

Community Health Needs Assessment (CHNA)

Section One – Introduction

This document serves as the organization’s third CHNA and Implementation Strategy (IS) and extends the effort to address our unfilled community needs identified by area leaders and the general population by a survey administered through Survey Monkey, focus group with consumers from LifeStream’s programs, two community forums conducted in the 2019 data collection cycles. The primary issue identified was **Access to Care**. Data collection strategies utilized for the CHNAs involved LifeStream partnering with our local public health departments, Florida Health, Citrus, Lake and Sumter Counties. The cross-county (Citrus, Lake, and Sumter Counties) indicated Mental health and substance use services; specialized services (across the lifespan for depression; and comprehensive screenings were identified as unmet behavioral health needs. Housing (across the lifespan); Transportation; and Homeless services were identified as the top three unmet needs. Results continued to strongly support that LifeStream was pursuing our community’s primary issue of concern. The two main issues to be addressed in this plan is (1.) Continue to enhance and expand services in Citrus County; and (2.) Build a Crisis Stabilization Unit in Clermont.

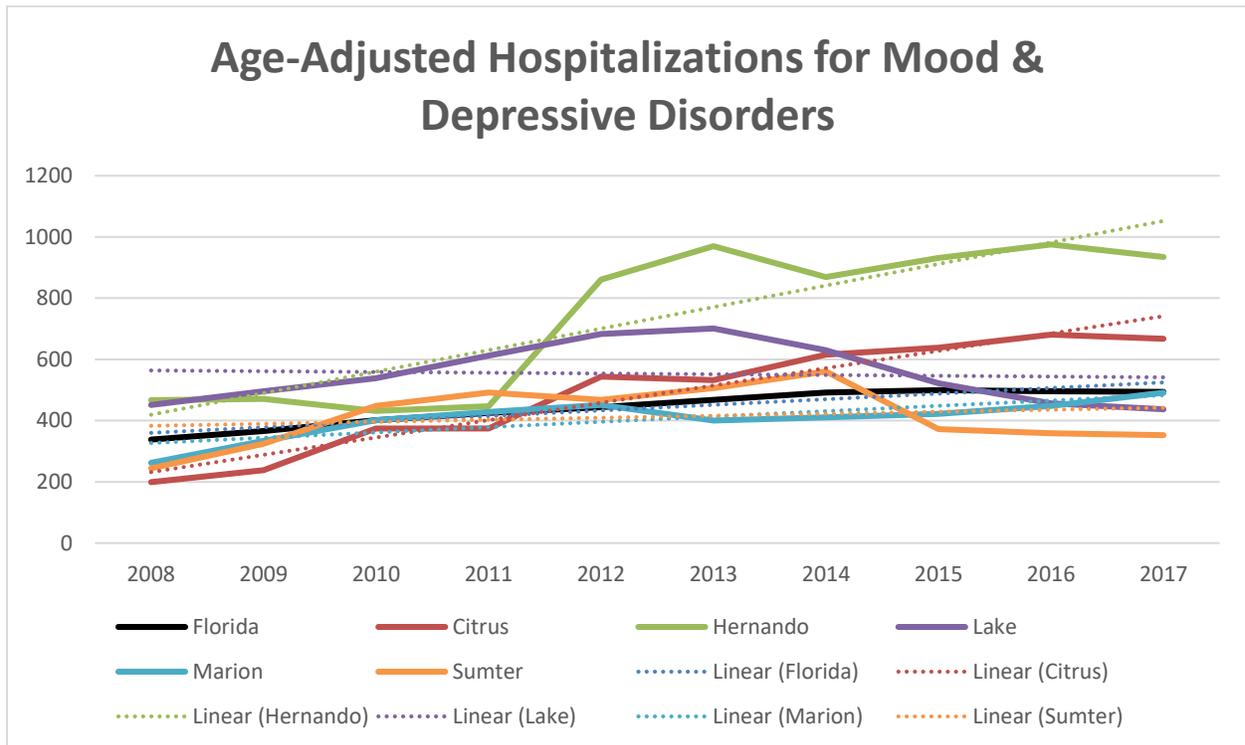
Section Two -Definition of Community Served

LifeStream Behavioral Center is a comprehensive community mental health and substance use disorder treatment organization with a full array of services. Included in this array is a state licensed forty-six bed psychiatric inpatient hospital serving adults. The organization and the hospital serve Citrus, Lake and Sumter Counties. The psychiatric hospital is centrally located within the catchment area in Leesburg Florida. LifeStream serves an area that is comprised of 300 square miles in West Central Florida and a population approaching 445,000 individuals. The area’s largest community is The Villages which is situated across Lake, Sumter and Marion Counties and will have a total of over 200,000 residents when completed in the next several years. The Villages continues to demonstrate tremendous growth with a focus on expansion in North Sumter and Western Lake Counties. There are many small towns and cities throughout the three-county area which could best be described as rural, although the eastern side of Lake County borders on Orange County and is becoming more urban serving as a bedroom community to Orlando. There currently exist 7 hospitals in the three counties. Five are acute medical/surgical, one long term acute care (Promise Hospital) and one psychiatric, LifeStream.

