



2019

**Yancey County
State of the County
Health (SOTCH) Report**



2019 State of the County's Health Report

- Yancey County



Yancey County CHA Overview Video

The 2018 Community Health Assessment priority areas are:

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

The following SOTCH Scorecard was created and submitted **March 2nd, 2020** in order to meet the requirements for the **2019 State of the County's Health Report** for Yancey County.

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](#)
- [WNC Healthy Impact Data Workbook](#)
- [NC DHHS CHA Tools](#)
- [NC DHHS County Health Data Book](#)
- [NC DHHS/ DPH CHA Data Tools](#)
- [National Institute of Drug Abuse](#)

Substance Abuse and Increasing Availability/ Access of Mental Health Services - Long Term CHIP

R	SOTCH	Yancey County is free from substance abuse, and residents have access to mental health services.	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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Progress Made in 2019

The following progress was made in 2019 on our action plan interventions for Substance Abuse Prevention and Increasing Availability/ Access of Mental Health Services in Yancey County.

- **Naloxone Initiative** - This service is provided by the Yancey County Sheriff's Office and the Burnsville Police Department in partnership with the regional tobacco coordinator and medical providers. The overall goal of this program is to reduce the opioid overdoses experienced by county citizens by 3% in the next three years. Progress has been made in the county by placing a Naloxone kit and AED in approximately ten law enforcement vehicles. Each officer was also provided the proper training to administer the Naloxone kit to an individual who may have overdosed. As of 2019 this initiative is still going on in the Yancey County Sheriff's office. The overall goal of reducing opioid overdoses will be assessed in 2020 but the Naloxone is still being distributed and the officers still have access to this resource.
- **Marketing Strategies to Increase Awareness and Education on Dangers of Substance Abuse** - The Cures Prevention grant

recently started to provide funds for education and awareness strategies in Mitchell County. The Cures Prevention staff organized work groups for programs such as Youth to Youth which is a school based program, Lock Your Meds, which is a media campaign to educate Mitchell County residents about locking prescribed medications in a lock box, and Chronic Pain Management programs in Mitchell County. The Cures grant recently started providing funding for educational opportunities and media campaigns. They are providing education and advertising via radio commercials and billboards to educate the public about the risks of substance abuse, ways to help family members who are using substances and how to properly dispose and lock prescribed medications. As of 2019 the Cures Prevention grant has billboards in Mitchell County and has produced flyers, handouts and other various sources of information that have been distributed to the community. Handouts have been provided at community events about the Lock Your Meds campaign. The Cures Prevention grant has helped facilitate the expansion of the Youth to Youth program expanding into the community high school. The Cures grant has funded chronic pain management programming for Mitchell County residents. The programming provides mindfulness education and training for residents who experience chronic pain. The programming has been advertised via flyers, email and newspaper ads.

- **Safe Needle Disposal Program** - This program is provided by the Mitchell Yancey Substance Abuse Task Force. Through the Mission Community Grant, the Task Force has funds to establish safe needle disposal sites in Mitchell County. Working with Toe River Health, Blue Ridge Regional Hospital and Law Enforcement worked together to determine the best strategy.
- **Increase Behavioral Health Care** - Celso Community Health Care Center offers a wide variety of substance abuse services. They have a substance abuse counselor who is currently working with substance abuse patients. This counselor is available to provide counseling to individuals who are suffering from addiction.
- **Prevent Substance Use (Tobacco Mainly) initiation among youth and young adults** - Youth to Youth Initiative- The Youth to Youth Initiative is an initiative through the Mitchell Yancey Substance Abuse Task Force. Targeted toward the schools of Yancey and Mitchell Counties, this initiative provides opportunities for youth, such as creating safe disposal videos, take field trips to local sheriff departments to watch the proper disposal of needles and drugs, and for the younger youth they provide fun activities such as Samantha Skunk plays. Samantha Skunk is a play that the older youth perform for younger students that teaches about good health choices, smoking stinks and medicine safety. As of 2019 this initiative is still thriving within Mitchell County. Multiple events have been held, such as hosting a play of Samantha Skunk using older Youth to Youth members in the middle school to present to the elementary school children. They also meet and participate in initiatives like making sure that gas stations aren't letting people over 21 buy alcohol for someone younger through the use of stickers placed on alcohol containers. This campaign has been dubbed the "Sticker shock" campaign. They started this campaign in April 2018. They also use other resources to educate adults about the danger of purchasing alcohol for someone else. Red Ribbon Week- Mitchell County Youth to Youth took part in Red Ribbon week with speaker Demarco Fomby coming to speak to the children in the school system.
- **Eliminate Exposure to Secondhand Smoke** - No progress has been made toward this action plan
- **Promote quitting among adults and youth** - No progress has been made toward this action plan

