained and equipped to administer naloxone by 20%.
- By December 31, 2025, implement Naloxbox locations throughout the county to increase access to naloxone.



Priority: Mental Health

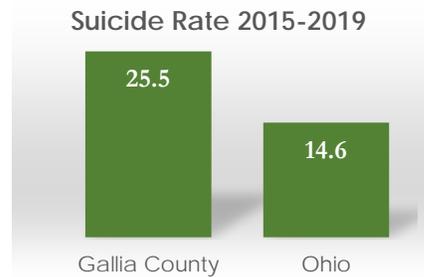


50.6% of residents report a negative impact by COVID-19 on their anxiety and depression.



14% of residents said that mental health is one of the top health issues.

Why is this a priority? An individual’s mental health influences all areas of life and has an impact on other issues that individuals are dealing with. It overwhelms the mental health system, affects families, and impacts the most vulnerable among us, children. According to the 2022 Gallia County Community Health Assessment (CHA), residents that completed the CHA survey ranked mental health as the second highest priority for the community. 50.6% of CHA survey respondents report a negative impact by the COVID-19 pandemic on their level of anxiety and depression. Additionally, community stakeholders participating in the assessment identified a strain on mental health organizations to provide the needed services to residents. The mental health issues experienced throughout the community impact both the entire population and especially children.



Our plan: Gallia County will leverage our resources to decrease the suicide rate, provide education to the community, and develop strategies to increase access to mental health services and improve mental health throughout the community.

Goals: Decrease suicide rates in Gallia County

Key Measure(s): Suicide mortality rate

Vulnerable populations impacted by CHIP: Adult males 45 years of age and older

Objectives:

- By March 31, 2024, Gallia County will implement a Suicide Review Board.
- By December 31, 2025, Gallia County will implement a Question, Persuade, Refer Suicide Prevention Training (QPR) program for residents of the county.
- By December 31, 2025, Gallia County will implement a plan for recruitment and retention of mental health providers in the community.

Priority: Chronic Disease Prevention

Why is this a priority? The community is impacted by chronic disease in many ways. Health care costs rise, individuals have a decreased quality of life, and chronic disease increases mortality. According to the 2022 Gallia County Community Health Assessment (CHA), 27.5% and 25.9% of CHA survey respondents report that the COVID-19 pandemic negatively impacted their nutrition and exercise habits. Additionally, community stakeholders participating in the assessment noted that healthy food choices are very outnumbered in the community, and access could be improved. However, cultural attitudes around nutrition also prevent residents from increasing their intake of healthy foods. Of the 2022 CHA survey respondents, 75% report at least one barrier they have to physical activity. A majority of those barriers reported had to do with a lack of time, family obligations, and young children. A majority of "other" responses relate to the fear of judgement from others and comments about the weather. Multiple programs exist within the community to aid in the prevention of chronic disease. Bringing community organizations together to decrease morbidity and mortality in the community and leveraging available resources will aid in the prevention of chronic disease.

Our plan: We will leverage our existing programs and resources to educate and empower our residents in order to decrease healthcare costs, create a culture of health, and improve quality of life in Gallia County.

Goals: Decrease obesity rate in Gallia County

Key Measure(s): Adult physical activity rate

Vulnerable populations impacted by CHIP: Elderly and pediatric residents

Objectives:

- By December 31, 2025, implement a Get Moving Gallia Campaign.
- By December 31, 2025, implement a pediatric event that highlights healthy eating/nutrition habits.



Next Steps and Call to Action

Over the next two years, the GCHD will monitor the CHIP on a regular basis. The work plans located in Appendix B provide an overview of the work to be completed towards each objective while also identifying the responsible organization/individual for implementing each of the objectives outlined in this CHIP. The GCHD will collect updates from each workgroup to determine progress made and report back to the CHIP steering committee. These workplans are amendable to allow the CHIP to evolve with the community. An annual update of the CHIP progress will be released to the public by the GCHD. The GCHD will utilize Clear Impact software to track and monitor progress.

This CHIP represents the work of a devoted group of community representatives/stakeholders. If you or your agency are interested in becoming involved with CHIP initiatives and community health improvement planning in Gallia County, please contact Brittany Muncy, MSN, RN, CPH at brittany.muncy@galliacohealth.org.

