

Sharp McDonald Center Community Health Needs Assessment – Implementation Strategy Fiscal 2018-2021

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
	<p>1. Expand access to chemical dependency services and resources for both the general San Diego community and high-risk populations.</p>	<p>a. Collaborate with military leadership to develop programs (VA Choice), and provide education and support for active duty personnel, retired veterans and families.</p>	<p>Director of Outpatient Services, Sharp Mesa Vista Hospital (SMV)</p> <p>Manager, Specialty Outpatient Programs, Sharp Mesa Vista Hospital (SMV)</p>	<p>Behavioral Health Chemical Dependency Access to Care Military Stigma Education Collaboration</p>	<p>SMC (and SMV) collaborated with partners in the military community through participation in events such as the San Diego Military Family Collaborative’s Annual Resource Fair, Sharp Hospice’s Veteran’s Senior 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 1,500 community members at these events.</p> <p>SMV’s VA Choice Program (formerly Veterans Engaged in Supportive Treatment - VEST) began in FY 2015. 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>

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	<p>2. Improve outcomes for community members with chemical dependency issues through support and follow-up after discharge.</p>	<p>a. Continue to provide the Sharp McDonald Center Aftercare and Lifetime Support meetings free to former patients.</p>	<p>Director of Outpatient Services, SMV Manager, Sharp McDonald Center (SMC)</p>	<p>Behavioral Health Chemical Dependency Access to Care Support Care Management</p>	<p>SMC tracks Aftercare participants through ongoing sign-in sheets; approximately 100 people attend Aftercare 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 and 60 days; no longer tracking at one year due to difficulty of contacting patients.</p> <p>Outcome data:</p> <ul style="list-style-type: none"> At 30 days, abstinence rates hover right around 77%. National benchmark: 36% At six months, abstinence rates are 71%. The national average is 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 to 52.3% (previously 40%). Enhance questionnaire this year to improve meaning of data to inform program improvement projects. <p>Limitations: Sample size shrinks as the response rate</p>

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					<p>becomes less per time marker (later months = less response rate).</p> <p>New this year, SMC began using the BAM (Brief Addiction Monitor) instrument which is an evidence based measurement tool for substance use disorders. It is used to guide individual treatment throughout the course of their care at SMC and provides the opportunity for real time program evaluation. Tool is provided at admission, weekly intervals, and discharge. Looking to integrate the BAM tool into follow-up phone call surveys secondary to the tool demonstrating increased sensitivity to relapses and overall recovery needs.</p> <p>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.</p>
		<p>b. Provide support to families of patients with chemical dependency issues post-discharge through the substance abuse family program.</p>	<p>Director of Outpatient Services, SMV Manager, Sharp McDonald Center (SMC)</p>	<p>Behavioral Health Chemical Dependency Access to Care Support Care Management</p>	<p>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.</p> <p>Participants address early recovery issues, examine</p>

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					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 far below (rate is currently between 4% to date for this fiscal year) the national benchmark of 10.6%.
	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	Behavioral Health Chemical Dependency Stigma Education Access to Care	SMV and SMC provided several educational offerings for behavioral health care professionals in FY 2016, 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, as well as the community at large. Topics included wellness and resilience, recognizing stress, substance use, 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. SMV also provided suicide risk

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			Programs, SMV		<p>assessment lectures to 40 community health professionals and community members at the United Way of San Diego County. In addition, SMV hosted and participated in the EAPA to increase knowledge and education in the behavioral health professional community. SMC also hosted educational events for the EAPA, where they provided education and resources to approximately 20 community members each month. The presentations covered current concerns in behavioral health care, evidence-based therapies and emerging treatment models.</p> <p>Education and screening programs are evaluated by participants through survey. The goal is to educate and raise awareness for community members and physicians.</p>
		b. Continue to provide community educational sessions focused on drug/alcohol addiction of teens and Transition Age Youth (TAY).	SMV SEEC Clinical Research Team	Behavioral Health Chemical Dependency Education Stigma Access to Care	<p>FY16: SMV completed the design of an early episode clinic model (known as SEEC) created to provide services for young adults with schizophrenia or schizoaffective disorder. The SMV Clinical Research Team wrote a grant proposal to fund this project through Janssen research and Development, LLC. Funding was secured and strategic planning for program implementation began with a target date of January 2017.</p> <p>FY17: SMV opened the SEEC Clinic in January 2017 and began providing services for young adults newly</p>

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					<p>diagnosed with schizophrenia and schizoaffective disorder and their caregivers. All services are provided free of cost and include education sessions about illness and recovery, support groups, community integration, employment and educational support, psychotherapy, peer support services, and medication management.</p> <p>As of September 1, 2017, the SEEC clinic has provided over 650 contact hours providing psychoeducation for young adults with schizophrenia and schizoaffective disorder and over 160 contact hours providing psychoeducation for families on how to support their young adult children.</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 use support groups: Alcoholics Anonymous, Al-Anon, Alcoholics Anonymous – Dual Diagnosis, Women’s Alcoholics Anonymous, Men’s 21-Step Group, Cocaine Anonymous, Narcotics Anonymous, Pills Anonymous, NarAnon Family, Thank God We’re Clean; Women’s Narcotics 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 2016, SMV and SMC sponsored and participated in nine 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, AFSP’s National Overnight Walk, Save a Life San Diego/Yellow Ribbon (for suicide prevention) Walk, National Eating Disorders Association Walk, Heroes in Recovery 6K, McAlister Walk for Sobriety, 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 is also a part of CRF. 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 continue to be explored.</p> <p>In addition, SMC provides patients a weekly nutritionist for ongoing nutrition education critical to recovery.</p>