

Scripps Health Implementation Strategy Fiscal Year 2023 - 2025

September 2022
Revised January
2024



Scripps Health FY2023-2025 Implementation Strategy

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Scripps Health FY 2023—2025 Implementation Strategy

General Information

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Authorized governing body that adopted the
Implementation Strategy:

Strategic Planning Committee of the
Scripps Board of Trustees

Date Implementation Strategy was approved:

September 2022
Revised: January 2024 to include Select
Hospital.

Tax Year in which CHNA was made available
to the public:

Tax Year 2021 (available on
www.scripps.org)

Name and state license number of Hospital
Organization Operating Hospital Facility, and
address of Hospital Organization

Scripps Mercy Hospital
4077 5th Avenue
San Diego, CA 92103
Lic. # 090000074
*Scripps Mercy Hospital has a second campus in
Chula Vista, CA and shares the same license.*

Scripps Memorial Hospital La Jolla
9888 Genesee Avenue
La Jolla, CA 92037
Lic. # 080000050

Scripps Green Hospital
10666 Torrey Pines Road
San Diego, CA 92037
Lic. # 080000139

Scripps Memorial Hospital Encinitas
354 Santa Fe Drive
La Jolla, CA 92024
Lic. # 080000148

Select Specialty Hospital
555 Washington St., San Diego, CA 92103
Lic. # 090000404

Scripps Health FY 2023-2025 Implementation Strategy

About Scripps Health

Founded in 1924 by philanthropist Ellen Browning Scripps, Scripps Health is a \$4 billion not-for-profit integrated health system based in San Diego, California. Scripps treats more than 600,000 patients annually through the dedication of more than 3,000 affiliated physicians and more than 16,000 employees. Scripps cares for people throughout the San Diego region with four acute care hospitals on five campuses, 31 outpatient clinics, and 15 Scripps HealthExpress sites. Scripps also offers payer products and population health services through Scripps Accountable Care Organization, Scripps Health Plan and customized narrow network plans in collaboration with third-party payers.

Scripps Health is a leading provider of medical care, improving community health and advancing medicine in San Diego County. The system is recognized for our expertise in women's health, cancer care, cardiovascular disease prevention and treatment, and neurocognitive care including dementia and therapy-induced cognitive sequela. Scripps is also at the forefront of clinical research, and digital health care. With three highly respected graduate medical education programs, Scripps is a longstanding member of the Association of American Medical Colleges. Our hospitals are consistently ranked by U.S. News & World Report among the nation's best and Scripps is regularly recognized by Fortune magazine, Working Mother magazine, and the Advisory Board as one of the best places in the nation to work. Importantly, Scripps culture is one of caring; the spirit and culture established by two pioneering founders, Ellen Browning Scripps and Mother Mary Michael Cummings still define who we are today. More information can be found at www.scripps.org.

Organizational Foundation

Scripps provides a comprehensive range of inpatient and ambulatory services through our system of hospitals and clinics. In addition, Scripps participates in dozens of partnerships with government and not-for-profit agencies across our region to improve our community's health. And our partnerships do not stop at our local borders. Our participation at the state, national and international levels include work with government and private disaster preparedness and relief agencies, the State Commission on Emergency Medical Services, national health advocacy organizations and even international partnerships for physician education, training, and direct patient care. In all that we do, we are committed to quality patient outcomes, service excellence, operating efficiency, caring for those who need us today and planning for those who may need us in the future.

Approval from Governing Body

As a tax-exempt health care system, Scripps takes pride in its service to the community. The Scripps system is governed by a 17-member volunteer Board of Trustees. This single point of authority for organizational policy ensures a unified approach to serving patients across the region. The Scripps Health Board of Trustees Strategic Planning Committee approved both the

triennial 2022 CHNA report and corresponding Implementation Strategy during its 2022 tax year. The 2023–2025 Implementation Strategy is outlined in the remainder of this document and is updated annually with metrics. The CHNA written report is posted separately on the Scripps Health website, [CHNA Report](#).

About Select Specialty Hospital – San Diego

Select Specialty Hospital–San Diego is a 110-bed critical illness recovery hospital. Our physician-led, interdisciplinary teams specialize in getting critically ill patients to the next level of care by helping them begin to breathe, speak, eat, walk and think as independently as possible.

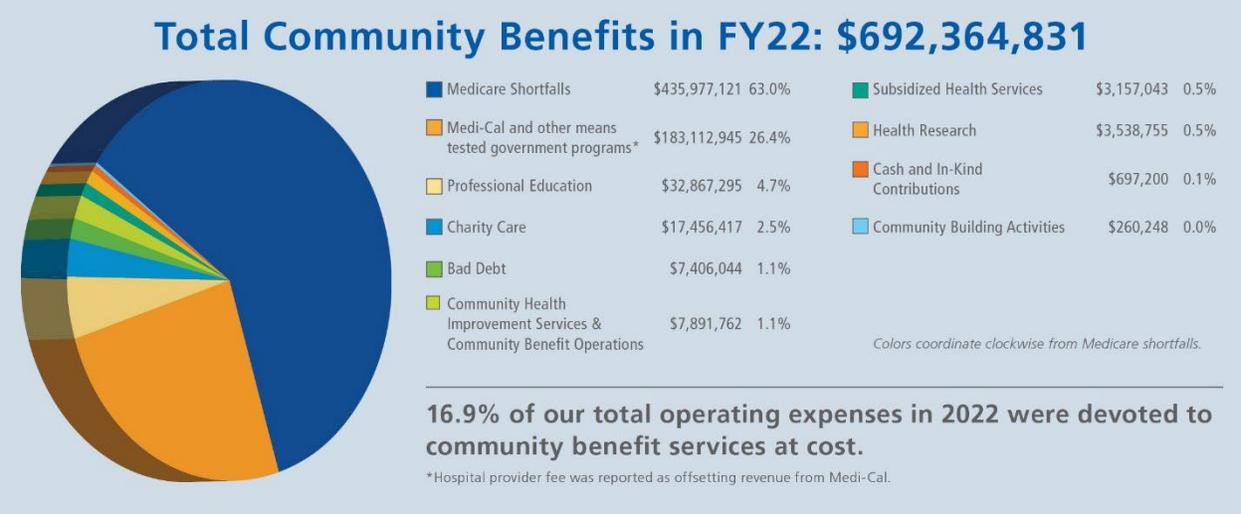
Select Specialty Hospital – San Diego is part of Select Medical, one of the largest providers of post-acute recovery and rehabilitation in the United States. Select Medical’s continuum of care is guided by a mission to provide an exceptional patient care experience that promotes healing and recovery in a compassionate environment.

About Scripps Health Community Benefit

In addition to the CHNA and Implementation Strategy, Scripps Health continues to meet community needs by providing charity care and uncompensated care, professional education and research and an array of community benefit programs. Scripps offers community benefit services through our five acute-care hospital campuses, wellness centers and ambulatory clinics.

Scripps Health documents and tracks its community benefit programs and activities on an annual basis and reports these benefits through an annual report submitted to the California Department of Health Care Access and Information (HCAI). Scripps Health community benefit programs are commitments Scripps makes to improve the health of both patients and the diverse San Diego communities. As a longstanding member of these communities, and as a not-for-profit community resource, Scripps’ goal and responsibility is to assist all who come to us for care, and to reach out especially to those who find themselves vulnerable and without support. Through our continued actions and community partnerships, we strive to raise the quality of life in the community as a whole.

In Fiscal Year 2022, Scripps documented \$692 million in local community benefit programs and services. For more information about the programs and services offered by Scripps Health, visit www.scripps.org/communitybenefit or contact the Scripps Health Office of Community Benefit Services at 858.678.7095.



Scripps Health Community Served

Hospitals and health care systems define the community served as those individuals residing within its service area. A hospital or health care system service area includes all residents in a defined geographic area surrounding the hospital and does not exclude low income or underserved populations.

Scripps serves the entire San Diego County region with services concentrated in North Coastal, North Central, Central and Southern region of San Diego. Scripps provides significant and growing volumes of emergency, outpatient, and primary care. In Fiscal Year 2023, Scripps provided 3,085,322 outpatient visits and 73,042 hospital discharges. Community outreach efforts are focused in those areas with proximity to a Scripps facility. Scripps hosts, sponsors and participates in many community-building events throughout the year. The hospital's patient population includes all who receive care without regard to insurance coverage or eligibility for assistance. The map on the next page is the Scripps Health service areas.

- Scripps Memorial Hospital Encinitas
- Scripps Green Hospital
- Scripps Memorial Hospital La Jolla
- Scripps Mercy Hospital San Diego
- Scripps Mercy Chula Vista
- Scripps Clinic
- Scripps Coastal Medical Center
- Scripps HealthExpress
- Scripps Urgent Care

Scripps Health Service Area



Background/Required Components of the Community Health Needs Assessment

In 2010, Congress added several new requirements for hospital organizations to maintain federal income tax exempt status under Section 501(r)(3) of the Internal Revenue Code (the “Code”) as part of the Affordable Care Act. One of the requirements set forth in Section 501(r)(3) of the Code is for each hospital organization to conduct a Community Health needs Assessment (CHNA) at least once every three tax years. The requirement to conduct a CHNA applies to Scripps Health, which is a health system that operates five hospital facilities. For information about Scripps Health 2022 CHNA process and for a copy of the report visit <https://www.scripps.org/about-us/scripps-in-the-community/addressing-community-needs>.

Background/Required Components of the Implementation Strategy

Provisions in the Affordable Care Act require a tax-exempt hospital to:

- Adopt an implementation strategy to meet community health needs identified in the CHNA.
- Describe how it is addressing needs identified in the CHNA.
- Describe any needs in the CHNA that are not being addressed and the reasons for not addressing them.

The written implementation strategy describes both:

- How the hospital plans to meet significant health needs.
- Describe actions the hospital facility intends to take to address each significant health need identified in the CHNA, and the anticipated impact of those actions, or identify the health need as one it does not intend to address and explain why.
- The anticipated impact of these actions.
- The programs and resources the hospital plan to commit to address the health need.
- Describe any planned collaboration between hospital facilities and other facilities or organizations in addressing health needs.

Or

- The significant health need of the hospital does not intend to meet, explaining why the hospital does not intend to meet the health need.

Scripps Implementation Strategy Resource Leaders

The Scripps Implementation Strategy Resource Leaders included the following individuals:

Community Benefit Representatives and Others

- Violetta Aguirre, Manager Revenue Cycle
- Anette Blatt, Director, Community Benefits and Advocacy
- Jenny Batts, Manager, Clinic Operations
- Sandy Boller-Bilbrey, Registered Nurse, Substance Use Disorder Nurse
- Kendra Brandstein, Director, Community Benefits, Scripps Chula Vista Well-being Center
- Robin Calara, Director, Neurology, Orthopedic, Spine Service Lines
- Mariya Chichmarenko, Research Assistant, Scripps Whittier Institute, Administration
- Paige Colburn-Hargis, Trauma Injury Prevention/Outreach Coordinator, Trauma Administration
- Mary Collins, Director, Scripps MD Anderson Cancer Center
- Linda Coutts, Stroke Program Coordinator, Nursing Administration
- Brooke Dullnig, Senior Director, Clinical Services, Encinitas
- Lora Davis, Supervisor, Scripps Community Benefits, La Jolla
- Jerry Gold, Ph.D., Administrator, Behavioral Health Clinical Care
- Teresa Hodge, Supervisor, Clinic Operations, Shiley Fitness Center
- Sabrina Lugo, Community Benefits Coordinator
- Melvin Lumagui, Supervisor, Patient Care
- Addie Fortmann, Senior Director, Chief Research Officer, Clinical Research
- Laura Lettkeman, Manager, Clinical Care Line, Scripps MD Anderson Cancer Center
- Karen McCabe, Director, Community Benefits, Scripps Mercy Hospital
- Scott Patterson, Senior Director, Case Management
- Athena Philis-Tsimikas, M.D., Corporate Vice President, Scripps Whittier Diabetes Institute
- Deborah Pimstone, Clinical Social Worker, Occupational Therapy
- Judy Plis, Coordinator, Dermatology Mohs Surgery
- Kimberly Roberts, Director, Clinical Services, Nursing Administration, Scripps Memorial Hospital La Jolla
- Monica Ruiz, Project Manager, Community Program & Research, Scripps Whittier Diabetes Institute
- Kristine Osborne, Data Analyst., PET Team
- Joanna Safarik, Education Manager, Scripps Health
- Melody Thomas, Director, Clinical Services, Case Management
- Mark Zangrando, Senior Director, Mission Integration
- Pualani Vazquez, Trauma/Injury and Prevention/Outreach Coordinator
- Tonya Zelaya, Manager Social Work

Scripps Health Community Health Needs Assessment Findings

Scripps Health has a long history of responding to the health needs of the communities it serves, extending beyond traditional hospital care to providing programs that address the healthcare needs of the region's most vulnerable populations. Scripps strives to improve the communities' health through collaboration with other health systems, community groups, government agencies, partners, and other stakeholders as appropriate.