Appendices

Appendix A: CHIP Participants

Community Health Assessment Steering Committee	
Name	Agency
Jeff Boyer	Gallipolis City Police
Tammy French	Buckeye Hills Career Center
Corey Luce	Holzer Health System
Tim Miller	Gallia County Emergency Management Agency (EMA)
Thom Mollohan	Gallia County Family Children First Council (FCFC)
Connie Montgomery	Area Agency on Aging
Brittany Muncy	Gallia County Health Department
Dow Saunders	Gallipolis City Manager
Cyndal Smith	Buckeye Hills Career Center
Kristi Smith	Gallia County Job and Family Services
Angela Stowers	Gallia, Jackson, Meigs Alcohol, Drug Addiction, & Mental Health (ADAMH) Board
Craig Wright	Gallipolis City Schools

Work Group Members		
Work Group	Name	Agency
Mental Health	Tammy French	Buckeye Hills Career Center
Mental Health	Rochelle Halley	Gallia County Local Schools
Mental Health	Robin Harris	Gallia, Jackson, Meigs ADAMH Board
Mental Health	Sonya Hatem	Square One
Mental Health	Crystal Miller	Hopewell Health Center
Mental Health	Amy Sisson	Gallia County Survivor Services
Mental Health	Craig Wright	Gallipolis City Schools
Substance Abuse	Rachel Chambers	Gallia County Health Department
Substance Abuse	Matt Champlin	Gallia County Sheriff
Substance Abuse	Alexandria Cummons	Gallia County Health Department
Substance Abuse	Nick Hopkins	Holzer Health System
Substance Abuse	Thom Mollohan	Gallia County FCFC
Substance Abuse	Angela Stowers	Gallia, Jackson, Meigs ADAMH Board
Chronic Disease	Alycia Combs	University of Rio Grande
Chronic Disease	Melissa Conkle	Gallia County Health Department
Chronic Disease	Jamie Harrison	Gallia County WIC
Chronic Disease	Melissa Kingery	Gallia County Board of DD
Chronic Disease	Matt Mossburg	Holzer Health System
Chronic Disease	Teresa Reed-Powell	Area Agency on Aging
Chronic Disease	Kelly Velazquez	United Health Care Community Plan
Chronic Disease	Dr. Stephanie Wells-Mullins	University of Rio Grande
Chronic Disease	Michelle Young	University of Rio Grande

Appendix B: Work Plans

Priority #1: Substance Abuse				
Goal 1.1: Decrease substance abuse overdose deaths in Gallia County				
<i>Key Measure(s): 18 Overdose deaths in Gallia County 16 of which were Gallia County residents (2022 Vital Statistics Gallia County);</i>				
<i>Target: 15, roughly 17% decrease</i>				
Alignment with State and National Priorities:	Healthy People 2020: SU-03 Reduce drug overdose deaths			
	Ohio SHIP: Mental Health and Addiction			
Objective(s) that address policy change(s) needed to accomplish goal: 1.1.1 (Drug Overdose Review Board); 1.1.3 (Naloxbox)				
Priority Populations impacted: Active drug users				
Objectives	Measure	Action Steps	Timeframe	Lead
Objective 1.1.1: By March 31, 2024 Gallia County will implement a Drug Overdose Review Board.	Baseline: 0 Drug Overdose Review Boards Target: Implement 1 Drug Overdose Review Board	<ul style="list-style-type: none"> Establish baseline Research how already existing committees hold their reviews Establish bylaws Establish meeting schedule Determine and invite required partners 	Start: December 2023 End: December 31, 2025	Allie Cummons, GCHD
Objective 1.1.2: By December 31, 2025, increase the number of individuals who are trained and equipped to administer naloxone by 20%.	Baseline: 144 individuals trained and equipped to administer naloxone in 2022. Target: 20% over baseline	<ul style="list-style-type: none"> Establish baseline Train additional trainers Find key sectors like schools, fire departments, or larger employers Develop reporting systems for trained individuals 	Start: December 2023 End: December 31, 2025	Allie Cummons, GCHD
Objective 1.1.3: By December 31, 2025, implement Naloxbox locations throughout the county to increase access to naloxone.	Baseline: 0 Naloxbox locations in Gallia County Target: 3 Naloxbox locations in Gallia County	<ul style="list-style-type: none"> Establish baseline Determine locations Determine contact individual for each location Speak with school systems 	Start: December 2023 End: December 31, 2025	Allie Cummons, GCHD

Priority #2: Mental Health				
Goal 2.1: Decrease suicide rates in Gallia County				
Key Measure(s): 3 Suicides In Gallia County (Gallia County residents) (2022 Vital Statistics Gallia County) Target: 2, 33% decrease				
Alignment with State and National Priorities:	Healthy People 2030: MHMD-02 Reduce the suicide rate			
	Ohio SHIP : Mental Health and Addiction			
Objective(s) that address policy change(s) needed to accomplish goal: 2.1.1 (Suicide Review Board)				
Priority Populations impacted: Adult males 45 and older				
Objectives	Measure	Action Steps	Timeframe	Lead
Objective 2.1.1: By March 31, 2024, Gallia County will implement a Suicide Review Board.	Baseline: 0 Suicide Review Board Target: Implement 1 Suicide Review Board	<ul style="list-style-type: none"> Establish baseline Research how already existing committees hold their reviews Establish bylaws Establish meeting schedule Determine and invite required partners 	Start: December 2023 End: December 31, 2024	Melissa Conkle, GCHD Angela Stowers, ADAMHS Board Amy Sisson, Gallia County Survivor Services
Objective 2.1.2: By December 31, 2025, Gallia County will implement a Question, Persuade, Refer Suicide Prevention Training (QPR) program for residents of the county.	Baseline: 0 QPR Trainings available for Gallia County residents Target: 2 QPR trainings available for Gallia County residents	<ul style="list-style-type: none"> Establish baseline Include Holzer representative on committee Include Suicide Prevention Coalition representative on committee Develop QPR plan for training every 3 years in school systems Develop QPR plan for training new school staff Develop QPR plan for sector specific trainings (Clergy, Cosmetology) 	Start: December 2023 End: December 31, 2025	Amy Sisson, Gallia County Survivor Services

