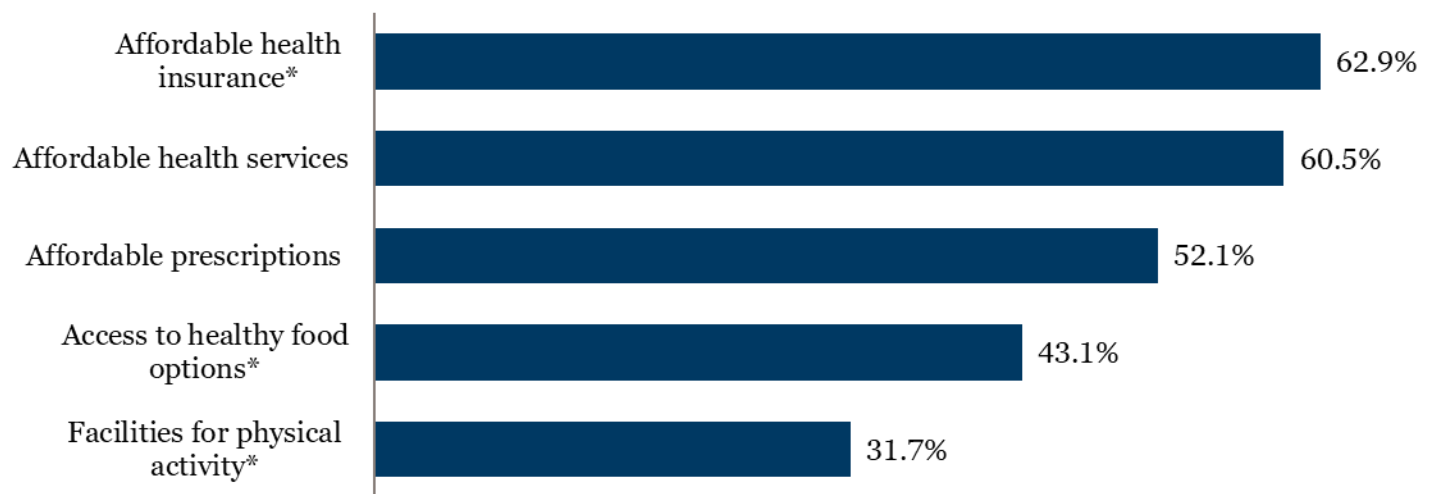


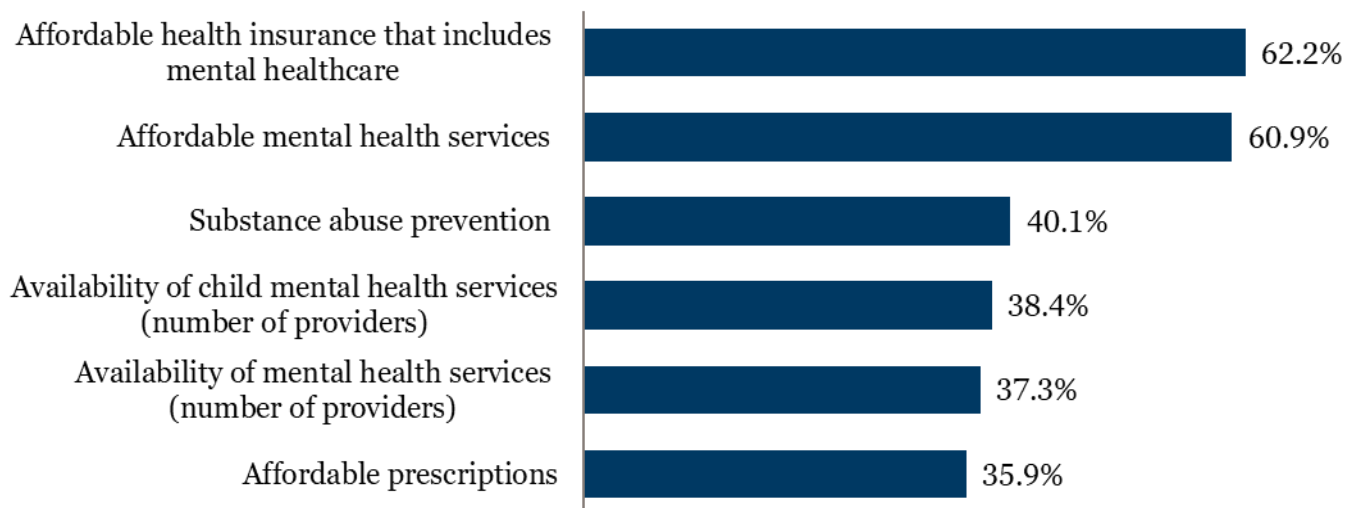
With funding from the Community Foundation of Southern Indiana, the IU Southeast Applied Research and Education Center held community listening sessions and surveyed Clark and Floyd county residents, nonprofit, business, and local government leaders, and the Foundation's fund holders to identify priorities, assets, aspirations, and opportunities for growth and improvement to support thriving communities. Findings will be used to guide the Foundation's grant making to support the community's *Priorities for Progress*.

