

2017 State of the County's Health Report

MITCHELL COUNTY



The 2015 Community Health Assessment Priorities are:

- 1. Substance Abuse Prevention and Increasing Availability/ Access of Mental Health Services**
- 2. Healthy Living Behaviors/ Lifestyles and Chronic Disease Prevention**
- 3. Social Determinants of Health**

The 2017 SOTCH will be communicated to stakeholders, community partners, and the general population in the following ways:

- Presented to the Toe River District Board of Health
- Presented to Mitchell County Health Partnership Steering Committee
- Posted on the local WTOE radio website:
<http://www.ourlocalcommunityonline.com/>
- Posted on the Toe River Public Health District website: www.toerverhealth.org
- Placed at the Spruce Pine & Bakersville Public Library

2017 State of the County's Health Report Scorecard - Mitchell County



The 2015 Community Health Assessment priority areas are:

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

The following SOTCH Scorecard was created and submitted on **April 30, 2018** in order to meet the requirements for the **Mitchell County** annual State of the County's Health (SOTCH) Report.

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

Scorecard helps communities organize their community health improvement efforts:

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

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

- [WNC Healthy Impact](#)
- [2017 County Health Data Book](#)
- WNC Healthy Impact Secondary Data Workbook Update (Update available in June 2017)

Substance Abuse Prevention and Increasing Availability/Access of Mental Health Services

R	Mitchell	Mitchell County Free from Substance Abuse. Residents of Mitchell County Have Access to Mental Health Services.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in 2017

The following progress was made in 2017 on our action plan interventions for Substance Abuse Prevention and Increasing Availability/ Access to Mental Health Services in Mitchell County.

- **Naloxone Initiative:** This service is distributed through the Mitchell County Sheriff's Office, Mitchell County Police Department, and local EMS; in partnership with regional tobacco coordinator and medical providers. The overall goal of this program is to reduce opioid overdoses in the county by 3% within the next three years. Progress has been made throughout the county by placing a Naloxone kit and AED in approximately ten cars. Each officer was also provided the proper training to administer the Naloxone kit to an individual who may have overdosed. An information session was held at a local church to provide the community with information and knowledge on the growing Naloxone distribution within the county and the ways of use, and when it is needed.

- **Marketing Strategies to Increase Awareness and Education on Dangers of Substance Use:** Mitchell and Yancey Counties are excited to announce funding awarded to each county to address the opioid crisis. This has encouraged a vast partnership among several local agencies, including the drug task force, local representatives, law enforcement, healthcare, schools, colleges, and other community partners, to implement strategies that prevent the misuse of prescription and illicit opioids. Strategies implemented include:
 - The Lock Your Meds campaign and other initiatives, to promote secure medication storage; train prescribers about safer prescribing options and utilization of the Controlled Reporting System
 - Events and permanent medication drop boxes to safely collect and dispose of medications that are no longer needed; and
 - Other activities to raise awareness on
 - The harmful effects of the misuse of prescription and illicit opioids among young adults, parents, and others
 - The importance of using prescriptions as prescribed, securely storing medications in the home, and properly disposing of no longer needed medications.
 - Awareness campaigns on marketing the risks of substance abuse and ways to help families to the citizens of Mitchell County.
 - For example radio commercials, billboards, and others.
- **Needle Exchange System/Safe Needle Disposal Program:** Through the Mission Community Grant, the Mitchell-Yancey Substance Abuse Task Force has funds to establish safe needle disposal sites in Mitchell County. Working with Toe River Health District, Blue Ridge Regional Hospital and local Law Enforcement Agencies determine the best strategy. Mitchell County has been in discussion about a needle exchange program but isn't confident in implementing the program to its full capacity due to sustainability and community support.
- **Increase Behavioral Health Care:** Bakersville Community Health Care Center, our local FQHC, recently hired a substance abuse counselor. This counselor will be open to the public to provide counseling to individuals addicted to different types of drugs.
- **Prevent Substance Use (tobacco mainly) Initiation among Youth and Young Adults:** The Youth to Youth Initiative is an initiative through the Mitchell- Yancey Substance Abuse Task Force, that targets schools in both counties. The initiative's projects involve creating safe disposal videos made by children within the school system and taking field trips to local sheriff departments to watch the proper disposal of sharps. For younger students, the initiative has fun activities such as Samantha Skunk videos. They also have informational social media sites.
 - Motivational Speaker, Ty Sells, makes a visit to all the middle and high schools to address risky behaviors to all students during Red Ribbon Week.
 - Several agencies (PATH, MYSATF, and Possibility of Wellbeing) teamed up for 8 FREE classes, open to the community members, on stress prevention and management, which included recovery.
- **Eliminate Exposure to Secondhand Smoke:** No progress has been made towards this specific action plan.
- **Promote Quitting Tobacco Use among Youth and Adults:** No progress has been made towards this specific action plan.