<p>Objective 2.1.3: By December 31, 2025, Gallia County will implement a plan for recruitment and retention of mental health providers in the community.</p>	<p>Baseline: TBD Target: TBD</p>	<ul style="list-style-type: none"> • Establish baseline • Develop a plan to advance training for existing work force to increase competency and confidence • Develop and provide burnout prevention/wellness initiatives to workforce • Recruit through improved community development 	<p>Start: December 2023 End: December 31, 2025</p>	<p>TBD</p>
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Priority #3: Chronic Disease				
Goal 3.1: Decrease obesity rate				
Key Measure(s): Decrease the % of adults aged 20 and older that were reported as being sedentary from 33% to 30% (2022 CHA)				
Alignment with State and National Priorities:	Healthy People 2020 NWS-03 Reduce the proportion of adults with obesity; NWS-04 Reduce the proportion of children and adolescents with obesity			
	Ohio SHIP : Chronic Disease Prevention			
Priority Populations impacted: Elderly, Pediatrics				
Objectives	Measure	Action Steps	Timeframe	Lead
Objective 3.1.1: By December 31, 2025, implement a Get Moving Gallia campaign.	Baseline: 0 campaigns Target: 1 active campaign	<ul style="list-style-type: none"> Establish baseline Develop planning committee to gather data, determine assets and partners Develop details for campaign including events, kick off campaign, prizes, exercise logs, and daily education. 	Start: December 2023 End: December 31, 2025	TBD
Objective 3.1.2: By December 31, 2025, implement a pediatric event that highlights healthy eating/nutrition habits.	Baseline: 0 events Target: 1 event	<ul style="list-style-type: none"> Establish baseline Develop planning committee to gather data, determine assets and partners Determine details of event (logistics, partners, advertisement, funding, etc.) Search for appropriate grant funding 	Start: December 2023 End: December 31, 2025	TBD

Appendix C: Key Terms

CHA – Community Health Assessment; the collection, analysis, and distribution of information on the health status and health needs of the community, including statistics on health status, community health needs/gaps/problems, and assets.

CHIP – Community Health Improvement Plan; a long-term and systematic plan to address health priorities that were drafted as a result of the CHA.

GCHD – Gallia County Health Department

HP2030 – Healthy People 2030; the federal government’s prevention agenda that is updated every 10 years.

ODH – Ohio Department of Health

PHAB – Public Health Accreditation Board; the accrediting organization for local, state, and tribal public health in the United States.

SHIP – State Health Improvement Plan; a CHIP completed at the State level.

Appendix D: Assets and Resources

Chronic Disease:

- Gallia County Health Department
- Holzer Health System
- Nurse Practitioners – Private Practice
- Hopewell Health Centers Federally Qualified Health Center (FQHC)
- Area Agency on Aging District 7
- Holzer Diabetic Support Groups
- Wellness Plans at all schools
- Medicaid Plans Case Management
- Snap-Ed

Substance Abuse:

- Hopewell Health Centers
- Integrated Services
- Holzer Health System
- Citizens for Prevention and Recovery/HOPE
- ADAMHS Board
- Field of Hope
- Holzer Opioid Committee
- Harm Reduction Program
- Health Recovery Services
- Cardinal Recovery
- Gallia County Health Department
- Drug Free Clubs of America (DFCA) - Buckeye Hills Career Center & Gallia County Local Schools
- Alcoholics Anonymous – Narcotics Anonymous
- All schools
- Recovery Courts/Drug Courts
- Treatment Alternatives to Street Crime
- Ohio Valley Physicians
- Law Enforcement
- Smith Family Health Care
- Youth Athletic Program/other clubs
- Faith-based programs
- French Art Colony & Ariel – Lessons in the Arts
- Spero Health
- Square One

Mental Health

- Hopewell Health Centers Crisis Unit
- Hopewell Health Centers Outpatient Services
- Integrated Services
- Citizens for Prevention and Recovery/HOPE
- Health Recovery Services

- ADAMHS Board
- Suicide Hotline
- School Counselors
- Social Worker – Schools
- Psychologist – Schools
- CPR Suicide Prevention Committee
- Faith Based Communities
- Youth Athletics/Clubs
- French Art Colony & the Ariel – Lessons in the Arts/Music
- Victim Services
- Holzer Health System’s Crisis
- Private providers
- Square One