

Adventist Health Sonora

2019 Community Plan Update/Annual Report



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Adventist Health Overview

Adventist Health Sonora is an affiliate of Adventist Health, a faith-based, nonprofit, integrated health system headquartered in Roseville, California. We provide compassionate care in more than 80 communities throughout California, Hawaii, Oregon and Washington.



OUR MISSION:

Living God's love by inspiring health, wholeness and hope.

OUR VISION:

Adventist Health will be a recognized leader in mission focus, quality care and fiscal strength.

Adventist Health entities include:

- 21 hospitals with more than 3,200 beds
- More than 280 clinics (hospital-based, rural health and physician clinics)
- 13 home care agencies and seven hospice agencies
- Four joint-venture retirement centers
- Compassionate and talented team of 35,000 includes associates, medical staff physicians, allied health professionals and volunteers

We owe much of our heritage and organizational success to the Seventh-day Adventist Church, which has long been a promoter of prevention and whole person care. Inspired by our belief in the loving and healing power of Jesus Christ, we aim to bring physical, mental and spiritual health and healing to our neighbors of all faiths. Every individual, regardless of his/her personal beliefs, is welcome in our facilities. We are also eager to partner with members of other faiths to enhance the health of the communities we serve.

Our commitment to quality health care stems from our heritage, which dates to 1866 when the first Seventh-day Adventist health care facility opened in Battle Creek, Michigan. There, dedicated pioneers promoted the "radical" concepts of proper nutrition, exercise and sanitation. Early on, the facility was devoted to prevention as well as healing. They called it a sanitarium, a place where patients, and their 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.

Hospital Identifying Information



Number of Beds: 152

Mailing Address: 1000 Greenley Road, Sonora, CA 95370

Contact Information: 209-536-5000, <https://www.adventisthealth.org/sonora/>

Existing healthcare facilities that can respond to the health needs of the community:

Acute Care Hospital

- Birth Center
- Diagnostic Imaging
- Emergency Department
- Intensive Care and Step-Down Units
- Medical/Surgical Units
- Surgery, Catheterization Lab, GI Lab

Primary Care Medical Offices

- Angels Camp Family Medical Center
- Arnold Family Medical Center
- Cedarwood Internal Medicine
- Foothill Pediatrics
- Greenley Primary Care
- Groveland Family Medical Center
- Health Pavilion Medical Office
- Hillside Internal Medicine
- Mountain Medical Family Practice
- Sierra Internal Medicine

Specialty Medical Offices

- Angels Camp Orthopedics
- Foothill Specialty Clinic – Gastroenterology
- Greenley Oaks Ear, Nose & Throat
- Mountain Medical General Surgery

- Northern California Spine Institute
- Sierra Cardiology
- Sierra Obstetrics & Gynecology
- Sierra Orthopedic Institute
- Sierra Pulmonology Clinic
- Yosemite Joint Replacement & Orthopedics

Diana J. White Cancer Institute

- Infusion Center
- Medical Oncology
- Radiation Oncology

Live Well Be Well Center

- Anticoagulation Clinic
- Cardiac Rehabilitation
- Diabetes Resource Center
- Nutritional Therapy
- Pulmonary Rehabilitation

Rural Health Clinics**Rural Health Clinics**

- Behavioral Health
- Dental Care
- Pediatric Care
- Primary Care
- Specialty Care

Other Services

- Center for Wound Care
- Community Pharmacy
- Home Health and Hospice
- Living Well Fitness Center
- Occupational Health
- Outpatient Lab Draw Locations
- Oxygen & Medical Supply
- Physical Medicine
- Rapid Care Clinics
- Rehabilitation & Sports Medicine
- Skilled Nursing and Long-Term Care
- Sleep Center

Community Health Development Team

Matthew Rose

Director of Community Integration
Adventist Health Sonora

Mario DeLise, MDiv, BCC

Director of Mission Integration
Adventist Health Sonora

Kara Rachal

Director of Philanthropy
Adventist Health Sonora

Alexander Heard, MD, CPE, FAAP

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Request a paper copy from Administration/President's office. To provide comments or view electronic copies of current and previous community health needs assessments go to:

<https://www.adventisthealth.org/about-us/community-benefit/>

Invitation to a Healthier Community

Fulfilling the Adventist Health Mission

Where and how we live is vital to our health. We recognize that health status is a product of multiple factors. To comprehensively address the needs of our community, we must consider health behaviors and risks, the physical environment, the health system and social determinants of health. Each component influences the next and through strategic and collective action improved health can be achieved.

