

**Sharp Mesa Vista Hospital
Community Health Needs Assessment – Implementation Plan
Fiscal 2017-2020**

Identified Community Need: <u>Behavioral Health</u>	Objectives/ Anticipated Impact	Action Items	Responsible Party/ies	Themes in 2016 CHNA Findings	Evaluation Methods, Measurable Targets, and Other Comments
	<p>1. Improve outcomes for seniors through culturally competent outreach services to high-risk seniors, including those in San Diego’s disadvantaged communities, and through education targeting stigma reduction and healthy aging strategies.</p>	<p>a. Continue to provide 16 hours each week to senior community centers (Gary and Mary West Center) as well as eight hours each week to Potiker Family Senior Residence, offering screening and referrals to low-income, at-risk seniors.</p>	<p>Chief Medical Officer, Sharp Behavioral Health Manager, Sharp Mesa Vista Hospital (SMV) Intake</p>	<p>Behavioral Health Alzheimer’s Senior Health Collaboration Education Screening</p>	<p>Throughout FY 2015, SMV clinicians collaborated with Serving Seniors to provide 16 hours each week to the Gary and Mary West Senior Wellness Center for senior clients and eight hours a week at Potiker Family Senior Residence, a residential site for low-income, at-risk seniors. Seniors received a variety of early intervention services, including examination by a nurse or psychiatrist, medication, referrals or counseling to reduce the risk of hospitalization and homelessness, mental health screenings and Montreal Cognitive Assessments, which detect mild cognitive impairment.</p> <p>Also in FY 2015, SMV continued to collaborate with Potiker Family Senior Residence and the Gary and Mary West Senior Wellness Center to provide free prevention and early intervention services to high-risk older adults. The services were designed to improve the utilization and effectiveness of mental health services for high-risk, culturally diverse seniors and address barriers to mental health services, including stigma, isolation and lack of services. Staff contributed more than 1,000 hours of clinical services to these members of the senior community. These services were further enhanced</p>

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					<p>with free education and support groups provided at the Gary and Mary West Senior Wellness Center by a student clinician. Topics included depression and anxiety, behavioral activation and coping tools. SMV also provided evaluation assistance and resources at the Gary and Mary West Senior Wellness Center twice per month.</p> <p>Referrals are challenging to track through this effort and so currently evaluation methods are not in place.</p>
		<p>b. Continue community collaboration efforts to provide education and screenings to at-risk senior community members.</p>	<p>SMV Business Development Specialist</p>	<p>Behavioral Health Alzheimer’s Senior Health Collaboration Education Screening</p>	<p>In FY 2016 the SMV Community Relations Specialist position was replaced with a Business Development position that also supports community outreach efforts. SMV is also currently considering the development of a distinct community liaison position.</p> <p>During San Diego Depression Screening Week in October, SMV hosted a “Check Your Mood” screen at the Gary and Mary West Center. More than 30 senior community members received anonymous depression screenings and learned about the symptoms and warning signs of depression.</p>

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		c. Reduce stigma through education for community members and community providers on senior behavioral health issues.	Lead Clinical Psychologist, SMV Senior Intensive Outpatient Program (SIOP)	Behavioral Health Alzheimer’s Senior Health Collaboration Education Screening	<p>SMV again provided at PHQ-9 screenings at the Sharp Women’s Health Fair; provided education on Depression and Alzheimer’s/ support for caregivers at the Vital Aging Conference in Escondido; provided Geriatric training for the Behavioral Health Education and Training Academy (Academy for Professional Excellence at San Diego State University); provided a resource table at the Rancho Santa Fe Senior Center’s First Annual Healthy Aging Conference; also attended the following collaboratives on a monthly basis: Older Adult Council/Alzheimer’s Association/JFS PAC.</p> <p>In addition, the SMV Senior Intensive Outpatient Program (SIOP) continued its monthly community service initiative where both staff members and their older adult patients provided education and outreach to community members, focused on debunking myths associated with older adulthood(e.g., ‘depression is a normal part of aging’ and ‘growing old is characterized by loss and pain’).</p> <p>The initiative includes free community lectures provided at a variety of venues, including the Point</p>