Additionally, the following progress was made in 2019 on Substance Abuse Prevention and Increasing Availability/ Access of Mental Health Services in Yancey County.

- **Drug Take Back Day** - This event is held for people who have outdated, unused, or unwanted prescription drugs or over-the-counter medications to dispose of. The event is held by the Substance Abuse Task Force at the Prescription Pad in Burnsville and at Blue Ridge Regional Hospital in Spruce Pine. The event is not only to take back drugs but is also used to create awareness around the need to discard old, unused prescriptions.
- **Mitchell Yancey Substance Abuse Task Force (MYSATF)** - The Mitchell-Yancey Substance Abuse Task Force (MYSATF) was established in 2009 by approximately 50 local healthcare professionals and community members concerned about the increasing rate of unintentional deaths by prescription drug poisonings. Since then, the Task Force has continued to grow including a wide range of stakeholders from both counties including: law enforcement, schools, civic organizations, medical and mental health providers, faith-based organizations, media professionals, businesses, youth and parents. MYSATF is recognized in the community as the lead convener for our counties' substance abuse prevention efforts, and recognized statewide for the strength and breadth of two-county relationships and innovative approaches. (The following are programs and things that have happened under MYSATF)
 - **After School Programs** - 60 students participated in 2019
 - **Youth to Youth (Y2Y)** - Youth-led/adult-guided groups meet in all four middle schools in Mitchell and Yancey Counties to build leadership skills and advocate for positive change in schools and the community. In the fall of 2019, the program was expanded to Mitchell High School. Participating students address issues that most teens are likely to experience, helping them to become leaders and role models amongst their peers. The skills students develop in Y2Y will serve them not only throughout their school career, but later in life as well.
 - **Cougar Fit Club** - Mountain Heritage High School students who have been identified by school counselors as being

Target 11.1.1.1 Mountain Heritage high school students who have been identified by school counselors as being pre-disposed for developing risky lifestyle behaviors meet at the Blue Ridge Regional Fitness Center in Burnsville, with educators, mentors and fitness experts, to nurture their physical, mental, social and emotional well-being. The overarching goal of the program is to decrease the potential for risky behaviors (specifically substance use), increase physical activity, increase school attendance, and dropout prevention.

• **Drug Safety Initiatives**

- Distributed free drug lock boxes so that community members can secure and safely store personal medications.
- Provided life-saving Narcan (opioid reversal treatment) kits to the community, including local law enforcement and school personnel.
- Promoted safe disposal of prescription medications through community education, permanent drug drop boxes and the distribution of free drug deactivation kits.
- Developed and promoted six safe needle disposal sites.

• **Public Education**

- 2020 Summer Resource Guide listing free and low cost summer activities distributed to children and families in the community.
- Substance Abuse and Mental Health Resource Guides distributed to all healthcare providers, law enforcement, and the community at large listing current prevention, treatment and recovery resources in our community.

• **Home Remedies: Community Options Addressing Pain and Stress (COAPS)** - 66 participants in 2019

- Provides education and services around alternatives to opioids for pain management by promoting alternative approaches, such as meditation, acupuncture, chiropractic, massage, physical therapy, mindful movement, resiliency skills, and more.