*Health and Wellness* examines disease prevalence, health behaviors, access to care, and perceptions of local resources for health and wellness. Providing individuals with accessible health services can improve aspects of community well-being from quality of life, to educational attainment and economic potential.

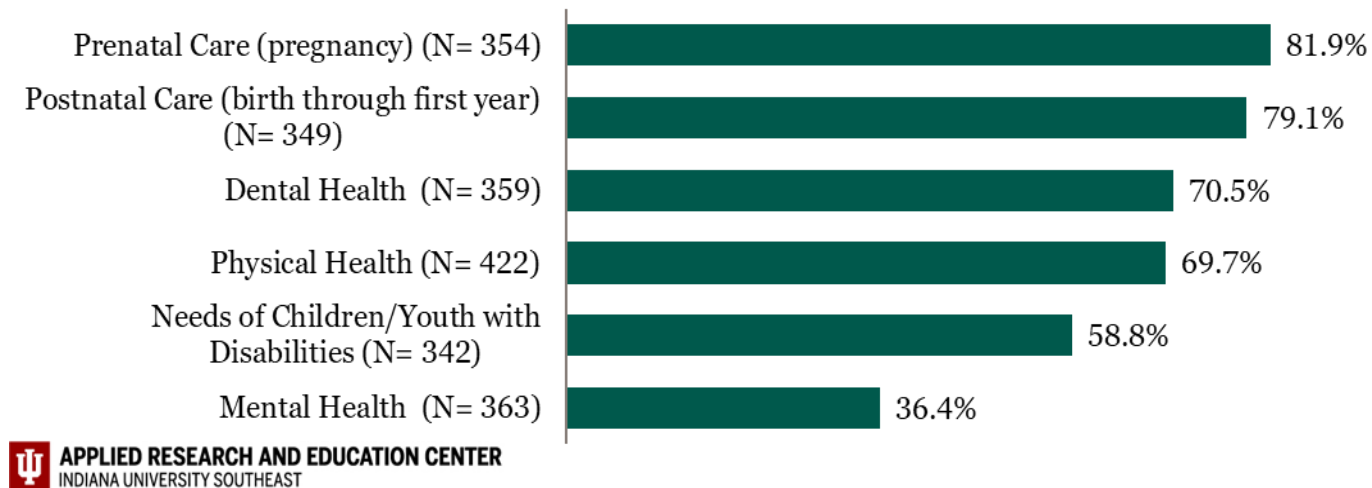
**Figure 1: Top Priorities for Physical Health (N=587)**



**Figure 2: Top Priorities for Mental Health (N=571)**



**Figure 3: Percent that rated supports for children/youth health “good” or “excellent”**



### Recommendations for Health and Wellness

Affordable access to quality health and mental health services, including substance abuse treatment, are the top priorities for Clark and Floyd counties. The local economy’s ability to provide living wages, the community’s ability to expand access to transportation, and to support successful engagement in school and employment will affect health and mental health outcomes. Availability, proximity, and cost comprise access to healthy food, physical activity, physical healthcare, mental healthcare, and substance abuse prevention and treatment. Efforts to increase access should tend to all three components.

#### *Physical Health*

- Support local organizations (public and nonprofit) bringing affordable healthcare and prescription resources to the two-county region. Coordinate efforts to ensure geographic coverage, to build effective systems for connecting residents in need to appropriate programs and services, and to identify and respond to remaining gaps.
- Advocate for universal access to affordable healthcare (including mental health) and prescriptions (including those to treat mental health and substance abuse).
- Work with local farmers’ markets, nonprofit organizations, small business owners, grocery stores, and public transportation providers to identify food deserts and develop strategies for bringing affordable healthy food to low-income families in rural and urban food deserts.

#### *Mental Health and Substance Abuse*

- Support school-based mental health, substance abuse prevention, and early intervention services as a way to increase access, improve consistent engagement with treatment, prevent youth substance abuse, and support positive educational outcomes.
- Engage schools and nonprofit organizations to support substance abuse prevention through school-based and out of school programs that nurture developmental assets found to lower risk for substance abuse (e.g. support evidence-based programs such as LifeSkills and Footprints for Life in area schools, and support youth development programs that nurture social connection, confidence, and self-efficacy).
- Work with public, for profit, and nonprofit partners to increase access to affordable substance abuse treatment, both inpatient and outpatient.