

# 2017 Community Health Leadership Award



## Profiles of the nominees

The Community Health Leadership Award is given annually to a health care organization that is serving its community's broader health needs in innovative and lasting ways. We are looking to recognize organizations that are not just serving patients, but are making their entire communities healthier.

# 2017 Community Health Leadership Award

Hospitals, health systems and public hospital districts are increasingly called upon to address the health needs of their entire community. This award seeks to recognize member health organizations who are investing in solutions that improve the health of their entire community.

This award is given by the Hospital Governing Boards Committee. The Committee is made up primarily of selected and elected hospital board members who serve as the connective tissue between their hospitals and their communities.

The nominations for these awards give good, useful detail about how the need was identified, what resources they used and how they continue to evaluate the process. Many of these programs are ideal for replicating in other communities.

Visit [www.wsha.org/our-members/awards/community-health-leadership-award/](http://www.wsha.org/our-members/awards/community-health-leadership-award/) for details.

## Medication Takeback, Confluence Health

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Confluence Health's Medication Take Back Program has been instituted to help address the opioid and prescription drug abuse epidemic in North Central Washington. The region previously only had access to two public disposal locations, leaving many dangerous and addictive substances in people's homes, unprotected and unmonitored.

Confluence's program places medication disposal boxes at pharmacies throughout Chelan, Douglas, Grant and Okanogan counties. Each new medication disposal site provides a permanent location for safe, responsible and secure drop-off of unwanted prescription medications.

In their first weekend of use, the disposal sites located in Wenatchee collected nearly 70 gallons of unused and unwanted medications. Since April, more than 340 gallons of medications have been deposited into the three active medication disposal boxes.

Funded by the Confluence Health Foundation, Confluence is planning on establishing 27 new medication disposal boxes within 5 years.

## Self-Care Groups, Morton General Hospital

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There is increasing focus on the need for prevention and wellness training in health care. The epidemic of chronic disorders is often worsened by lifestyle choices, stress and other social factors. The good news is that many of those challenges respond well to whole-person approaches that help patients manage and reduce symptoms.

To respond to that need, Morton General Hospital developed "Mind, Body, Spirit: Self-Care Groups" to help supplement traditional medical care. Available at no charge to the area's economically depressed

population, these groups have been held in three different locations, making them more available to those in the hospital district who have challenges with transportation. Everyone is welcome.

Whether it is disease management, stress management, pain management or just living life more fully, these groups are opportunities for participants to incorporate fun, playfulness and humor while listening to one another and sharing individual wisdom and experience.

### **Active Senior Fair, Overlake Medical Center**

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Overlake Medical Center's annual Active Senior Fair has for 21 years been free and open to all members of the public. It now attracts nearly 2,000 seniors and their loved ones to the one-day event. Interpreters in Mandarin, Cantonese, Spanish, Hindi and Russian help seniors and their families connect to the American health care system.

The fair provides 16 types of health screenings plus lectures and workshops with physicians and other staff focusing on major issues seniors encounter, such as strokes, cardiac issues and orthopedic problems. Visitors can access more than 70 other community groups, such as home health services and social support. To facilitate intergenerational interaction, Overlake organizers recruit high school student leaders to join the nearly 100 volunteers who help host the fair.

Every year, the Active Senior Fair's mission is to help provide a good life for a person who is a senior, regardless of race, financial situation, gender or any other criteria, and connect them with the services they need. Read about the March 2017 fair [here](#).

### **Integrated Mental Health, PeaceHealth Peace Island Medical Center**

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PeaceHealth Peace Island Medical Center is a rural Critical Access Hospital that created an integrated behavioral health care program in response to its community health needs assessment.

The program is comprised of a behavioral assessment program embedded in the primary care clinic, complimented by a tele-psychiatry program as well as psychological follow-up of behavioral health care services for those patients.

The program serves all patients who access primary care at PeaceHealth Peace Island, which also includes a community-wide behavioral and psychiatric "service portal" that further assists patients in better accessing primary care services. Tele-psychiatry specifically serves hard-to-reach San Juan County patients by offering weekly psychiatric services that they would otherwise not be available to the community. The assessment and follow-up services further help with care coordination and facilitate access to services, lower cost of services and better quality of care.

### **No One Dies Alone, Providence St. Peter Hospital**

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No One Dies Alone consists of caring volunteers, many of whom double as hospital employees, who generously donate their time and presence to provide bedside companionship to dying patients who would otherwise be alone during the end of their lives. These thoughtful, respectful volunteers are often referred to as the hospital's "compassionate companions" due to the comfort they bring to patients in their last hours and moments of life.

