



West County  
Health Centers

*Caring for our Communities*

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## Community Based Services Update on Project Deliverables

### July - Sept 2016

In June 2015, West County Health Centers, Inc. (WCHC) and Palm Drive Health Care District (PDHCD) entered into an agreement to develop several community-based programs in the Russian River area that would be responsive to local health needs. The three projects selected for initial funding were:

- Russian River Resources and Advocates (RRARA) Operational Support
- Health Promoter Program (with IHSS)
- Wound Care

This report reflects the fourth quarter of operation for the RRARA and Health Promoter Programs. Information regarding the Wound Care project is also included.



### Russian River Area Resources and Advocates

**Monthly multi-stakeholder meetings held:** RRARA holds monthly meetings to enhance communication across sectors and identify local needs and work towards opportunities: Monthly meeting attendance has ranged from 13 to 28 attendees with an average of 20 attendees representing more than 20 agencies including local nonprofits, health centers, law enforcement, business and civic groups. There are more than 130 people on RRARA's email list, a list compiled from meeting attendees. In addition to reminding people about monthly meetings, regular "community update" emails are sent to the list about relevant opportunities and activities as well as relevant news items to increase communication, increase trust and help promote a common vocabulary and agenda.

**July 21st, 2016**

Beth Dadko, Community Health Needs Assessment Results and Health Action Strategic Planning Process

**August 18th, 2016**

Michael Irvine and Michelle Edwards, Boys & Girls Clubs of Central Sonoma County

**September 21st, 2016**

Brenda Adelman, Russian River Water Protection Council

**Activities to support community engagement and connectedness and enhance community health:** The Lower Russian River area is unincorporated, and there are no formal bodies other than the District Supervisor to represent the area. Lower Russian River communities are isolated from each other, and organizations often work in isolation. RRARA is playing a key role in the community by increasing cross-sector coordination to address complex issues and promote a more prosperous and healthy community.

**Priority Identification and Cross-Sector Coordination:** Through needs assessment and planning processes RRARA members identified educational attainment, housing, and transportation as priority issues to address to improve local health and increase economic prosperity. RRARA is bringing together diverse stakeholders to discuss these issues and develop and implement action plans that create common agendas for these stakeholders to coalesce around for the benefit of the Lower Russian River community.

- **Educational Attainment:** RRARA convenes an education working group made up of local education stakeholders. This group identified early childhood education as a key intervention point along the education continuum based on its relation to educational attainment and significant local gaps in early education. The working group developed a Russian River Early Childhood Education Vision and Action Plan earlier this year. RRARA and partners have been implementing the Action Plan. Results to date include: obtaining funding and distributing 150 United Way School Readiness Backpacks for low-income families with children, obtaining funding for a community event to promote local awareness and support for early childhood education, applying for two grants to fund a shared preschool teacher for schools unable to afford a teacher salary, increasing participation in two evidence-based parenting programs (Triple P - Positive Parenting Program and Nurse Family Partnership) as well as increasing involvement in local and statewide advocacy opportunities.
- **Transportation:** RRARA is forming a transportation working group and recently hosted a Lower Russian River Transportation Planning meeting to start developing an action plan. Many area residents, especially the homeless, seniors, and low-income families, struggle to access needed services, such as health care, government services, child care, education and training opportunities, as well as employment because transportation facilities and services are insufficient. The transportation planning meeting convened an array of relevant stakeholders to

help develop the plan. The group is building on the Lower Russian River Community-Based Transportation Plan and committed to implementing the action plan.

- **Housing:** Recent increases in the cost of housing are making the Lower Russian Rivera area unaffordable for more residents and putting additional stress on the most vulnerable members of the community. RRARA's Housing Steering Committee just held a Russian River Housing Action Planning meeting and will be using the results to develop an action plan as well as have an organized effort representing Russian River Housing needs at the "Homes For All" Summit taking place on November 17th.

**Leveraging Resources:** RRARA leverages resources by splitting RRARA's Outreach Coordinator position with the West Sonoma County High School District to meet overlapping goals. The Outreach Coordinator's activities for El Molino High School are enhancing the connections that students have to the school, adults, and their communities. Research has found these connections to be determinants of academic achievement and well-being for adolescents.