Additionally, the following progress was made in 2017 on Substance Abuse Prevention and Increasing Availability/ Access to Mental Health Services in Mitchell County.

- **Lockbox Distribution:** These personal medication lockboxes were distributed throughout the area through the Project Lazarus grant funding. These lockboxes allow people in their home to safely put their medications up and out of sight so that an array of individuals, ranging from intruders to children, have a harder time finding the medications. More than 50 lockboxes have been distributed throughout the Mitchell County community through Child Fest, the Back to School expo, and through Parent Teacher Conferences at both Middle Schools, just to name a few.
- **Creation of a Regional Drug Awareness Workforce:** Mitchell County Sheriff was a major key component in creating this committee across the tri-county area to tackle the epidemic by sharing experiences, challenges, and successes with other law enforcement officers, medical providers, and community agencies.
 - "A Time to Remember, A Time to Act" Kickoff Event: This event brought together a diverse group of individuals for the purpose of raising awareness on overdoses and reducing the stigma of drug-related deaths. While some shared powerful stories of recovery, local representatives of the three branches of government were in attendance, from county commissioners and sheriffs to judges, the district attorney and a state representative. These officials came together from surrounding counties and met at Mitchell High School in August of 2017. This presentation was a time to remember the many lives that have been destroyed by drugs and the overdoses that have shortened the lives of others in Avery, Mitchell, and Yancey Counties.
- **STOP Act:** Took effect on June 29th of 2017. This new law is aimed at curbing the misuse and abuse of opioids and reducing the supply of opioid prescriptions. The Strengthen Opioid Misuse Prevention (STOP) Act of 2017, or STOP Act, is intended to reduce the supply of unused, misused, and diverted opioids circulating in NC, reduce "doctor shopping" and improve care by requiring prescribers to use tools and resources that help prevent inappropriate prescribing. NCMB supported passage of the STOP Act.

- Neonatal Abstinence Syndrome Workshop:** The Mitchell-Yancey Substance Abuse Task Force partnered with TRACES to host a neonatal abstinence syndrome workshop, discussing the best treatment methods for pregnant women who have opioid SUD. TRACES and the Task Force also teamed up to bring Dr. Blake Fagen to both Mitchell and Yancey Counties to address the opioid crisis, the stigma around addiction, and to dispel myths/educate the community on MAT as a valuable resource for treatment.

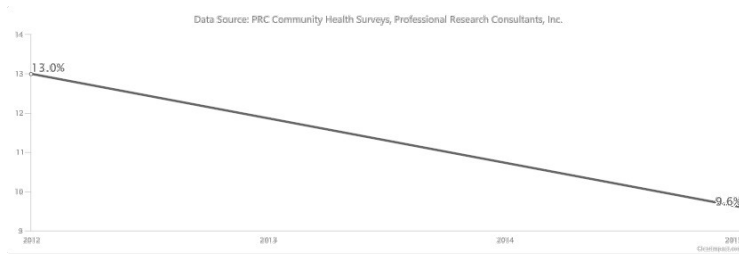
I
Mitchell
 Rate of drug overdoses in Mitchell County

 2013 19.4 — → 0 0% →



I
Mitchell
 % County residents have >7 poor mental health days in the past month

 2015 9.6% — ↘ 1 -26% ↓



P	Mitchell Naloxone Initiative	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell Marketing Strategies to Increase Awareness & Education on Dangers of Abuse	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell Needle Exchange Program/Safe Needle Disposal Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell Increase Behavioral Health Care	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell Prevent substance use (Tobacco) initiation among youth and young adults	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell Eliminate exposure to secondhand smoke	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell Promote quitting among adults and youth	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

Healthy Living Behaviors/Lifestyles and Chronic Disease Prevention

R
Mitchell
 Healthy living behaviors/lifestyles in Mitchell County. Mitchell County free from chronic disease.