Scripps participates in a county-wide collaborative to conduct a triennial Community Health Needs Assessment (CHNA) in an effort to identify and prioritize the broad range of health care needs facing the San Diego community. Scripps accepts the findings and the results of the 2022 CHNA to inform and adapt hospital programs and strategies to better meet the health needs of San Diego County residents. In addition, Scripps has created an Implementation Strategy that highlights the programs, services and resources provided by this organization to address the identified community needs in its community.

Using a prioritization process, the 2022 CHNA identified seven critical community needs within San Diego County, listed below in alphabetical order:

1. Access to Health Care
2. Aging Care & Support
3. Behavioral Health
4. Children & Youth Well-being
5. Chronic Health Conditions
6. Community Safety
7. Economic Stability

2022 Top Community Needs



In addition to these identified community needs, the graphic above illustrates **foundational challenges**, and **key underlying themes** identified through the latest CHNA process. Those needs identified as most critical for San Diegans are listed in the center of the circle in alphabetical — not ranked — order. The blue outer arrows of the circle represent the negative impact of two foundational challenges — health disparities and workforce shortages — which impacted every need. The orange bars (stigma, trauma) represent latent themes pervasive during the pandemic. The graphic demonstrates how each of the components impact one another. The outer ring interacts to heighten the needs, while simultaneously hampering health equity and community well-being efforts.

Foundational Challenges

The 2022 CHNA recognized health disparities and workforce shortages as foundational challenges that are contributing to the growth of every health need.

Health Disparities

Decades of research has demonstrated that even in pre-pandemic times, some communities and populations have much poorer health care and outcomes than other communities or populations. These may be issues of access rooted in geography, issues of finance and insurance coverage, or systemic issues rooted in racism and discrimination. For example, “frontline” workers (people who are most involved in direct customer contact) could not work from home during the pandemic and were at higher risk of COVID exposure. This contributed to disproportionately higher mortality rates compared to groups that could work from home or quit work. In addition, the health of San Diegans who were vulnerable before the pandemic — such as people experiencing homelessness, isolated seniors, LGBTQ+ youth, and children with special needs — deteriorated more acutely as they lost access to critical services and faced new barriers to their safety and economic stability.

Workforce Shortages

Community engagement participants in previous CHNAs often mentioned the need for more health care providers, mostly with a view toward bolstering workforce pipelines. In the 2022 CHNA focus groups and interviews, workforce shortages were consistently at the front of discussions.

In most occupations, workers are experiencing exhaustion, emotional trauma, and a sense of “feeling burned out after over two years of the COVID pandemic.” Clinical workers and social work staff at all levels of health care delivery faced the same

challenges and frustrations, as workforce shortages and the increased medical demands of COVID stressed health care services across the region.

Key Underlying Themes

Stigma

As in our 2019 CHNA findings, stigma and the barriers it creates arose across community engagement discussions in 2022. Stigma impacts the way people access needed services (CalFresh, Medi-Cal, other economic support) that address the social determinants of health. This impacts the ability of people to improve and successfully manage health conditions.

Community engagement participants expressed concerns about the impact of stigma in relation to specific populations including LGBTQ+ communities, people experiencing homelessness, people of color, seniors, Medi-Cal beneficiaries, and survivors of domestic violence and human trafficking. Stigma was also discussed in relation to specific health conditions such as behavioral health, cancer, diabetes, and obesity.

Trauma

Trauma and vicarious trauma¹, were cited as factors contributing to compassion fatigue and workforce burnout in community interviews and focus groups. Trauma occurs both at work and at home, and consequently, there may be no escape and downtime from traumatic experiences. Traumatized community members are seeking assistance from health care providers and community-based organizations who themselves have experienced great stress since the start of the pandemic.

Community Voice and Experiences

The findings of the 2022 CHNA attempt to respond to the San Diego community needs and concerns, as identified through focus groups, key informant interviews, interviews regarding access to care, and an online survey. The quantitative research and the community engagement confirmed the interconnectedness of the seven identified needs. When discussing the findings, the CHNA highlights how they may differ for San Diegans based on their experiences. These differing experiences may include homelessness, immigration status, gender and sexual orientation, age, and poverty.

¹ Researchers have identified two types of compassion fatigue: secondary and vicarious. According to SAMHSA, for some responders, *secondary* traumatic stress refers to the negative effects of this work that can make them feel like the trauma people are experiencing that they help is happening to them or someone in their lives. When these feelings are prolonged, they can develop into *vicarious* trauma.

Scripps Health Implementation Strategy Summary and Community Needs Identified

With the 2022 CHNA complete and health priority areas identified, Scripps Health has developed a corresponding Implementation Strategy: a multi-faceted, multi-stakeholder plan that addresses community health needs identified in the CHNA. The Implementation Strategy translates the research and analysis presented in the Assessment into actual, measurable objectives that can be carried out to improve community health outcomes.

Scripps evaluates the Implementation Strategy annually because a flexible approach is well-suited to developing a response to the CHNA. The evaluation of the Implementation Strategy assesses available resources and interventions and adjusts as needed to achieve the Implementation Strategy's stated goals and outcome measures.

Plans to monitor the Implementation Strategy are also tailored to each objective and include the collection and documentation of tracking measures. Scripps describes challenges encountered to achieve the outcomes and makes modifications as needed. In addition, Scripps Health Implementation Strategy is filed annually with the Internal Revenue Service using Form 990 Schedule H.

The following pages detail the initiatives, measures of implementation and metrics used to evaluate the effectiveness of the community needs identified through the 2022 CHNA.

Community Needs Scripps Is Addressing

The health focus areas identified above were determined through data collection, analysis, and a prioritization process that incorporated community input. Scripps is addressing access to care, aging care & support, behavioral health, children & youth wellbeing, chronic health conditions which includes cardiovascular disease, cancer and diabetes, community safety and economic stability in the FY23-25 Implementation Strategy.

Scripps addresses many of the social determinants of health within the health conditions identified in this report such as, community and social support, food insecurity, transportation, education, and homelessness.

Community Needs Scripps Is Not Directly Addressing

Homelessness and Housing instability are identified as important factors within the CHNA findings. Homelessness and Housing are not directly addressed in the Scripps Implementation Strategy as we focus our resources on more direct health issues and conditions in accordance with our expertise and mission. Scripps has not directly developed programs that specifically address housing insecurity, but this is addressed

as part of our care to patients. When patients' housing needs are identified, the Scripps multidisciplinary team works to address the need. Additionally, the Scripps Health system has social work and case management resources in place throughout the inpatient setting that address this unmet need by connecting patients to more permanent sources of income, housing, and other self-reliance measures. Scripps' work to address housing insecurity is largely done via collaboration and referrals to community partners.

In addition to the above indirect measures, Scripps is also addressing these community needs in accordance with California's regulations, such as SB 1152 Discharge Planning for Homeless Patients. This 2019 regulation requires hospitals to implement a set of requirements regarding discharge planning for their homeless patients. Scripps is fulfilling this requirement by providing packaged meals, weather-appropriate clothing, transportation, discharge medications and/or prescriptions, infectious disease screenings and vaccinations, referrals for behavioral health and other referrals to shelters or housing. Scripps Health remains committed to the care and improvement of health for all San Diegans and will look to continue the search of new opportunities and new partnerships to address these and future needs.

Identified Community Need – Access to Care (Community Outreach)

Objectives/Anticipated Impact:

- Increase and support access to health care services for the underserved through direct programs and partnerships with community-based organizations.
- Improve access to health and social services for high-risk community members, particularly San Diego’s homeless population.
- Improve care management and clinical-community linkages that address social determinants of health (SDOH).
- Provide services and strategies that advance health equity and address disparities.
- Improve access to culturally and linguistically appropriate health care resources and supportive programs for patients.

| Hospital Facility | Programs and Strategies | Partnerships & Collaborations | Evaluation Methods, Measurable Targets and Other Comments |
|-------------------|--|------------------------------------|---|
| Scripps System | <p>Full Access and Coordinated Transportation (FACT) INC.</p> <p>The total cost of missed health care appointments in the United States every year is an astronomical \$150 billion. For millions of patients across the country, arranging transportation to a medical appointment presents a challenge. To help address this transportation barrier, Scripps partners with Facilitating Access to Coordinated Transportation (FACT) Inc., a local non-profit organization.</p> <p>FACT will provide transportation for San Diego residents in need by coordinating on-demand rides for patients. This collaborative service is a reliable, convenient, and cost-effective solution to one of the most difficult and expensive challenges in accessing medical care: transportation. FACT will assist patients in greeting to and from appointments and taking discharged patients’ home or to other facilities seven days a week, anywhere within San Diego and other counties.</p> | FACT Inc. Transportation Providers | <p>Most rides begin and end at the curbside, however door through door rides, wheelchair accessible rides and gurney rides are available on demand.</p> <p>The following are different transportation modalities that FACT-SD provides:</p> <ul style="list-style-type: none"> ○ Ambulatory – the rider can walk alone to and from the vehicle. ○ Curb-to-Curb – the rider will be picked up and dropped off at the curb of the facility/residence. ○ Door-to-Door – the rider requires the driver to walk them from the door of the facility/residence to the vehicle and from the vehicle to the door of the facility/residence. ○ Door-through-Door – the rider requires the driver to come inside the facility and transport them to the vehicle, the driver will drop them off at the door of the facility or residence. ○ Accessible vehicles and Mobility Devices – Walker, Cane, Folding Wheelchair, Wheelchair, Scooter, and vehicles equipped with Ramp or Lift. <ul style="list-style-type: none"> • Track number of transportation rides for Scripps patients • Track number of trips to Imperial County and other Counties • Track longest trips |



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| Hospital Facility | Programs and Strategies | Partnerships & Collaborations | Evaluation Methods, Measurable Targets and Other Comments |
|-------------------|---|---|--|
| Scripps System | <p>Mobile Health and Resource Fair</p> <p>Racial/ethnic minority women continue to experience delayed diagnosis of breast cancer, cardiovascular disease, and dementia, and African American women are also more likely to be diagnosed with more aggressive breast cancers and to die from breast cancer at an earlier age. Regular screening is key to prevent delayed diagnosis, but marginalized populations such as African American and underserved Hispanic women are less likely to get mammograms and other preventive health measures. A systematic review found that one of the most effect methodologies for disease prevention in underserved populations is to reach out directly into the community rather than require individuals to come to a healthcare center.</p> <p>Scripps MD Anderson Health Disparities Projects will dedicate funding from Krueger-Wyeth to provide outreach, prevention, and supportive services to directly impact patients with cancer, cardiovascular disease and/or dementia in underserved populations.</p> <p>The Mobile Health and Resource Fair will serve diverse community members monthly. The program will be overseen by a retired physician and a breast cancer survivor/advocate/CEO of the community-based organization, Many Shades of Pink. The objective of this program is to help prevent delayed diagnoses of breast cancer, cardiovascular disease, and dementia and promote health maintenance. Community-based patient navigators will connect community members with the appropriate health care resources and community clinics. In conjunction to enhanced screening services, Scripps will conduct research to better understand barriers unique to the underserved in Southeast San Diego and to better meet their health care needs in terms of preventive and maintenance of health care. The research findings will help the team to optimize the delivery of services and maximize their community reach.</p> | <p>Many Shades of Pink, Jackie Robinson YMCA, Health Plans, Feeding San Diego Other community organizations.</p> | <p>Scripps MD Anderson Health Disparities Projects will dedicate funding from Krueger-Wyeth to provide outreach, prevention, and supportive services to directly impact patients with cancer, cardiovascular disease and/or dementia in underserved populations.</p> <p>The service offerings will include cholesterol screening, dementia screenings and mental health resources. Scripps funding will allow us to provide more regular cardiovascular health and neurocognitive screenings, as well as resources and referrals for breast cancer screening to these underserved and often high-risk populations. A database will tackle this initiative and the following metrics.</p> <ul style="list-style-type: none"> • Track number of people served at each health fair. • Track number of mammogram screenings • Track number of COVID-19 vaccines given • Track number of cardiometabolic surveys completed – (This is a pre-screen survey to assess risk of hypertension and other chronic conditions). |