• **MY Community Cares Summit**

- In September 2019, over 635 individuals from the Departments of Social Services, Health Departments, schools, law enforcement, judicial system, and more in Yancey and Mitchell counties came together for the 3-day Summit and Celebration, heightening community awareness about the characteristics and effects of trauma, and improving the understanding of providers, businesses, government agencies and others who interact with trauma victims and survivors. Trauma is often at the root of substance misuse, and internationally-acclaimed, trauma-informed care expert, Tonier Cain-Muldrov came to Burnsville to talk about her own background, trauma, and substance use, and help break down community barriers and stigma. The Summit concluded with a Recovery Celebration on Burnsville’s Town Square, with District Attorney Seth Banks and Chief District Judge Ted McEntire talking about their beliefs that recovery is possible and happening. Several brave, local individuals also told their stories of their personal experiences with their own substance use, or living in a family with substance use.

- **Drug Take Back Day** - This event is held for people who have outdated, unused, or unwanted prescription drugs or over-the-counter medications to drop off. Held by the Substance Abuse Task Force at the Prescription Pad in Burnsville, NC and also held at Blue Ridge Regional Hospital. The event is not only to take back drugs but also create awareness around the need to discard.

- **MedAssist Event** - Around 600 people came to a local MedAssist event hosted in Yancey County. This was a free pharmacy event hosted by NC MedAssist which collaborated with Yancey County DSS, Prescription Pad Pharmacy of Burnsville, and Mountain Community Health Partnership.

- **DARE Educational Program** - Through a grant funded by the Mountain Air Property Owners Association, the drug abuse resistance education (DARE) program is provided to all 5th graders in the county. All fifth grade students graduated from the program led by Officer Hughes from Yancey County.

- **Yancey County Lockboxes** - Medication lockboxes continue to be distributed in Yancey County through events such as Child Fest (with attendees from Yancey, Mitchell and Avery Counties), the Back to School expos, and through distribution through Partners Aligned Toward Health. The Substance Abuse Task Force graduated from CADCA academy (Community Anti-Drug Coalition of America). This academy helps the task force be able to attack the war on drugs within the county. Currently in 2019 the task force still distributes these boxes wherever needed, and people can call and pick up a medication lockbox.

	Yancey	Number of Unintentional Opioid Deaths	2017	2		2	-67%	
	Yancey	Rate of drug overdoses in Yancey County	2013	25.8		0	0%	

P	Expansion of Youth to Youth into the High School	Time Period	Current Actual Value	Current Trend	Baseline % Change
PM	Number of high school students reached	2019	10	→ 0	0% →
P	Educate the community and professionals through events and initiatives (community and partner strategy)	Time Period	Current Actual Value	Current Trend	Baseline % Change
PM	Number of events hosted	2019	7	→ 0	0% →

Healthy Living Behaviors/ Lifestyles and Chronic Disease Prevention - Long Term CHIP

R	SOTCH	Healthy living behaviors/lifestyles in Yancey County. Yancey County free from chronic disease.	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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Progress Made in 2019

The following progress was made in 2019 on our action plan interventions for Healthy Living Behaviors/ Lifestyles and Chronic Disease Prevention in Yancey County.