 Time Period Actual Value Target Value Current Trend Baseline % Change

Progress Made in 2017

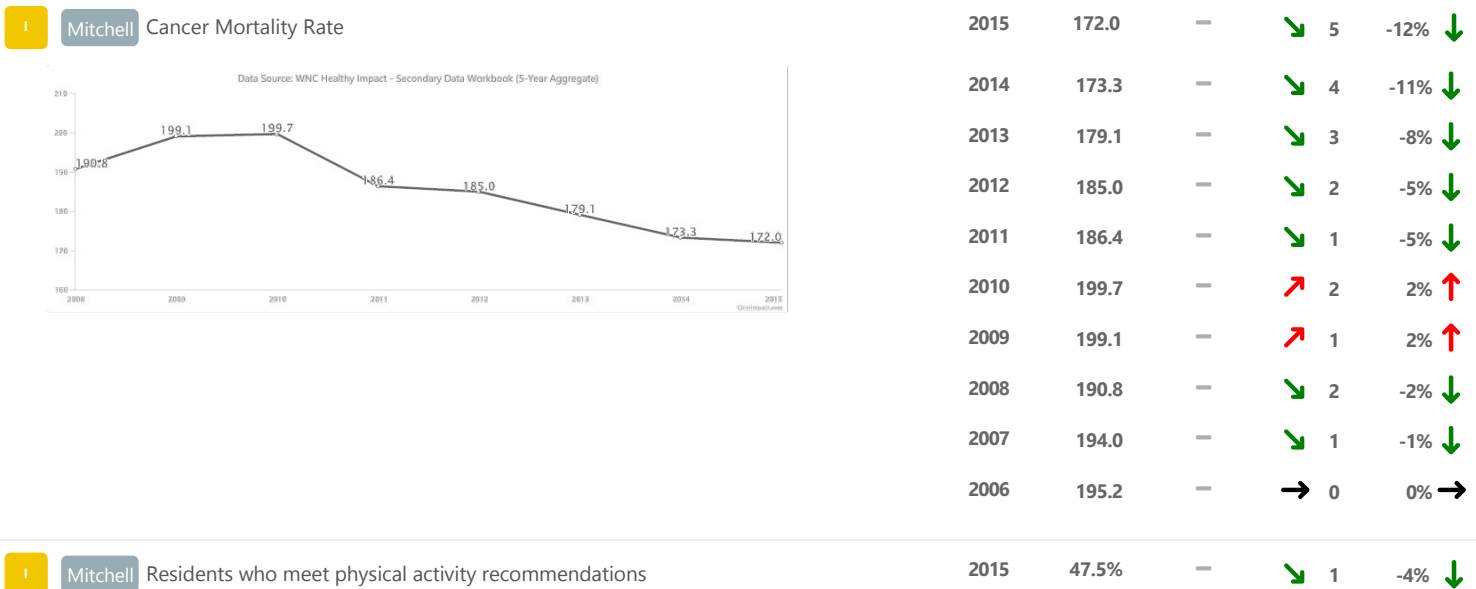
The following progress was made in 2017 on our action plan interventions for Healthy Living Behaviors/ Lifestyles and Chronic Disease Prevention in Mitchell County.

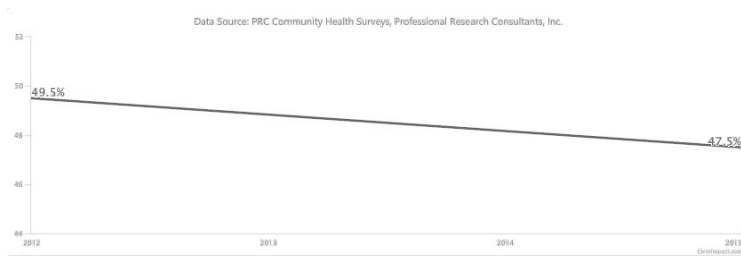
- Senior Wellness Program:** Participation in exercise for older adults has grown from 6 to 40 at the Mitchell Senior Center. The Mitchell County Parks and Recreation Department partnered with the local senior center to provide exercise classes to older adults who are interested in attending. Since the first class that was held, the attendance continues to grow every week.

