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# FY25-FY27 Implementation Strategy

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## **Background and Purpose**

Casa Colina is a nonprofit, freestanding, community-governed organization based in Pomona, California. Casa Colina's mission is to optimize medical recovery and rehabilitation outcomes for all patients in a safe environment that respects their dignity, diversity, and individuality. 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 Hospital (CCH) is the core of a network of closely integrated services known collectively as Casa Colina Hospital and Centers for Healthcare. The Hospital operates under the corporate umbrella of Casa Colina, Inc. Casa Colina provides a culture of collaboration where medical leaders and experienced physical rehabilitation experts work together to help individuals steadily progress from one level of achievement to the next. It's a complete continuum of care designed for patients at any stage of rehabilitation—from acute rehabilitation hospital care to post-acute residential and outpatient services, all conveniently accessible throughout its state-of-the-art 20-acre Pomona campus and satellite locations.

The Hospital provides services to patients through its acute rehabilitation wing, medical-surgical wing, intensive care unit, outpatient therapy services, physician specialty clinics, satellite outpatient clinic in Azusa, and pediatric outpatient clinic. Other Casa Colina programs and services extend the continuum of care and include the Transitional Living Center, long-term residential care facilities in Apply Valley and Lucerne Valley, a diagnostic imaging center, and an adaptive recreation and wheelchair sports program.

Casa Colina provides 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 medical professionals—from physician specialists and rehabilitation therapists to certified nurses and neuropsychologists—to support patients and their families as they progress through their recovery and ultimately back to their communities.

## **2024 Community Health Needs Assessment**

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 [here](#). Public comment on the CHNA is encouraged, and comments are used to inform and influence community benefit initiatives and activities.

## Service Area

Casa Colina Hospital is located at 255 E. Bonita Ave., Pomona, CA 91767. The hospital defined its primary service area as including 34 ZIP Code Tabulation Areas (ZCTA) located within Los Angeles County Service Planning Area 3 (San Gabriel Valley), Los Angeles County and San Bernardino County.

**Casa Colina Hospital Service Area**

Place	ZIP Code	County	Place	ZIP Code	County
<b>Azusa</b>	91702	Los Angeles	Ontario	91761	San Bernardino
<b>Chino</b>	91708	San Bernardino	Ontario	91762	San Bernardino
<b>Chino</b>	91710	San Bernardino	Ontario	91764	San Bernardino
<b>Chino Hills</b>	91709	San Bernardino	Pomona	91766	Los Angeles
<b>Claremont</b>	91711	Los Angeles	Pomona	91767	Los Angeles
<b>Corona</b>	92880	Riverside	Pomona	91768	Los Angeles
<b>Covina</b>	91722	Los Angeles	Rancho Cucamonga	91701	San Bernardino
<b>Covina</b>	91723	Los Angeles	Rancho Cucamonga	91730	San Bernardino
<b>Covina</b>	91724	Los Angeles	Rancho Cucamonga	91737	San Bernardino
<b>Diamond Bar</b>	91765	Los Angeles	Rancho Cucamonga	91739	San Bernardino
<b>Fontana</b>	92335	San Bernardino	San Dimas	91773	Los Angeles
<b>Fontana</b>	92336	San Bernardino	Upland	91784	San Bernardino
<b>Glendora</b>	91740	Los Angeles	Upland	91786	San Bernardino
<b>Glendora</b>	91741	Los Angeles	Walnut	91789	Los Angeles
<b>La Puente</b>	91744	Los Angeles	West Covina	91790	Los Angeles
<b>La Verne</b>	91750	Los Angeles	West Covina	91791	Los Angeles
<b>Montclair</b>	91763	San Bernardino	West Covina	91792	Los Angeles

The CHNA incorporated demographic and health data for the communities served by the hospital. Significant health needs were indicated by primary data sources, secondary data sources that included key informant interviews and community surveys. The following significant health needs were identified:

- Access to care
- Chronic disease
- Disabilities
- Housing and homelessness
- Mental health
- Overweight and obesity
- Preventive care (screenings, vaccines)
- Substance use

## Significant Health Needs Casa Colina Hospital Will Address

The following criteria were used by the hospital to determine the significant health needs Casa Colina will address in the Implementation Strategy:

- Existing infrastructure: There are programs, systems, staff, and support resources in place to address the issue.
- Established relationships: There are established relationships with community partners to address the issue.
- Ongoing investment: Existing resources are committed to the issue. Staff time and financial resources for this issue are counted as part of our community benefit effort.
- Focus area: Has acknowledged competencies and expertise to address the issue and the issue fits with the organizational mission. The need was identified as a priority in the previous Implementation Strategy.

