

Adventist Health Ukiah Valley 2022 Community Health Plan

The following Implementation Strategy serves as the 2022 Community Health Plan for Adventist Health Ukiah Valley and is respectfully submitted to the Office of Statewide Health Planning and Development on May 19th, 2023 reporting on 2022 results.



Together Inspired

families could learn to be well.

More than a century later, the health care system sponsored by the Seventh-day Adventist 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 person, mind, body and spirit continues to provide the foundation for our progressive approach to health care.

Summary of Implementation Strategies

Implementation Strategy Design Process

Stakeholders from 23 hospital facilities in the Adventist Health System were invited to participate in a Mission Integration Summit on September 26 and 27, 2019. During this two-day event, participants were introduced to the 2019 Adventist Health Implementation Strategy Template. After the summit, each hospital was invited to 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:

- x Health Need 1 Mental 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 Abuse Insufficient funding and staff time -5 (afmrp(es n)s5) Td ()Tj ET EMC Q /Span <</Lan

2022 Blue Zones Project Mendocino County Update

Adventist Health Mendocino Coast, Howard Memorial and Ukiah Valley are sponsors of Blue Zones, to provide From Mayš Z OE } μ P Z u OE îîîîU šZ oμ •}v • W OE}i š š u •• •• readiness to undertake the community well-being transformation initiative where the healthy option becomes the easy option through permanent changes in environment, policy, social networks. The Blue Zones Project team conducted a comprehensive analysis of the current state-being and met with local leaders and stakeholders across all sectors to learn about the strengths, challenges, and opportunities for improving well]vP]v D v }]v} }μvšÇX dZ š u[• (]v]vP• OE • Blue Zones Project Discovery Report. The findings in that report were coupled with-report discovery meetings in the policy areas of built environment, tobacco, and food policy on the Blueprint for Blue Zones Project implementation in Mendocino County.

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

People

The local BZP Team coordinated 3 KIE Events 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 Digital Platform: 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. This 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 back to facilitate 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 2023. Additionally, the local team assisted with 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 team assisted with work district wide.
- x Local team has been engaged with junior and high school students through the following activities:
 - o Ft. Bragg, Ukiah, and Ukiah Sober Grad events
 - o Mendocino County Youth Big Time
 - o Hopland Band of Pomo Indians (Purpose Workshop and Cooking Demo)
 - o Back to School Night at Sanhedrin High School
 - o Willits High School Health Classes
 - o Coast Clean Up 25 teens volunteered 4 hours
 - o Round Valley High School Indigenous Peoples Day
 - o City of Ukiah Giving Tuesday 40 teens volunteered 4 hours

Restaurants

- x 2 restaurants achieved Blue Zones Approval status in year 1.
- x Engaging restaurant owners in kickoff celebrations was a great way to 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 never frequented their establishments as per participant testimonies.
- x Many restaurants offer healthy, organic, plant-based entrées as part of their menu options.

Grocery Stores

- x Harvest Market, in Ft. Bragg, is registered and actively working toward dual approval (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)ur 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
 - o

Implementation Strategy Action Plans

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 ^Ž_ Ç šZ o }œP v]ì š]}v](}šZ œ šZ v À
- x Measure ECommittee
 - x Mendocino County Behavioral HealthAdvisoryBoard
 - 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, Mendocino 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 community 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 Action Plans

| PRIORITY HEALTH NEED: SUBSTANCE ABUSE | | | | | | |
|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-------------------------------------------|
| GOAL STATEMENT: PROVIDE SOBBERING IN A COMMUNITY WITH HIGH SUBSTANCE ABUSE | | | | | | |
| Mission Alignment: (Wellbeing of People; Wellbeing of Places; Equity) Well-being of People | | | | | | |
| Strategy 2: Create policies and spaces for safe sobering | | | | | | |
| 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 COVID-19, no materials were distributed in 2020 In 2020 there were 58 overdoses diagnosis in the Adventist Health Mendocino Coast Emergency Department (ED). | Increase distribution of 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 overdoses diagnosis in the Adventist Health Mendocino Coast Emergency Department (ED). | Decrease in overdose diagnosis in ED | See narrative in strategy results summary |



Adventist Health Resources:

Implementation Strategy Action Plans

| PRIORITY HEALTH NEED: WORKFORCE DEVELOPMENT | | | | | | |
|--------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------|-----------------|
| GOAL STATEMENT: CREATE EDUCATIONAL PATHWAYS FOR ENTRY INTO HEALTH CARE ENVIRONMENT | | | | | | |
| Mission Alignment: (Wellbeing of People; Wellbeing of Places; Equity) Well-being of people | | | | | | |
| Strategy 3C Work with Mendocino College to support the Registered Nurse (RN) Program | | | | | | |
| Programs/ Activities | Process Measures | Results: Year 1 | Short Term Outcomes | Results: Year 2 | Medium Term Outcomes | Results: Year 3 |
| Activity 3.C.1 Support the RN program at Mendocino College | Fund one instructor for the RN program. | Funding for one instructor was provided. Additionally, AH hosted 33 preceptorships in 2020. | Host at least 2 students for preceptorships at AH facilities in Ukiah | In 2021, 24 nursing students graduated and 4 preceptorships were hosted. | GT Q q 332.15 | |

