Adventist Health Ukiah Valley 2022 Community HealthPlan

The following mplementation Strategy serves as the 20202022 Community Health Plan for Adventist Healtblkiah Valley and is respectfully submitted to the Office of Statewide Health Planning and Developmenton May19<sup>th</sup>, 2023 reporting on 2022 results.

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familiesv could learn to be well.

More than a century later, the health care system sponsored by the SeverytAdventist Church circles the globe with more than 170 hospitals and more than 500 clinics, nursing homes and dispensaries worldwide. And the same vision to treat the whole personed, body and spirity continues to provide the foundation for our progressive approach to health care.

## Summary of Implementation Strategies

### Implementation Strategy Design Process

Stakeholders from th@3hospital facilities in the Adventist Health Systemere invited to participate in a Mission Integration Summit on September 26 and 27, 2019. During this two rdgrevent, participants were introduced to the 2019 Adventist Health Implementation Strategy Template. After the summit, each hospital was invideto participate in a series of technical assistance calls and consultation sessions with representatives from Adventist Health Community Integration and Conduent Health Communities Institute to further develop and refine their implementation strategy.

# Adventist Health Ukiah Valley Implementation Strategy

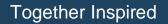
The implementation strategy outlined below summarizes the strategies and activities by Adventist Health Ukiah Valley to directly address the prioritized health needs. They include:

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x Health Need 1Mental Health
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committed to serving the community by adhering to its mission, and using its skills, expertise and resources to provide a range of community benefit programs. This Implementation Strategy does not include specific plan to address the following significant health needs identified in the 2019 CHNA.

x Domestic Abuset Insufficient funding and staff time -5 (afmrp(es n)s5) Td ()Tj ET EMC Q/Span <</Lar



## 2022 Blue Zones Project Mendocino County Update

Baseline health data was collected in October 2021 and will be reassessed in October 2023, Blue Zones Project Mendocino County launched the Transformation phase Project, focusing on People, Places, and Policy. Below is a summary of Progress Outcomes for 2022.

#### People

The local BZP Team coordinated 3 Kittle vents in 2022 to spread awareness throughout the County.

- x Coast @ Ft. Bragg
- x Inland @ Ukiah
- x North County @ Willits

2,335 unique individuals 15 years or older participated in Blue Zones Project activities.

- x Blue Zones Story Speech: 2,818
- x Walking Moais: 57
- x Purpose Workshops: 223
- x Cooking Demos/Classes: 198
- x Volunteers: 329
- x Sharecare DigitaPlatform: 47

In Year One, BZP programming engaged 3,672 participants, representing 2,335 unique individuals over the age of 15 who live in the project area.

x 36% of people engaged have participated in multiple BZP activities is significant, as studies show that lasting habits are formed when you practice them over and over until they are natural to your lifestyle. Individuals who are engaged are fully engaged.

The Engagement Committee has great representation geographically and demographically.

- x Inland and coast reps
- x Native American
- x Latino
- x Older Adults
- x Parents

x People with Disabilities

We have strong partnerships with Tribal and Latino communities. We are invited to events to share the Blue Zones Project Story and then invited bac**fatoi**litate Purpose Workshops and Walking Moais.

#### Places

Schools

- x Willits Unified School Board authorized the local team to work with the district staff to complete Pledge Packets and begin implementation plans for approval in early 2008 ionally, the o } o š u Z ••]•š Á]šZ šZ Œ]vÀ]P}Œ š]}v }( šZ ]•šŒ] š[•, advance the sector and policy work district wide.
- x Fort Bragg Unified School Board adopted a Resolution of Support on December 15, 2022. FBUSD is working toward dual sector approval status: Schools and Worksite. Local team is working with Superintendent and Food Services Director to complete Pledge Packets and begin implementation plans for approval in early 2023. Additionally, the local teamstaisted with šZ Œ ]vÀ]P}Œ š]}v }(šZ ]•šŒ] š[•, ošZ À]•}ŒÇ }uu]šš š} work district wide.
- x Local team has been engaged with junior and high school students through the following activities:
  - o Ft. Bragg, Ukiah, and Mts Sober Grad events
  - o Mendocino County Youth Big Time
  - o Hopland Band of Pomo Indians (Purpose Workshop and Cooking Demo)
  - o Back to School NighttSanhedrin High School
  - o Willits High School Health Classes
  - o Coast Clean Up25 teens volunteered 4 hours
  - o Round Valley High School Indigenous Peoples Day
  - o City of Ukiah Giving Tuesday40 teens volunteered 4 hours

#### Restaurants

- x 2 restaurants achieved Blue Zones Approval status in year 1.
- x Engaging restaurant owners in kicff celebrations was a great way demonstrate the value of Blue Zones Project approval status. Both restaurants that were approved participated in our Kickoff events, providing them the opportunity to showcase their healthy, delicious foods to a large population of people who had nevee quented their establishments as per participant testimonies.
- x Many restaurants offer healthy, organic, plamased entrées as part of their menu options.

