



# **Fulton County Partners for Health Community Resource Assessment 2020**

**Priority #1: Mental Health**  
**Focus Population ~ Adult – Female 30-64 with**  
**emphasis on individuals with income <25K**

<b>Program/Strategy/Service</b>	<b>Responsible Agency</b>	<b>Continuum Care (prevention, early intervention, or treatment) and Evidence of Effectiveness</b>
Parent Cafe	Maumee Valley Guidance Center	Prevention / Early Intervention
Support Group	ADAMhs Board	Post Intervention
NAMI Support Groups	www.namifourcounty.org	Intervention
Outpatient Counseling Services	Recovery Services of Northwest Ohio Maumee Valley Guidance Center FCHC AJA Behavioral Shalom Ministries Lutheran Social Services	Treatment <b>Best Practice</b>
Crisis Stabilization and Inpatient	Fulton County Health Center	Treatment <b>Evidence based</b>
Patient Health Questionnaire (PHQ9) Screening at PCP offices	Four County Suicide Prevention Coalition	Prevention <b>Evidence based</b>
Mental Health First Aid	Maumee Valley Guidance	Prevention / Early Intervention
Serenity Haven	Recovery Services of Northwest Ohio	Early Intervention / Treatment
Family Help	National Alliance on Mental Illness (NAMI)	Treatment <b>Best Practice</b>
Faith-based Counseling	Churches	Early Intervention / Treatment <b>Best Practice</b>
Screenings & Referrals	Fulton County Health Dept	Early Intervention <b>Best Practice</b>

## Priority #1: Mental Health

### Focus Population ~ Youth – Female / 17 Years Old & Older

Program/Strategy/Service	Responsible Agency	Continuum Care (prevention, early intervention, or treatment) and Evidence of Effectiveness
Signs of Suicide program (SOS)	Maumee Valley Guidance	Prevention <b>Evidence based</b>
Four County Suicide Prevention Coalition	Four County ADAMhs Board	Prevention / Early Intervention
Outpatient Counseling Services	Recovery Services of Northwest Ohio & Maumee Valley Guidance Center (MVGC) / FCHC / AJA Behavioral / Lutheran Social Services / Shalom	Treatment <b>Best Practice</b>
Suicide Prevention Awareness	Maumee Valley Guidance Center	Prevention
Counseling	School Guidance Counselors	Early Intervention & treatment <b>Best Practice</b>
Patient Health Questionnaire (PHQ9) Screening at PCP offices	Four County Suicide Prevention Coalition	Prevention <b>Evidence based</b>
Counseling	Churches	Early Intervention & treatment <b>Best Practice</b>
Screenings & Referrals	Fulton County Health Dept	Early Intervention <b>Best Practice</b>
Teen Line	Comprehensive Crisis Care	Early intervention <b>Best practice</b>
Youth Mental Health First Aid	Maumee Valley Guidance Center	Prevention <b>Evidence Based</b>
RoX Ruling Our Experiences	Fulton County Health Dept / JFS	Prevention <b>Evidence Based</b>
YAC Youth Advisory Council	HC3: Healthy Choices Caring Communities	Youth Led Prevention <b>Best Practice</b>
SBIRT – School Screenings	HC3:Healthy Choices Caring Communities	Prevention <b>Evidence Based</b>
School Support Prevention Programs	Fulton County Schools	Prevention <b>Evidence Based</b>

**Priority #2: Healthy Weight**  
**Focus Population ~ Adult-Male < 30 with an**  
**emphasis on individuals with income > 25K**

