



2019-2021 Implementation Strategy



Background and Purpose

Casa Colina is a nonprofit, freestanding, community-governed organization based in Pomona, California. Founded in 1936, Casa Colina's first focus was on children recovering from polio. The goal was to help children find a way to build productive, satisfying lives. Casa Colina's mission is to ***provide individuals the opportunity to maximize their medical recovery and rehabilitation potential in an environment that recognizes their uniqueness, dignity and self-esteem.*** Historically, Casa Colina's mission and culture as a medical rehabilitation provider have defined the way it serves the community with people who have disabilities or are at risk of a disability. In the broadest sense, this includes a large portion of the population that is at risk for a traumatic medical event or developing a long term medical condition that could lead to a permanent disability.

Casa Colina Hospital and Centers for Healthcare (CCH) is the core of a network of closely integrated services. The Hospital operates under the corporate umbrella of Casa Colina, Inc. (CCI). The Hospital provides services to patients through its acute rehabilitation unit, medical and surgical unit, intensive care unit, surgical suites, outpatient therapy services, physician specialty clinics, satellite outpatient clinic in Azusa, and the pediatric outpatient clinic. Other Casa Colina entities extend the continuum of care and include the Transitional Living Center, Adult Day Health Center, Apple Valley and Lucerne Valley residential services, Imaging Center, Padua Homes, and the Outdoor Adventures program.

Casa Colina provides a broad range of medical services and is highly renowned for specialized rehabilitation programs that address neurological and orthopedic conditions. Providing a full continuum of medical and rehabilitative care for patients diagnosed with traumatic brain injury, stroke, spinal cord injury, and orthopedic injury and diseases, Casa Colina is able to move patients to the appropriate level of care as their acuity and rehabilitation needs change. Further, Casa Colina has highly specialized teams of rehabilitation professionals from physicians and therapists to certified rehabilitation nurses and neuropsychologists on staff to support both patients and families as they move through the phases of their recovery and ultimately back to their communities.

2018 Community Health Needs Assessment

In 2018, Casa Colina conducted a Community Health Needs Assessment (CHNA) to comply with federal and state regulations guiding tax-exempt hospitals. The CHNA can be accessed at <http://www.casacolina.org/Community-Benefits-Report.aspx>. Public comment on the CHNA is encouraged and comments are used to inform and influence community benefit initiatives and activities.

The CHNA incorporated demographic and health data for the communities served by the hospital. Significant health needs were indicated by primary data sources, and secondary data sources that included key informant interviews and community surveys. Based on the CHNA, health indicators were considered a community health need when the indicator exceeded benchmark data; specifically county or state rates, or Healthy People 2020 objectives. The following community health needs were identified:

- Access to Health Care
- Chronic Diseases
- Disabilities
- Mental Health
- Overweight and Obesity
- Preventive Practices
- Senior Health
- Substance Abuse

Significant Health Needs Casa Colina Hospital will Address

The Implementation Strategy describes how Casa Colina Hospital plans to address significant health needs identified in the 2018 Community Health Needs Assessment. For each significant health need that the Casa Colina Hospital plans to address, the strategy describes: 1) actions the hospital intends to take, including programs and resources it plans to commit; and 2) anticipated impacts of these actions.

Casa Colina will address the following health needs through a commitment of community benefit programs and charitable resources.

- Access to health care
- Chronic diseases
- Disabilities
- Overweight and obesity
- Preventive health care
- Senior health

ACCESS TO CARE/PREVENTIVE CARE

Goal

Increase access to the most appropriate level of health care and improve community health through preventive practices.

Strategies

The hospital intends to address access to health care and preventive care by taking the following actions:

1. Provide financial assistance for health care services consistent with Casa Colina's financial assistance policy.
2. Provide free health information, screenings, flu shots and resources at community events.
3. Provide free community sports injury screening clinics.
4. Offer free audiology screenings.
5. Communicate to service area residents how to access health care services through established communication methods and social media.

Impact

The anticipated impact of these actions will be to:

- Provide financial assistance to qualified patients.
- Increase availability and access to health care, screenings and preventive care services.

CHRONIC DISEASE

Goal

Reduce the impact of chronic diseases for individuals who have short and long-term disabilities and increase focus on prevention, education and treatment.

Strategies

The hospital intends to address chronic conditions by taking the following actions:

1. Provide access to specialized gyms and aquatic exercise programs through the community fitness program.
2. Provide education on pain management, disease prevention, treatment and wellness.
3. Provide support groups for individuals with chronic diseases (arthritis, Multiple Sclerosis, Parkinson's disease, cardiovascular disease and fibromyalgia) and their families.
4. Provide ongoing programs for reduction of pain and tension, injury prevention, training and education, and skill acquisition for persons with arthritis and fibromyalgia.
5. Increase the number of health care providers and allied health professionals who obtain training in the care of patients with chronic diseases.
6. Implement research focused on improving rehabilitation outcomes and overall function for individuals living with disabling conditions.