- **Develop Community-Wide Campaign to Address Chronic Disease; including a branded message and educational components:** No progress has been made yet.
- **HOPE for Mitchell County, a faith-based organization that will seek to serve needs through service and outreach projects and events:** The HOPE committee meets once a month to discuss problems with local children and how to come together to fix these issues. An array of individuals meet in this committee, ranging from public health professionals to one on one psychiatrists. This group is tasked with finding ways to help children in group settings and individual settings. HOPE has helped children in any way they can by using the resources of people in the group to provide for a child.
- **Summer Tennis Camp:** This free tennis camp was held during the summer months and hosted by an array of community partners with approximately 100 kids ranging from Kindergarten to High School. The kids took part in learning the fundamentals of tennis and participated in physical activity. This program looked to give kids a reason to get outside become physically active. This activity was held, June 19th-20th, from 9:00-11:45 for varying age groups.

Additionally, the following progress was made in 2017 on Healthy Living Behaviors/ Lifestyle and Chronic Disease Prevention in Mitchell County.

- **Tuberculosis Skin Test Clinic:** Held at Mayland Community College campus for nursing students; Approximately 30 nursing students were provided this TB skin test.
- **Tai Chi Classes:** Qigong and Tai Chi classes are being offered at the Bakersville Community Health Center. The teacher is certified Tai Chi instructor Jennie Boyd Bull. These classes are hosted weekly and is open to all ages and all physical conditions.
- **Breast Health Class:** Hosted at Celo Health Center on Saturday, December 10th, at 9:30. This event was hosted by Margot Rossi. Margot believes in self-care and prevention of breast diseases. She practices Eastern Medicine and is passionate about helping women learn self-care options, and was open to all of the public including Yancey and Mitchell County.
- **MCHD attended open house at Harris Middle School and Bowman Middle School:** provided information about required Tdap and Meningitis immunizations. Approximately 500 students, in both middle schools, were provided this information.
- **Offered Flu/Pneumonia Vaccinations at Mitchell County Senior Center:** Approximately 20 individuals received these vaccinations.
- **Pink volleyball game at Mitchell High School:** this event was held to raise awareness about Cancer. Approximately \$500 was raised and given back to the health department to be used in helping meet the needs of cancer patients in our community, for things like gas and food.
- **New screening technologies installed at the BRRH facility:** lung cancer screening tomography and 3-d tomography for breast imaging. Wellness programming for 300 BRRH employees have been instituted including exercise, acupuncture, massage, and case management for hypertension, depression, diabetes and hypercholesterolemia. Participation lowers the cost of health insurance.





2012 49.5% - → 0 0% →

P	Mitchell	STAR after school program with a nutrition and physical activity component	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Develop community-wide campaign to address chronic disease	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Hope for Mitchell County	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Summer Tennis Camp	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Senior Wellness Program	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

Social Determinants of Health

R	Mitchell	Mitchell County Residents are Educated, Gainfully Employed, Food Secure, & have Health Insurance Coverage.	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Progress Made in 2017