For the past seven years at Providence St. Peter Hospital – and for more than two years now at Providence Centralia Hospital – dedicated NODA volunteers have brought comfort to dying patients in a variety of ways. Whether holding a patient’s hand (if this is comfortable for the patient), being a peaceful presence, playing soothing music, and/or reading books or poetry, volunteers offer calm, kind ways to bring comfort and companionship to dying patients. (Read more here.)

### **Transitional Respite Care, Providence Sacred Heart Medical Center**

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About 5 percent of people who are seen in the Providence Sacred Heart Medical Center Emergency Department are homeless. When leaving the hospital after an illness or an injury, individuals are typically still healing and they need rest, comfort and follow-up care. Those who are homeless have nowhere to go.

Providence Health Care and Catholic Charities of Spokane collaborated to develop the Transitional Respite Care for the Homeless program. The program provides the community’s homeless men and women a safe, supervised place to rehabilitate from serious injury after hospital discharge or to continue healing from illness.

For example, in respite care, the person can receive wound care or administration of a course of antibiotics. Additional services may include rides to medical appointments, mental health and chemical dependency counseling, and case managers who help connect services such as Social Security and housing.

### **Partnerships to Improve Community Health, Seattle Children's**

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The Partnerships to Improve Community Health (PICH) program is aimed at improving health equity and the health of youth, families and communities in South King County. A grant from the Centers for Disease Control and Prevention makes it possible for Seattle Children’s, Public Health Seattle & King County, and the Healthy King County Coalition, together with communities, to make improvements in health that will last long beyond the three-year grant.

Through small grants, technical assistance and collaboration at the community level, the program involves more than 29 different local initiatives promoting healthy and affordable food systems, physically active communities, and tobacco use cessation. Results include a golf course turned into a farm for food banks, evidence-based physical education built into alternative high schools and training for diverse child care providers on healthy eating and active living. More about the program and the collaborations can be found on the King County website.

### **Camp Trios, Trios Health**

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Camp Trios is a summer day camp program for children ages 6-14 with Type 1 diabetes. The goal of the three-day camp is to teach participants about their diagnoses and provide them with tools for managing it in a way that doesn’t limit their daily life.

This education — provided in a positive, engaging environment — is intended to help decrease instances of acute health issues and long-term diabetes complications. At camp, participants build relationships with peers with similar health situations, learn how to manage their diabetes, and interact closely with mentors and volunteers who can relate to their experiences and offer advice — all while having fun.

As an extension of the program, certified diabetes educators at Trios Health also provide training year-round to school nurses and school staff on insulin pumps and management of Type 1 diabetes. This improves affected children's health care support while in school and helps cut unnecessary absences.

### **Pain and Addictions Strategic Oversight Committees, Harborview Medical Center**

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The opioid crisis is a health care hydra: it is a problem with many heads. While opioids are powerful and useful medications, they also come with high risk of starting a life-long addiction.

Harborview Medical Center is working across the continuum to help meet patient needs and protect community safety. The Pain and Addictions Strategic Oversight Committees integrate the work of multiple programs and departments that care for patients with complex pain control challenges and substance use disorders. This work includes:

- Education on safe prescribing practices and prevention;
- Alternatives to opioids for pain management;
- Focused treatment for opioid use disorder;
- Integrating specialty and expert primary care for pain, addiction and mental health in primary care and in addiction treatment centers;
- Partnership with other King County community partners and Washington State to expand medication-assisted treatment; and
- Using best care and data to reduce opioid use.

### **Memorial Physicians - SignalHealth Opioid Registry, Virginia Mason Memorial**

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Ensuring good opioid prescribing practices for patients managing chronic pain is an issue for many health care providers. Virginia Mason Memorial (VMM) in Yakima has established targets, policies and tools to assess and influence the appropriate use of opioids and other controlled substances.

One of the major tools was the development of a web-based chronic opioid therapy (COT) registry for primary care clinic providers. Data from the electronic medical records system, multiple approaches to reporting and empowered medical assistants help to ensure good care for these patients. This approach encompasses all VMM primary care clinic patients.

This multi-faceted approach is already showing results. Individual clinics and providers are being given the data to improve, and providers are engaging with their patients about opioid use. Anecdotally, many patients have reduced dosages or have stopped taking opioid medications. With the electronic record including multiple specialties, the standards are also readily available to specialty providers and their patients.