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| Hospital Facility | Programs and Strategies | Partnerships & Collaborations | Evaluation Methods, Measurable Targets and Other Comments |
|-------------------|--|----------------------------------|---|
| Scripps System | <p>Scripps Collaborative for Health Equity</p> <p>Scripps was awarded funding as part of an excess settlement funds distribution (Krueger-Wyeth funds) to support programs at Scripps MD Anderson Cancer Center for a variety of initiatives to support patient care, research, and health equity in the areas of breast cancer, cardiovascular disease and neurocognitive conditions. Scripps MD Anderson Cancer Center is using the funds to support several efforts, including clinical trials, translational research, expanded biorepository research, community outreach and a cancer survivorship clinic program. Scripps is working on a variety of projects designed to address health care disparities, including outreach, screening and supportive services for dementia, breast cancer and cardiovascular disease. One of the initiatives funded through this grant is the Scripps Collaborative for Health Equity (SCHE).</p> <p>The Scripps Collaborative for Healthcare Equity is dedicated to establishing excellence in community health equity and its outcomes in our vulnerable populations through three strategic priorities.</p> <ol style="list-style-type: none"> 1. Focus and expand research efforts on healthcare disparities. 2. Improve access to culturally and linguistically appropriate health care resources and supportive programs for patients. 3. Expand community interventions and programs that address the needs of multicultural populations. | Krueger-Wyeth, Community Clinics | <ul style="list-style-type: none"> • Disseminate annual funding awards for Scripps employees/physicians that submit projects that address cancer, cardiometabolic, or neurocognitive disparities in the pursuit of health equity for vulnerable populations. Ideally, projects will demonstrate effective academic-community partnerships, and lead to the publication of at least one first-authored, peer reviewed manuscript and/or subsequent external funding. • Create healthcare disparities mentorship program that provides resources for disparities researchers and trainees. • Track SDOH via a survey to be able to support patients post-discharge with accessing culturally linguistic and appropriate resources and services. • Track community interventions and programs that address the needs of multicultural populations. |



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| Hospital Facility | Programs and Strategies | Partnerships & Collaborations | Evaluation Methods, Measurable Targets and Other Comments |
|---|--|---|---|
| <p>Scripps Mercy Hospital San Diego</p> | <p>Father Joe’s Villages Street Health Intervention Project</p> <p>Scripps Mercy Hospital San Diego serves a large volume of San Diego’s unsheltered homeless population in the Emergency Services Department. Because of the scarcity of shelter and treatment program beds available for these patients, they often leave the Hospital to return to their previous outside location. Even though these patients are stable for a safe discharge, there are many who could benefit from a follow-up health care and care management visit in the community setting.</p> <p>Collaborating with Father Joe’s Villages Street Health Team, Scripps Mercy Hospital San Diego Case Managers/Social Work staff will identify and refer eligible, unsheltered persons during discharge planning to the Father Joe’s Villages (FJV) Street Health Team who will follow-up with individuals in the community-setting within 24 hours post-discharge.</p> <p>This project will help support the needs of unsheltered persons exiting the hospital by linkage with FJV Street Health Team because:</p> <ul style="list-style-type: none"> • Limited availability of shelter beds in the City of San Diego • Daily, there is a substantial number of unsheltered persons discharged from Scripps Mercy Hospital Emergency Department who may benefit from a nursing follow up visit – i.e., wound care and/or medication check or Primary Care Physician establishment. • Father Joe’s Villages has the clinical staff and experience to provide street health outreach to the unsheltered in the Central region of San Diego County. • Father Joe’s Villages Street Health has a relationship with PATH Outreach to assist with housing and social service benefit needs. | <p>Father Joe’s Villages, PATH Outreach</p> | <p>Street Health is when health care professionals travel out to the streets to provide expert care directly to people experiencing homelessness, including treating wounds, infections, chronic disease, and other conditions. Father Joe’s Villages started the first Street Health program in San Diego in order to bring health care to neighbors living without shelter who do not or are unable to access brick-and-mortar health services. Street Health allows Father Joe’s Villages to build relationships with these patients over time while also addressing their immediate health needs.</p> <ul style="list-style-type: none"> • Track number of referrals to Father Joe’s Villages Street Health Intervention team by the SMH San Diego Emergency Department team. • Track number of successful contacts with unsheltered persons in the community setting post hospital discharge. • Track number of unsheltered persons referred to PATH Outreach for Social Service Support Services and type of services rendered in the community. |



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| Hospital Facility | Programs and Strategies | Partnerships & Collaborations | Evaluation Methods, Measurable Targets and Other Comments |
|---------------------------------------|--|-------------------------------|---|
| Select Specialty Hospital - San Diego | <p>Access to Long-Term Acute Care Hospital Level of Care</p> <p>Select Specialty Hospital – San Diego is a 110-bed, free-standing critical illness recovery hospital (licensed by Medicare as a Long-Term Acute Care Hospital) which specializes in helping critically ill patients begin to breathe, speak, eat, walk and think as independently as possible. Select Specialty Hospital specialize in treating patients recovering from catastrophic critical illness. Our patients typically need additional medical care and recovery time in a hospital setting before being discharged home or transferred to the next level of care.</p> <p>LTACHs are defined by the U.S. Congress as a hospital which has an average inpatient length of stay of greater than 25 days. This unique level of acute hospital care focuses on pulmonary/ventilator liberation, and the treatment of medically complex, wound care, renal disorders, infectious disease, cardiac conditions, brain injury and other neurologic conditions.</p> <p>Select Specialty Hospital - San Diego provides services to patients with diverse insurance coverages including Medicare, Medicare Advantage, commercial, auto, workers compensation, Medicaid, and Managed Medicaid insurance plans. The Hospital has adopted a financial assistance policy in accordance with IRS 501r requirements to provide this critical level of care to individuals with incomes up 400% of the Federal Poverty Income Guidelines, with additional opportunities for assistance for other patients who qualify under unique facts and circumstances.</p> | Select Medical | <p>Select Specialty Hospital - San Diego strives to provide services to as many critically ill patients as possible in our expansive 110-bed hospital location. To track progress towards our goal of providing LTACH access to the patient population of the greater San Diego region, the Hospital will track admission and patient census information including:</p> <ul style="list-style-type: none"> • Payer source • Diagnosis • Demographic Information (including age, race, sex, gender) <p>Select Specialty Hospital – San Diego participates with Scripps Health in the completion of a Federal Form 990, Schedule H to track and maintain compliance with the Federal 501r financial assistance requirements. The Schedule H is also utilized to calculate the net uncompensated cost benefit for indigent and Medicaid patients receiving treatment at the Hospital.</p> |



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Identified Community Need – Aging Care and Support

Objectives/Anticipated Impact:

- Improve health and well-being for older adults by increasing health care access, education, and preventative services in San Diego County.
- Provide care and community resources for seniors/older adults with multiple morbidities and inadequate social support.
- Educate seniors/older adults & partner with local organizations to address fall prevention through exercise and safety measures in the home.
- Provide an interchange between the community members and Scripps Family Practice Medical Residents and other health care professionals to foster healthy lifestyles and health prevention.

| Hospital Facility | Programs and Strategies | Partnerships & Collaborations | Evaluation Methods, Measurable Targets and Other Comments |
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| Scripps Mercy Hospital Chula Vista | <p>Senior Health Education, Prevention & Wellness Programs</p> <p>Senior programs will be held monthly in partnership with local senior centers, churches, and senior housing. The programs will be conducted as part of Scripps Mercy Hospital Chula Vista San Diego Border Area Health Education Center and Scripps Family Medicine Residency Program. A program referred to as Senior Health Chats includes a variety of topics focused on aging care and support and is designed to provide health education to the older adult community. The health chats provide an interchange between community members, Scripps medical residents and other health care professionals to foster healthy lifestyles and health prevention.</p> <p>Various health care professionals and residents will facilitate presentations. The seniors themselves will choose topics that meet their local needs. Family Medicine Residents will rotate through these programs to learn more about geriatric medicine, health and wellness, and overall public health and community training.</p> | Mercy Housing, St. Charles Nutrition Center, San Diego Border Area Health Education Center, Scripps Family Medicine Residency Program, SDSU Public Health and Social Work Students | <ul style="list-style-type: none"> • Track number of individuals served • Track number of sessions • Track quantitative and qualitative data on the impact of the program (re: pre and post data and other feedback) • Track partnering agencies/organizations (to include other agencies beyond host that help build curriculum) • Track summary data of zip code, gender, age, and ethnicity |



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| <p>Scripps Mercy Hospital San Diego</p> | <p>Scripps Advanced Care Clinic</p> <p>Older adults are at higher risk for chronic health problems like diabetes, osteoporosis, and Alzheimer’s disease. Older adults are also more likely to go to the hospital for some infectious diseases, including pneumonia, which is a leading cause of death for this age group. Making sure older adults get preventive care, including vaccines to protect against the flu and pneumonia, can help them stay healthy.</p> <p>The program will provide intensive, proactive, medical, and social services to adults living with multiple chronic diseases. Understanding that diseases can impact all aspects of a person’s life, the program will treat not just medical issues, but also the psychosocial, economic, and spiritual aspects of care. The Advanced Care Clinic interdisciplinary, patient centered team will help optimize patient health through an evidence-based extensivist clinic model that assists with care coordination and patient advocacy across health care and home settings.</p> | <p>Primary Care, Palliative Care, Community-Based Organizations</p> | <ul style="list-style-type: none"> • Track number of patients • Track percent reduction in hospitalizations • Track hospital readmission within 30 days • Track percent reduction in ED visit rate • Track Psychosocial referral/services given |



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| Scripps Mercy Hospital Chula Vista | <p>Helping Patients Navigate Post Discharge Services and Support</p> <p>Helping Patients Navigate Post Discharge Services will be offered by Scripps Mercy Hospital Well Being Center to patients and their family to decrease the risks of readmission, keep patients on a healthy pathway and to increase patient continuity. The goal of patients participating in this service post-discharge is to reduce hospital and emergency department 30-day and 90-day readmissions. Services and assistance will be provided for 30 days post discharge and up to one year for any social work or nurse case manager referral and/or patients with the following conditions: Acute Myocardial Infarction (AMI), Chronic Obstructive Pulmonary Disease (COPD), Chronic Heart Failure (CHF), Pneumonia, Coronary Artery Bypass Grafting (CABG), Total Knee or Hip Replacement, and COVID-19.</p> <p>The Well Being Center staff and Scripps Mercy Hospital Chula Vista social workers will collaborate to provide ongoing follow-up services to identified social work patients for the two Mercy campuses. These patients require more support and resources (housing/homelessness, senior issues, drug/alcohol and mental health, and cancer) as these are high risk and require more assistance.</p> | Primary Care, Palliative Care, Community-Based Organizations, Chula Vista Community Collaborative, SDSU Public Health and Social Work Students | <ul style="list-style-type: none"> • Track number of patients referrals were received (30 day and social worker) • Track number of patients contacted/reached (this includes 30 day follow up and social work referral for patients). • Track number of patients unable to reach, deceased, declined, follow-up services, and language barriers. • Track number of patients who were readmitted via EPIC). • Track rate of patients attending a follow up appointment within two weeks post-hospital discharge. • Track number of supportive services/community resources provided. |



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| Scripps System | <p>Fall Prevention & Home Safety Workshops</p> <p>According to the National Council on Aging, falls are the leading cause of fatal and nonfatal injuries for older Americans. One in four Americans aged 65+ falls each year, and every 11 seconds, an older adult is treated in the emergency room for a fall.</p> <p>Strategies to help older adults living on their own or in care facilities prevent falls, like interventions to increase physical activity, can reduce deaths in this age group.</p> <p>Scripps Social Workers, and nurses will educate on ways to reduce fall risk, improve safety awareness, and utilize available resources to promote independence and overall safety. Balance classes are designed to help build balance, posture and coordination through strengthening and balance exercises. This important aspect to healthy living for seniors provides education on preventing falls through exercise and being proactive through safety measures in the home.</p> | County Aging & Independent Services, San Diego Fall Prevention Task Force | <p>Virtual and In Person Standing Strong Fall Prevention Webinar</p> <ul style="list-style-type: none"> • Track number of individuals served. • Track overall satisfaction with the workshops. |



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| <p>Scripps Memorial Hospital Encinitas</p> <p>Scripps Memorial Hospital La Jolla</p> | <p>A Matter of Balance: Managing Concerns About Falls</p> <p>Scripps will educate older adults countywide on preventing falls through exercise and taking proactive safety measures in the home. “A Matter of Balance” is an eight-week program on practical strategies to manage falls, improve safety awareness and utilize available resources to promote independence and overall safety. Scripps physical therapists and physical therapy student volunteers will provide fall risk assessments, and lead balance classes to help enhance stability, posture, and coordination. Participants are taught to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and encouraged to exercise to increase strength and balance.</p> | <p>County Aging & Independent Services, San Diego Fall Prevention Task Force</p> | <ul style="list-style-type: none"> • Track number of participants enrolled. • Track pre/post test scores <p><u>Pre/Post Test Scores</u></p> <p>Question 1 I can find a way to get up if I fall.</p> <p>Question 2 I can find a way to reduce falls.</p> <p>Question 3 I can protect myself if I fall.</p> <p>Question 4 I can increase my physical strength.</p> <p>Question 5 I can become steadier on my feet.</p> |



