

Sharp McDonald Center Community Health Needs Assessment – Implementation Plan Fiscal 2017-2020

Identified Community Need: <u>Behavioral Health, Chemical Dependency</u>	Objectives/Anticipated Impact	Action Items	Responsible Party/ies	Themes in 2016 CHNA Findings	Evaluation Methods, Measurable Targets, and Other Comments
	1. Expand access to chemical dependency services and resources for both the general San Diego community and high-risk populations.	a. Collaborate with military leadership to develop programs (VA Choice), and provide education and support for active duty personnel, retired veterans and families.	<p>Director of Outpatient Services, Sharp Mesa Vista Hospital (SMV)</p> <p>Manager, Specialty Outpatient Programs, Sharp Mesa Vista Hospital (SMV)</p>	Behavioral Health Chemical Dependency Access to Care Military Stigma Education Collaboration	<p>SMC (and SMV) collaborated with partners in the military community through participation in events such as the Veteran’s Wellness Fair at Balboa Park and the Community Mental Health Summit at the Veterans Affairs (VA) San Diego Medical Center. SMC and SMV provided behavioral health education and resources to approximately 1,000 community members at these events.</p> <p>SMV’s VA Choice Program (formerly Veterans Engaged in Supportive Treatment - VEST) began in FY 2012. Evidence-based practices are used to provide comprehensive treatment for post-traumatic stress and substance abuse.</p> <p>The VA Choice Program utilizes the PCL (http://www.ptsd.va.gov/professional/pages/assessments/ptsd-checklist.asp) to measure PTSD symptoms. The tool is utilized at the beginning, middle and end of treatment, and provides an indication of how the patient is doing in treatment and whether they are ready to discharge. The tool is normed for many populations, including general trauma (Military, Males, Females, and children).</p>
	2. Improve outcomes for community members with	a. Continue to provide the Sharp McDonald Center Aftercare	Director of Outpatient	Behavioral Health Chemical	SMC tracks Aftercare participants through ongoing sign-in sheets; approximately 100 people attend Aftercare

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	chemical dependency issues through support and follow-up after discharge.	and Lifetime Support meetings free to former patients.	Services, SMV Manager, Sharp McDonald Center (SMC)	Dependency Access to Care Support Care Management	<p>weekly. Estimated increase in volume of about 20% in the past year and a half.</p> <p>SMC has also enhanced their outcome survey and increased the frequency of submitting the surveys to former patients. SMC tracks sobriety and relapse rates at 30 days, 60 days and one year.</p> <p>Outcome data:</p> <ul style="list-style-type: none"> • At 30 days, abstinence rates hover right around 84%. National benchmark: 36% • At six months, abstinence rates are consistently equal to or better than the national average of 34%. • 1 year follow-up data is very minimal at this time due to the infancy of the implementation of our outcome tracking. <p>Areas of improvement:</p> <ul style="list-style-type: none"> • Increase response rate. Rate has been consistently at or above 40%. • Enhance questionnaire this year to improve meaning of data to inform program improvement projects. <p>Limitations: Sample size shrinks as the response rate becomes less per time marker (later months = less response rate).</p>

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					SMC is currently exploring additional questions to include in the survey that address access to care (e.g. establishment of PCP, or physical health treatment/follow-up) and food insecurity.
		b. Provide support to families of patients with chemical dependency issues post-discharge through the substance abuse family program.	Director of Outpatient Services, SMV Manager, Sharp McDonald Center (SMC)	Behavioral Health Chemical Dependency Access to Care Support Care Management	The SMC Substance Abuse Family Program offer support through the transition to an alcohol- or drug-free home. Programs available with all levels of care and are open-ended multiple family therapy groups for both the patient and family members. Participants address early recovery issues, examine significant relationship dysfunctions and develop support networks for the entire family. All family members and patients are encouraged to attend both during and after the individual's treatment process.
	3. Increase access to chemical dependency screenings and referral sources to the San Diego community.	a. Explore and evaluate opportunities for drug and alcohol screening in primary care settings.	Director of Outpatient Services, SMV	Screenings Care Management Access to care	No evaluation methods in progress at this time. An AMA (against medical advice) screening toolkit is implemented at SMC and our overall incidence of AMA discharges remains below (rate is currently between 5 and 6% to date for this fiscal year) national benchmark of 10.6%.