El Molino continues to be active in social media as well as in the local press and also sends out a monthly newsletter to a list of almost 1300 community members. By highlighting the achievements of the students the goal is to help empower students for success, highlight the important role of the school in the community of preparing future generations and encourage community support of our students, school and their success.



### **Health Promoter Program Update**

**Half-time Coordinator** – Project Coordinator Katie Swan continues to oversee the Health Promoters Program based out of the Russian River Health Center.

**Project Partners** – Regular scheduled partner meetings held with:

**West County Health Centers:** Mary Szecsey – Executive Director, Jason Cunningham MD – Agency Medical Director, Jared Garrison-Jakel MD – Medical Provider, Katie Swan – Health Promoter Program Coordinator

**In Home Support Services:** Michael Humphreys – Manager, Joni Lewis – Social Service Supervisor, Caroline Edillor – Home Care Support Specialist for Russian River Area, Sharon Davis – Home Care Support Specialist, Manuel Vazquez – Home Care Support Specialist/ Outreach worker, Colette McGeough- Supervising Public Health Nurse.

Future Collaborations with **Santa Rosa Junior College:** Community Health Worker Certificate Program, Kim Caldeway and Armando Vallin.

**Project Plan-** Ongoing activities include:

- **Identification of IHSS workers** – The Health Promoter Program Coordinator and IHSS have developed a great working relationship in strengthening the Provider Registries. The Health Promoter Program Coordinator has worked closely with IHSS to develop an Independent Provider Registry at the Russian River Health Center. This Registry allows for more opportunity for potential providers to join the Independent Registry that is located in their own community. The Health Promoter Program Coordinator has created an application for the potential providers as well as an application guide for both the IHSS Registry and the Independent Provider Registry for Russian River Health Center. These application guides facilitate understanding of the steps needed to complete the application process for each Registry. To date, 36 providers have completed the application process and 26 of those providers are matched and working with a client/patient.
- **Community Health Promoter training** – The Health Promoter Program Coordinator has been working with IHSS leadership to revise and implement a dormant IHSS Provider Curriculum. In the process of developing the IHSS provider curriculum we have begun to offer individualized support for providers who are interested in enhancing their skill set. Going forward, plans include:
  - Continue to collaborate with the Santa Rosa Junior College to pursue new learning opportunities for all providers enrolled in the Independent Registry through the Russian River Health Center.
  - Continue to develop a cohesive curriculum to support providers of all levels of experience providing both didactic learning and soft skill development both in and out of the recipient’s home.
  - Continue to support new and existing providers, and enriching their careers, by partnering with the Santa Rosa Junior College and their Community Health Worker Certificate program.
- **Case Management for IHSS Team (Recipient/Provider)** – As the pool of successful applicants grows, other activities include:
  - Continuing case management to support the care team unit (providers and recipients) with supportive services.
  - Continued work as liaison between In-Home Support Services and prospective providers.

- Continued work to recruit new providers in the Russian River communities (i.e. posting on community boards, networking with other service providers, speaking to local businesses and local schools).
- Accompany other health care professions on home visits to support both the recipient and provider.
- Continue to support both the providers and recipients with conflict management. The Health Promoter Program Coordinator will coordinate with Behavioral Health through Russian River Health Center when needed to offer extra support to resolve conflicts between a provider and recipient.



## **Wound Care Project Update**

Five Registered Nurses who are employed by West County Health Centers at the Russian River Health Center have completed Wound Care Training.

- Natalie Hogan, RN, Homeless Services – Completed the five day Skin and Wound Management Course conducted by the Wound Care Education Institute in Los Angeles and received her certification.
- Four other Nurse Care Managers completed one day and three day courses in wound care through local training programs.

Since the trainings were completed, these nurses have provided over 50 wound care visits. RN Natalie Hogan reports, “We had one client with a full thickness wound on his foot that I was able to treat who otherwise would have been sent to wound care which he never would have been able to follow up with due to transportation issues, so very worthwhile!”