Section Three – Description of Service Areas

Primary Sources of Data were exercises orchestrated independently through the Citrus, Lake and Sumter County Community Health Needs Assessments (CHIP) and the continued attendance at the CHIP meetings. The purpose of these meetings under this leadership has been to organize, plan, brainstorm and analyze data collected in a variety of ways from the citizens of the respective counties. The ultimate goal of the Core Community Support Teams was to take the information

provided through citizens and determine a definitive set of goals to enhance the Citrus, Lake and Sumter Counties health care and health outcomes. Additional meetings were held in Sumter County in 2016 and currently continue. The purpose of these meetings is to update information and add action planning based on community leaders input. An independent survey was sent out to Citrus, Lake and Sumter Counties to assess the needs, service availability, coordination, delivery and gaps. LifeStream attended community meetings, CHIP and played a central role in addressing behavioral health (mental health and substance use disorder) issues, concerns, and areas for improvement. Meetings continue in Citrus County with the Mental Health Advisory Council that is comprised of key stakeholder and decision makers. Health Needs Assessments, Citrus, Lake & Sumter by County – Assessment of health care issues within and across the three-county area was determined through the following assessments: Community Health Needs Assessments (CHNA); Community Health Improvement Plan (CHIP). Other sources of data include community meetings, county profiles, and surveys and focus groups. The analysis of the assessments, surveys, meetings and secondary data identified Access to Behavioral Health and Social Services as the primary need across all three counties. Mental health treatment in Circuit 5 had a significant increase from 2012 to 2017. Statewide involuntary examinations for children have increased 49.30% from FY10/11 to 15/16, compared to a 5.53% statewide population increase from 2010 to 2015 (The Baker Act Fiscal Year 2015/2016). There was a 67% increase in adult mental health treatment. Circuit 5 has experienced an increase in mental health and substance use. There is a rising rate of behavioral issues across the lifespan. In a Circuit 5 (Citrus, Hernando, Lake, Marion, and Sumter) cross-county data review, since 2008, there has been a steady increase in hospitalizations for mental disorders. Mood and depressive disorders account for over half of the hospitalizations (Florida Department of Health, 2017). Please see the table and chart below on Age-Adjusted Hospitalizations for Mood and Depressive Disorders (Florida Department of Health, 2017):



As indicated by the chart, there are linear progressions on the number of hospitalizations. Hernando County experienced the largest spike followed by Lake County. Sumter and Citrus Counties also experienced a steady increase in the number of hospitalizations. It is important to note that Hernando, Lake, Citrus, and Sumter Counties are above the State in hospitalizations. More significantly, there has been a steady increase in the rate of suicides (Florida Department of Health, 2017). Citrus County experienced a rate increase from 3.7 in 2015 to 11.1 in 2017 in youth ages 12-18 while youth ages 19-21 significantly decreased from 19.8 in 2016 to 2.8 in 2017. Lake County experienced an overall increase from 0.0 in 2015 to 6.5 in 2017 for youth ages 12-18 and for young adults 19-21, there was a significant rate increase from 7.1 in 2015 to 13.8 in 2017. Sumter County experienced an increase for youth 12-18 from 9.8 in 2015 to 10.1 in 2017. Common mental health issues such as anxiety and depression are associated with a variety of other public health issues including substance abuse, domestic violence and suicide.

Families in Citrus, Lake and Sumter Counties continue to experience an increase in poverty, unemployment, family violence, and challenges with mental health and substance use. The patterns between drugs, alcohol, violence and crime can inform communities and service providers on programs and services to better assist individuals living in the community. Substance abuse—involving drugs, alcohol, or both—is associated with a range of destructive social conditions, including family disruptions, financial problems, lost productivity, failure in school, domestic violence, child abuse, and crime. Citrus, Lake and Sumter Counties are facing unemployment, underemployment, and lack of affordable housing. The table below provides detailed information regarding the risk factors currently facing our families in Citrus, Lake, and Sumter Counties.

Risk Factors	Fl.	Citrus	Lake	Sumter
Population below poverty level.	16.1%	24.2%	13.5%	9.9%
Families Under 100% of poverty with children under 18.	19.1%	25.2%	20.5%	22.2%
Unemployment	8.4%	7%	8.2%	7.9%
Public cash assistance; food stamps	15.2%	14.8%	16%	6.5%
Rate (per 100,000) Children 5-11 in foster care.	413.7	1,051.8	549.6	977.3
Rate (per 100,000) Children 12-17 in foster care.	410.6	846.4	592.6	412.6
Rate (per 100,000) Children 5-11 child abuse.	932.8	1511.8	958.3	1574.4
Child sexual violence per 100,00	59.8	134.1	63.4	108.9
Domestic Violence Offenses (Rate per 100,000)	536.2	569.1	499	241.7
Past 30 day use alcohol middle school	8.3%	6.8%	9.4%	8.2%
Past 30 day use marijuana middle school	3.2%	5.1%	4.2%	2.3%
Past 30 day use alcohol high school	25.5%	28.1%	26.8%	23.5%
Past 30 day marijuana use high school	17.1%	26.9%	21.3%	13.4%

Florida Department of Health, 2017

There has been an increase in substance use as well as an increase in youth experiencing a mental health crisis. Mental health treatment in Circuit 5 had a significant increase from 2012 to 2017. Statewide involuntary examinations for children have increased 49.30% from FY10/11 to 15/16, compared to a 5.53% statewide population increase from 2010 to 2015 (The Baker Act Fiscal Year 2015/2016). There was a 67% increase in adult mental health treatment.