- Cougar Fit Club** - Mountain Heritage High School students who have been identified by school counselors as being pre-disposed for developing risky lifestyle behaviors meet at the Blue Ridge Regional Fitness Center with educators, mentors and fitness experts to nurture their physical, mental, social and emotional well-being. The over-arching goal of the program is to decrease the potential for risky behaviors (specifically substance use), increase physical activity, increase school attendance, and dropout prevention.
- Sizzlin' Summer Series** - The Sizzlin Summer Series is hosted through PATH and is open to both the Yancey and Mitchell County communities. This series offers outdoor activities in Burnsville Town Square that are organized and provided by volunteer organizations. An example of the activities that are provided is a Zipline, an inflatable slip and slide, a community art day and a yoga day. This event had many volunteers from Toe River Health District which included Yancey County Health Department. Overall, there were 1,020 participants at the Sizzlin' Summer Series in 2019 which is the largest turnout to date. Parents also attend these events and are presented with organizational information and education about services.
- Dig In! Gardening Program** - Dig In! is a community garden grown in Burnsville, NC. This program started in 2010. This garden has provided 50,000 pounds of vegetables. Volunteers do most of the work with help from two staff members. The crops are distributed to families who are identified as food insecure. The Dig In! Gardening Program partners with Yancey Extension Service, Yancey Schools, Reconciliation House, Partners Aligned Toward Health, MY Parish Tipton Hill Food Pantry, Feed My Sheep Food Ministry, and many more. As of 2019 this program is still ongoing in Yancey County and also now works with TRACTOR, a local farming initiative.
- Summer Tennis Camp** - PATH sponsors a free summer tennis camp in Yancey County. This camp provides a racquet that the children get to take home and keep after the camp. Resources are provided so that smaller players receive the correct equipment and also larger players get the equipment they need. The program goal is to promote physical activity among kids in the community. By serving approximately 125 kids within the community this event has a large impact on the youth. The event is hosted June 5th-8th from 9-11:45. As of 2019 this event is still ongoing and is gaining popularity in Yancey County.

Additionally, the following progress was made in 2019 on Healthy Living Behaviors/ Lifestyles and Chronic Disease Prevention in Yancey County.

- Burnsville Fit 5K** - This event is a family-friendly, fun, and fitness-oriented race hosted during the spring. Free to youth under the age of 18 in an effort to promote physical activity for children. The event had 120 participants in 2019 who either ran or walked the 5K.
- Cane River Park** - Cane River Park was created a few years ago and it is currently open to the public as of 2019. It offers a ¾ mile path, exercise equipment, playground, river frontage with path, and baseball/softball fields. Cane River Park helps with Little League games, and is a great place for the community to become physically active with a total body workout outdoor gym available. The park has experienced recent flooding and is going through some renovations.
- TRACTOR** - TRACTOR is a local organization that supports local farmers and puts fresh produce from these farmers on the plates of people throughout the community. As of 2019 TRACTOR is thriving within Yancey County and working in partnership with other organizations. The number of farmers who work with TRACTOR is growing in Yancey County. They are expanding their services into Mitchell and Avery Counties as well. In 2019 they received a \$43,284 grant from the People in Need grant given by CFWNC.

I	Yancey	Residents who meet physical activity recommendations	2018	21.7%	↓ 2	-63% ↓
P		Expand strategies to focus more on youth healthy living behaviors in the area	Time Period	Current Actual Value	Current Trend	Baseline % Change
PM		Number of Yancey County residents reached	2019	60	→ 0	0% →
P		Educate the community on the benefits of a healthy lifestyle	Time Period	Current Actual Value	Current Trend	Baseline % Change
PM		Number of healthy diet educational materials disseminated into the community	2019	800	→ 0	0% →
PM		Number of physical activity educational materials disseminated into the community	2019	800	→ 0	0% →

Access to Healthcare/ Social Determinants - Long Term CHIP

R	SOTCH	Yancey County residents are educated, gainfully employed, food secure, and have health insurance coverage.	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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Progress Made in 2019

The following progress was made in 2019 on our action plan interventions for Social Determinants of Health in Yancey County.