The Community Health Plan (Implementation Strategy) marks the second phase in a collaborative effort to systematically investigate and identify our community's most pressing needs. After a thorough review of health status in our community through the Community Health Needs Assessment (CHNA), we identified areas that we could address using our resources, expertise, and community partners. Through these actions and relationships, we aim to empower our community and fulfill our mission, "Living God's love by inspiring health, wholeness and hope."

Identified Community Needs

The results of the CHNA guided the creation of this document and aided us in how we could best provide for our community and the most vulnerable among us. As a result, Adventist Health Sonora has adopted the following priority areas for our community health investments for 2017-2019:

- Healthy Beginnings
- Mental Health and Substance Abuse
- Access to Care

Additionally, we engage in a process of continuous quality improvement, whereby we ask the following questions for each priority area:

- Are our interventions making a difference in improving health outcomes?
- Are we providing the appropriate resources in the appropriate locations?
- What changes or collaborations within our system need to be made?
- How are we using technology to track our health improvements and provide relevant feedback at the local level?
- Do we have the resources as a region to elevate the population's health status?

Building a healthy community requires multiple stakeholders working together with a common purpose. We invite you to explore how we intend to address health challenges in our community and partner to achieve change. More importantly though, we hope you imagine a healthier region and work with us to find solutions across a broad range of sectors to create communities we all want for ourselves and our families

2019 Community Benefit Update

In 2016 Adventist Health Sonora conducted a community health needs assessment and was followed by a 2017 Community Health Plan (Implementation Strategy) that identified the priority needs listed below. The prioritized needs were chosen based on community health data and the voices of our community. Working together with our community is key to achieving the necessary health improvements to create the communities that allow each member to have safe and healthy places to live, learn, work, play, and pray. Below you will find an inventory of additional interventions supporting the health of our communities.

Priority Need - Healthy Beginnings

Intervention: Adventist Health Sonora (AHSR) – Tuolumne County Public Health Department (TCPHD) collaborative for substance abusing pregnant women. In 2016 AHSR and the TCPHD began a new collaboration to address what was a growing and disturbing trend in our community, pregnant women presenting to our Obstetrics Department (OB) to deliver their baby, who were substance abuse dependent. In this collaborative, the AHSR OB Director met monthly for one hour with the “Tuolumne County Maternal Child Adolescent Health Program” (MCAH). During this time, they would discuss cases and approaches to help the addicted women. This collaborative also grew to include direct hand-off referrals of qualifying OB patients to MCAH programs, which increased the likelihood of success for the mothers seeking help.

In addition, we introduced a new collaboration between AHSR OB with the Tuolumne County Department of Social Services on the development and implementation of the Road to Resilience project to directly serve pregnant and new mothers with a history of or current SUD. This includes the planned colocation of social work navigators within the Rural Health Specialty Care obstetrics office to provide services to community members.

- o Number of Community Members Served: 17 handoffs, 18 in Road to Resilience

Intervention: Financially supported the YES Partnership, a community-wide coalition dedicated to supporting Tuolumne County youth and families by promoting resilience and preventing suicide, substance use, and child abuse. In 2019 the YES Partnership conducted an opioid use disorder class and a suicide prevention class for every freshman Life Skills class at Sonora High School in April/May 2019

- o Number of Community Members Served: 900

Intervention: In collaboration with Kiwanis Club of Sonora, provided back to school clothing for local children.

- o Number of Community Members Served: 75

Intervention: Adventist Health Sonora is a financial supporter of the Calaveras Mentoring Foundation, a community organization that raises awareness and support for Calaveras Mentoring. Calaveras Mentoring connects local youth and young adults with safe, quality mentors. These friendships provide new experiences and opportunities, resources to

develop greater self-awareness, and support for making healthy life decisions and experiencing a smoother road to adulthood.