The race and ethnicity distribution for Lake, Sumter, and Citrus Counties is as follows:

Race and Ethnicity	Citrus County	Lake County	Sumter County	Florida
Caucasian/White	93.2%	83.7%	90.2%	77.4%
Black/African American	3.1%	11.1%	7.5%	16.9%
American Indian & Alaskan Native	0.4%	0.6%	0.4%	0.5%
Asian	1.6%	2.3%	0.9%	2.9%
Hispanic or Latino	5.7%	15.4%	5.7%	25.6%
Native Hawaiian and other Pacific Islander	0	0.2%	0.1%	0.1%
Persons Reporting Two or More Races	1.7%	2.0%	1.0%	2.1%

Population estimates 2017 Census.gov

The intersecting themes among Citrus, Lake, and Sumter Counties that are impacting the quality of life for individuals and the community are identified below:

- Higher poverty
- Lack of affordable housing
- Limited transportation
- Inappropriate use of Emergency Departments for mental health and substance use.
- Access to behavioral health services

Healthy communities are defined by the conditions in the environment where individuals live, work and play. Improved and health status and community quality of life can be impacted by environment, economics, and the cultural norms and values that shape attitudes toward mental health, substance use, and engagement among families, school and the community. Providing resources is critical to obtaining a healthy community. Resources such as access to food housing, and education; access to healthcare, transportation, public safety, health promotion and prevention services, places for recreation, and a healthy and safe environment all contribute to creating healthy families, schools, neighborhoods, and communities. When the resources are scarce, the higher

the risk factors that contributes to a lower quality of life for the community and the more importantly the individuals that live in the community. Each community is unique and ways to address the needs within the community will be specific to each community.

Citrus County

Citrus County is home to over 145,647 individuals (Census.gov). The race and ethnicity distribution are as follows:

Race and Ethnicity	Citrus County	Florida
Caucasian/White	93.2%	77.4%
Black/African American	3.1%	16.9%
American Indian & Alaskan Native	.4%	.5%
Asian	1.6%	2.9%
Hispanic or Latino	5.7%	25.6%
Native Hawaiian and Other Pacific Islander	0	.1%
Persons Reporting Two or More Races	1.7%	2.1%

Population estimates: 2017 Census.gov

Citrus County has a total area of 773 square miles of which 582 square miles is land and 192 square miles or 24.8% is water. The median age is 53 years and the median income is \$31,001. Approximately 11.7% of the population and 8.5% of families live below the poverty line. 81.3% of Citrus County’s residents have a high school diploma with 15.7% having a bachelor’s degree or higher.

While many residents of Citrus County enjoy the quality of life that the county offers, the county has its share of challenges. Citrus County has limited opportunities in both education and work. The county is rural and widespread and there is a large senior population that has little desire to invest in infrastructure and schools. In addition, Citrus County was facing a crisis in access to care for behavioral health services. 14.8% of individuals under the age of 65 have no health insurance or are under insured (Community Health Assessment, 2017) creating ongoing issues with accessing much needed services. Specific to mental health and substance use, individuals were not seeking services due to long waitlists and a shortage of providers (Community Health Needs Assessment 2017). The WellFlorida Council Community Health Assessment identified emergency room (ER) overcrowding as a main problem within Citrus County. The overcrowding is threatening the quality and access to overall health care. Due to limited access to care, poverty, unemployment, and uninsured individuals, the ER has become a place for individuals to seek treatment for mental health and/or substance use needs. The over-crowding results in a back-up of services and lack of places to refer these individuals for subsequent care.

According to the 2017 Community Health Improvement Plan (CHIP), 1,169 individuals were hospitalized. Sixty-seven individuals were 17 years old and younger and 1,102 were 18 and over. During the same year, the total number of emergency department visits for mental health reasons was 11,274. Of this total, 330 persons were 17-year-old or younger and 10,944 were 18 and older (CHIP 2017). The high rate of Emergency Department visits for mental health reasons in Citrus County has been an issue for many years. In the 2018 Citrus County Community Health Assessment, for 2011-September 2017 the rates of hospitalizations for mental health reasons for Citrus County residents of all ages and those from 0 to 17 years of age have remained below state

rates with the exception of the latest data reporting period of January through September 2017 when the Citrus County rate for all ages was recorded at 7.1 per 1,000 in contrast to the state rate of 6.9 (2018). Rates have also increased for emergency department visits for mental health reasons. From 2011-2016 and for the January through September 2017 reporting period, the Citrus County rates of ED visits per 1,000 population for mental health reasons have exceeded state rates. This is also applies to Citrus County rates of ED visits for those 0 to 17 years of age and 18 year of age and older. In 2016 Citrus County rates for all ages, 0-17 and 18 and older were 94.7, 16.4, and 108.5 per 1,000 population.

According to the 2018 Citrus County Community Health Needs Assessment, the poverty rate for all individuals was higher in Citrus County than the State of Florida in 2016. Children living poverty was also higher (CHNA, 2018). Eighteen Percent of Citrus County families live below poverty (FL. Department of Health, 2018). Poverty can increase the likelihood of domestic violence, child abuse, prenatal substance exposure, and losses due to incarceration or death. According to the Department of Children and Families Summary by Intake of Maltreatment and Findings for 2018, there were 1736 Child Intakes in 2018. The top four Maltreatment intakes were (1.) Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn; (2.) Household Violence, Intimate Partner Violence, Family Violence Threatens the Child; (3.) Environmental Hazards; and (4.) Sexual Abuse-Sexual Battery, exploitation, Molestation. Below is a table detailing the maltreatment and total intakes for the above top three maltreatment categories.