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					<p>Loma Community Presbyterian Church, La Mesa Community Center, Jewish Family Service of San Diego, El Cajon Branch Library, First United Methodist Church of San Diego and the Sharp Women’s Health Conference. Educational sessions included: Helping Older Adults Cope with Loss and Transition; Battling the Blues: Helping Older Adults Identify Signs and Symptoms of Depression; and Don’t Let the Worry Win: Coping Tools for Anxiety. More than 1,250 community members attended these events.</p>
	<p>2. Improve housing options and living conditions for community members with mental health issues.</p>	<p>a. Continue collaboration with community mental health providers and provide education to independent living facilities (ILF).</p>	<p>SMV Business Development Specialist</p>	<p>Behavioral Health Housing Access to Care</p>	<p>SMV continues its involvement in and support of an initiative to improve housing conditions for community members living with serious, persistent mental illness.</p> <p>Since 2012, SMV has actively participated in a community work team that secured a three-year contract with the County of San Diego and established an Independent Living Association (ILA) to help address challenges with safe and healthy independent living facilities (ILFs) for seniors.</p> <p>These efforts seek to both improve conditions for</p>

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					<p>ILFs and the consumers housed there, and to help keep consumers linked with essential services and providers, and reduce crime and unnecessary arrest rates. The ILA is an initiative of CHIP’s Behavioral Health Work Team, in which SMV actively participates.</p>
		<p>b. Explore and expand collaborations with law enforcement and housing planning committees to improve outcomes for community members living with mental health issues.</p>	<p>SMV Business Development Specialist</p>	<p>Behavioral Health Housing Access to Care</p>	<p>SMV continues collaboration with PERT, providing an education series for community members, providers and ILA (Independent Living Association) to increase understanding of PERT. SMV participates in PERT roundtables, monthly meetings, quarterly trainings on understanding psychiatric emergencies and community psychiatric services, and community-oriented trainings. Further, SMV recently hired a new staff lead who formerly worked with PERT.</p> <p>In addition, SMV has clinicians that participate in “New Owner Trainings” at least twice a year. These training educate new ILF owners about the various mental health issues they may encounter and basic tools to manage residents with mental illness.</p> <p>Program also tracks the number of referrals from PERT.</p>

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	3. Increase access to mental health screenings and referral sources to members of the general community	a. Continue to provide free psychiatric evaluations and referrals for the general community.	Manager, SMV Intake	Behavioral Health Screenings Education Access to Care	<p>Provided approximately 13,000 free evaluations and referrals for the general community in FY2015. This figure includes walk-ins, ED, and PERT.</p> <p>Referrals are tracked; approximately 60% of the evaluated patients are referred to SMV, Sharp Grossmont Hospital or a psychiatric facility; the remaining evaluated patients receive referrals to community resources.</p> <p>In addition, SMV will be collaborating with Alzheimer’s San Diego on a Memory Screening event in August, 2016 at their offices.</p>
	4. Reduce stigma and improve outcomes for individuals with mental health issues by community integration through community service activities.	a. Continue participation in key mental health events alongside patients.	SMV Business Development Specialist	Behavioral Health Stigma Education Access to Care	<p>SMV clinicians now also have increased presence at community events to further increase engagement and connect community members to helpful resources.</p> <p>In FY 2015, SMV’s Psychiatric Rehabilitation Program community service activities included: the Green Thumbs Up Group, where patients of SMV’s outpatient programs maintain a community garden</p>

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					<p>in a transitioning neighborhood; Sharp Sluggers, where current and former SMV patients as well as community members with mental illness participate on a co-ed softball team; the Client Advisory Board, where SMV outpatients provide feedback on how to improve programs, empower patients, promote advocacy and better serve the community; and Transit Training, where current and former patients learn to utilize public transportation. SMV's Psychiatric Rehabilitation Program also provides current and former patients with the opportunity to attend mental health clubhouses, which provide free rehabilitation programs for individuals with mental illness by focusing on employment, education and support. The mental health clubhouses are mainly operated by community members with mental illness and staff support.</p> <p>In FY 2015, SMV's program also encouraged current and former patients to participate in the California Department of Rehabilitation, which is committed to providing a variety of career opportunities for advancement and training to community members with mental illness.</p>