- **Summer Food Program** - This program is a collaborative effort that provides the community with locally grown food, cookbooks, children’s books, and listings of community resources to families whose children receive free or reduced lunch. Volunteers pack and deliver these items to the homes of the people in the program. The produce is donated by Dig In! and TRACTOR Food and Farms and other local farmers. Currently, this food program is still going on in Yancey County.
- **Establish a System for countywide adverse childhood experience (ACE) assessments and education for families and providers** - No progress has been made toward this action plan
- **Toe River Project Access and Federal Qualified Health Center** - Mountain Community Health Partnership has expanded their services. Services include 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.
 - **OB/Pregnancy Care** - MCHP offers care before, during, and after pregnancy. Local mothers-to-be still have the option of being seen locally, for their pregnancy care.
 - **Hospital Care** - Physicians at BCHC admit and treat patients at Blue Ridge Regional Hospital. Inpatient services provided include medical, ICU.
 - **Behavioral Health** - Patient centered holistic care involves behavioral health. As part of integrated health, MCHP offers behavioral health services and counseling to their patients. This is part of our commitment to provide a comprehensive medical home to their patients.
 - **Dental Services** - In 2020, MCHP will open a dental office in Bakersville.
- **Utilizing Outreach opportunities to assist citizens of Yancey County**
 - Attended the Mountain Heritage High School (MHHS) Career fair to provide education and outreach. This event provides the MHHS student body with information on employment opportunities.
 - **Attended Glen Raven Employee Health Fair** - Approximately 250 individuals participated in the Glen Raven employee health fair. The health department provided information on services that we provide and handed out other resources that the employees could use.
 - **MANNA Food Event** - TRHD presented brochures on services and did blood pressure screenings. The MANNA Food Event provides free produce for participants. Approximately 25 individuals were provided services.
 - **Yancey County Graduation Bags** - These bags are given to the graduating seniors of Mountain Heritage High School. The bags include items from all organizations within the Healthy Yancey Group. Approximately 125 bags were distributed with service information and incentives.
- **Harvest Tables** - This DIG IN! 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 are free to choose what they and their families want to eat. At Harvest Tables people have conversations

employed and people are free to choose what they and their families want to eat. Harvest tables provide people with conversations about growing food, share cooking tips and recipes, and talk about what our families like (and don't like!) to eat. The food is gathered from the many gardens and farms in Yancey County, big and small. Harvest Tables do not take the place of vegetable stands and farmer's markets. As of 2019 the harvest tables are still present in the county. People share, take what they need, leave enough for others, and give what they can whether that be skills, tools, ideas, or even money.

Additionally, the following progress was made in 2019 on Social Determinants in Yancey County.