	Maltreatment Intakes	Total
1	Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn	623
2	Household Violence, Intimate Partner Violence, Family Violence Threatens the Child	388
3	Environmental Hazards.	352
4	Sexual Abuse-Sexual Battery, exploitation, Molestation	146
	Overall Total Intakes	2748

Twenty-three percent (23%) of the total intakes were for the category of Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn. The summary breaks the maltreatment intakes into findings categories that include No Indicator, Not Sustained, and No Findings Entered (for special condition Investigation). Of the 2748 total intakes, 309 cases were verified. The top three maltreatments for verified intakes were: (1.) Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn-97; (2.) Household Violence, Intimate Partner Violence, Family Violence Threatens the Child -55; and (3.) Sexual Abuse-Sexual Battery, exploitation, Molestation and Environmental Hazards were tied at 25. These challenging behaviors have roots in families and communities that confront high crime rate, substance abuse, depression and domestic violence that threaten the child, and substance misuse, Addressing mental health challenges among children and youth under the age of 25 and their families have become a challenge. There is an acute need for mental health and substance use services in Citrus County. Regarding involuntary Baker Act cases, the county experiences a high rate per 100,000 persons with individuals experiencing a mental health crisis being transported out of county to either Brooksville or Ocala. There are two hospitals in Citrus County: Citrus Memorial Hospital and

Seven Rivers Regional Medical Center. Neither hospital has beds to address substance use and mental illness. Individuals that are experiencing a mental health or substance use crisis are transported to Brooksville, Ocala or LifeStream. Seventy percent of Citrus County individuals that received Involuntary Examinations were sent to The Centers in Ocala, followed by facilities in Pasco County or Alachua County (Baker Act Report, 2017). The 2018 Citrus County CHIP identified that mental health and substance abuse are major issues for Citrus County and there is a need for expanded services. More importantly, substance abuse was identified as the number one behavioral health problem; the third most important factor was access to Primary Care, and access to care to address drug abuse and alcohol abuse was ranked second and third as the biggest problems. Consequently, the 2017 CHIP indicated that there was low confidence in the community to address the aforementioned problems; however, since services did increase in Citrus County, it is important to note that in the 2018 CHIP, the confidence level slightly increased.

Lake County

Lake County residents are impacted by mental health, substance use and the intersections these issues have with the overall health and wellbeing of the community. Lake County has strong partnerships among agencies addressing mental illness and substance use; however, the resources are spread thin and continue to lessen as the challenges continue to increase.

Poverty can increase the likelihood of domestic violence, child abuse, prenatal substance exposure, and losses due to incarceration or death. Eleven point eight percent of persons living in Lake County live below poverty level (census.gov). According to the Department of Children and Families Summary by Intake of Maltreatment and Findings for 2018, there were 3006 Child Intakes in 2018. The top four Maltreatment intakes were (1.) Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn; (2.) Household Violence, Intimate Partner Violence, Family Violence Threatens the Child; (3.) Environmental Hazards; and (4.) Sexual Abuse-Sexual Battery, exploitation, Molestation. Below is a table detailing the maltreatment and total intakes for the above top three maltreatment categories.

	Maltreatment Intakes	Total
1	Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn	1126
2	Household Violence, Intimate Partner Violence, Family Violence Threatens the Child	783
3	Environmental Hazards.	492
4	Sexual Abuse-Sexual Battery, exploitation, Molestation	224
	Overall Total Intakes	4749

Twenty-four percent (24%) of the total intakes were for the category of Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn. The summary breaks the maltreatment intakes into findings categories that include No Indicator, Not Sustained, and No Findings Entered (for special condition Investigation). Of the 4749 total intakes, 277 cases were verified. The top three maltreatments for verified intakes were: (1.) Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn-81; (2.) Household Violence, Intimate Partner Violence, Family Violence Threatens the Child -38; and (3.) Sexual Abuse-Sexual Battery, exploitation,

Molestation-35. The summary of Intakes supports the 2017 data from the Florida Youth Substance Abuse Survey, which identified that Lake County families continue to struggle with family management and at-risk behaviors within the family (FYSAS, 2017). There also appears to be cultural perceptions that favor drug use and a year to year decline in neighborhood attachment (FYSAS, 2017).

According to the Social Services Needs Gap Analysis of Lake County (2009), Children of single mothers account for the significant high poverty rates as nearly 50% of the children age 5 and over 36% of the children under the age of 18. Many Lake County families with children birth-12 have family incomes not exceeding 150% of the federal poverty index. The core mental health needs and challenges with Lake County are: (1.) comprehensive mental health services for children ages 0-7; (2.) early diagnosis and entry into treatment; (3.) training in early childhood mental health, specifically early childhood trauma, and creating Trauma-Informed Schools; and (4.) Family supportive services to improve family management. Lake County is experiencing a rising rate of mental health and behavioral issues among children, youth, and young adults. Since 2008, there has been a steady increase in hospitalizations for mental disorders. Mood and depressive disorders account for over half of the hospitalizations (Flhealthcharts.org, 2017). The School-Aged Child and Adolescent 2017 Profile from Florida Department of Health, shows that there has been a steady increase in the rate of suicides. Lake County experienced an overall increase from 0.0 in 2015 to 6.5 in 2017 for youth ages 12-18 and for young adults 19-21, there was a significant rate increase from 7.1 in 2015 to 13.8 in 2017. The table below provides detailed information regarding the risk factors currently facing our children, youth, young adults and their families. It is important to note that research identified a correlation between attachment and bonding with family, friends, and the community as a protective factor and prevention measure for substance use and other at-risk behaviors.