Impact

The anticipated impact of these actions will be to:

- Increase access to wellness and treatment resources.
- Increase compliance with treatment and prevention recommendations.
- Maintain health and wellness of persons with long-term disabilities.

DISABILITIES

Goal

Reduce the impact of disability on health and quality of life, and increase the ability to live productive lives.

Strategies

The hospital intends to address improved care for persons with disabilities by taking the following actions:

1. Provide independent and assisted wellness and fitness programs for people with disabilities.
2. Provide health education focused on disability prevention and treatment topics.
3. Provide support groups for individuals with disabilities, their families and caregivers.
4. Provide comprehensive support programs for persons with disabilities.
5. Offer a continuum of rehabilitation care with long-term residential centers, Children's Services Center, Adult Day Health Care Center, therapeutic recreation and Outdoor Adventures.
6. Educate and train health care providers and allied health professionals to focus on disability care.
7. Provide patient navigation services for individuals post-discharge.
8. Advocate on a national and regional level for persons with disabilities.
9. Provide programs for kids to increase social skills and quality of life (Kids' Crew, Teen Scene, and Adventure Club).

Impact

The anticipated impact of these actions will be to:

- Increase availability and access to health education, support groups and health programs focused on persons with disabilities, their families and caregivers.
- Maintain health and wellness of persons with disabilities.
- Increase the number of health care providers and allied health professionals who obtain training in the care of patients with disabilities.
- Increase awareness of issues facing disabled persons through advocacy efforts.

OVERWEIGHT AND OBESITY

Goal

Reduce the impact of overweight and obesity on health and increase the focus on healthy eating and physical activity.

Strategies

The hospital intends to address overweight and obesity by taking the following actions:

1. Provide health education focused on obesity prevention and treatment topics.
2. Provide access to specialized gyms and aquatic exercise programs through the community fitness program.
3. Offer healthy eating and active living programs for children and adults through the Community Wellness Center.
4. Develop a weight management clinic to support persons who are medically complicated.

Impact

The anticipated impact of these actions will be to:

- Increased knowledge about healthy food choices to improve health.
- Improved healthy eating behaviors and increased physical activity.

SENIOR HEALTH

Goal

Assist seniors with mild to moderate impairments to maintain or improve their overall health and quality of life.

Strategies

The hospital intends to address senior health by taking the following actions:

1. Provide education on healthy aging, prevention, treatment and wellness.
2. Provide support groups for seniors, their families and caregivers (stroke, arthritis, fibromyalgia, Parkinson's disease).
3. Provide programs for injury prevention and maintaining physical and cognitive functioning (i.e. vestibular balance screening).
4. Provide seniors opportunities for specialized fitness programs.

Impact

The anticipated impact of these actions will be to:

- Increase availability and access to health education, support groups and health programs focused on seniors, their families and caregivers.
- Maintain the health and wellness of seniors with mild to moderate impairment.

Collaboration

Casa Colina is committed to fostering partnerships with community members and community-based organizations. To address the significant health needs in the community, Casa Colina Hospital plans to collaborate with:

- American Lung Association
- Azusa Pacific University
- California Brain Injury Association
- Triumph
- City of Claremont
- City of La Verne
- City of Upland
- Goodwill of Orange County Adaptive Fitness Program
- Hearing coordination centers in Los Angeles and San Bernardino County
- LeRoy Haynes Center
- Multiple Sclerosis Society
- Regional centers
- School districts
- Senior centers
- UCLA Department of Neurosurgery
- Cal Tech University
- Universities and colleges for health professionals and allied health care education
- University of La Verne
- Western University of Medical Science

Evaluation of Impact

Casa Colina will monitor and evaluate the programs and activities outlined above as they impact people with disabilities, their wellness, productivity and physical activity. The hospital has implemented a system to track strategy implementation. The Casa Colina reporting process includes the collection and documentation of program measures and collaborative efforts to address health needs. An evaluation of the impact of the hospital's actions to address these significant health needs will be reported in the next scheduled Community Health Needs Assessment.

Needs the Hospital will Not Address

Taking existing hospital and community resources into consideration, Casa Colina Hospital will not directly undertake activities and programs that focus on the remaining health needs identified in the CHNA including: mental health and substance abuse. Since Casa Colina cannot address all the health needs present in the community, it will concentrate on those health needs that it can most effectively address given its areas of focus and expertise. Therefore, the hospital's charitable resources will be dedicated to the selected priority health needs.