The Calaveras Youth Mentoring Program (CYMP) matches youth in 1st through 12th grades with mentors in a one-on-one friendship. Thoroughly screened mentors spend at least two hours each week with their mentee and provide consistent support for achieving their goals and reaching their potential. When a youth in a one-on-one match becomes a sophomore in high school, they have the option to 'graduate' to a group mentoring program, either Young Adult Mentoring (YAM) or Independent Living Program (ILP) for foster youth. Calaveras Mentoring is currently expanding its young adult group mentoring programs to serve more students from local high schools. The YAM and ILP programs meet regularly to build community and develop self-awareness and self-care as the foundations for adult relationship and life skills.

FNL Mentoring is a peer-to-peer mentoring program that trains high school sophomores, juniors and seniors to mentor middle school students. The groups are led by the high school mentors and meet once a week after school for structured and fun activities addressing teen issues such as underage drinking, vaping, self-esteem, healthy relationships and more.

- o Number of Community Members Served: 220

Partners

- **ATCAA (Amador Tuolumne Community Action Agency)**
- **Boy Scouts 570**
- **Calaveras Mentoring Foundation**
- **Catholic Charities**
- **Center for Non-violent Community**
- **County of Tuolumne First 5**
- **Foothill Pregnancy Center**
- **Grandma's House**
- **Kiwanis Club of Sonora**
- **Sonora High School**
- **Sonora Police Department**
- **Word of Life Fellowship**
- **Yes Partnership**
- **Summerville High School**
- **Summerville Parent Nursery School**
- **TeenWorks Mentoring**
- **The Resource Connection**
- **Trinity Ranch**
- **Tuolumne County Breastfeeding Coalition**
- **Tuolumne County Public Health Department**
- **Tuolumne County Sherriff's Office**
- **Tuolumne County Superintendent of Schools**

2019 Metrics

Objective	2017- 2018 Measurement	2018-2019 Measurement	Indicator	Data Source
Reduce drug/alcohol use in adolescents in past 30 days at Sonora Union High	21% of 9 th grade students admitted to drug/alcohol use 32% of 11 th grade students admitted to drug/alcohol use	29 % of 9th grade students admitted to drug/alcohol use 42% of 11 th grade student admitted to drug/alcohol use	Collaboration with YES Partnership and other community programs and resources	California School Climate, health and learning surveys https://calschls.org/

Priority Need - Mental Health and Substance Abuse

Intervention: Participate in the Opioid Safety Coalition, a collaboration between Tuolumne County Public Health and area partners, including AHSR. The Coalition has focused on; Safer Prescribing, Increasing Access to Medically Assisted Treatment, Increasing Access to Naloxone, Community Education & Outreach. The coalition was active with the California Opioid Safety Network, became an Accelerator Team and hosted an AmeriCorps VISTA member. The coalition and partnership with the hospital became an important avenue for community organizations to collaborate on projects and grant applications.

- o Number of Community Members Served: 119

Intervention: Addiction Therapy Clinic. To address the increase in opioid and substance abuse in Tuolumne County, Adventist Health Sonora began the Addiction Therapy Clinic in 2016, where Dr. Ralph Retherford and Thomas King, FNP treat patients for opioid dependence.

- o Number of Community Members Served: 200

Intervention: Prescription Drug Take Back Days - Adventist Health Sonora has annually supported, endorsed and collaborated with the Tuolumne County Drug Take Back Days, led by the YES! Partnership and the Tuolumne County Sheriff’s Office. There were two take back days held in 2019, one in April and another October.

- o Number of Community Members Served: 974 lbs. collected

Intervention: Mental Health First Aid (MHFA) trainings. The Youth MHFA training was a partnership between Adventist Health Sonora (AHSR) and ATCAA / YES Partnership. The Adult MHFA training was a partnership between AHSR and SOAR (SSI/SSDI Outreach Access and Recovery). Each course provided 8 CEUs for attendees and was open to the entire community. In MHFA, participants were trained to recognize the potential risk factors and warning signs of a variety of mental health challenges common among adolescents including depression, anxiety, psychosis, eating disorders, AD/HD, disruptive behavioral disorders, and substance use disorders (including opioid use disorders). Participants were challenged to use a 5-step action plan to help a person in crisis connect with appropriate professional help. They learned to interpret the prevalence of various mental health disorders within the U.S. and the need for reduced

negative attitudes (stigma) in their communities. Participants were encouraged to apply knowledge of the appropriate professional, peer, social, and self-help resources available to help a person with a mental health problem, treat and

manage the problem and achieve recovery and assess their own views and feelings about mental health problems and disorders. In Adult MHFA, participants are trained to:

- Identify the signs, symptoms and risk factors of mental illness and substance abuse.
- Identify multiple types of professional and self-help resources for individuals with a mental health issue or addiction.
- Increase knowledge of the signs of distress in a person going through a mental health challenge.
- Increase confidence in and likelihood of helping an individual in distress.
- Show increased mental wellness and self-care for an individual including self.