Risk Factors	Fl.	Lake
Population below poverty level.	16.1%	13.5%
Families Under 100% of poverty with children under 18.	19.1%	20.5%
Unemployment	8.4%	8.2%
Public cash assistance; food stamps	15.2%	16%
Rate (per 100,000) Children 5-11 in foster care.	413.7	549.6
Rate (per 100,000) Children 12-17 in foster care.	410.6	592.6
Rate (per 100,000) Children 5-11 child abuse.	932.8	958.3
Child sexual violence per 100,00	59.8	63.4
Domestic Violence Offenses (Rate per 100,000)	536.2	499

Sumter County

The Community Health Status Assessment was completed in December 2011. This assessment takes a snapshot in time of the local public health system. Information for the assessment was gathered from a variety of data sources including the U.S. Census Bureau, the Behavioral Risk Factor Surveillance Survey (BRFSS), the Florida Department of Health County Performance Snapshot and others. Additionally, county-level results from the 2012 County Health Rankings published by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation were considered. The resulting analysis indicated four overarching health related concerns. These are; 1) Low enrollment in higher education, 2) A high percentage of smoking in middle and high school students, 3) A high percentage of overweight residents, and 4) Poor cardiovascular health among Sumter County residents. Sumter County is unique to other areas in the nation in that over half (52.9% in 2014) of residents are 65 plus years of age. This is due to a retirement area called “The Villages”, the largest community in the County that the US Census ranked as the fastest-growing U.S. city for the second year in a row (during the 12 months ended July 2014). The unique make up of Sumter County poses challenges to identify and address the needs among Sumter County. The demographics of Sumter County are below.

Race and Ethnicity	Sumter County	Florida
Caucasian/White	90.2%	77.4%
Black/African American	7.5%	16.9%
American Indian & Alaskan Native	0.4%	0.5%
Asian	0.9%	2.9%
Hispanic or Latino	5.7%	25.6%
Native Hawaiian and other Pacific Islander	0.1%	0.1%
Persons Reporting Two or More Races	1.0%	2.1%

As stated above, over half of Sumter County residents are 65 plus years of age. This is due to a retirement area called “The Villages”. *The Villages* has more than doubled in size since 2010 and stretches into two neighboring counties. In April 2016, the total population of "The Villages" had reached 157,000 people between the 3 counties. In Sumter County, in 2005 there was roughly 63,000 residents living within its borders, by 2010 there was around 93,000 residents, and in 2015 there was roughly 118,000 residents. Over a ten-year span, the population has almost doubled with most the growth being retirees from colder climates who are not vested in the areas surrounding The Villages. Even youth in the area that have been brought into to the County through parents who work at the retirement centers typically attend the Charter School inside the Village. Sumter County families, particularly in Wildwood, face a high percentage of transition and mobility

between Leesburg and Wildwood. Given the long history of being neighbors linked by the railroad system and both central hubs to business and trade, this trend lives on with crime, substance use, drug sales and human trafficking. Also following the families that transition between the two communities are poverty, unemployment, high drop-out rate in high schools, and family conflict that includes substance use and domestic violence. According to DCF, among Circuit 5 (Citrus, Hernando, Lake, Marion, and Sumter Counties), Lake and Sumter Counties have the highest numbers in removing children from their homes. The top three reasons for being called and child removal are: (1) Domestic Violence; (2) Substance use; and (3) Neglect.

Poverty can increase the likelihood of domestic violence, child abuse, prenatal substance exposure, and losses due to incarceration or death. In 2016-2017 58% of the youth enrolled in Sumter County Schools are below the poverty line. Most families reside in Wildwood; 29.9% of the families are below poverty level. According to the Department of Children and Families Summary by Intake of Maltreatment and Findings for 2018, there were 622 Child Intakes in 2018. The top four Maltreatment intakes were (1.) Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn; (2.) Household Violence, Intimate Partner Violence, Family Violence Threatens the Child; (3.) Environmental Hazards; and (4.) Sexual Abuse-Sexual Battery, exploitation, Molestation. Below is a table detailing the maltreatment and total intakes for the above top three maltreatment categories.

	Maltreatment Intakes	Total
1	Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn	214
2	Household Violence, Intimate Partner Violence, Family Violence Threatens the Child	186
3	Environmental Hazards.	108
4	Sexual Abuse-Sexual Battery, exploitation, Molestation	47
	Overall Total Intakes	928

Twenty-three percent (23%) of the total intakes were for the category of Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn. The summary breaks the maltreatment intakes into findings categories that include No Indicator, Not Sustained, and No Findings Entered (for special condition Investigation). Of the 928 total intakes, 88 cases were verified. The top three maltreatments for verified intakes were: (1.) Substance Misuse-alcohol, Illicit & Prescribed Drugs, Substance Exposed Newborn-33; (2.) Household Violence, Intimate Partner Violence, Family Violence Threatens the Child -21; and (3.) Sexual Abuse-Sexual Battery, exploitation, Molestation-9.

The percentage of individuals 25 years and over with no High School Diploma or equivalent for Sumter County residents was 12% compared to 15% for Florida in 2010. The Youth Risk Behavior Survey reported that 5.9% of middle school students in Sumter County reported smoking cigarettes in the past 30 days. The percentage for the state was 4.9%. The percent of high school students in Sumter County that reported smoking cigarettes in the past 30 days in 2010 was 19.1%. This is higher than the state percentage of 13.1%. Mainly, families live in traditionally rural areas of the County where longtime residents reside. These areas are more racially diverse and experience high

levels of economic hardships. 58.9% of youth are economically disadvantaged, yet Sumter County is below the state for persons living in poverty because of The Villages.