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	4. Raise awareness and reduce stigma through the provision of substance abuse health education for patients, their loved ones, and the community.	a. Continue to host speaking engagements for community health professionals and community members on various topics in chemical dependency/substance abuse.	SMV Business Development Specialist Manager, Outpatient – SMV/East Manager, Specialty Outpatient Programs, SMV	Behavioral Health Chemical Dependency Stigma Education Access to Care	SMV and SMC provided several educational offerings for behavioral health care professionals in FY 2015, including continuing education classes, conferences and trainings. SMV and SMC provided education to a variety of audiences including psychologists, psychiatrists, community physicians, social workers, nurses and other health and human service providers, topics including: included wellness and resilience, recognizing stress, substance abuse, self-injury, dual diagnosis, eating disorders, sleep disturbances, treating depression, geriatric mental health, older adult disorders and cultural considerations in the treatment of Latino populations. SMC also hosted educational events for the EAPA and provided education and resources to approximately 20 community members each month on current concerns in behavioral health care, evidence-based therapies and emerging treatment models. Education and screening programs are evaluated by participants through survey. The goal is to educate and raise awareness for community members and physicians.
		b. Continue to provide community educational sessions focused on drug/alcohol addiction of teens and Transition Age	Manager, Outpatient – SMV/East	Behavioral Health Chemical Dependency Education Stigma	SMV is currently working as advisors for Janssen, helping them design an early episode psychosis clinic where a major focus will be the inclusion of caregivers in most aspects of treatment. Family education will be a large component as well as continued education for TAY

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		Youth (TAY).		Access to Care	<p>patients about their diagnosis as well as linkage to community resources for ongoing recovery. At this time, it appears we will be focusing exclusively in schizophrenia. However, we are encouraging Janssen to expand our population to include schizoaffective disorder and bipolar disorder. SMV expects that recruitment for this clinic will involve providing education in the community about the needs of the TAY population and importance of early intervention and family involvement.</p> <p>In FY 2015, SMV completed education sessions for the Care4Today™ project (http://www.care4today.com/mental-health-solutions.html) by Janssen and continues to hold monthly alumni group meetings for our graduates.</p> <p>Education programs are evaluated by participants through survey. The goal is to educate and raise awareness for community members and physicians.</p>
	5. Provide support to community members impacted by chemical dependency.	a. Collaborate with Sharp Mesa Vista Hospital and community organizations to host support groups that serve members of the community impacted by chemical dependency issues.	SMV Business Development Specialist	Behavioral Health Chemical Dependency Education Support Collaboration	Current substance abuse support groups: Alcoholics Anonymous, Al-Anon, Alcoholics Anonymous – Dual Diagnosis, Women’s Alcoholics Anonymous, Men’s 21-Step Group, Narcotics Anonymous, Pills Anonymous, Tobacco Anonymous; SMV/SMC Aftercare.

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					No evaluation methods in progress at this time.
	6. Strengthen partnerships with community organizations to foster future collaborations and fundraise for behavioral health services.	a. Continue participation in key mental health events and fundraising activities.	CEO, SMV SMV Business Development Specialist	Behavioral Health Chemical Dependency Education Support Collaboration	<p>In FY 2015, SMV and SMC sponsored and participated in six walks to increase awareness and raise funds for mental health services, including the NAMI Walk, American Foundation for Suicide Prevention’s Out of the Darkness Community Walk, Save a Life San Diego/Yellow Ribbon (for suicide prevention) Walk, National Eating Disorders Association Walk, San Diego Alzheimer’s Association Annual Memory Walk and the American Heart Association’s Heart & Stroke Walk.</p> <p>Partnership with Community Research Foundation (CRF - http://www.comresearch.org/aboutUs.php) to improve collaboration with patients in the community has been in place for over a year now. PERT, ILA and the Behavioral Health Work Team are also a part of CRF.</p> <p>No evaluation methods in progress at this time.</p>

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Identified Community Need: <u>Cardiovascular Disease, Diabetes, Obesity</u>	Objectives/Anticipated Impact	Action Items	Responsible Party/ies	Themes in 2016 CHNA Findings	Evaluation Methods, Measurable Targets, and Other Comments
	NA	NA	NA	Behavioral Health Cardiovascular Disease Diabetes Obesity Stress Nutrition Co-morbidity with physical health conditions (Diabetes, etc.)	<p>As San Diego County's only licensed chemical dependency recovery hospital, this particular identified community health need does not fall within the scope of Sharp McDonald Center's services and resources.</p> <p>However, in light of findings from the 2016 CHNA, SMV/SMC is beginning to consider incorporating primary health screening into behavioral health events, in order to address the issue of mind-body integration and effects of physical health on behavioral health and vice versa. Similarly, collaborations to provide nutrition education and resources at behavioral health events are also of interest.</p> <p>Initial conversations with the SMV Business Development Specialist, the SMV Director of Outpatient Services and the SMC Manager began in late FY 2016, and options/partnerships - potentially a community resource expo for SMV/SMC that will address nutrition and food access issues- will be explored in the coming months.</p> <p>In addition, SMC provides patients a weekly nutritionist for ongoing nutrition education critical to recovery.</p>