- **Yancey County Health Department School System Flu Shots** - YCHD went into the school system and provided approximately 471 flu shots to the students in the elementary, middle, and high schools.
- **Child Fest** - This is a yearly event that is held at Mitchell High School and sponsored by Blue Ridge Partnership for Children. Many local organizations participate. Families were provided information about an array of things from primary care, radon kits, WIC services, and other services in general from the Mitchell County Health Department. Other organizations provided their services to the community and how they can assist individuals and parents. The children receive goodie bags and other fun incentives while the parents receive information. There are also inflatables, farm animals, a fire truck, and other fun events available to the children. The turnout in 2019 was a little less than 2018 but that is believed to be due to the weather on the day of the event. More than 558 individuals were served during this event in 2019.
- **Rise Against Hunger Annual Event** - More than 120 volunteers from various churches and civic organizations gathered on Oct. 12th, 2019 at Higgins United Methodist Church in Burnsville, NC to package meals for those in need around the world. This event is sponsored annually by the Rotary Club of Spruce Pine and Higgins United Methodist Church, raised funds for the meals and gathered volunteers.
- **Toy Run/ Memorial Ride** - Local bikers and residents come together each year on the Burnsville Town Square to raise money and collect toys for children who live in poverty. The bikers and residents each bring a \$10 toy or a cash donation.
- **MAGIC After School Program** - Making Academic Growth in Children (MAGIC) is an afterschool program that operates in Yancey County Schools. The program started on September 19th for the 2017-2018 school year and is currently still going on through 2019. The program is funded through the U.S. Department of Education and N.C. Department of Public Instruction. Students have to meet certain guidelines of the program but the program is free of charge if the child meets these guidelines. The mission of the program is to provide a variety of activities that will enrich the lives of Yancey County School's at-risk students and help them achieve academic success and personal growth. Through tutoring the children, providing physical activity and providing an afterschool snack free of charge this program helps local children.
- **AMY Wee Trade Fundraiser for Imagination Library** - The most recent consignment sale for the AMY Wee Trade fundraiser raised approximately \$18,000. \$12,000 of this money went back to the consigners and \$6,000 went to the Imagination Library to buy kid's books. Currently there are approximately 1,800 books sent each month to children in Mitchell, Yancey, and Avery Counties.
- **Liberty Hill Back to School Bash Annual Event** - For area students. Children were given crayons, pencils, and notebooks. Car Seat Safety was presented. All families were told about the services available at the Mitchell County Health Department. Several families were reached that did not have any insurance and these children were brought in to have well-child check-ups. Approximately 200 kids from Mitchell, Yancey, and Avery County were provided backpacks and various school supplies along with brochures on services that Mitchell County Health Department and other local organizations offered.
- **Project PROMISE** - Project PROMISE is a semester-long program that provides students with high school credit for shadowing health professionals after school. The program is provided through MAHEC. Mountain Heritage High School students have the opportunity to immerse themselves in the health profession. Students who are accepted into the program complete an internship Monday through Friday from 2:30 to 4:30. Currently in 2019 this initiative is still active in Yancey County.
- **Shop with a Cop** - This event is in its tenth year as local law enforcement take students from the Yancey County School System Christmas shopping for the holidays. This event holds fundraisers to raise money for the children. Each child gets approximately \$200-\$250 to spend on things such as clothing, school supplies, and toys.
- **Career Fair** - This event was hosted at Mountain Heritage High School and was open to all students from 9-12 grade. Students are rotated through the gymnasium and have the opportunity to visit representatives from educational, vocational, and business sectors. Approximately 740 students visited the career fair. In 2019, the career fair was still provided at Mountain Heritage High School.
- **MANNA Grant** - Yancey County was provided \$1.2 million to help provide thousands of fresh apples, carrots, onions, potatoes, and sweet potatoes to families in poverty and in need of healthy fresh food. The funds come from a partnership with the North Carolina States Association of Feeding America Food Banks. Currently, MANNA holds events that bring the MANNA food truck to the community center where community members are welcome to get a bag of local produce. These events were held throughout 2019.

I	Yancey % Residents limited in activities due to a physical, mental or emotional problem	2018	27.6%	↑ 1	-12% ↓
P	Create mapping guide of resources in the community	Time Period	Current Actual Value	Current Trend	Baseline % Change
P	Continue expansion of meals on wheels to reach more individuals in the county/ try to provide more food to those in need	Time Period	Current Actual Value	Current Trend	Baseline % Change
PM	Number of food insecure families reached	2019	100	→ 0	0% →
P	Expand services available to individuals at their local health department	Time Period	Current Actual Value	Current Trend	Baseline % Change
PM	Number of new families who received health services	2019	25	→ 0	0% →

New and Emerging Issues and Initiatives

R	Monitor New and Emerging Issues	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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Notes

These are the new or emerging issues in our community in 2019 that were not identified as priorities in our CHA.

- **Sewer Treatment Water Failure** - The town of Burnsville’s treatment plant failed and will have to be replaced. This issue could possibly take years. Individuals who live on or near the river are affected along with area fishermen. The US Fish and Wildlife officials are recommending stocking of the river be postponed.
- **Mission selling to HCA** - Blue Ridge Regional Hospital was part of the Mission hospital system which was a nonprofit hospital system. Recently Mission sold their system to HCA which is a for profit hospital system. Many changes have taken place since HCA took over the Mission system. This has led to the community voicing concern over high co-pays and quality of care decreasing.
- **Vaping** - Yancey County is experiencing a substantial rise in vaping among the middle and high school students. Health professionals have voiced their concern over this issue. Ideas have been discussed about the best methods to disseminate information to the public.