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| Scripps System | <p>Bingocize Class Series</p> <p>A 10-week program that combines a bingo-like game with exercise and health education. The unique addition of bingo addresses many of the barriers to older adults' participation because the game is fun, familiar, and done in a group setting. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings. The overall goals of the program are to help older adults improve and/or maintain mobility and independence, learn, and use health information focused on falls reduction and other health-related behaviors, and socially engage with other older adults.</p> | County Aging & Independent Services | <ul style="list-style-type: none"> • Track number of participants enrolled. • Track pre/post test scores |



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| Scripps Memorial Hospital La Jolla | Tai Chi for Arthritis and Fall Prevention Many studies have shown Tai Chi to be one of the most effective exercises for preventing falls. Tai Chi for Arthritis and Falls Prevention helps people with arthritis to improve all muscular strength, flexibility, balance, stamina, and more. | The National Council on Aging | <ul style="list-style-type: none">• Track number of participants enrolled.• Track pre/post test scores |

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Identified Community Health Need – Behavioral Health

Objectives/Anticipated Impact:

- Increase overall mental health care for local students and vulnerable adolescents through school-based clinics.
- Increase and strengthen community-based mental health services for vulnerable populations.
- Increase the proportion of persons with co-occurring substance use disorders and mental health disorders who receive treatment for both disorders.
- Provide supportive employment and vocational training for people receiving mental health treatment.

| Hospital Facility | Programs and Strategies | Partnerships & Collaborations | Evaluation Methods, Measurable Target and Other Comments |
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| Scripps Mercy Hospital Chula Vista | <p>Mental Health Support Services at Local School-Based Clinics</p> <p>Scripps Family Medicine Residency and Scripps Mercy Hospital Chula Vista Well-Being Center will partner to offer clinical training opportunities for Master Social Work students in training from San Diego State University at Southwest and Palomar High Schools. These students will work with local providers that address the mental health needs of vulnerable adolescents. A variety of mental health issues are present for local high school students. Many of these issues include depression, anxiety, and suicide related concerns.</p> | Scripps Family Medicine Residency, Scripps Mercy Hospital Chula Vista Well-Being Center, San Diego State University, Southwest, SDSU Public Health and Social Work Students | <ul style="list-style-type: none"> • Track number of youths seen • Track number of hours spent in clinical work • Track number of Social Work student participation • Track the type of services & referrals offered |



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| <p>Scripps Mercy Hospital San Diego</p> | <p>Scripps Mercy & Family Health Centers of San Diego Behavioral Health Partnership</p> <p>Scripps Mercy will continue to partner with Family Health Centers of San Diego (FHCS D) to create a more robust behavioral health care system for Medi-Cal patients that receive care at Scripps Mercy Hospital.</p> <p><u>Goals:</u></p> <ol style="list-style-type: none"> 1. Strengthen the continuum of integrated primary and mental health services for patients discharged from various hospital settings (medical and behavioral health inpatient and emergency care) through a variety of timely patient engagement strategies including the expansion of community-based behavioral health services adjacent to the hospital. 2. Involve patients in appropriate outpatient care before their behavioral health issues become acute, preventing returns to the Emergency Department. <p>Scripps and FHCS D will focus on transitioning behavioral health patients into appropriate outpatient care when discharged from Scripps Mercy. The two organizations have a Joint Operating Committee to study, address and improve patient flow (including establishing baseline metrics for reporting outcomes).</p> <p>Concentrated Mental Health Program (CMHP) provides comprehensive outpatient services to patient who have moderate mental illness, including schizophrenia, schizoaffective disorder, and depression. The integrated treatment team develops individualized approaches to ensure each patient receives comprehensive care.</p> | <p>Family Health Centers of San Diego (FHCS D), NAMI (National Alliance of Mental Illness)</p> | <ul style="list-style-type: none"> • Number of mental health referrals to FHCS D • Number of referrals made to the Concentrated Mental Health Program (CMHP) |



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| Scripps System | <p>Psychiatric Liaison Team (PLT)</p> <p>The Psychiatric Liaison Team is a mobile psychiatric assessment team. Clinicians provide mental health evaluation and triage services to accurately assess patients and provide them with the best and safest community resources to promote ongoing care. The team aims to help people adhere to treatment plans, reduce hospital readmission rates, relieve symptoms, and ultimately ensure the long-term stabilization of the patient’s mental health.</p> <p>The Psychiatric Liaison Team clinicians are a resource to the acute care and urgent care settings with a primary role and responsibility to:</p> <ol style="list-style-type: none"> 1. Perform a psychosocial evaluation upon receipt of a physician order consistent with the licensed clinician’s scope of practice. Members provide information and referral services to the attending physician or psychiatrist for treatment disposition resources and community services for behavioral health needs. 2. Determine if a patient meets the Welfare & Institutions Code section 5150 criteria to be detained and transported to an LPS-designated facility. 3. Assist as requested by any patient care staff member (order not required) for patients who are experiencing, or at risk of experiencing, a psychological crisis. 4. Serve as liaisons between the system-wide patient care settings, Scripps Mercy Hospital’s Behavioral Health Unit, and community behavioral health resources to enhance continuity of care for the patient. | County Mental Health Department, Family Health Centers of San Diego | <p>The Psychiatric Liaison Team will continue to provide psychosocial evaluations at all Scripps Hospitals Emergency Departments and Urgent Care settings.</p> <p>Track total number of encounters.</p> <p>Number of encounters (visits) referred to inpatient settings:</p> <ul style="list-style-type: none"> • Discharge/Transfer to ED to Mercy Behavioral Health Unit • Other Inpatient Facilities • Crisis Residential Placement <p>Number of encounters (visits) referred to outpatient settings:</p> <ul style="list-style-type: none"> • Number of patients given outpatient referrals • Family Health Centers • Outpatient Psychiatrist |



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| Scripps System | <p>Scripps Substance Use Disorder Service (SUDS) Nurse</p> <p>Adults with both mental health and substance use disorders often get treated for one or the other but not both. An approach that treats both disorders together is critical for getting people the care they need. Aware of the impact drugs and alcohol can have on our community, Scripps has developed innovative ways to treating this destructive disease.</p> <p>Patients presenting with mental health, drug and alcohol abuse will be identified to the appropriate level of care including community clinics. Scripps will deploy Substance Use Disorder Service (SUDS) nurses throughout its hospitals. These specialized nurses certified in addiction; see patients at their bedside and work closely with the patient’s entire health care team to help facilitate a safe detox while hospitalized. In addition, providers will have an increased ability to provide treatment to those who are unfunded or underfunded.</p> <p>This mobile group of specially trained drug and alcohol resource nurses will provide education, interventions, and discharge placement assistance to patients in the Scripps hospitals. The resource nurses work directly with the nursing staff at each of the hospitals in search of patients who may be at risk for alcohol/drug withdrawal and assist with implementing a standardized protocol withdrawal process.</p> | Scripps has linked itself to separate treatment programs designed to meet the community needs. Partners include the Betty Ford Center, Family Health Centers of San Diego, McAlister Institute | <p>Collaborating with others to deliver a continuum of care that improves the health of our community is important. Through a contract with the McAlister Institute, Scripps will provide safe detox for up to three patients per week with Case Management from the Scripps Drug and Alcohol Resource Nurses to help them into community-based programs. The McAlister Institute uses intensive wrap-around approaches to provide clients with top-quality clinical services, as well as support the need for the best course of treatment to manage their behavioral health. An enhanced case management approach is used, promoting intensive coordination and communication with Scripps staff.</p> <ul style="list-style-type: none"> • Track number of patient encounters • Track number of referrals sent to McAlister Institute |



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| Scripps System | <p>Mental Health Outreach Services, A-Vision Vocational Training Program</p> <p>Behavioral Health Services at Scripps in partnership with the San Diego Chapter of Mental Health of America established the A-Visions Vocational Training Program (social rehabilitation and prevocational services for people living with mental illness) to help decrease the stigma of mental illness and offer volunteer and employment opportunities to persons with mental illness. This supportive employment program provides vocational training for people receiving mental health treatment, potentially leading to greater independence.</p> <p>A-Visions has been shown to be an effective vocational training program for candidates receiving treatment for psychiatric disorders. Outcomes show that many of the candidates find employment, have a better understanding of their illnesses, handle stress better, improve their social skills, reduce their need for hospitalization, and improve in overall functioning over time. The program will employ candidates within the hospital setting, which may be a first for disabled individuals with psychiatric diagnoses.</p> | Family Health Centers of San Diego | <p>A-Vision’s participants have been employed on a casual/per diem basis by Scripps Environmental Services, Food Services and clerical support for Health and Information Services, Emergency Services, Nursing Research, Human Resources, Access, Behavioral Health, Credentialing, Labor and Delivery, Laboratory, Medical Staffing, Performance Improvement, Spiritual Care and Palliative Care Services. Paid A-Vision’s candidates typically limit their work to eight hours per week, which allows them to maintain eligibility for the disability benefits, medications and ongoing behavioral healthcare that supports their work. Recruitment is currently closed but Scripps continues to support the current A-Vision’s participants.</p> <ul style="list-style-type: none"> • Track historical total enrolled in program • Track currently employed as casuals at Scripps • Track candidates currently volunteering at Scripps |



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| Scripps System | <p>Opioid Stewardship Program - Medication Assisted Treatment (MAT)</p> <p>According to the Centers for Disease Control, anyone who takes prescription opioids for pain management can become dependent on opioids. One in four people on long-term opioid therapy struggle with an opioid use disorder (OUD).</p> <p>The Opioid Stewardship Program (OSP) at Scripps brings physicians, nurses, and other professionals together to help reduce opioid use by educating patients and providers about opioid use disorder risks as well as promoting alternative ways to manage pain. In addition to providing support to patients already suffering from OUD, clinicians learn effective prescribing and multi-modal pain management techniques to help prevent new dependencies.</p> <p>Scripps currently receives a state grant from the California Department of Health Care Services to help remove barriers to identifying and treating patients with OUD and to provide Medication-Assisted Treatment (MAT). Medication-assisted treatment (MAT) offers medication in combination with counseling and behavioral therapies to help address both the physical and the psychological impacts of substance use. According to SAMHSA, use of FDA-approved medications in combination with evidence-based therapies can be effective in the treatment of substance use disorder and may help recovering users stay in treatment longer, extending periods of sobriety and paving the way for successful recovery. MAT also makes people less likely to die from substance use.</p> <p>The grant provides funding for Scripps to hire licensed substance use disorder counselors to facilitate treatment and entry into a community-based MAT program.</p> <p>For more information about the grant, visit the California Bridge Program website.</p> | <p>California Department of Health Services, California Bridge Program, Center at Sierra Health Foundation, Family Health Centers of San Diego, McAllister Institute, Betty Ford Center for outpatient care.</p> | <ul style="list-style-type: none"> • Track opioid use disorder diagnoses from the ED and Admitted patients. • Track consultations for MAT counselors as well as prescriptions for buprenorphine. • Track opioid overdose diagnosis from the ED and Admitted patients. |



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Identified Community Need – Children and Youth Well-Being

Objectives/Anticipated Impact:

- Build the future pipeline of healthcare professionals by introducing young students to health careers.
- Build and support a diverse, culturally competent primary health care workforce in San Diego’s medically underserved communities.
- Increase education and awareness of community health and wellness issues for children and youth.
- Increase education and awareness related to healthy lifestyles for elementary aged children, parents, and school staff to address factors of obesity.