<b>Program/Strategy/ Service</b>	<b>Responsible Agency</b>	<b>Continuum of Care (prevention, early intervention, or treatment) and Evidence of Effectiveness</b>
Lifestyle Management Session/Training	Fulton County Health Center	Prevention / Early Intervention / Education
Healthy Cooking 101	Fulton County Health Center	Prevention / Education
Salt Sense	Fulton County Health Center	Early Intervention / Treatment / Education
Eat For Life	Fulton County Health Center	Prevention / Early Intervention / Education
Low Cholesterol Living	Fulton County Health Center	Early intervention / Treatment / Education
Lifestyle for Lower Cholesterol	Fulton County Health Center	Early intervention / Treatment / Education
Let's Eat	Fulton County Health Center	Early intervention / Treatment / Education
Healthy Holiday Eating	Fulton County Health Center	Early intervention / Treatment / Education
Adult Church Sports Leagues	Fulton County Villages	Prevention / Early Intervention
Dave's Running Shop Training Programs	Dave's Running Shop	Prevention / Early Intervention <b>Best practice</b>
15 and 15	Fulton County Health Center	Prevention / Early Intervention / Support / Education
Fulton County Employee Wellness Program	Insurance Company / Corporate Wellness	Prevention/Early Intervention <b>Best practice</b>
Healthy Living/Lifestyles	OSU Extension	Prevention
Rails to Trails	Northwestern Ohio Trails Association	Prevention/early intervention <b>Best practice</b>
Weight Watchers	Weights Watchers	Prevention/ treatment <b>Evidence based</b>
Learn to be: Debt and Diet Free	Fulton County Health Center	Prevention / Early Intervention / Education

**Priority #2: Healthy Weight**  
**Focus Population ~ Adult-Male < 30 with an**  
**emphasis on individuals with income > 25K**

<b>Program/Strategy/ Service</b>	<b>Responsible Agency</b>	<b>Continuum of Care</b> (prevention, early intervention, or treatment) and <b>Evidence of Effectiveness</b>
Nutrition Counseling	Fulton County Health Center	Early intervention / Treatment / Education
Dinner with the Docs	Fulton County Health Center	Prevention / Early Intervention / Education
Land Based Fitness Classes	Fulton County Health Center	Prevention / Education
Water Based Fitness Classes	Fulton County Health Center	Prevention / Education
Exercise	FCHC Wellness Center Marshall Fitness Anytime Fitness Temple Delta & Wauseon Cardio Drumming, Balance Cycle & Wellness, Fusion Training New Heights	Prevention / Early Intervention / Treatment <b>Best practice</b>
High School Weight Rooms	Fulton County High Schools	Prevention / Early Intervention
Park Trails, Basketball Courts, Tennis Courts, Volleyball Courts	Fulton County Villages	Prevention / Early Intervention

## Priority #2: Healthy Weight

### Focus Population ~ Youth – Male / 14 – 16 Years Old

Program/Strategy/ Service	Responsible Agency	Continuum of Care (prevention, early intervention, or treatment) and Evidence of Effectiveness
Land Based Fitness Classes	Fulton County Health Center	Prevention / Education
Water Based Fitness Classes	Fulton County Health Center	Prevention / Education
Parks & Recreation Sports Programs	Parks & Recreation	Prevention/early intervention <b>Best practice</b>
Exercise	FCHC Wellness Center Marshall Fitness Anytime Fitness Temple Delta & Wauseon Cardio Drumming, Balance Cycle & Wellness, Fusion Training New Heights	Prevention / Early Intervention / Treatment <b>Best practice</b>
High School Weight Rooms	Fulton County High Schools	Prevention / Early Intervention
Park Trails, Basketball Courts, Tennis Courts, Volleyball Courts	Fulton County Villages	Prevention / Early Intervention
Rails to Trails	Northwestern Ohio Trails Association	Prevention/early intervention <b>Best practice</b>
Lifestyle Management Session/Training	Fulton County Health Center	Prevention / Early Intervention / Education
Cholesterol Screenings	Fulton Co High Schools / Fulton County Health Center	Prevention / Early Intervention / Education
Dave's Running Shop Training Programs	Dave's Running Shop	Prevention / Early Intervention <b>Best practice</b>

## Priority #3: Addiction

### Focus Population ~ Youth / 6 – 12 Grade

Program/Strategy/ Service	Responsible Agency	Continuum of Care (prevention, early intervention, or treatment) and Evidence of Effectiveness
RoX Ruling Our Experiences	Fulton County Health Dept/ JFS	Prevention <b>Evidence Based</b>
Youth Led Programming Youth Advisory Council(YAC)	HC3: Healthy Choices Caring Communities	Prevention <b>Evidence Based</b>
SBIRT – School Screenings	HC3: Healthy Choices Caring Communities	Prevention <b>Evidence Based</b>
YLP Youth Led Programming (BOSS)	Fulton County Health Dept	Prevention <b>Evidence Based</b>
Youth Mental Health First Aid Training	Maumee Valley Guidance Center	Prevention <b>Evidence Based</b>
Too Good for Drugs	Recovery Services of Northwest Ohio	Prevention <b>Evidence Based</b>