Risk Factors	Fl.	Sumter
Population below poverty level.	16.1%	9.9%
Families Under 100% of poverty with children under 18.	19.1%	22.2%
Unemployment	8.4%	7.9%
Public cash assistance; food stamps	15.2%	6.5%
Rate (per 100,000) Children 5-11 in foster care.	413.7	977.3
Rate (per 100,000) Children 12-17 in foster care.	410.6	412.6
Rate (per 100,000) Children 5-11 child abuse.	932.8	1574.4
Sexual violence per 100,00	59.8	108.9
Domestic Violence Offenses (Rate per 100,000)	536.2	241.7
Past 30 day use alcohol middle school	8.3%	8.2%
Past 30 day use marijuana middle school	3.2%	2.3%
Past 30 day use alcohol high school	25.5%	23.5%
Past 30 day marijuana use high school	17.1%	13.4%

There is a correlation between transition and mobility, lack of commitment to school, and family conflict. Sumter County families are faced with limited access to care, positive attitudes toward substance use, stigma toward mental illness, and family conflict. Poverty, high drop-out rates, unemployment, and family violence correlate to transition and mobility, and lack of commitment to community and are indicators impacting substance use and at-risk behaviors.

Research indicates that a student loses one year of school every time the student moves between schools within the formative years of education. This is significant in that if the youth is behind academically, the motivation to continue in school is lacking. It is also important to note that most of youth reported being taunted or teased or verbally bullied. This factor may also lend to the lack of commitment to school. The significance of the data indicated that Sumter County students are more likely to have changed homes of schools on one or more occasions and mainly between Wildwood and Leesburg.

The Florida Youth Substance Abuse Survey data identified that among Florida high school youth, Community Disorganization and Transition and Mobility are among the highest risk factors within the Community Domain. Poor Family Management was among the highest in the Family Domain. Poor Academic Performance and Lack of Commitment to School continue to stay the highest in the School Domain. Lastly, Favorable Attitudes toward at-risk behaviors and ATOD use are the highest among high school and adults.

In the 2016/17 school year, 58.9% of youth enrolled in Sumter County Schools are economically disadvantaged. In the City of Wildwood, where many families live, 20.9% of the population is below the federal poverty rate, versus a county rate that is below the state averages at 10.1%. The median income of residents of Sumter County is also largely divided between residents of the Villages and traditional communities. In 2015, the median household income in Sumter County

was \$50,350, yet the City of Wildwood was \$40,039 and cities such as Coleman and Webster were had a median household income of under \$30,000. The youth substance abuse issues in Sumter County, much like the adult substance use issues, lie in the still small town, agricultural communities spread throughout the County with economic struggles and decreased access to resources.

The 2016 CHIP identified substance use and access to care as a community health priority. The overall challenge is linking people to needed personal health services and assure the provision of health care when otherwise unavailable. The Community Themes and Strengths Assessment (2016) identified a specific need for drug and alcohol abuse services as a major issue to residents living outside of The Villages. Access to counseling and treatment are critical in addressing the issue of drug and alcohol abuse.

The comprehensive review of the aforementioned data along with the data extrapolated by various assessments, internal queries, and community meetings indicate that the core mental health needs and challenges within Sumter County: (1) Access to mental health crisis stabilization services in rural areas; (2.) Services for children, youth, and their families. There is a gap in services for children ages 0-5 and young adults 18-25 experiencing a mental health crisis; and (3.) Family management (poverty, unemployment, education, moving across counties, substance use, and family violence).

Data Collection Highlights – Citrus, Lake, and Sumter County

Long-term or intermittent mental illness and substance use disorders are sufficiently prevalent and costly to our communities. There is an increase on the number of hospitalizations. Lake County in among the highest in hospitalizations. Sumter and Citrus Counties also experienced a steady increase in the number of hospitalizations. Citrus, Lake and Sumter Counties are above the State in hospitalizations. This is significant as it correlates with the current events experienced by our communities specifically in the rise in youth suicides for Lake and Sumter Counties. The rise in mood and depressive disorders and the increase rates of suicide can be connected to the increase in poverty, unemployment, family violence, and mental health and substance use among our communities. The patterns between drugs, alcohol, violence and crime can inform communities and service providers on programs and services to better assist individuals reentering into the community. Substance abuse—involving drugs, alcohol, or both—is associated with a range of destructive social conditions, including family disruptions, financial problems, lost productivity, failure in school, domestic violence, child abuse, and crime. An overarching theme among the Citrus, Lake and Sumter Counties is **ACCESS. Intersecting themes among Citrus, Lake and Sumter Counties: 1.) coordinated care; 2.) transportation; 3.) screening and early diagnosis; 4.) access to substance use and mental health treatment; 5.) resources; 6.) and expansion of wellness promotion services within LifeStream.**

An integrated behavioral health (mental health/substance use disorder) service array that is coordinated with a range of supportive and social services is necessary to meet the community's needs. A comprehensive approach to address individuals needing evaluation or stabilization of their behavioral health needs was identified as critical need. More significantly was the theme of addressing the effectiveness and efficiency of the service delivery systems that are provided to the community. The data collected from the survey, focus groups, and the secondary data analysis

from community health assessments indicated that for persons experiencing psychiatric and/or substance use, a competent, continuum of services provided in the community should provide services that are timely, accessible, and have access to a wide range of supportive services.

The health and wellbeing of the community intersect with the health and wellbeing of individuals, families, schools and neighborhoods. The data collected details demographic and socioeconomic factors that often underlie or enhance the issues of mental illness, substance use, and community safety. As stated above, each community is unique and ways to address the needs within the community will be specific to each community. As a result, an on-line survey through Survey Monkey was constructed and sent out to Citrus, Lake and Sumter Counties. The link was shared among various distribution lists that would cover all three counties. The majority of the representation of the respondents was community leaders. There was also representation from educators, behavioral health providers and community members. A significant amount of respondents included medical, volunteers, substance abuse prevention coalition, public health service providers and law enforcement. Survey questions covered various topics that included unmet needs, barriers, and service continuum needs. Questions were identified through the responses of the focus groups and secondary data sources. The goal of the survey was to gain a deeper understanding of the behavioral and community health needs, service gaps, and barriers to access services among Citrus, Lake, and Sumter County residents. Focus group questions were identified by secondary data and to identify inter-agency service gaps, service need gaps among the community, and a deeper understanding of access to services and service utilization. Each theme will be reflected to provide a rich and fuller understanding of the mental health needs and challenges within the respective counties.