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| <p>Scripps Mercy Hospital Chula Vista</p> | <p>Scripps School to Health Careers Mentoring Program (Youth Pipeline Programs)</p> <p>Scripps is dedicated to building the future pipeline of health professionals. Scripps implements a wide variety of youth in health careers activities. A primary focus is to implement school-to-health career activities, including mentoring, camps, job shadowing, health education classes, health chats, support groups, health fairs and others.</p> <p>Scripps will implement a wide variety of youth in health career activities. Through several internships and other educational programs, Scripps will collaborate with high schools and colleges to offer students opportunities to explore a role in health care and gain first-hand experience working with Scripps health care professionals. Nurses and other clinical and non-clinical employees play important roles in these educational experiences, as the students are interacting with them daily through the programs. More than 75% of youth that participate in these activities will be on track for a health career.</p> <p>Family Practice Medical Residents will provide interactive classroom presentations on a variety of public health concerns, medically focused topics as well as hands-on clinical skills workshops mentoring at the local high schools.</p> <p>The following are some of the programs Scripps will offer:</p> <ul style="list-style-type: none"> • Camp Scripps Summer Enrichment Program- A six-week virtual summer enrichment program led by physicians and staff. | <p>Sweetwater Union High School District, SD Unified High School District, Cristo Rey High School, SD Community Colleges, SDSU Public Health and Social Work Students, CA Medicine (CalMed) Region, UCSD, Imperial Valley AHEC.</p> | <ul style="list-style-type: none"> • Track number of students • Track number of interactive classroom presentations between Medical Residents and students • Track progress of students advancing to their next level of education and towards their career goals annually. • Track students’ knowledge/experience pre/post program evaluation survey in order to gain better understanding of the student experience and impact of the program. |



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| | <p>Mentoring Program – Designed to help high school students set a course for a successful career in health care, participants will be paired virtually with various health and social service professionals for hourly sessions twice a week for five weeks in a hospital setting. Students will be exposed to a variety of duties and roles and various departments.</p> <p>Health Professionals in the Classroom- Health care professionals, such as medical residents, dietitians, nurses, and doctors, enlighten students on health care careers and health related topics. These are interactive virtual sessions on nursing 101, doc 101, health and nutrition, stroke prevention, breast health, teen pregnancy, substance use, STDs, health professions 101 and mental health issues that impact high school students. Students will receive health career tools/brochures that include information on education requirements, scholarships, and way to pay for college.</p> <p>Health Careers, Wellness, Leadership, and Job Readiness Webinars- Self-paced online seminar presentations on various healthcare careers, health/wellness, leadership, and job readiness to enhance and support the high school classroom curriculum and to introduce youth to healthcare careers.</p> <p>Showing Youth Surgery 101- Interested students will have an opportunity to observe elective surgeries such as total knee and hip replacements. Students can interact and ask on the spot questions of surgeons.</p> <p>Cal Med Program - Community College and Four-Year College Mentoring. Designed to help students set a course for a successful career track into medicine, students will interact with physician mentors and participate in career workshops developed by medical students, Family Medicine residents, and attending physicians during 5 sessions. At the end of the program, these college students will have the opportunity to become mentors for high school students participating in our high school pipeline programming.</p> | | |



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| Scripps System | <p>Scripps High School Exploration Internship Program</p> <p>Scripps is dedicated to promoting health care as a rewarding career, collaborating with several high schools to offer students opportunities to explore a role in health care and gain firsthand experience working with Scripps Health care professionals.</p> <p>The program will reach out to San Diego high school students interested in exploring a career in health care. During their five-week rotation, the students will visit Scripps Mercy Chula Vista, Scripps Mercy San Diego, Scripps Memorial Hospital La Jolla, Encinitas, and Green Hospital. The students will view surgeries and shadow healthcare professionals in the emergency department, ICU, pharmacy, urgent care, internal medicine, pharmacy, ambulatory services, rehab therapy, patient planning, lab, and trauma.</p> | Scripps collaborates with local high schools to help students explore health care roles and gain firsthand experience as they work with Scripps health professionals. | <p>This program will continue if Du/COVID-19 cases allow for in person meetings.</p> <ul style="list-style-type: none"> • Track number of students • Track the rotating departments for shadowing and hours |



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| Scripps System | <p>University City High School Collaboration</p> <p>University City High School and Scripps will partner to provide a real-life context to the school's Health Care Essentials course. Students will be selected to rotate through five different Scripps locations, during the spring semester, to increase their awareness of health care careers. UC High students will be exposed to different departments, exploring career options, and learning valuable life lessons about health and healing.</p> | <p>Scripps collaborates with local high schools to help students explore health care roles and gain firsthand experience as they work with Scripps professionals.</p> | <ul style="list-style-type: none"> • Track number of students • Track rotating departments for student shadowing and hours |



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| <p>Scripps Memorial Hospital Encinitas</p> | <p>Young Leaders in Health Care</p> <p>An outreach program at Scripps Hospital Encinitas, Young Leaders in Health Care targets local high schools’ students interested in exploring health care careers. Students in grades 9–12 participate in the program, which provides a forum for high school students to learn about the health care system and its career opportunities.</p> <p>The mission of the Young Leaders in Health Care is:</p> <ul style="list-style-type: none"> • To provide a forum for high school students to learn about the health care system and its breadth of career opportunities. • Mentor students in the act of leadership, giving them tools to use in their daily life challenges. • Provide a service project to satisfy high school requirements and make a positive impact on the community. • Provide a venue for a student-run competition where each school presents a topic in line with the year’s goal. <p>This combined experience will include weekly meetings at local schools facilitated by teachers and advisors, as well as virtual monthly meetings. The advisors for the program are part of the San Dieguito Alliance for Drug Free Youth. The program will mentor students on leadership and provides tools for daily challenges. Each year the students work toward a final presentation based on their community service projects related to health care and wellness.</p> | <p>Scripps collaborates with local high schools to help students explore health care roles and gain firsthand experience as they work with Scripps health professionals. San Dieguito Alliance for Drug Free Youth.</p> | <ul style="list-style-type: none"> • Track number of students • Track number of mentorship hours • Track list of service projects |



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| <p>Scripps Mercy Hospital Chula Vista</p> | <p>Enhancing Family Practice Residency Training in Obstetrics and Maternal and Child Health at the US/Mexico Border of San Diego and Imperial County.</p> <p>Scripps Mercy Family Medicine Residency Program received a \$2.85 million in grant funding from the Health Services and Resources Administration (HRSA). The Scripps training program is one of 31 medical residency programs in the U.S recently selected as an award recipient in HRSA's highly competitive grant funding opportunity, which was open to primary care residency programs nationwide.</p> <p>The Family Medicine Residency Program is based at Scripps Mercy Hospital Chula Vista. For more than 20 years, it has trained physician residents to provide comprehensive and culturally sensitive medical care, with a focus on underserved populations of the south San Diego border region. Residents in the three-year graduate medical education program complete inpatient rotations at Scripps Mercy Hospital Chula Vista and outpatient rotations at San Ysidro Health Center, along with providing care at other community clinics.</p> <p>Scripps Mercy Family Medicine Residency Program will enhance the Family Medicine Residency training and community-based education in the areas of maternal and child health to enhance family medicine obstetrics training along the US/Mexico border of San Diego and Imperial County. This program will address three Health and Human Services (HHS) clinical priorities: Opioid addiction, value-based care and quality improvement, and telehealth strategies. Activities will expand Maternal Child Health and Obstetrics education to include collaboration with Scripps Perinatology group, expand education in care for women with substance use disorder and develop leadership and obstetrics skills for one specialized maternity care fellow. Clinical services and training in both vulnerable urban and rural communities will be met by enhancing the current prenatal program including the Centering Pregnancy Model. The residency program will also use these funds to help give underserved patients greater access to health education and care, including expanded patient access to prenatal clinics and labor-and-delivery care.</p> | <p>San Ysidro Health, Scripps Perinatology Group, Pioneers Memorial Hospital, San Diego Border Ara Health Education Center, UCSD Family and Preventive Medicine.</p> | <ul style="list-style-type: none"> • Track number of patients served • Track number of residents enrolled • Track number of clinical experiences in: <ul style="list-style-type: none"> ○ Centering Pregnancy ○ SUD/Addiction clinic ○ Perinatology ○ Rural ○ OB Clinic in medically underserved communities |



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| Hospital Facility | Programs and Strategies | Partnerships & Collaborations | Evaluation Methods, Measurable Targets and Other Comments |
|------------------------------------|--|---|---|
| Scripps Mercy Hospital Chula Vista | <p>Improving Health Education and Awareness for Parents</p> <p>Parenting classes will be offered by Scripps Mercy Hospital Chula Vista Well-Being Center for foster, adoptive and kinship parents for parents with children of all ages. A wide variety of topics will be covered including issues related to health, learning/development, family/safety, advocacy as well as parenting tips.</p> <p>Sessions will be offered to the Foster, Adoptive and Kinship Care Education Program at Grossmont College. Sessions will be facilitated by Scripps Family Medicine Residents and offered in English and Spanish.</p> | Foster, Adoptive and Kinship Care Education Program at Grossmont College. SDSU Public Health and Social Work Students | <ul style="list-style-type: none"> • Track number of parent participation • Track number of sessions and title of sessions • Track qualitative data on the impact of the program |

Identified Community Need – Chronic Health Conditions–Cancer

Objectives/Anticipated Impact:

- In response to this serious health concern Scripps will develop a series of prevention and wellness programs to educate people on the importance of early detection and treatment for some of the most common forms of cancer.
- Improve cancer education, support services and cancer navigation (assistance for individuals with cancer diagnosis) through the Scripps MD Anderson Cancer Program. Scripps MD Anderson is committed to fighting cancer through a collaborative, team approach that puts the patient at the center of care.
- Improve facilitation of connection to community resources to Scripps patients and community members impacted by cancer at the hospital setting as well as in the community in support of cancer awareness events and cancer community-based organizations.
- Increase the mental and physical health related quality of life for cancer survivors.

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| Scripps System | <p>Scripps MD Anderson Cancer Center Support Groups</p> <p>Through generous community support, Scripps MD Anderson Cancer Center will provide a wide range of support services and patient assistance programs.</p> <p>Scripps MD Anderson Cancer Center will provide free professionally facilitated support groups at various locations to help patients and loved ones find support, guidance, and encouragement. The support groups will address the emotions that come with a cancer diagnosis and help individuals cope more effectively with their treatment regimens that nurture their physical, emotional, and spiritual well-being.</p> <p>Oncology social workers and oncology nurse navigators provide counseling services and guidance regarding transportation, housing, homecare, financial, benefits, emotional concerns, and other issues. Free professionally facilitated support groups sponsored by the cancer center will meet regularly at various locations to help patients and loved ones find support, guidance, and encouragement. Free educational workshops will be held at various sites.</p> <p>The following are locations and current schedules, https://www.scripps.org/services/cancer-care/patient-support-services</p> | | <p>Scripps MD Anderson Cancer Center Support Groups (Virtual Support Groups)</p> <ul style="list-style-type: none"> • Track number of people served |



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| <p>Scripps Mercy Hospital Chula Vista</p> | <p>Scripps Mercy Chula Vista’s Well-Being Center (WBC)</p> <p>The Chula Vista Well-Being Center will provide a series of prevention and wellness programs to educate people about the importance of early detection and treatment for cancer. The goal is to increase education, outreach and access to early detection and screenings for breast health services. A wide array of resources will be provided such as counseling, screenings, support groups, complementary therapies, and educational workshops.</p> <p>A <i>Lay Health Professional</i> led health and wellness program that aims to improve the lives of women in San Diego’s South Bay with breast cancer education, prevention, and treatment support. <i>Lay Health Professionals instruct</i> women in their native language with sensitivity to a woman’s ethnic and cultural norms. The program model includes a <i>local community lay health expert</i>, a Cancer Survivor, and a Nurse Navigator. The <i>community lay health expert</i> has knowledge of breast cancer, offers education and emotional support, and provides referrals in culturally appropriate and language sensitive way. Working together, the <i>lay health expert</i> and volunteer present a strong front for breast cancer awareness and full support system for those already diagnosed. Moreover, the fact they are bilingual lends an air of automatic trust among the community as they can connect with the residents on a cultural level.</p> <p>Scripps Mercy Hospital Chula Vista Breast Cancer Support Group</p> <p>Scripps Well-Being Center will hold-a bi-monthly support group that helps individuals cope with living with cancer. Support groups will include navigating the cancer system and educational presentations by local providers.</p> | <p>Komen Foundation, American Cancer Society, Mama’s Kitchen, Chula Vista Chamber of Commerce, San Ysidro Health Center, South Bay Community Resources, Promotoras, Chula Vista Community Collaborative SDSU Public Health and Social Work Students, Community Clinics</p> | <p>Breast Health Outreach and Education Program</p> <ul style="list-style-type: none"> • Track persons served • Educational Services: Flyers distributed, education, phone calls, social/emotional support, case management, hospital visits, home visits, letters sent to patients/providers, mailed educational material, breast cancer supplies (i.e., medical record binder, caps, wigs, bras, hats, mastectomy pillow, etc.), to support group participants. • Outreach Services: Provides Outreach to those overdue for screening and community referrals, breast cancer hospital referrals, community breast cancer referrals, follow up referrals from radiology are sent to outreach services, community outreach/educational presentation attendance. |



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| Scripps System | <p>Scripps MD Anderson Cancer Center Lifeguard Cancer Screenings</p> <p>According to the American Cancer Society, skin cancer is by far the most common form of cancer. More skin cancers are diagnosed in the U.S. each year than all other cancers combined. Dermatologists are starting to see the indirect effect of COVID-19 on people’s skin with more advanced cases. For over 20 years, Scripps Health has offered free screenings to lifeguards as part of its community benefit services.</p> <p>Scripps will host free skin cancer screening clinics for California State Lifeguards at the San Elijo State Beach Lifeguard Headquarters. After the lifeguard completes a form from the American Academy of Dermatology, they step into a screening room and a board-certified dermatologist and nurse conduct the screening.</p> | <p>American Cancer Society, American Academy of Dermatologists San Elijo State Beach Lifeguard Headquarters</p> | <ul style="list-style-type: none"> • Track how many people served • The program will screen for the following presumptive diagnoses and a biopsy is recommended or referral made if needed: <ul style="list-style-type: none"> • Seborrheic Keratosis • Actinic Keratosis • Basal Cell Carcinoma • Squamous Cell Carcinoma • Moles/Nevus • Dysplastic Nevus • Congenital Nevus • Melanoma |