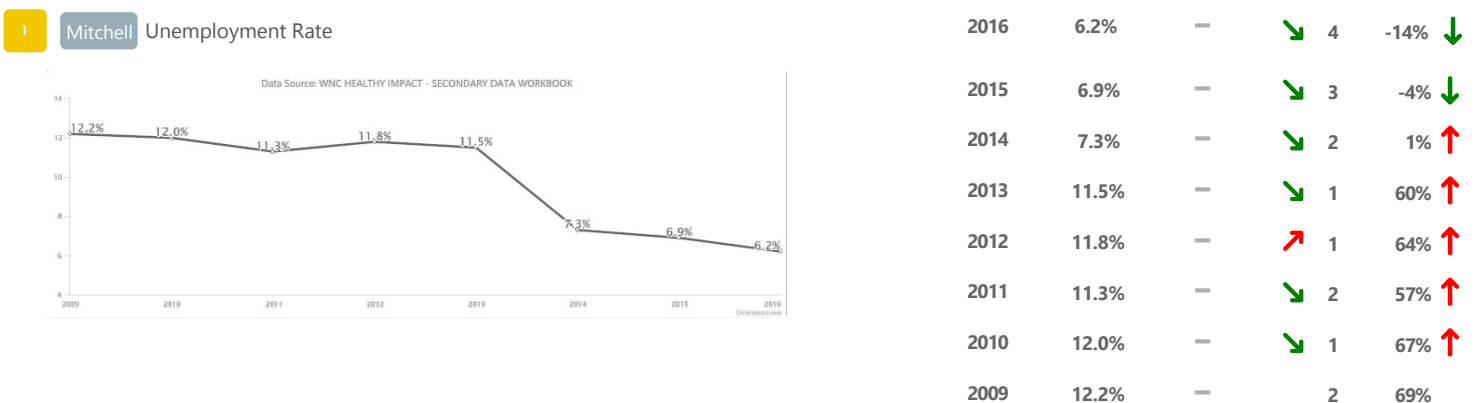
The following progress was made in 2017 on our action plan interventions for Social Determinants of Health in Mitchell County.

- Mitchell County Community Gardens and Programming:** This garden is located behind the Mitchell County Senior Center. It has continued to grow among the community. The garden features a variety of different vegetables and is open to the community. The seniors within the senior center harvest the vegetables and take them home to eat.
- Establish a System for Countywide Adverse Childhood Experience (ACE) assessments and education for families and providers:** No progress has been made.
- Toe River Project Access and Federal Qualified Health Center:** Mountain Community Health Care has expanded and improved their services through offering multiple services including the following:
 - Family Practice:** All of the physicians at Bakersville Community Health Center are board certified in family practice. They provide comprehensive health care for the individual and family across all ages and genders, emphasizing preventative care while managing chronic illness. In an age of increasing specialization in medicine, the physicians at BCHC provide personal, primary, continuing care in a patient-friendly atmosphere.
 - Chiropractic:** This complementary and alternative medicine focuses on the diagnosis, treatment and prevention of disorders of the neuro-musculoskeletal system. Both preventative and acute treatments utilizing a deep-tissue methodology continue BCHC's focus on the overall health and well-being of our patients.
 - Message Therapy:** Alternative therapies are offered as a compliment to our traditional medical practices. This non-invasive process provides comfort and an eases stress.
 - Hospital Care:** Physicians at BCHC admit and treat patients at Blue Ridge Regional Hospital. Inpatient services include medical, ICU.
- Utilizing outreach opportunities to assist citizens of Mitchell County**
 - Mitchell presented all TRHD services to parents at the Mayland Early College Parent Night
 - Set up an information table at Celebrate Recovery, where individuals who come to this program were provided with what the health department can offer recovering addicts.
 - Health Fair at Unimin School House, where MCHD provided blood pressure checks, and basic lab work.
 - Provided outreach material with an Easter Bunny visit for Head Start ICP; serving over 60 children and their parents
 - MCHD presented education on healthy relationships and risky behaviors to 30 local Foster Children at their summer retreat.

- Harvest Tables:** This event is hosted by DIG IN! This is an event where partners share food without using money. So far Harvest Tables have been established in four different neighborhoods throughout Yancey County. The set-up looks like a farmer's market, with food displayed and people free to choose what they and their families wish to eat. At Harvest Tables we have conversations about growing food, share cooking tips and recipes, and talk about what our families like (and don't like!) to eat. Abundance is gathered from the many gardens and farms in Yancey County, big and small. This way of sharing food from gardens and farms makes efficient and equitable distribution of local food to people more probable, while reducing waste. Harvest Tables do not take the place of vegetable stands and farmer's markets.
 - Share what you can, bring your garden's extra harvest
 - Take what you need, leave enough for your neighbor
 - Give what you can – time and skills, tools, transportation, ideas, money

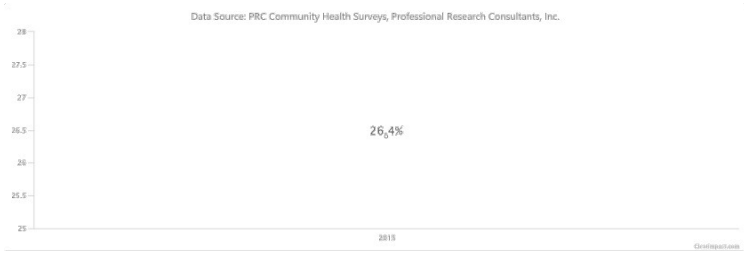
Additionally, the following progress was made in 2017 on Social Determinants of Health in Mitchell County.