Casa Colina engaged senior leaders to examine the identified health needs according to these criteria. The CHNA served as the resource document for the review of health needs as it provided statistical data on the severity of issues and included community input on the health needs. The community prioritization of the needs was also taken into consideration. As a result of the review of needs and application of the above criteria, Casa Colina will address the following health needs through a commitment of community benefit programs and charitable resources.

- Access to healthcare
- Chronic diseases
- Disabilities
- Preventive care

This Implementation Strategy describes how Casa Colina Hospital plans to address significant health needs identified in the community. For each significant health need 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. Additionally, the Implementation Strategy identifies facilities and organizations Casa Colina may collaborate with to address the health needs.

## Access to Care and Preventive Care

### Goal

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

### Strategies

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

1. Provide financial assistance for healthcare services consistent with Casa Colina's financial assistance policy.
2. Provide free health information, screenings, and resources at community events.
3. Provide free community sports injury screening clinics.
4. Offer free audiology screenings.
5. Provide education on healthy aging, prevention, treatment, and wellness.
6. Provide website educational resources for brain injury, spinal cord injury and stroke.
7. Provide programs for injury prevention and maintaining physical and cognitive functioning (i.e., vestibular balance screening).
8. Provide seniors with specialized fitness programs.
9. Provide specialized evaluation services (i.e., senior evaluation program that gives seniors and their family a comprehensive look at the aging process and gives recommendation for regaining function and maintaining health).
10. Communicate to service area residents how to access healthcare 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 healthcare, screenings, and preventive care services.
- Prevent injury and improve health and well-being.

## 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 disease in individuals 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 conditions (stroke, brain injury, Multiple Sclerosis, Parkinson's disease, cardiovascular disease, and fibromyalgia, etc.) and their families.
4. Provide programs for injury prevention, disability awareness, technology, community resources, and specific skill acquisition for overall better health.
5. Increase the number of healthcare providers and allied health professionals who obtain training in the care of patients with chronic diseases.
6. Implement research focused on improving 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.
- Develop new therapeutic treatment methods for those living 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. Increase community collaboration to provide support and resources for persons with disabilities and their caregivers.
6. Offer a continuum of medical and rehabilitative care, including but not limited to, acute rehabilitation, long term residential rehabilitation, children's outpatient services, adult outpatient rehabilitation services, physician specialty clinics, outdoor recreational services.
7. Educate and train healthcare providers and allied health professionals to focus on disability care.
8. Provide patient navigation services for individuals post-discharge with specific diagnoses (ex. spine patients).
9. Recruit and train a compliment of medical providers to provide services for people with disabilities in one central location.
10. Conduct research to provide treatment for people with disabilities.
11. Advocate on a national and regional level for persons with disabilities.
12. Provide programs for kids to increase social skills and quality of life (Kids' Crew, Teen Scene, and Adventure Club).
13. Educate high school and college students and provide professional opportunities to increase learning in the rehabilitation field.

### **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 healthcare 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**

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 may collaborate with:

- Ability First
- American Lung Association
- Azusa Pacific University
- Be Perfect Foundation/The Perfect Step
- California Brain Injury Association
- City of Claremont
- City of Glendora
- City of Irwindale

- City of La Verne
- City of Pomona
- City of San Dimas
- City of Upland
- Claremont Colleges
- Craig H. Nielsen Foundation
- Hearing coordination centers in Los Angeles and San Bernardino Counties
- Hillcrest
- Kaiser Permanente
- LeRoy Haynes Center
- Multiple Sclerosis Society
- Parkinson's Foundation
- Parktree Community Health Center
- Pilgrim Place, Claremont
- Pomona Valley Regional Medical Center
- Regional Centers
- San Antonio Regional Medical Center
- Senior centers: Joslyn, La Fetre, Gibson, RC VIP Club
- Southern California Medical Center
- Triumph Foundation
- UCLA Department of Neurosurgery
- Cal Tech University
- Universities and colleges for health professionals and allied healthcare education
- University of La Verne
- USC Keck School of Medicine
- Western University of Health Science

### **Evaluation of Impact**

Casa Colina Hospital will monitor and evaluate the programs and activities outlined above as they impact people with disabilities and 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 is choosing not to address housing and homelessness, mental health, overweight and obesity, and substance use as identified in the CHNA. Casa Colina cannot address all the health needs present in the community, but it will concentrate on those priority health needs that it can most effectively address given its areas of focus and expertise.