



2016-2018 Implementation Strategy



Introduction

Founded in 1936, Casa Colina's first focus was on children recovering from polio and other crippling diseases. The goal was to help these children find a way to build productive, satisfying lives. Casa Colina has always looked beyond the medical control of a disease to reintegrating the patient into community and family life. Casa Colina's mission is to provide individuals the opportunity to maximize their medical recovery and rehabilitation potential efficiently in an environment that recognizes their uniqueness, dignity and self-esteem. Casa Colina's historic mission and culture as a medical rehabilitation provider has led it to define the community it serves as "persons who have disability or are at risk of disability." In the broadest sense, this includes a large portion of the population that is at risk of an event or medical condition that could lead to an episodic time-limited or chronic disabling condition.

Today, Casa Colina Hospital and Centers for Healthcare (CCH) is the core of a network of closely integrated services that function as a continuum of care to provide for the needs of persons with or at risk of disabling conditions. The Hospital provides services to patients through its acute inpatient hospital, outpatient therapy services, physician-directed specialty clinics, satellite outpatient clinic in Azusa, and the pediatric outpatient unit. The Hospital operates under the corporate umbrella of Casa Colina, Inc. (CCI). This year the continuum of care will be extended further with the opening of a medical/surgical unit of 31 beds, three operating rooms and one procedure room.

2015 Community Health Needs Assessment

In 2015 Casa Colina conducted a Community Health Needs Assessment (CHNA) to comply with federal and state regulations guiding tax-exempt hospitals. The CHNA is posted on the hospital website and 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 this work.

The Community Health Needs Assessment incorporated demographic and health data for the communities served by the hospital. Significant health needs were identified from issues supported by primary and secondary data sources gathered for the Community Health Needs Assessment. The needs were indicated by secondary data sources, key informant interviews, focus groups and community surveys. Health indicators were considered health needs when they exceeded benchmark data, specifically county or state rates or Healthy People 2020 objectives. The following health needs were identified:

- Aging population
- Alcohol and substance abuse
- Allergies
- Chronic diseases
- Communicable diseases
- Cultural and linguistic barriers
- Disability
- Disease management

- Environmental conditions
- Health care access
- Health care coordination
- Health education
- Healthy eating
- Hearing loss
- Mental health
- Oral health
- Physical activity
- Poverty
- Preventive health care
- Sleep disorders
- Social condition
- Specialty care
- Substance abuse
- Transportation
- Trauma
- Vision

A complete description of these health needs can be found in the 2015 CHNA report.

Priority Health Needs

A community forum was conducted to provide an opportunity for a diverse group of stakeholders to engage in a discussion of the data and participate in the prioritization process. The meeting included an overview of the CHNA data collection. Participants were provided a list of identified health needs and drivers in a scorecard form and a narrative document that included brief summary descriptions of the identified health needs.

Participants then engaged in a facilitated discussion about the findings as presented in the scorecard and the narrative summaries. Participants completed a survey and ranked each health need according to scales for severity, change over time, resources available to address the needs and/or drivers, and the community's readiness to support initiatives to address the needs and/or drivers. The health needs and determinants of health (health drivers) in prioritized order can be found in the 2015 CHNA.

Significant Health Needs the Hospital will Address

This Implementation Strategy describes how Casa Colina plans to address significant health needs identified in the 2015 Community Health Needs Assessment. For each significant health need that the hospital plans to address, the strategy describes: actions the hospital intends to take, including programs and resources it plans to commit; anticipated impacts of these actions; and planned collaboration between the hospital and other organizations.

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

- Access to the most appropriate level of health care
- Arthritis/osteoporosis
- Chronic or long-term disability
- Hearing loss
- Stroke/Brain injury
- Preventive health care

Goals have been established that indicate the anticipated impact on these health needs as a result of the resources the hospital will commit to meeting the health needs. Strategies to address the priority health needs are identified and impact measures will be tracked.

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 by taking the following actions:

1. Provide financial assistance through both free and discounted care for health care services, consistent with Casa Colina's financial assistance policy.
2. Identify and refer at-risk children with developmental disabilities for appropriate levels of care.
3. Provide free health screenings and balance screenings at community events.
4. Provide free community sports injury screening clinics.
5. Provide programs for people with specialized exercise needs through the community fitness program.
6. Provide support groups for individuals with disabilities and their families.
7. Advocate on a national and regional level for persons with disabilities.
8. Educate and train health care providers and allied health professionals to focus on disability care.
9. Communicate to service area residents on 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, support groups and preventive care services.
- 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.

Collaboration

To address access to care, Casa Colina plans to collaborate with:

- Azusa Pacific University
- City of Claremont
- City of La Verne
- City of Upland

- LeRoy Haynes Center
- Northrup Grumman
- Senior centers
- UCLA
- Universities and colleges for health professionals and allied health care education
- University of La Verne

ARTHRITIS/OSTEOPOROSIS/DISABILITY/BRAIN INJURY/STROKE

Goal

Reduce the impact of disability and disease on health and increase focus on prevention, education and treatment, and the ability to live productive lives with ongoing condition.

Strategies

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

1. Provide access to specialized exercise gyms through the community fitness program.
2. Provide aquatic exercise programs for persons with weight-bearing or joint issues, under the direction of Certified Athletic Trainers.
3. Provide education on prevention and wellness.
4. Provide support groups for individuals with disabilities and their families.
5. Train physicians on specialized equipment to maximize recovery for patients with joint replacement.
6. Educate and train health care providers and allied health professionals to focus on disability care.
7. Advocate on a national and regional level for persons with disabilities.
8. Provide ongoing programs for exercise and skill acquisition.
9. Implement research focused on improving rehabilitation outcomes and overall function for individuals with brain injury and other disabling conditions.

Impact

The anticipated impact of these actions will be to:

- Increase access to wellness and treatment resources.
- Increase individuals' compliance with treatment and prevention recommendations.
- 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.

Collaboration

To address disease and disability, Casa Colina plans to collaborate with:

- American Lung Association

- California Brain Injury Association
- City of La Verne
- Goodwill of Orange County Adaptive Fitness Program
- Multiple Sclerosis Society
- UCLA
- Universities and colleges for health professionals and allied health care education
- University of La Verne
- Western University of Medical Science

HEARING LOSS

Goal

Increase access to hearing loss resources and services.

Strategies

The hospital intends to address hearing loss by taking the following actions:

1. Offer free audiology screenings.
2. Provide education on hearing loss prevention and treatment.

Impact

The anticipated impact of these actions will be to:

- Increase identification of persons who need hearing assistance and resources for compensatory strategies.
- Increase access to treatment resources.

Collaboration

To address hearing loss, Casa Colina plans to collaborate with:

- School districts
- Senior centers
- Regional centers
- Pomona Valley Medical Center
- Hearing coordination centers in Los Angeles and San Bernardino County

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 that tracks the implementation of the strategies and documents the anticipated impact. The Casa Colina reporting process includes the collection and documentation of tracking measures, such as the number of people reached/served, increases in knowledge or changes in behavior as a result of disease management 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 will not dedicate charitable resources to the remaining health needs identified in the CHNA including: mental health, heart disease, diabetes, asthma, trauma, cancer, communicable diseases, sleep disorders, substance abuse, oral health, allergies and vision. 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.