- MCHD presented services at Mayland Community College:** Educating the Early College students on Healthy Relationships. Information on Healthy relationships included STD's, Female facts, Male facts, and Birth control facts. Approximately 102 students attend Mayland Early College and were presented with these materials.
- MCHD provided education and a presentation at Intermountain Children Services staff:** Conducted a training about Epi Pens, Medication administration, and Allergies. This presentation was given to approximately 43 employees at the central headstart and daycare office.
- ChildFest:** This annual event is held at Mitchell High School. Families were given information about mosquito control, radon kits, WIC services, and other services in general. More than 670 children were served during this event.
- MCHD conducted Sex Education to all 7-12 graders:** Mitchell County Health Department presented information on healthy relationships; STD's, Female facts, Male facts, and Birth control facts to approximately 891 students.
- MCHD Presented Health and Wellness Services to School System:** Mitchell County Health Department nurses presented these services to approximately 45 individuals at the county Board of Education to all public school administrators.
- Blue Ridge Christian News Back to School Bash:** Local children were given crayons, pencils, and notebooks, while services were presented such as Car Seat Safety, Child Health, WIC, and Clinic. Several families were reached that did not have any insurance and children who had not seen a provider in a while were brought in to have well-child check-ups. Over 350 kids from Mitchell County were provided backpacks and various school supplies.
- Volunteered at AMY Wee Trade Fundraiser for Imagination Library (Spring/Summer Sale):** profit from the fundraiser is used towards children 0-5yrs old in all three counties. Children will receive a book in the mail monthly until he/she starts kindergarten. The sale raised over \$5,000 at one of the two sales they host annually, setting a new record. (A Win Win Win for bringing money in for books for Imagination Library, paying parents for clothing, and other children get new to gently used clothing)
- Creation of the SEARCH group, Sustaining Essential and Rural Community Healthcare:** started in July 2017 in reaction to BRRH closing its Labor and Delivery services. Here's the website: <https://searchwnc.org/>
- Stop Hunger Now Event:** This event was hosted on October 1st beginning at 9 am at Harris Middle School. Groups and organizations that came together include churches, organizations, individuals from Yancey and Mitchell Counties. These groups came together and packaged over 50,000 meals to give out to the community.
- Community Diaper Program:** This program is targeted towards families in Mitchell and Yancey County through Bakersville Community Health Center and Celo Health Center. Families who live in these counties and are eligible for North Carolina Medicaid are eligible to purchase low cost diapers at Bakersville Community Health Center and Celo Health Center. Each eligible child can receive two packs of diapers per month.

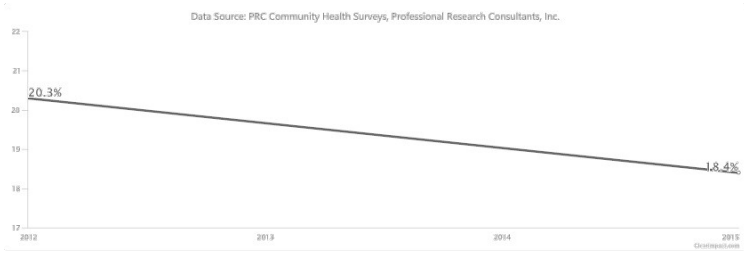


2008	8.3%	—	↗ 1	15% ↗
2007	7.2%	—	→ 0	0% →

I	Mitchell	% Residents limited in activities due to a physical, mental or emotional problem	2015	26.4%	—	→ 0	0% →
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I	Mitchell	% Residents lacking health insurance coverage	2015	18.4%	—	↘ 1	-9% ↘
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2012	20.3%	—	→ 0	0% →
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P	Mitchell	Mitchell County Community Gardens and Programming	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	ACE Assessments & Education	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Toe River Project Access and FQHC	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Utilizing outreach opportunities to assist citizens of Mitchell County	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
P	Mitchell	Harvest Tables	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change

New and Emerging Issues & Initiatives

R	SOTCH	Monitor New and Emerging Issues	Time Period	Actual Value	Target Value	Current Trend	Baseline % Change
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Notes

These are the new or emerging issues in our community in 2017 that were not identified as priorities in our CHA.

