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| **Healthcare Domain Meeting**: **September 18, 2020 9 am-10:30am**Via Zoom  | **Next Healthcare Domain Meeting:** **October 16, 2020 9am-10:30am**Via Zoom  |
| **Attendees: Kelley Axelson** (COI), **Suzanne Afflalo** (Alliance Health Clinic)**, Lisa Bandong** (CSUSM Public Health), **Maayan Yakir** (UCSD Pediatrics Resident), **Shaila Serpas** (Scripps Family MedicineResidency), **Kussy Mackenzie** (UCSD Health), **Julie Castaneda** (United Healthcare Community Plan of California), **Blanca Melendrez** (ED of UCSD CCH), **Shannon Jackson** (HHSA), **Kelly Motadel**, **Carissa Hwu** (COI)**Guests: Phyllis Hartigan** (Rady’s Children’s Hospital)**Recorder**: Carissa Hwu |

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| **Topic/Issue** | **Discussion** | **Action** |
| **Welcome/Introductions** | Mary Beth Moran led introductions.  |  |
| **Health Stars Program** | Phyllis Hartigan, Rady’s Children’s HospitalBackground * Greatest predictor of health outcomes is zip code
* Lots of barriers that families are experiencing that makes it difficult to access care (e.g., transportation)
* Significant disparities exist within economically disadvantaged communities
* Program centers around volunteer clinicians and encouraging building positive relationships with parents and children
* Teaching key health education to families
* Finishing 3rd year of funding
* Kohl’s cares has been a big funder of this program

Model* Emphasis on building parent-child relations and health education
* Linking parents to resources in the community

Program objectives * Volunteer RCHSD clinicians engage with families’ in their neighborhoods
* Increase parents’ knowledge of the importance and frequency of reading with children every day
* Educate families

Health Stars Sessions * Core Program: 5-Sessions Series
	+ 10 families
	+ Topics include sleep, nutrition, behavior, illness prevention, and oral health
	+ Bilingual staff
	+ Every session, they get a children’s book related to the health topic that they can take home
	+ Each session has 3-4 key outcomes that are measured
* Add-On Session includes additional topics
	+ Play Session – benefits of play, how parents can play with their kids
	+ Let’s Get Cooking – positive interaction between parents and children
	+ Home Safety
	+ Child Passenger Safety
	+ Doc Talk Sessions – parents meet with clinicians to cover wide range of topics
* Overall key messages
	+ Talk about 2-1-1 as a resource as well as a flyer to take home
	+ Growing healthy eaters
	+ Read out loud every day
	+ Measure the learning outcomes

2-1-1 San Diego – Addressing Social Determinants of Health* Resource to access all types of programs/resources in San Diego
* Rather than waiting for families to call in, they proactively reach out to families to do an assessment of social determinants of health to find what their needs are and create a risk rating score
	+ Range of Crisis to Thriving
* Families must agree to opt-in

Accomplishments* 227 sessions overall were delivered
* Connections and partnerships with 44 community partners (low-income housing, Head Start, organizations that work with and serve low-income families)
* 45 volunteer clinicians
* 54 Doc Talk Sessions
* Attended events for low-income communities (e.g., tabling at health fairs)
* Paid media promotion

Satisfaction/Outcomes * Families and partners had very high overall satisfaction
* Pre-test and post-test results in 5 topics showed that in almost every topic (except for illness prevention where knowledge base was high) there was a significantly higher level of knowledge after the session
* Significant difference in parents reading with their kids during this past year
* 105 families referred to 2-1-1 Health Navigation
	+ 41 successfully contacted, assessed, and referred to 176 services to address 233 identified needs
	+ 68% experienced a decrease in their risk scores

COVID-19 * Had to change all protocols and education tools to pivot to virtual
* Started making more 1-2 minutes videos of clinicians talking about different topics like keeping families safe during COVID, how to help kids eat healthy and play during COVID, etc.
* Distributed Family Support Toolkits which included books and handouts

Final Grant * Grant starts next month
* Assume that this will be the last grant funding for this program
* Looked at most recent community needs’ assessment
	+ Big demand for mental/behavioral health
* Decided to make around 20 different, innovative, interactive videos to create something long-lasting
* Transforming Mental Health looking to integrate mental health resources into primary care including creating a public-facing website
	+ Partnered with them to take advantage of experts who are doing this work
	+ Applied for grant funding together
* In the process of calculating ACEs scores for families on a more consistent basis
	+ Really thinking about what concrete resources can be given to families with high ACEs scores (mindfulness, sleep, etc. education)
* Looking for organizations who are doing different distributions to deliver family support toolkit bags

Questions/Discussion* Want to widely disseminate health plans so these resources can continue to go out even after funding period ends
* Navigating diverse families within cooking classes
	+ Simultaneous translation for families
	+ Culturally sensitive recipes
* Incentives to families
	+ Backpacks, books, talking to a clinician in small groups were all incentives for families
* Finding the right community partner to conduct outreach to families was really important

If you have any groups to recommend, questions, etc. contact Phyllis Hartigan at phartigan@rchsd.org |  |
| **Announcements** | CSUSM Students are looking for internship opportunities * Graduate students are available
* If you know of any opportunities please contact Lisa Bandong

California Breastfeeding Coalition* Put together series of 6 webinars in regard to breastfeeding during COVID-19
* Free resource with recorded webinars on their website

Health Plans Meeting * Meeting this afternoon
* Find out what workshops are on their agenda this year
* Want to continue to foster relationship with them to partner with them on these workshops
* More information to come
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| **COI Update**  | September National Childhood Obesity Awareness Month and Hunger Awareness Month* Will be sharing out 2 social media posts for all COI partners to share across their social media platforms
* 1st post will be highlighting our appreciation for PE teachers and nutrition directors for keeping children active and fed during quarantine
* 2nd post will be sharing San Diego Hunger Coalition’s Food Resource Page, which utilizes a trauma-informed lens to address food insecurity

CA4LessSoda Initiative * COI Community Domain is supporting with the CA4Less Initiative in partnership with the American Heart Association and the Public Health Institute
* Goal: to involve resident leaders in this advocacy
* CA4LessSoda is an coalition working to overturn AB 1838 to restore local control of sugary drink taxes that can be redistributed to support preventative wellness programs (i.e. diabetes prevention)
* Right now, 1st step is to overturn legislation by asking cities if they are interested in participating
* Targeting 4 cities: Imperial Beach, National City, Oceanside, Carlsbad
* More information to come

Partnership with UCSD Design Lab* For the next couple of months, the UCSD Design Lab will support the domains with developing their strategic work plans

Community Survey* Community members are being paid $50 to complete a survey on how COVID-19 has impacted their health and well-being
* If you know of any organization that works with community residents, please let Blanca Melendrez know
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| **Next Meeting** | The next meeting will take place on **Friday October 16 from 9:00 AM – 10:30 AM.**  |  |