

# Anoka County Statewide Health Improvement Partnership

## Screen, Counsel, Refer, Follow-Up in the Health Care Setting

### Background

- Screen, Counsel, Refer, Follow-up (**SCRF**) is an activity introduced through Anoka County SHIP to help Behavioral Health providers encourage their clients to make healthy choices.
- Clients are **screened** for certain health risks and behaviors, **counseled** on how to improve health through lifestyle choices, and (if the client agrees) **referred** to community resources that fit the needs of the client. Providers **follow-up** with clients to identify barriers or other considerations.
- Health topics discussed include healthy eating / access to healthy food, physical activity, and tobacco cessation.

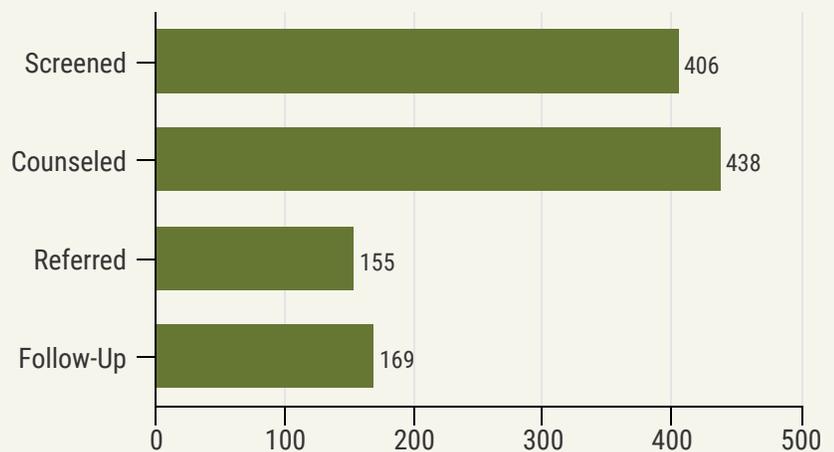
### Data and Results

Seven Anoka County providers received training and implemented SCRF in their clinics:

- RADIAS Health
- Anoka Metro Regional Treatment Center
- Mental Health Resources (MHR)
- MN Alternatives
- Therapeutic Services Agency
- Prevail Counseling

Clinics collected data on the number of patients reached during the early stages of SCRF implementation.

SCRF Reach Data: December 1, 2017 - December 31, 2018



### Client Successes

- Several clients reported **more fruit consumption** and incorporating **more nutritious foods** to their diet after referral.
- Several clients reported a **decrease in anxiety symptoms** after counseling and referral to resources for a healthier diet and more exercise.
- One client altered their diet and reported **losing 36 pounds** after weighing nearly 300 pounds for 15 years.



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