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	5. Raise awareness and reduce stigma through the provision of mental health education for patients, their loved ones, and the community.	a. Continue to host community speaking engagements addressing topics such as anxiety, stress, depression and anger.	SMV Business Development Specialist Identified Content Expert, SMV Clinicians	Behavioral Health Stigma Education Access to Care	<p>To increase awareness of mental health and substance abuse, in FY 2015, SMV and SMC hosted numerous community speaking engagements and workshops, addressing a variety of behavioral health topics including cognitive therapy, substance abuse and child and geriatric psychiatry. In addition, monthly lectures were delivered through a cognitive therapy lecture series and included topics such as anxiety, anger, depression and stress. Further, in response to the need for information and support for caregivers of individuals with mental illness, SMV provided community educational materials in the hospital lobby through the National Alliance on Mental Illness’s (NAMI’s) Friends in the Lobby program.</p> <p>In addition, SMV’s Lead Clinical Psychologist at the Senior Intensive Outpatient Program frequently collaborates with Sharp’s Senior Resource Center to provide education on behavioral health issues, stress and stigma reduction in seniors.</p>
		b. Continue to host speaking engagements for community	SMV Business Development	Behavioral Health Chemical	SMV and SMC provided several educational offerings for behavioral health care professionals in

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		health professionals and students on various topics in behavioral health.	<p>Specialist</p> <p>Manager, Outpatient – SMV/East</p> <p>Manager, Specialty Outpatient Programs, SMV</p>	<p>Dependency</p> <p>Stigma</p> <p>Education</p> <p>Access to Care</p>	<p>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.</p> <p>SMV staff participated in and provided educational resources on understanding psychiatric emergencies and community psychiatric services at quarterly San Diego PERT police officer trainings.</p> <p>SMV provided suicide risk assessment lectures to 40 community health professionals as well as four geriatric training sessions to 100 students in the Behavioral Health Education and Training Academy, a program of the Academy for Professional Excellence at SDSU.</p>

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		c. Continue to provide community educational sessions focused on the behavioral health issues of teens and Transition Age Youth (TAY).	Manager, Outpatient – SMV/East	Behavioral Health Education Stigma Access to Care	<p>SMV is currently working as an advisor 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 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</p>

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					awareness for community members and physicians.
		d. Provide education (general health, workforce development, etc.) and resources to TAY with behavioral health issues to empower and support their continued health and wellbeing.	SMV Business Development Specialist	Behavioral Health Education Workforce Development Stigma Community Reintegration Care Management	<p>Beginning FY 2016, SMV is collaborating with Planned Parenthood to provide sexual education classes for TAY patients at SMV.</p> <p>Also in 2016, SMV began collaborating with Connect to Careers (part of the SD Workforce Partnership) to provide job resource education for TAY patients at SMV.</p> <p>In addition, SMV also works with IMPACT Young Adults – a peer-driven organization aimed at the TAY population. SMV participates in community events for IMPACT – most recently a croquet tournament event they hosted to reduce stigma. Collaborations continue to be explored to address the repetitive theme is that SMV patients need better community reintegration assistance as they exiting SMV programs.</p>
		e. Continue to provide mental health education, support and resources for San Diego veterans and their families through the VA	Manager, Specialty Outpatient Programs, SMV	Behavioral Health Screenings Education Support	Throughout the year, SMV provided its VA Choice program to veterans and their families in order to meet the needs of veterans of the wars in Iraq and Afghanistan. In FY 2015, the program connected

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		Choice (formerly Veterans Engaged in Supportive Treatment) program.		Access to Care	<p>with more than 500 community members and veterans. The VA Choice program provides a safe environment for veterans to learn effective methods for managing symptoms of post-traumatic stress disorder (PTSD) or acute stress, and includes services for spouses and family members who experience distress when their loved one returns with war- or trauma-related symptoms. Program team members also provide education on reducing the stigma of mental health issues in the military community as well as available resources.</p> <p>In addition, SMV continues to participate in the San Diego Military Family Collaborative, which meets monthly to discuss services for military members and their families in the community.</p> <p>SMV and SMC also 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. SMV and SMC provided behavioral health education and resources to approximately 1,000 community members at these events. SMV has also</p>