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| Scripps System | <p>Scripps MD Anderson Cancer Center Restorative Yoga and Sound Therapy Classes for Cancer Survivors and Caregivers</p> <p>For centuries humans have used sound, vibration, meditation, and yoga as a means of calming the mind and soothing the body. Modern-day research has proven what our ancestors knew intuitively that music and body movement possess therapeutic benefits.</p> <p>Utilizing a combination of these modalities, these classes will provide a 60-minute restorative yoga and sound therapy experience that focuses on relaxation and rejuvenation. Participants can choose to rest comfortably or gently move through simple stretches while receiving the healing benefits of sound from a variety of instruments: singing bowls, chimes, drums, and gongs. Cushioned mats and bolster cushions will be available for use. These classes will be opened to the community at the Scripps Encinitas Rehabilitation Center, Shiley Fitness Center and Woltman Family College Building.</p> | | <ul style="list-style-type: none"> Track number of people served |



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| Scripps System | <p>Scripps MD Anderson Cancer Center Living Life Well Sessions – Nutrition and Fitness Focus</p> <p>Classes will be offered by Scripps Shiley Fitness staff and the Scripps MD Anderson Cancer Center Oncology Nutrition teams providing much needed evidenced based education to patients on maintaining and improving their level of health and wellness via fitness and nutrition interventions. Individuals will learn about which foods to include in the diet for decreased risk of cancers, improvement in energy levels, and lower risk or chronic diseases.</p> <p>These classes will be opened to the community at the Scripps Torrey Pines Center and Scripps Prebys Cancer Center (Woltman Family College Building).</p> <p>https://www.scripps.org/events/living-well-post-cancer-treatment-virtual-september-6-2022</p> | | <ul style="list-style-type: none"> Track number of participants |



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| Scripps System | <p>Scripps MD Anderson Cancer Center Wig Bank</p> <p>The Scripps MD Anderson Cancer Center will offer a wig bank at Woltman Family College Building located at the Scripps Mercy Hospital campus to support women undergoing cancer treatment and/or experiencing hair loss. Scripps will provide helpful insight on preparing for hair loss from chemotherapy and radiation and choosing a wig. Free wigs and customized fittings will be provided for patients and the community in a safe, comforting environment.</p> | <p>American Cancer Society, Several Community Church, and Women Organizations</p> | <ul style="list-style-type: none"> Track number of wigs distributed |



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| Scripps System | <p>Scripps MD Anderson Cancer Center Oncology Patient Resource Library</p> <p>To help patients and their families better understand their diagnoses and access a variety of educational programs and patient information, Scripps MD Cancer Center features a resource library. Scripps will offer free evidenced based patient education, materials, booklets, and pamphlets regarding cancer information and care.</p> <p>These resources will be opened to the community at the Woltman Family College Building located at the Scripps Mercy Hospital campus.</p> | American Cancer Society | <ul style="list-style-type: none"> Track number of visitors helped |



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| Scripps System | <p>Scripps MD Anderson Cancer Center Survivor Day (A Celebration of Life)</p> <p>Survivors Day is a time to recognize the nation’s 15.5 million cancer survivors, to focus attention on issues of survivorship, and to acknowledge medical professionals dedicated to cancer treatment, research, and support services. This day provides an opportunity to draw attention to the ongoing challenges of cancer survivorship to promote more resources, research, and survivor-friendly legislation to improve cancer survivors' quality of life.</p> <p>National Cancer Survivors Day events are held in hundreds of communities nationwide throughout the month of June. Scripps holds a celebratory event at various Scripps hospitals each year to provide an opportunity for those that have battled cancer to come together and enjoy the company of friends, family, and the camaraderie of fellow cancer survivors.</p> <p>Scripps will raise awareness, education and support for community members touched by cancer in San Diego County by providing community-based informational and celebratory events specific to patient populations and community needs. A forum for those that have battled cancer to come together and enjoy the company of friends, family, and the camaraderie of fellow cancer survivors. In addition, Scripps will provide an opportunity for discussing the physical, financial, and social issues that many cancer survivors face following completion of treatment.</p> | Komen Foundation, American Cancer Society, Local community clinics, Scripps Radiology Department | <p>Cancer survivors and other guests share inspirational stories, learn about advances in cancer treatment and research and enjoy the opportunity to connect with caregivers and fellow survivors. An individual is considered a cancer survivor from the time of diagnosis through the remainder of life. Each year the cancer survivor events help celebrate life, inspire those recently diagnosed, offer support to family, and loved ones and recognize all who provided support along the way.</p> <ul style="list-style-type: none"> Track persons served |



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Identified Community Need – Chronic Health Conditions - Cardiovascular Disease & Stroke

Objectives/Anticipated Impact:

- Prevent sudden cardiac arrest and death in middle/high school aged children, including underserved areas in San Diego County by increasing education and awareness related to cardiovascular health and healthy lifestyles.
- Improve cardiovascular health and decrease stroke in San Diego County by working with our community partners to educate and engage individuals and communities in understanding and taking action to address the risk factors that cause heart attacks and strokes.

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| Scripps System | <p>Eric Paredes Save A Life Foundation (Sudden Cardiac Arrest Screenings)</p> <p>Scripps Health is addressing cardiovascular disease and Sudden Cardiac Arrest (SCA) in teens through our partnership with the Eric Paredes Save A Live Foundation. Eric was a healthy Steel Canyon High School sophomore athlete who died suddenly and unexpectedly from Sudden Cardiac Arrest in 2009. His parents established the EP Save A Life Foundation which provides free screenings to youth to identify cardiac anomalies that may lead to SCA, with the goal of standardizing cardiac screenings among the youth. According to a National Library of Medicine NEMSIS study , it is estimated that 23,000 youth are stricken annually by SCA. Since 2010, the foundation has screened more than 35,000 youth, finding 550 with cardiac abnormalities.</p> <p>This program helps to prevent sudden cardiac arrest and death in middle and high school aged children, including underserved areas in San Diego County, through awareness, education, and action. SCA is not a heart attack, it is caused by an abnormality in the heart’s electrical system that can be easily detected with a simple EKG. If abnormalities are detected, a second test called an echo cardiogram; an ultrasound for the heart is administered.</p> <p>Heart screenings are not part of well-child exams or sport physicals, even though SCA is the #1 killer of student athletes and the leading cause of death on school campuses. Scripps partners with local San Diego schools to administer and read</p> | Local San Diego Middle and High schools Countywide: | <ul style="list-style-type: none"> • Track numbers of teens screened • Track number of teens with heart abnormalities • Track number of teens found at risk • Track teens without a Pediatrician/Family Doc • Track teens who use community clinic • Track number of Scripps volunteers • Track Scripps volunteer hours • Track percentage of low to moderate Income Households • Track representation of Diverse Communities |

³The majority of students in the San Diego Unified School District meet the poverty guidelines. 153 schools in the San Diego Unified School District receive Federal Title I funds as set forth in the Elementary and Secondary Act (ESEA). Title I Elementary and Secondary Education Act (ESEA) School is defined as a school enrolling at least 40 percent of children from low-income families.



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| | <p>electrocardiograms and if warranted an echocardiogram screening by Scripps physicians (cardiologist) before high school students participate in organized sport and activities.</p> <p>When findings are positive, Scripps takes the following steps:</p> <ul style="list-style-type: none">• Checks for an abnormal heartbeat that could signal an underlying heart condition using an echocardiogram.• Notify parents of the results for follow-up with their family physician. | | |



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| Scripps System | <p>Eric Paredes Save A Life Foundation – Prescription for Prevention</p> <p>Prescription for Prevention is a free, accredited training for primary care practitioners on incorporating a robust cardiac risk assessment in youth into their practice. In partnership with SDSU's Institute for Public Health and UC Irvine, The Eric Paredes Save A Life Foundation will provide Continuing Medical Education (CME) on incorporating Sudden Cardiac Arrest prevention into primary care practices. Studies show cardiac consideration is an—often overlooked—area of assessment.</p> <p>The training module will review SCA warning signs, risk factors and recommended diagnostic testing protocol. The CME development is directed and narrated by Dr. John Rogers, Scripps Cardiologist and EP Save A Life Medical Director, Scripps Health is instrumental in facilitating engagement in both a front-end needs assessment and in participation in the training module through direct communication with Primary Care Physicians (PCPs).</p> <p>Funding is supported by the development and promotion of the training module on a local, state, and national level, and with the San Diego chapter of the American Academy of Pediatrics. PCPs register for the course and are exposed to the program through live/online lectures. The CME is hosted in the continuing education portal.</p> | Scripps Health, SDSU's Institute for Public Health, U.C Irvine. San Diego Chapter of American Academy of Pediatrics | <ul style="list-style-type: none"> Track Primary Care Physicians registered for the CME course Track Pre/Post Test Performance average knowledge improvement <table border="1" data-bbox="1714 492 2456 1029"> <thead> <tr> <th>Pre/Post Test Knowledge Questions</th> </tr> </thead> <tbody> <tr> <td>One in 15,000-100,00 youth stricken annually</td> </tr> <tr> <td>Only 5-25% of SCA happens during sports</td> </tr> <tr> <td>Up to 72% of youth present with warning signs prior to SCA</td> </tr> <tr> <td>Mortality rate for cardiac syncope 18-33%</td> </tr> <tr> <td>13-49% of youth lost to SCA had a significant family history</td> </tr> <tr> <td>Prevalence of youth heart conditions 1 in 300</td> </tr> <tr> <td>False positive rate for ECGs is ~2% using current interpretation</td> </tr> <tr> <td>ECG detects 2/3 of conditions that can cause SCA</td> </tr> </tbody> </table> | Pre/Post Test Knowledge Questions | One in 15,000-100,00 youth stricken annually | Only 5-25% of SCA happens during sports | Up to 72% of youth present with warning signs prior to SCA | Mortality rate for cardiac syncope 18-33% | 13-49% of youth lost to SCA had a significant family history | Prevalence of youth heart conditions 1 in 300 | False positive rate for ECGs is ~2% using current interpretation | ECG detects 2/3 of conditions that can cause SCA |
| Pre/Post Test Knowledge Questions | | | | | | | | | | | | |
| One in 15,000-100,00 youth stricken annually | | | | | | | | | | | | |
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| ECG detects 2/3 of conditions that can cause SCA | | | | | | | | | | | | |



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| Scripps System | <p>Eric Paredes Save A Life Foundation - Smart Hearts Don't Miss A Beat</p> <p>Sudden Cardiac Arrest (SCA) is the leading cause of death on school campuses and the number one killer of student athletes. One in 300 youth has an undetected heart condition that puts them at risk. Smart Hearts Don't Miss A Beat will empower young people to prevent sudden death at home, in school, on the field, at the doctor's office and un their future families, and workplaces. The program will offer SCA prevention learning for school aged students to empower the next generation of life savers.</p> <p>The program goals are:</p> <ul style="list-style-type: none"> • Educate youth to recognize warning signs and family risk factors so they can be their own heart health advocates • Empower youth to use CPR and an automated external defibrillator (AED) and teach others the Cardiac Chain of Survival • Equip youth with leadership skills that prepare them to advocate for prevention in their communities | Sweetwater Unified High School District | <ul style="list-style-type: none"> • Track number of youth. • Track the development of a classroom or independent learning module including a series of videos, activities, and quizzes for middle and high school students. • Track Pre/Post Test Performance average knowledge improvement. |



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| <p>Scripps Memorial Hospital Encinitas</p> | <p>BrainMasters: Improvisational Speaking Group for Stroke and Brain Injury Survivors</p> <p>According to the American Heart Association, heart disease is the leading cause of death in the United States, and stroke is the fifth leading cause. Heart disease and stroke can result in poor quality of life, disability, and death. Making sure people who experience a cardiovascular emergency like stroke, heart attack, or cardiac arrest get timely recommended treatment can reduce their risk for long-term disability and death. Teaching people to recognize symptoms is key to helping more people get the treatment they need.</p> <p>In 2017, Scripps Memorial Hospital Encinitas launched a program called BrainMasters to address the communication challenges of stroke and brain injury survivors. BrainMasters is an improvisational speaking group for adults coping with acquired brain injury and is facilitated by a brain injury survivor. This fun, supportive and interactive group will help brain injury patients improve communication skills, think more quickly on their feet, and build self-confidence in a friendly, encouraging environment.</p> | | <p>Offered as a community benefit through Scripps Memorial Hospital Encinitas, BrainMasters is free and open to the community.</p> <ul style="list-style-type: none"> Track number of persons served |