- o Number of Community Members Served: 71 (adult), 11 (youth MHFA)

Intervention: Adventist Health Sonora has sponsored and collaborated with TeenWorks Mentoring, a network of caring and responsible adults committed to helping the “at-risk” youth of Tuolumne County. Through healthy, one-on-one mentoring relationships we seek to provide encouragement, guidance and positive role models for at-risk teens in need of compassion and understanding.

- o Number of Community Members Served: 14

Intervention: Sponsor of Spiritual Roads Inc., a local non-profit that works with our local population that suffers from substance abuse and other addictions.

- o Number of Community Members Served: 500

Intervention: Freedom from Smoking (FFS) classes. Adventist Health Sonora’s Pulmonary Rehabilitation Department offered five FFS classes in 2019. Each class is eight weeks long. In the two-hour classes, participants learn how to overcome tobacco addiction and start enjoying the benefits of better health. Topics include medicines that can help with quitting, lifestyle changes that make quitting easier, preparing for quit day, managing stress, avoiding weight gain, developing a new self-image and staying smoke free for good.

- o Number of Community Members Served: 12

Partners

- Aegis
- Amador Tuolumne Community Action Agency
- Anthem Blue Cross
- California Health and Wellness
- Carlene Maggio
- Sierra Emergency Medical Group
- SOAR (SSI/SSDI Outreach Access Recovery)
- Spiritual Roads Incorporated
- Emergency Medical Services
- Eric Runte, MD
- Matheisen Clinic
- Medication Assisted Treatment (MAT) Clinic

- Sonora Elks
- Suicide Prevention Taskforce
- Tuolumne County Behavioral Health
- Tuolumne County Courts
- Tuolumne County Medical Society
- Tuolumne County Probation Department
- Tuolumne County Public Health Department
- Tuolumne County Sheriff's Department
- Tuolumne County Social Services
- Tuolumne County Superintendent of Schools
- Tuolumne MeWuk Indian Health Clinic
- YES Partnership

Priority Need - Access to Care

Intervention: Screenings and School Based Sports Physicals. The physical exams exceed the pre-participation requirements by providing an all-in-one visit with multiple physician specialists including cardiology, internal medicine, orthopedics, pediatrics and otolaryngology, operating over the three days. Fifty percent of the fees collected went back to the school's athletic department. The other 50% of fees collected went into a reserve account for injured athletes fund for underinsured kids to help them get the services they need.

- o Number of Community Members Served: 500

Intervention: The Tuolumne County Health Fair began in 1979 and has been continuous ever since. It is put on by a committee comprised of local agencies, businesses and organizations overseen by the Tuolumne County Health Department. The health fair stresses the importance of preventive health care through screenings, which aid in early detection of potential problems, and offers health education, which promotes understanding of health maintenance and lifestyle. Adventist Health Sonora provides low-cost blood draws; several free health screenings including anemia, balance and fall, pulse ox, and bone density; and free health education on topics from cancer and nutrition to wound care.

- o Number of Community Members Served: 1,990

Intervention: Physician Recruiting. In 2019 Adventist Health Sonora invested approximately \$500,000 per physician in recruiting new medical providers to Tuolumne County as we continue to try bringing needed specialists and grow the number of primary providers in our community which is a designated medically underserved area. Specialties recruited include Cardiology, Pediatrics, CRNAs, Family Medicine, Hospitalists, Psychiatry, Psychology, Internal Medicine, and Spine.