R	Keep Track of New Initiatives and Community Changes	Most Recent Period	Current Actual Value	Current Trend	Baseline % Change
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The following are new initiatives or changes in our community in 2019:

- **Mountain Heritage Mock Interviews** - Toe River Health District staff participated in mock interviews for Mountain Heritage High School. Approximately 15 mock job interviews were done with Health Occupation upper classmen students in 2019.
- **Project Lifesaver** - The main goal of Project Lifesaver is to be able to quickly and safely locate adults and children who have an inclination to wander due to an array of cognitive conditions. This program is designed to assist a specially trained team in tracking the transmitters, which participants of the program wear either on their wrist or ankle. As of 2019 this program is available to the public.
- **Taste of the Blue Ridge** - Hosted on August 12, 2019 at Cross Street Commerce Center in Spruce Pine. The benefits and proceeds of this event go toward Imagination Library and Play and Learn groups as well as Community Outreach activities. Money is raised by bidding on items, buying food, and purchasing a ticket.
- **Meals on Wheels** - Meals on Wheels partners with multiple organizations in Yancey County to provide meals, including local produce, to residents. Local churches, along with TRACTOR, Dig In!, and local volunteers, partner to supply residents with food. The Meals on Wheels program was awarded \$30,000 grant from Blue Cross and Blue Shield to support this program and its endeavors. The program is currently run by Yancey County Commissioners who took the program over from the Yancey County Senior Center.
- **Tonier Cane Event** - In September 2019, over 635 individuals from the Departments of Social Services, Health Departments, schools, law enforcement, judicial system, and more in Yancey and Mitchell counties came together for the 3-day Summit and Celebration, heightening community awareness about the characteristics and effects of trauma, and improving the

understanding of providers, businesses, government agencies and others who interact with trauma victims and survivors. Trauma is often at the root of substance misuse, and internationally-acclaimed, trauma-informed care expert, Tonier Cain-Muldrow came to Burnsville to talk about her own background, trauma, and substance use, and help break down community barriers and stigma. The Summit concluded with a Recovery Celebration on Burnsville's Town Square, with District Attorney Seth Banks and Chief District Judge Ted McEntire talking about their beliefs that recovery is possible and happening. Several brave, local individuals also told their stories of their personal experiences with their own substance use, or living in a family with substance use.

- **Yancey County Health Department Open House** - Yancey County Health Department held an Open House in 2019 geared toward creating awareness of the services provided to the community. Food, child activities, and incentives such as gift baskets and gift cards were provided to about 125 individuals.
- **Yancey County Reconciliation House Expansion** - The Yancey County Reconciliation House is expanding in hopes to address food insecurity. A statement from the Reconciliation House executive director stated "with over 70 volunteers providing 600 hours of service a month, we have the manpower to provide food and other goods and services to those in need in the community. This includes increasing access to healthy food for insecure individuals, providing nutrition education, and increasing the amount of healthy food in our community."
- **TRACTOR & Mountain Community Health Partnership** - TRACTOR is a nonprofit food hub that works with small family farms in Yancey, Mitchell and Avery Counties. This program helps support local agriculture and provides local area restaurants and local grocery stores with fresh produce. The program is showing incredible growth and new partnerships as they are now partnering with Toe River Health District and Mountain Community Health Partnership. Currently food is being delivered to Mission Hospital in Marion, Blue Ridge Medical Center in Spruce Pine, Mayland Community College, and the Yancey County Community Center.
- **New Farmers Market** - Yancey County Board of Commissioners approved the demolition of an old derelict building to create a new, larger space for a new Farmer's Market. This project started in 2019 and demolition is occurring now. This space will allow more farmers to attend the market and also provide more accessibility for customers.
- **Renovation of Ray Court Park** - Ray Court Park is being renovated to better serve the community. The Yancey Government wants children and elderly to be able to not only have a place to participate in physical activity but be able to communicate and bond with one another no matter the age of the individual
- **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. This is an ongoing event presented by the Blue Ridge Partnership for Children and is hosted annually to Mitchell, Yancey, and Avery Counties.