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| Scripps Mercy Hospital Chula Vista | <p>Stroke and Brain Injury Support & Education Group at Scripps Mercy Hospital Chula Vista Well-Being Center</p> <p>This support group is for Stroke, Parkinson’s and Brain Injury survivors, caregivers, and loved ones. The group’s goal is to educate and empower survivors. Attendees will receive information and resources, reinforce inner strengths, learn self-care strategies, and develop encouraging peer relationships.</p> | | <ul style="list-style-type: none"> Track number of people participating in the Stroke and Brain Injury support group. |
| Scripps Memorial Hospital Encinitas | <p>Stroke and Brain Injury Support and Education Group at Scripps Memorial Hospital Encinitas</p> <p>The support group will be offered to brain injury survivors, caregivers, and their loved ones. The following will be offered:</p> <ul style="list-style-type: none"> Information and resources Reinforce inner strengths Learn self-care strategies Develop encouraging peer relationships Continue a life of meaning and purpose <p>The support group will be offered the second and fourth Tuesday of every month at the Scripps Memorial Hospital Encinitas Conference Center.</p> | | <p>Offered as a community benefit through Scripps Memorial Hospital Encinitas it is free and open to the community.</p> <ul style="list-style-type: none"> Track number of persons served |



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| <p>Scripps Green Hospital (Integrative Medicine Department)</p> | <p>Parkinson’s Boot Camp</p> <p>Parkinson’s disease is a nervous system disorder that affects movement, producing symptoms such as tremor, stiffness, rigid muscles, speech problems and trouble walking. Its onset is progressive, meaning symptoms get worse over time, but while Parkinson’s cannot be cured its symptoms can be managed with proper diagnosis and treatment, and rehabilitation including physical, occupational and speech therapies. The goal of rehabilitation for people with Parkinson’s is to help alleviate symptoms and compensate for some of the physical and neurological problems caused by the disease.</p> <p>Scripps will provide a full day of education and fun activities for people with Parkinson’s disease. Patients and families learn about the psychological impact of Parkinson’s, the benefits of exercise and positive attitude, dietary considerations, and integrative approaches to treatment. Patients are offered preventative modalities and overall life improvement options stressing the importance of staying active and joining a support group.</p> | <p>Led by Scripps Clinic Neurologist, Melissa Houser, MD, the Scripps Movement Disorder Clinic, and the Shiley Fitness Center.</p> | <ul style="list-style-type: none"> Track the number of newly diagnosed Parkinson’s patients and those looking for information on integrative approaches, treatment options and latest research. |

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| Scripps System | <p>Scripps Stroke Program Community Events</p> <p>Scripps Health educates and engages the San Diego community for stroke by attending at least one community event and screening for stroke via a stroke risk factor score card and educating individuals on BE FAST (how to recognize symptoms of stroke and calling 911 for someone exhibiting stroke symptoms).</p> <p>The BE-FAST screening tool is a straightforward way to recognize and remember the signs of stroke. The acronym stands for Balance, Eyes, Drooping, Arm, Speech, and Time.</p> <ul style="list-style-type: none"> • Balance: Sudden loss of balance or coordination • Eyes: Sudden blurred, double or loss of vision • Facial drooping: Drooping or numbness of the face. Usually only on one side. This can be recognized by a crooked smile. • Arm: Weakness or numbness of arms or legs on one side of the body. The inability to raise one's arm fully. • Speech: Slurred speech, unable to speak, or difficult to understand. • Time: If ANY of these symptoms are experienced, call 9-1-1 immediately. <div style="display: flex; align-items: center;"> <div style="text-align: center;">  <p>Know the signs of stroke</p>  </div> <div style="text-align: center;">  <p>Scan this QR code using your phone's camera to visit Scripps.org/StrokeSigns.</p> </div> <div style="margin-left: 20px;"> <p>B is for balance</p> <p>E is for eyes</p> <p>F is for face drooping</p> <p>A is for arm weakness</p> <p>S is for speech difficulty</p> <p>T is for time to call 911</p> </div> </div> <p style="font-size: small; text-align: right;">© 2021 Scripps Health 150211 MPO-0127 100-8631-608</p> | <p>American Heart Association, San Diego Padres, Scripps Clinics (Coastal) San Diego County Stroke Consortium/Stroke Advisory Committee, San Diego Padres, American Stroke Association, County of San Diego EMS.</p> | <p>The Scripps Stroke Team and their community partners will work to decrease strokes in San Diego County by educating and engaging individuals and communities in understanding and taking action to address the risk factors that cause heart attacks and strokes.</p> <ul style="list-style-type: none"> • Track number of community stroke education presentations • Track number of individuals provided with education • Track number of risk-factor self-assessment cards distributed • Track number of referrals made |



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| Scripps Mercy Hospital Chula Vista | <p>Helping Patients with Food Insecurity to Heal</p> <p>Scripps will offer outreach to patients eligible for Medi-Cal with Congestive Heart Failure (CHF). Scripps will work closely with Mama’s Kitchen to provide medically tailored meals and medical nutrition therapy/education for patients with CHF, Cancer, HIV/AIDS and/or health/physically challenged persons as part of the patient community services program. The Mama’s Kitchen program will be a twelve-week program, with meals being delivered to the individual’s home. Scripps Well Being Center Staff will contact patients post-discharge or at bedside, based on a generated report in EPIC. Patients who qualify and are interested, a referral form is completed, signed by a Scripps clinician, and securely submitted to Mama’s Kitchen.</p> | Mama’s Kitchen SDSU Public Health and Social Work Students | <ul style="list-style-type: none"> • Track numbers of persons served • Track number of medically tailored meals delivered and/or other interventions offered • Track readmissions and/or heart disease worsening |



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| <p>Select Specialty Hospital - San Diego</p> | <p>Specialized Treatment for Cardiovascular Disease & Stroke</p> <p>Select Specialty Hospital – San Diego is a 110-bed, free-standing critical illness recovery hospital (licensed by Medicare as a Long-Term Acute Care Hospital) which specializes in helping critically ill patients begin to breathe, speak, eat, walk and think as independently as possible. Select Specialty Hospital specializes in treating patients recovering from catastrophic critical illness. Patients typically need additional medical care and recovery time in a hospital setting before being discharged home or transferred to the next level of care.</p> <p>The Hospital provides very specialized treatment protocols to support the recovery of patients suffering from various cardiac, neurologic and pulmonary conditions. The Hospital's highly trained care teams, including dedicated telemetry technicians, manage patients who have survived complex, life-saving treatments including Left Ventricular Assist Device (LVAD), extracorporeal membrane oxygenation, multiple bypass surgery, along with congestive heart failure and cardiac arrest.</p> <p>By the Hospital's focused clinical approach, patients are able to recover from these cardiac and stroke-related conditions and are able to live a more fulfilling life with family and friends in the greater San Diego community.</p> | <p>Select Medical</p> | <p>Select Specialty Hospital - San Diego targets patients for admission with cardiovascular disease and stroke-related conditions. Documentation of these patients is maintained by tracking each patient's ICD-10 to ensure that the Hospital continues to focus on Cardiovascular and Stroke-related patient population.</p> |

Identified Community Need – Chronic Health Condition - Diabetes

Objectives/Anticipated Impact:

- Reduce the burden of diabetes and improve quality of life for people who have, or are at risk for, diabetes.
- Improve access to diabetes educational resources and self-management education and support for underserved population living with diabetes.
- Offer culturally sensitive diabetes education and training for people who wish to increase their diabetes management knowledge and skills.
- Improve culturally appropriate self-management diabetes education and support through innovative digital interventions.

| Hospital Facility | Programs and Strategies | Partnerships & Collaborations | Evaluation Methods, Measurable Targets and Other Comments |
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| Scripps System | <p>Project Dulce Care Management</p> <p>Diabetes prevalence is predicted to rise dramatically during the next 20 years, and associated spending is expected to increase threefold. Low-income and uninsured individuals have been found to be at most risk for poor health status. Cultural barriers contribute to this burden by preventing optimal care among diverse ethnic groups that are at elevated risk for high-cost complications.</p> <p>Scripps Whittier has led the way in developing culturally sensitive diabetes self-management programs to provide care for people in high-risk, underserved communities through Project Dulce, which uses nurses, dieticians and specially trained educators known as “Promotoras” to counsel diabetes patients while educating them to support others with diabetes within their own cultural groups. Diabetes management classes have been adapted for Hispanic, African American, Native American, Filipino and Arabic populations, and are taught in the patients’ native languages.</p> <p>Informed by the Chronic Care Model, Project Dulce’s nurse-led multi-disciplinary team will provide clinical management while peer educators also known as Promotoras will deliver culturally appropriate self-management education to adults with poorly controlled type 2 diabetes.</p> | <p>Neighborhood Healthcare: Escondido and Temecula, Family Health Centers of San Diego, San Ysidro Health Center</p> | <p>One of the primary components of the program is recruiting peer educators from the community to work directly with patients. These educators reflect the diverse population affected by diabetes and help teach others about changing eating habits, adopting exercise routines, and nurturing their wellbeing to manage this chronic disease. The goal is to expand Project Dulce Clinical Services to different populations.</p> <ul style="list-style-type: none"> • Track number of new patients cared for by clinical team |



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| Scripps System | <p>Scripps Whittier Diabetes Institute - Academic, Health System and Community Partnerships to Support Community Engaged Research</p> <p>The Scripps Whittier Diabetes Institute (SWDI) serves as the Community Engagement (CE) Research Core for the National Institutes of Health/ National Center for Advancing Translational Sciences (NIH/NCATS) awarded Scripps Research-based Clinical Translational Science Award (CTSA). The CE Core is centered within the Scripps Whittier Diabetes Institute led by Dr. Athena Philis-Tsimikas and supported in partnership with the Institute for Public Health and the South Bay Latino Research, both located at San Diego State University (SDSU). The Associate Director of the CE Core is a joint position co-located at SWDI and SDSU. The goals of the CE core include reducing health disparities and promoting health justice and equity.</p> <p>CTSA Community Engagement Core Program Details:</p> <ul style="list-style-type: none"> • Project administration includes supporting strategic program planning and management; working with project teams to promote community engagement; project reporting; designing and managing evaluation systems; convening advisory board meetings; and presenting and co-authoring publications on community engagement work. • Partner outreach and engagement includes engaging with health equity stakeholders to promote partnerships and excellence in research, clinical care, and public health practice; assisting in the development and implementation of health initiatives to reduce health inequities. • Academic collaboration includes acting within the Scripps-SDSU partnership to leverage and enhance internal and external partnerships aligned with its mission, vision, and values; supporting scientist and trainee development in the context of community engagement; and supporting colleagues to incorporate community engagement into existing curricula and learning outcomes. | Scripps Research Translational Institute, San Diego State University-Institute for Public Health and South Bay Latino Research Center | <ul style="list-style-type: none"> • Track number of consultations provided annually • Track number of community contacts/collaborations • Track Advisory board recruited and established, and biannual meetings held |

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| Scripps System | <p>Scripps Whittier Diabetes Institute - Studies to Improve Health of At-Risk Underrepresented Communities Over the Next Three Years</p> <p>The following are the programs:</p> <ul style="list-style-type: none"> • Dulce Digital Filipino Americans: The research will tailor existing diabetes self-management education and support programs, Project Dulce, and Dulce Digital, specifically for Filipino-Americans, a racial/ethnic minority population with high and increasing type 2 diabetes prevalence. • Dulce Digital Arab Americans: This study will characterize type 2 diabetes (T2D) health communication barriers in the Arab American community of San Diego, to develop a linguistically and culturally tailored diabetes self-management education curriculum and to establish a resource for a future study of the pathophysiology of T2D in Arab Americans. • Dulce Digital 2.0 Hispanic communities: Evaluate two mHealth adaptations of Project Dulce that are designed to improve digital health literacy, increase underserved individuals' capacity to access and engage with vital digital health information, and in turn, improve clinical and behavioral outcomes in at-risk adults with diabetes. Comparison models include 1) a low-cost, educational and supportive text messaging program; 2) a telehealth adaptation of Project Dulce; 3) traditional in-person Project Dulce self-management education program. All programs will be offered in participants' preferred language (English or Spanish). • CyberGEMS: Given the known serious consequences of uncontrolled blood sugars during hospitalization, this research integrates continuous glucose monitoring (CGM) in the hospital to test a dynamic and digitized, team-based approach to glucose management in an underserved and understudied, yet high-risk population. • ACT1VATE: Diabetes distress (DD), defined as the negative emotional burden of living with a demanding chronic condition. This research will compare two interventions for DD, one novel and one established: ACT1VATE, a group-based Acceptance and Commitment Therapy approach, and DSME/S (usual care) in improving clinical, behavioral, psychosocial, process among type 1 diabetes patients with significant DD and poor glycemic control in a real world, healthcare environment. | San Ysidro Health Center, Scripps Whittier Diabetes Institute-Chula Vista, Scripps Mercy Hospital | <ul style="list-style-type: none"> • Track number of participants recruited quarterly and annually for each of the programs. |