- **Loss of labor and delivery at BRRH:** Recently Mitchell County's Labor and Delivery has been closed and this presents multiple problems for the community. Many people do not have the resources to go to neighboring hospitals in McDowell and Asheville so the community has brought forth this issue via multiple outlets.
- **Local Food Consumption:** Community Surveys has brought forth the issue that local food consumption has gone down recently within Mitchell County. Many people have stopped coming to the local farmer's market, and other local food vendors and instead have opted to get their food from grocery stores.
- **Access to Affordable Healthcare:** Citizens of Mitchell County have expressed frustration with growing issues of affordable healthcare. Surveys have brought this problem to light by many individuals voicing their concern that they have nowhere to go for healthcare.

- **Growth of Elderly Population:** Just like within the United States, Mitchell County has seen a very big rise within the elderly population. With this rising population, problems such as facilities for individuals to live, proper access to transportation, and ways for elderly individuals to get in and out of buildings has become a growing concern.
- **Mitchell County Animal Rescue Surge in Cruelty:** The Mitchell County Animal Rescue has seen a surge in cases involving animal abuse, abandonment and neglect. These cases have resulted in animals being admitted to the shelter in terrible conditions ranging from broken bones, animals in need of immediate veterinary care, very poor health due to prolonged neglect, and cases of advanced emaciation and starvation.
- **Drop in Labor Force:** The Mitchell County Labor Force has fallen by about 1,000 people going from 7,300 to 6,300. The labor force constitutes people who have jobs or are seeking employment, are at least 16 years old, aren't in the military, and aren't institutionalized.

Leading Causes of Death in North Carolina 2016

Location: MITCHELL

Race: all

Gender: both

Hispanic Origin: all (Hispanic, Non-Hispanic, and Unknown)

Age: 0 - 99 years

Note: Age 99 indicates age 99 years or older.

Rank	Cause	Number	%
1	Cancer	44	19.9
2	Diseases of heart	40	18.1
3	Chronic lower respiratory diseases	26	11.8
4	All other unintentional injuries	16	7.2
5	Alzheimer's disease	14	6.3
6	Cerebrovascular diseases	8	3.6
7	Diabetes mellitus	7	3.2
8	Chronic liver disease and cirrhosis	5	2.3
	Intentional self-harm (suicide)	5	2.3
10	Influenza and pneumonia	4	1.8
	All other causes (Residual)	52	23.5
	Total Deaths -- All Causes	221	100.0

Source: State Center for Health Statistics, North Carolina



SOTCH Keep Track of New Initiatives, Current Initiatives & Community Changes

Time Period Actual Value Target Value Current Trend Baseline % Change

Notes

The following are new initiatives or changes in our community in 2017:

- **Submitted the People in Need Grant:** (Awarded this grant) this grant is a new initiative at the Mitchell County Health Department that looks to help people meet the basic daily needs for living. By providing simple things such as power bills, groceries, gas, etc., this grant provides relief to the poverty stricken families in the area. The MCHD was awarded \$7,500 to provide this relief. Strict documentation will be kept to make sure that the award isn't abused or taken advantage of.
- **Project Lifesaver:** This is a program geared towards allowing the safety of children with autism and elderly individuals with Alzheimer's. Through wearing a tracking bracelet, this program can pinpoint a person's location and take law enforcement or family directly to that individual. With a high alive confirm rate than other devices like it, this program has already had two confirmed people found alive. One of the individuals that was found made it approximately 4 miles but was safely found using this device.
- **Smoke detector program from Bakersville Fire Department:** This program is through the Mitchell County Sheriff's Office and open to the community to provide a free smoke detector with free installment.
- **MCHD volunteered in Special Olympics:** Approximately 40 children participated in this event. The outreach was to provide a good time to these kids and let them know help is available at the health department.
- **Assembled and distributed Graduation Bags for Mitchell High School Seniors:** Total of 130 bags were given to graduates. Community partners donated items to fill the graduation bags. TRHD provided flash drives that included health department services.