The overarching theme of access to mental health and substance use services were highlighted among the following sub-themes:

- Coordinated care;
- Transportation;
- Access to mental health care, specifically screening, early diagnosis and entering into treatment;
- Access to substance use treatment;
- Resources that are centralized and coordinated;
- Expansion of wellness promotion services within LifeStream.

Coordinated care

Coordinated care was an underlying theme among the focus groups and the survey. The most noted included:

- Knowledge of LifeStream Services
- Inter-agency communication:
 - Follow-up
 - Trained front-line staff

The community focus groups and the consumer focus groups had representation from Lake and Sumter Counties. The survey had representation from Lake and Citrus County. All three counties

identified that need for coordinated care. The two main were: 1.) knowledge of LifeStream services and 2.) Inter-agency communication.

LifeStream provides a behavioral health and social services continuum of care. There are over 29 site locations and 54 treatment programs. The focus groups identified that “unless you are directly working with someone from LifeStream, we are not aware of your services”. “You have so many buildings that are spread out, we are not sure what all of your services are and where to go to locate your services.” LifeStream has presence in the community meetings and often presents within the community; however, the overall assumption of the focus groups was the knowledge of all of the services that are provided.

The second theme among coordinated care was inter-agency communication. The overall assumption of the focus groups and in the survey was that there was a lack of communication between programs. Most noted included follow-up and trained front-line staff. Participants and respondents noted that there was a lack of follow-up communication between doctors and consumers outside of the scheduled appointment time; communication between case management and the psychiatric hospital staff, specific to medication management and mental health treatment; and follow-up with referring agencies. Participants and respondents noted that front-line staff is not aware of all of the programs and services provided and there was a lack of training in appropriately triaging the calls to the right programs and services. Survey respondents from Citrus County noted that the front-line staff are not aware of the Citrus County Services.

Transportation

Transportation was noted among focus groups and the survey as the most unmet need. Participants noted that this has been an unmet need for many years. The consumer focus group shared that the county service “does not pick me up”. Sumter County respondents from the consumer focus group stated that “transportation is needed to help get to appointment.” Survey results indicated transportation as the top three of unmet needs. Citrus County respondents also noted transportation as an unmet need.

Screening and early diagnosis

All three counties identified “access to mental health care” as an unmet need, specifically screening, early diagnosis and entering into treatment. In a community focus group there was an emphasis on early detection for depression, suicide, and substance use among children and adolescents. The underlying tone was the ability to detect for early diagnosis through screening. The emphasis was on identification of screening tools and plans.

Access to substance use and mental health treatment

The Citrus County respondents had a wide scale of unmet needs. Citrus County survey respondents listed behavioral health, maternal child mental health, and support services for students. Citrus County respondents also listed substance use detox facility, local Baker Act facility, and a crisis stabilization unit. Other common needs were outpatient therapy for mental health and substance

use, support services for children, and resources for adolescents with behavioral health issues. Lake County respondents listed mental health care for underserved adults and children, other options for mental health care; and the majority identified help for those individuals living with addiction and substance abuse challenges.

Resources

The community focus groups emphasized the need to know where to locate community resources. The focus groups wanted a better understanding of all of the resources that are provided within Lake and Sumter County. Citrus County respondents identified a need for a “well maintained centralized coordination of resources”. Also identified by Citrus County respondents were “resources for parents of teens with behavioral issues.”

Expansion of wellness promotion services within LifeStream

The majority of the responses fall under this theme. The sub-themes in this category include:

- **Education**
- **Support Services**

Question 5 of the survey asked the question: “Should services promoting wellness be part of LifeStream Behavioral Center’s continuum of care for your community?” Ninety-eight percent responded yes. Question 6 was a follow-up question that asked “select the wellness activities that you would like for LifeStream Behavioral Center to have in the continuum of care.” The options to select ranged from prevention and education to specific classes such as medication management, stress reduction, and support groups. The questions that followed, were prompts to provide more detailed and specific responses. Education and support services were the common themes within this category.

Education and Prevention

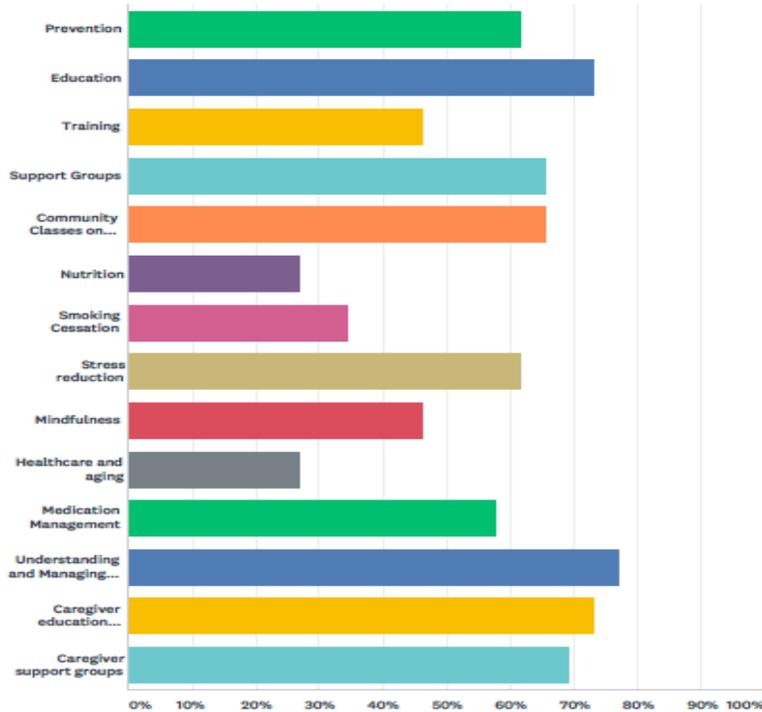
Education and prevention were the top two choices from survey respondents. This was consistent with the focus groups. The emphasis was on community classes to educate on:

- Understanding and managing mental illness (76%).
- Mental health awareness (65%)
- Stress reduction (61%)
- Medication Management (57%)

The chart below provides detailed depiction of the respondents answers.

Q6 Select the wellness activities that you would like for LifeStream Behavioral Center to have in the continuum of care.

Answered: 26 Skipped: 0



The results of the survey further supported the themes from the focus groups. The focus groups identified a need for mental health awareness, awareness of LifeStream programs and services, educating parents and caregivers on mental health signs and symptoms in early childhood, and mental health trainings on signs and symptoms. “ I think training the communities, training teachers, and training other people in the community...there are so many different services that are out there, there are a lot, but if we were educating them into early childhood challenges that come up or children’s behavioral issues have a lot to do with how the people are reacting to them.” “...we can train teachers in our community or train parents in our community and we can start identifying those issues...”

Support Services

The specific themes include:

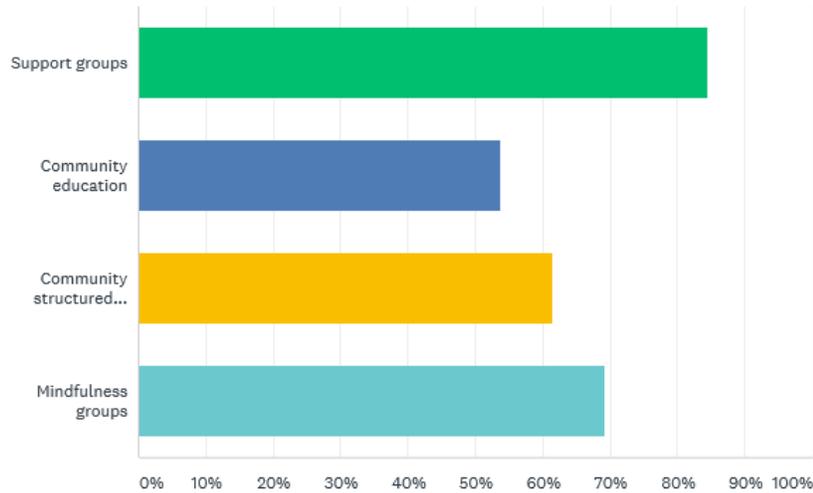
- Mental health and substance abuse support groups (84%)
- Mindfulness groups (69%)
- Community structured activities for individuals with a mental illness (61%)

Survey respondents identified a need for recovery oriented support groups that focus on mental health management (80%) and Stress reduction groups (53%). The question asked was “select the community services that you would like LifeStream to provide to enhance support for persons having mental health and/or substance use disorders. The second most selected was transportation. The focus groups, specifically the consumer focus group emphasized a drop-in center. Other

activities listed in the consumer focus groups were more services in Sumter County, specifically, psychiatric, mental health, primary behavioral healthcare, and a drop-in center.

Select the community mental health prevention services you would LifeStream Behavioral Center provide to persons developing a ment and/or substance use disorder.

Answered: 26 Skipped: 0



Summary

As noted above, Survey questions covered various topics that included unmet needs, barriers, and service continuum needs. Questions were identified through the responses of the focus groups and secondary data sources. The goal of the survey was to gain a deeper understanding of the behavioral, mental, and community health needs, service gaps, and barriers to access services among Citrus, Lake, and Sumter County residents. Focus group questions were identified by secondary data and to identify inter-agency service gaps, service need gaps among the community, and a deeper understanding of access to services and service utilization. The focus groups and the survey provided insight into service gaps, needs, and utilization. While the main barriers to utilization of services was access, such as transportation, insurance, or limited services, there were other most noted barriers such as communication, coordination of care, and knowledge of resources. Service gaps emphasized early detection through screening, support groups, education and training. Depression, suicide, and substance use were the most named in addressing need. The data analysis provides a snap shot. Extra time in community meetings and more respondents from the survey would provide a stronger analysis on the themes that were provided; however, there is evidence on a shift to health promotion and wellness promotion activities. Also evident was the urgency for additional services to enhance continuums of care.

Action Items to be Addressed (refer to Implementation Strategy)

By having services in place to address crisis stabilization and providing a comprehensive continuum of care for individuals living with mental health and substance use challenges, additional access to a Crisis Stabilization Unit and increased mental health services in Citrus County can increase the quality and availability of mental health services and improve overall access to mental health and substance use services.

Item	Description	Action Plan
Crisis Stabilization Unit-Clermont	The only psychiatric unit in Lake County is in Leesburg causing longer wait time, visits in the ED for mental health crisis, and overcrowding.	Build a Crisis Stabilization Unit in South Lake County.
Citrus County service expansion	Limited access to services, affordability of services, use of ED for mental health crisis.	Increase mental health and substance use services array.

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