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| Scripps System | <p>Scripps Whittier Institute Professional Education and Training</p> <p>Scripps Whittier Diabetes Institute professional education teams provide state of the art education and training for people who wish to increase their diabetes clinical, behavioral and facilitation expertise and skills. With the rise in diabetes related devices, there is a great need to equip clinicians with the latest information and clinical skills. The Whittier’s professional education program is led by a team of experts, including endocrinologists, nurses, dietitians, psychologists, peer educators and other diabetes specialists.</p> <p>These individuals will train practicing professionals and paraprofessionals to deliver the best possible care for their diabetes patients. Courses will be tailored to the needs of allied health professionals and paraprofessionals seeking to understand new and complex clinical treatment options for Type 1, Type 2 and gestational diabetes and interactive evidence-based approaches to facilitate group diabetes education for Type 2 patients.</p> | <p>Project Dulce Licensed Partners listed below.</p> <p>Adventist Health - Sonora Alameda County Public Health Department, Camarena Health, La Maestra Community Health Centers, Metro Caring, Neighborhood Healthcare, Northeast Valley Health Corporation, Roots Community Health Center, Salt Pima River Indian Maricopa Community San Ysidro Health Tiburcio Vasquez Health Center, Vista Community Clinic, Tulare County Health & Human Services Agency, Trenton Health Team</p> | <p>This is a Scripps designed program. Target population are parent educators and clinical providers.</p> <ul style="list-style-type: none"> Track number of participants that receive professional education on insulin management, incretin therapy, and diabetes basics and training to deliver diabetes group education. Track CME programs for physicians and nurses, pharmacists, dietitians, and midlevel providers. |

Identified Community Need – Community Safety

Objectives /Anticipated Impact:

- Decrease trauma deaths by better preparing the public to save lives through proper awareness and education.
- Provide community education to decrease preventable deaths and injuries.

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|-----------------------|--|--|--|
| <p>Scripps System</p> | <p>Saving Lives through Stop the Bleed Campaign & Program</p> <p>Whether from a bullet wound or other traumatic injury, severe blood loss can kill in just five minutes. However, one-fifth of trauma deaths — the leading cause of death for Americans under age 46 — could be prevented by stanching the bleeding. That is why Scripps doctors support the national <u>Stop the Bleed</u> campaign and convey the important messages of the national Stop the Bleed campaign. The course is developed for a nonmedical audience to address the needs of the immediate responder to control life-threatening bleeding until help arrives.</p> <p>The initiative is a national awareness campaign to teach the civilian population to provide vital initial responses to stop uncontrolled bleeding in emergency situations. This preparation is done by raising awareness and teaching people how to learn three quick actions to control serious bleeding.</p> <p>Scripps will provide a 90-minute course including a formal presentation and hands-on practice of direct pressure application, wound packing, and use of a tourniquet.</p> | <p>The American College of Surgeons (ACS) and ACS Committee on Trauma, Scripps Trauma Services</p> | <p>Supported by the American College of Surgeons, the Department of Homeland Security, and numerous police departments, it aims to teach bystanders how to properly place pressure on a wound or apply a tourniquet in an emergency.</p> <ul style="list-style-type: none"> • Track number of classes and participants  |



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| Scripps Memorial Hospital La Jolla | <p>Lifeguard Trauma Conference</p> <p>This conference is a continuing education and training opportunity for lifeguards to learn from doctors, nurses, and other experts on a variety of topics related to professional ocean lifeguards. Each year, this hospital-based community benefit program is dedicated to reducing the burden of beach injuries and drowning events. Through partnerships with local lifeguard departments, hospital personnel, and nonprofit organizations it will promote beach and water safety culture through targeted education initiatives and engagement with the community. Committed to evidence-based practices and collaborative programming, this aspires to increase the quality and effectiveness of beach injury and drowning prevention efforts.</p> | California Surf Lifesaving Association | <ul style="list-style-type: none"> • Track number of participants enrolled • Track overall satisfaction with the workshop |



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| Scripps System | <p>Safe Teen Driving - Every 15 Minutes High School Program</p> <p>"Every 15 Minutes" is a two-day program involving high school juniors and seniors that encourages them to think about personal safety when alcohol is involved, making mature decisions, and recognizing that their actions affect others.</p> <p>The program's name was derived from the fact that in the early 1990's, every fifteen minutes, someone in the United States died in an alcohol-related traffic collision.</p> <p>The program challenges students to look at this issue in an up close and personal way, immersing them in the collateral damage that driving under the influence causes, and calling on them to take responsibility for their personal safety, as well as the safety of others.</p> | California Highway Patrol | <ul style="list-style-type: none"> Track number of participants |



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Identified Community Need – Economic Stability

Objectives/Anticipated Impact:

- Provide aid through the Supplemental Nutrition Assistance Program (SNAP) – known as CalFresh in California to reduce the rate of food insecurity and assist low-income families with additional funding for purchasing healthy food.
- Reduce the rate of food insecurity & provide nutrition education and counseling, breastfeeding education support and food vouchers to underserved pregnant and parenting women and children 0-5 years through the WIC program.
- Improve outcomes for high-risk underfunded patients and community members through facilitated referrals and connection other services in the community.

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| Scripps System | <p>Scripps Health CalFresh Screenings</p> <p>As health care delivery systems move towards a population health paradigm that incentivizes keeping patients healthy, hospitals and clinics are recognizing the significance of addressing social determinants of health, such as Food Insecurity (FI). Hospitals have been more proactive in intervening at some level of care to aid the individuals suffering from FI and their ability to gain control over their health.</p> <p>Scripps Health began screening for CalFresh in June 2017 through the support of the Public Resource Specialist (PRS) team. The PRS are experienced staff with strong knowledge of the County programs.</p> <p>PRS screens all uninsured and underinsured patients for Medi-Cal and CalFresh who have received services at any of the five Scripps hospital facilities.</p> <p>The Public Resource Specialists (PRS) team has been successful in having the important conversation about food insecurity with patients they screen. PRS screening is triggered by income below 200% of FPL. Based on conversation with patients, the PRS team determines appropriate assistance.</p> | County of San Diego | <ul style="list-style-type: none"> • Track number of individuals screened for Medi-Cal • Track number of individuals screened for food insecurity via CalFresh applications. |



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| <p>Scripps Mercy Hospital San Diego</p> | <p>Scripps Mercy’s Supplemental Nutrition Program for Women, Infants and Children (WIC)</p> <p>The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutritious food, education, and other support to low-income pregnant, postpartum, and breastfeeding women and their children up to age 5. The \$6 billion program is federally funded and administered by USDA’s Food and Nutrition Services and local agencies. WIC helps address some SDOH by providing its participants with greater food security, educating them about nutrition, assisting them with breastfeeding, and referring participants to social service agencies that may help them with housing and other needs.</p> <p>Scripps Mercy will offer WIC services through its largest distribution location based in the City Heights community. The Scripps Mercy WIC Program, a federally funded nutrition program targeting pregnant and parenting women and their children (ages 0 to 5), is one of five WIC programs operating in San Diego County. WIC services provide nutrition education, counseling services and food vouchers for on average 6,200 low-income women, infants, and children monthly. Lactation education and support services will be offered to improve breastfeeding among postpartum and parenting women via one on one and group settings.</p> | <p>Healthy San Diego Health Plans, State Department of Public Health WIC Division.</p> | <p>The Scripps Mercy WIC program plays a key role in maternity care by reaching low-income women to promote prenatal care, good nutrition and breastfeeding during pregnancy and offer lactation support (one on one and group), as well as breast pumps, pads, and other supplies during the postpartum period.</p> <ul style="list-style-type: none"> Track number of people served by WIC. |



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| Scripps Mercy Hospital | <p>Catholic Charities – Case Management Services: Shelter Support for the Medically Fragile</p> <p>The partnership with Catholic Charities provides short term emergency shelter for medically fragile homeless patients upon discharge from Scripps Mercy Hospital, San Diego, and Chula Vista. Case Management and shelter are provided for homeless patients discharged from Scripps Mercy Hospital. While these patients no longer require hospital care, they do need a short-term recuperative environment. The focus of the case management is to stabilize the client by helping them connect to more permanent sources of income, housing, and other self-reliance measures. The partnership seeks to reduce emergency room recidivism in this population and improve their quality of life.</p> | <p>Catholic Charities-Diocese of San Diego, Shelters, Motels, Vocational Rehabilitation Office, Interfaith Shelter Network, Access to Independence, VA Outreach, Consumer Center, Disability Help Center</p> | <p>Catholic Charities no longer provides hotel room vouchers “bridge services” for the homeless. Referrals are made to either Catholic Charities Men’s or Women’s shelter if eligible and appropriate. Catholic Charities will be opening a bigger night shelter for women.</p> <ul style="list-style-type: none"> Track referrals made to Catholic Charities |



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| Scripps Mercy Hospital | <p>Scripps Recuperative Care Unit Programs (RCU)</p> <p>Recuperative Care provides people who are experiencing homelessness with temporary shelter following a hospital discharge, to prevent them from falling back onto the streets while ill and recovering.</p> <p>Scripps Health has an agreement with the City of Refuge San Diego Recuperative Care Shelter (RCS) to provide a safe discharge for chronically homeless patients with ongoing medical needs. All patients are unfunded or underfunded and most have substance abuse and/or mental health issues. Lack of funding, mental illness, as well as alcohol and/or substance abuse, makes post-acute placement of these homeless patients difficult.</p> <p>The City of Refuge will provide a safe, secure environment, with 24-hour supervision, medication oversight, meals, clothing, case management, assistance with Medi-Cal, with transition to Managed Medi-Cal and disability applications, referrals to rehab and other programs, and help finding permanent or transitional housing using county resources.</p> <p>RN (Registered Nursing) Case Management/Social Work will assist with a needed supply of medications, appointments, Durable Medical Equipment (DME), setting up Home Health Services if needed, and connecting patients to psych as part of the hospital discharge plan to the City of Refuge. The City of Refuge will further support clients in meeting these goals using community resources to meet individual social service needs.</p> <p>All patients will be connected to a medical home, and primary care in the community. Patients with psych disorders will be established with a psychiatrist in the community if they are willing. Patient transportation needs will be coordinated by the City of Refuge, but may include insurance funded transport services, and occasionally Scripps Shuttle, or use of taxi voucher.</p> | The City of Refuge San Diego, Family Health of San Diego | <ul style="list-style-type: none"> • Track number of RCS admissions • Track number of hospital days of stay • Track total cost savings for Scripps • Track payers mix of recuperative care shelter patients • Track eligibility benefits of recuperative care shelter patients • Track patients that transition into drug rehab and mental health treatment centers • Track patients that get connected to a primary care provider or establish care at a community clinic • Track Scripps MD Anderson Cancer Center patients • Track percentage of patients that complete their recuperative care and return to previous living • Track percentage of patients that return to the hospital as they need further treatment |



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| Scripps Mercy Hospital | <p>Consumer Center for Health Education and Advocacy (CCHA) – A Project of the Legal Aid Society of San Diego, Inc.</p> <p>The Consumer Center partnership is a Medical Legal Partnership with Scripps Mercy hospital. The program will help to educate consumers about health care benefits and changes occurring with eligibility and enrollment in coverage programs. Staff will assist uninsured/underinsured low-income Scripps patients obtain access to Medi-Cal, County Medical Services (CMS), Covered California, and private insurance.</p> <p>Specific Intent of the Project.</p> <ul style="list-style-type: none"> • Collaborate with hospital staff to ensure appropriate and timely referrals including those eligible for SSI. • Screen patients for eligibility to health benefits and income programs. • Guide patients through the hearing process for denials of applications as well as service denials. • Educate patients about the Cal Medi Connect and the benefits of health plan membership including transportation to medical appointments, access to a plan-operated 24/7 nurse line, and additional vision care services. • Provide information to Scripps staff and at community-based health events including to those entities that serve homeless populations. • Monitor benefit changes and educate hospital staff on eligibility requirements for entitlement programs. • Identify systemic issues related to accessing health care benefits. | A variety of non-profit organizations | <p>Will provide information about health and other benefit programs for patients with serious physical and/or mental health conditions who utilize Scripps services.</p> <ul style="list-style-type: none"> • Track number of open cases for advice and counsel, brief service, or extended service • Track number of eligible uninsured patients that obtain non-SSI-linked Medi-Cal, PE, CMS, Covered California, or approval for medical services • Number of patients who obtain SSI and SSI linked Medi-Cal • Number of patients who obtain financial assistance • Number of patients who obtain regular preventive care and provide educational materials |