- o Number of Community Members Served: Recruited 23 physicians and providers

Partners

- **All Saints Catholic Church**
- **Chapel in the Pines**
- **Christian Heights Assembly of God**
- **Columbia Church of the 49ers**
- **First Congregational Church – Murphy’s**
- **Foothill Community Church – Angels Camp**
- **Greeley Hill Seventh-day Adventist Church**
- **Groveland Seventh- day Adventist Church**
- **Heritage Christian Church**
- **Interfaith Community Services**
- **Lake Tulloch Bible Church – Copperopolis**
- **Mt. Calvary Lutheran Church**
- **Rivers of Life Christian Fellowship**
- **Sierra Bible Church**
- **Sonora Baptist Church**
- **Sonora Seventh-day Adventist Church**
- **Sonora United Methodist Church**
- **Soulsbyville United Methodist Church**
- **St. Mathew Lutheran Church**
- **Tuolumne Band of Mi Wuk Indians**
- **Tuolumne County Public Health**
- **Twain Harte Bible Church**
- **Word of Life Fellowship**

Changes in 2019

One Big Thing

Through a strategic framework in 2019, Adventist Health committed to facilitating the investment of \$1 billion into measurably improving the wellbeing of communities over the next 10 years. This will be accomplished with our own resources and leveraging the resources of key partners with a concentrated effort to focus on the social determinants of health in our communities.

Community Integration Framework

2019 was a year of preparation as we built the platform, competencies, resources and skills to effectively impact and measure community wellbeing.

Mission Committees received individual presentations, support and resources from the Mission Integration team which helped each market assess and build their own platform and competencies to support ongoing and increased impact in their communities.

Out of this effort the Community Integration Director or Community Lead position was developed in each market along with an increased budget, training and resources for success.

Blue Zones Partnership

The Blue Zones Project is a national best practice that has achieved consistent, measurable impact on community wellbeing. Some examples of success include significant positive impacts on smoking rates, community morale, economic vitality and healthcare utilization. The Blue Zones Project in Fort Worth, Texas, saw an improvement in wellbeing rank from 185th in 2014 to 58th in 2018. *

In 2019, Adventist Health combined our own expertise with the Blue Zones competencies in order to impact each community in this way.

Blue Zones brings a national platform that is aligned with our Adventist heritage and encourages healthy lifestyle behaviors including, healthy relationships, plant-based diet, movement and exercise, and spiritual foundation.

* 2018; Fort Worth Certification Report. The Blue Zones Project.

Connecting Strategy and Community Health

As hospitals move toward population health management, community health interventions are a key element in achieving the overall goals of reducing the overall cost of health care, improving the health of the population, and improving access to affordable health services for the community both in outpatient and community settings. The key factor in improving quality and efficiency of the care hospitals provide is to include the larger community they serve as a part of their overall strategy.

Health systems must now step outside of the traditional roles of hospitals to begin to address the social, economic, and environmental conditions that contribute to poor health in the communities we serve. Bold leadership is required from our administrators, healthcare providers, and governing boards to meet the pressing health challenges we face as a nation. These challenges include a paradigm shift in how hospitals and health systems are positioning themselves and their strategies for success in a new payment environment. This will impact everyone in a community and will require shared responsibility among all stakeholders.

Population health is not just the overall health of a population but also includes the distribution of health. Overall health could be quite high if most of the population is relatively healthy—even though a minority of the population is much less healthy. Ideally such differences would be eliminated or at least substantially reduced.

Community health can serve as a strategic platform to improve the health outcomes of a defined group of people, concentrating on three correlated stages:

- 1) The distribution of specific health statuses and outcomes within a population;
- 2) Factors that cause the present outcomes distribution; and
- 3) Interventions that may modify the factors to improve health outcomes.

Improving population health requires effective initiatives to:

- 1) Increase the prevalence of evidence-based preventive health services and preventive health behaviors,
- 2) Improve care quality and patient safety and
- 3) Advance care coordination across the health care continuum.

Our mission as a health system is Living God's love by inspiring health, wholeness and hope. We believe the best way to re-imagine our future business model with a major emphasis of community health is by working together with our community.



OUR MISSION:
To share God's love by
providing physical, mental
and spiritual healing

Community Benefit

Our community benefit work is rooted deep within our mission, with a recent recommitment of deep community engagement within each of our ministries.

We have also incorporated our community benefit work to be an extension of our care continuum. Our strategic investments in our community are focused on a more planned, proactive approach to community health. The basic issue of good stewardship is making optimal use of limited charitable funds. Defaulting to charity care in our emergency rooms for the most vulnerable is not consistent with our mission. An upstream and more proactive and strategic allocation of resources enables us to help low-income populations avoid preventable pain and suffering; in turn allowing the reallocation of funds to serve an increasing number of people experiencing health disparities.