- **MCHD provided a TB clinic for Mitchell County DSS employees and Mitchell county Employees:** Approximately 40 people received these clinics.
- **MCHD administered and provided over 408 flu shots to county wide school system students and staff:** This saved many families from having to take time off work and take their child to get a flu shot.
- **MCHD provided a Flu shot clinic for Mitchell County DSS employees and Mitchell county Employees:** Approximately 40 individuals received flu shots during this time.
- **MCHD held Flu Clinical at Mayland for nursing students and staff:** Approximately 50 individuals received flu shot vaccinations within Mayland nursing school.
- **MCHD provided flu shots and dental varnish clinics to children at two Head start locations:** Approximately 120 vaccines were administered across the 4 counties.
- **MCHD staff assisted with the Baptist Men's Dental Bus:** This event provided 32 patients with free Dental Care.
- **MCHD gave Flu Shots at four Unimin Industries:** These flu shots were provided to all workers at Unimin Plants. 121 workers received the flu vaccination.
- **MCHD provided strong support of Blockfest:** This event is designed to help children and their parents explore math and science through block play. Children enjoyed five block play stations designed to maximize their enjoyment and learning. Parents received a block play handbook with information on the stages of block play and tips to help their children learn math and science concepts while they play at home. Block Fest accommodates 35 children and their parents in one hour sessions.
- **MCHD volunteered with Shop with a Cop:** On December 5th, fifty-eight children received the best gift they may ever have growing up. Casey Cook coordinated the effort and the Mitchell County Police Department, Mitchell County Sheriff's Department, along with North Carolina State Troopers helped follow through with the event. The money for these children is fundraised, and donated through local churches and other agencies. These police officers along with community volunteers from different agencies helped 58 children "Shop with a Cop" and receive gifts and memories they will cherish for a lifetime. Each child had \$250 to spend on things such as toiletries, food, clothing, and things of interest to them. Once the child had gotten the necessary items for daily living they were allowed to buy toys that they wanted for Christmas with the left over money. The children were filled with joy as they walked around Spruce Pine Wal-Mart looking for the newest and latest toys on the shelf. Four children were randomly selected by drawing the "golden ticket" with three children receiving a prize such as an electric go kart and one child receiving the mega prize of a laptop.
- **MCHD partnered with Mayland Community College:** provided preceptorship to one nurse. Two other students also did a rotation through the clinic.
- **MCHD partnered with Frontier Nursing University:** provided preceptorship for several Family Nurse Practitioner students
- **Referrals of all children in Foster Care under 5:** Plans are prepared by Care Coordination for Children program case manager for safe care of the child.
- **Blue Ridge Regional Hospital Virtual Clinic:** A completely web-based service, Mission Virtual Clinic takes between five and ten minutes to fill out. With a guided and adaptive interview process, patients log on to a secure website and respond to a series of 15 to 20 questions pertaining to their overall health and symptoms they are experiencing. Within 60 minutes a provider will review the answers and medical history and determine whether the problem can be solved online or if the patient needs other assistance.
- **TRACTOR & Blue Ridge Regional Hospital Partnership:** TRACTOR is a nonprofit food hub that works with over 50 small family farms in counties, including Mitchell and Yancey. This program helps support local agriculture and provides local area restaurants and local grocery stores with fresh produce. Blue Ridge Regional Hospital has partnered with TRACTOR and sent 60 employees and volunteers to participate in this program and contracted four seasons in 2017 with TRACTOR to help the productivity of this program.
- **Lock Your Meds campaign:** This campaign is held throughout the county via grants. The grant that support the Lock Your Meds Campaign is the CURES grant. This campaign distributes lockboxes throughout the county to people who want to keep their medication out of sight and out of the hands of children and thieves. Countless numbers of lockboxes have been distributed; most recently 10 boxes were given to the Mitchell County Senior Center and approximately 10 lockboxes were given to the Intermountain Children Services (ICS).