#### Grocery Stors

x Harvest Market, in Ft. Bragg, is registered and actively working toward dual spotoval (grocery and worksite) in Year 2.

#### Worksites

x North Coast Opportunities

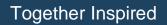
- x Harvest Market in Ft. Bragg is actively working toward dual sector (worksite and grocery) approval in Year 2.
- x Sparetime Supply in Willits
- x Adventist Health hospitals (3) µr top employer in Mendocino County is pursuing Blue Zones Certification and are actively engaged in Blue Zones Project activities.

## Policy

**Built Environment** 

x Policy/Plan/Project

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# Implementation StrategActionPlans

PRIORITY HEALTH NEED: MENTAL HEALTH

GOAL STATEMENT: BUILD COMMUNITY PARTNERSHIPS TO ADDRESS CRITICAL MENTAL HEALTH NEEDS

Mission Alignment: Wellbeing of People, Wellbeing of Places, Equity



Collaboration Partners:~ ‰ o

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- x Measure BCommittee
- x Mendocino County Behavioral HealAndvisoryBoard
- x Mental HealthCollaborative



trainings on advance care planning with marginalized populations. The project has focused on providing a more culturally sensitive and personalized approach to patient health advocacy. Partners engaged include:

- x Anchor Health, Whole Person Care
- x FQHC, Menocino Community Health Center, Primary Care
- x FQHC, Mendocino Community Health Center, Ryan White Project
- x Consolidated Tribal Health Project
- x Local Homeless Resources including Building Bridges Shelter
- x Faith-based projects such as The Center for Hope.
- x Mendocino County Special Projects Team
- x Mendocino County Adult Protective Services and In Home Support Services

AdventistHealth continues with community collaborative meetings to promote couvigle education on traumainformed practice, cultural awareness, and the reduction of stigma with the following entities:

- x Mendocino County Homelessness Continuum of Care
- x Safe Rx Mendocino
- x ACEs Community Resilience Team
- x Healthy Mendocino Leadership Team
- x HealthyMendocino Round Table
- x COVID19 Work Group
- x Community Health Worker Coalition
- x Native Crisis Intervention Team

# Implementation Strategy Actionans

#### PRIORITY HEALTH NEED: SUBSTANCE ABUSE

### GOAL STATEMENT: PROVIDE SOBERINGORT IN A COMMUNITY WITH HIGH SUBSTANCE ABUSE

Mission Alignment: (Welbeing of People; Welbeing of Places; Equit)/Vell-being of People

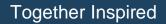
Strategy 2:Create policies and spaces for safe sobering

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Programs/ Activities	Process Measures	Results: Year 1 2020	Short Term Outcomes	Results: Year 2 2021	Medium Term Outcome s	Result: Year 3 2022
Activity 2.1 Participate in monthly Safe Rx Mendocino Coalition meetings to design a plan to reduce substance abuse in	Serve as subject matter expert on substance abuse Treatment	Due to COVIDI9, no materials were distributed in 2020 In 2020 there were 58 overdoes diagnosis in the Adventist Health Mendocino Coast Emergency	drug safety materials to 5 new neighborhoods	Naloxone was successfully administered in 2021 and resulted in 156 overdose reversals in the county. In 2021 there were 41 overdoes diagnosis in the Adventist Health Mendocino Coast	Decrease in overdose diagnosis in ED	See narative in strategy results summary
		Department (ED).		Emergency Department (ED).		



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Adventist Health Resources:



# Implementation Strategy Actionans

#### PRIORITY HEALTH NEED: WORKHORGELOPMENT

## GOAL STATEMENT: CREATE EDUCATIONAL PATHWAYS FOR ENTRY INTO HEALTH CARE ENVIRONMENT

Mission Alignment: (Welbeing of People; Welbeing of Places; Equity)/Vell-being of people

Strategy 3CWork with Mendocino College to support the gistered Nurse (RN) Program

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Programs/	Process	Results:	Short Term	Results:	Medium	Results: Year 3
Activities	Measur	Year 1	Outcomes	Year 2	Term	
	es				Outcom	
					es	
Activity 3.C.1 Support the RN program at Mendocino College	Fund one instruct or for the RN progra m.	Funding for one instructor was provided. Additionall y, AH hosted 33 preceptors hips in 2020.	Host at least 2 students for preceptors hips at AH facilities in Ukiah	In 2021, 24 nursing students graduated and 4 preceptorshi ps were hosted.	GT Q q 332.15	