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					<p>participated in and supported the Suicide Prevention for American Veterans Act organized by Jean and Howard Somers (a local couple whose son committed suicide due to a lack of mental health care).</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> <p>Screening results and follow-up data continue to show positive changes in the PTSD symptoms of the Veterans seen in the VA Choice program. SMV/SMC now also have a specific offering that assists veterans in learning effective ways to manage symptoms of PTSD, manage mood related disruptions to their lives, and decrease use of destructive coping skills.</p>

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		f. Participate in outreach activities across Sharp (e.g., SRS occupational health education, Sharp Senior Health Services, Sharp HospiceCare) to increase community awareness of mental health services.	SMV Business Development Specialist	Behavioral Health Stigma Education Staff Development Access to Care	<p>Building off of a recent collaboration with Sharp Mary Birch Hospital for Women & Newborns on a women’s health initiative on pelvic health, an SMV clinician now runs an open, free, weekly pelvic pain support group.</p> <p>Education programs are evaluated by participants through survey. The goal is to educate and raise awareness for community members and physicians.</p>
	6. Provide support and resources to community members impacted by mental health and chemical dependency issues.	a. Collaborate with community behavioral health organizations and provide space for support groups to serve members of the community impacted by mental health issues.	SMV Business Development Specialist	Behavioral Health Support Collaboration Access to Care	Throughout FY 2015, SMV provided nearly 1,390 hours in free meeting space for a variety of self-help groups on a weekly basis including Al-Anon, NARANON, NARANON District Meeting, Alcoholics Anonymous (AA), Women’s Alcoholics Anonymous, My Next 30 Years – Alcoholics Anonymous, Gambler’s Anonymous, Tobacco Anonymous, Alcoholics Anonymous – Dual Diagnosis, Obsessive Compulsive Disorder Support, Child and Adolescent Support Group, Men’s 12-Step Group, 12-Step Recovery Workshop, Cocaine Anonymous, Narcotics Anonymous, ANAD, Pills Anonymous, Sexaholics Anonymous, Co-Dependents Anonymous, Shyness and Social Anxiety Group, Concerned United Birth Parents, San Diego Phobia

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					Foundation, Recovery Innovations – California Wellness Recovery Action Plan (WRAP) classes, the Anxiety and Phobia Clinic, Smart Recovery Community, Saturday Support, Hoarders Anonymous and the SMC Aftercare and Lifetime Support meetings.
		b. Facilitate various support group meetings (monthly, weekly, etc.).	SMV Business Development Specialist	Behavioral Health Support Education Access to Care	Current SMV-facilitated support groups include: a Mood Disorders support group for individuals, family and friends impacted by depression, bipolar disorder, schizoaffective disorder or anxiety; a bi-weekly Dialectical Behavior Therapy (DBT) support group that teaches DBT cognitive behavioral therapy skills to help treat behavioral disorders; ANAD (Anorexia Nervosa and Associated Disorders); and Education for Families and Care Partners, an in-house support group for families and caretakers of current and recent patients.
	7. Strengthen partnerships with community organizations to foster future collaborations and fundraise for behavioral health	a. Continue participation in key mental health events and fundraising activities.	CEO, SMV SMV Business Development Specialist	Behavioral Health Collaboration Education Access to Care	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

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	services.				<p>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>Throughout 2015, SMV attended several health and wellness fairs, conferences and events, including the 20th International Summit & Training on Violence, Abuse & Trauma Across the Lifespan Conference, the Psychiatric Emergency Response Team (PERT) Academy Resource Fair, nutrition education to members of the Corner Clubhouse and Neighborhood House Association’s Friendship Clubhouse.</p> <p>Further, 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>

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Identified Community Need: Cardiovascular Disease, Diabetes, Obesity	Objectives/ Anticipated Impact	Action Items	Target Completion Date	Responsible Party/ies	Themes in 2016 CHNA Findings	Evaluation Methods, Measurable Targets, and Other Comments
	NA	NA	NA	NA	Behavioral Health Cardiovascular Disease Diabetes Obesity Stress Nutrition Co-morbidity with physical health conditions (Diabetes, etc.)	<p>As a specialty hospital providing treatment and services for behavioral health, this identified community health need does not fall within the scope of Sharp Mesa Vista Hospital'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>