

Adventist Health St. Helena & Adventist Health Vallejo

2019 Community Plan Update/Annual Report



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Adventist Health Overview

Adventist Health St. Helena and Adventist Health Vallejo are affiliates of Adventist Health, a faith-based, nonprofit, integrated health system headquartered in Roseville, California. We provide compassionate care in more than 80 communities throughout California, Hawaii, Oregon and Washington.



OUR MISSION:

Living God's love by inspiring health, wholeness and hope.

OUR VISION:

We will transform the health experience of our communities by improving health, enhancing interactions and making care more accessible.

Adventist Health entities include:

- 20 hospitals with more than 3,200 beds
- More than 280 clinics (hospital-based, rural health and physician clinics)
- 13 home care agencies and seven hospice agencies
- Four joint-venture retirement centers
- Compassionate and talented team of 35,000 associates, medical staff physicians, allied health professionals and volunteers

We owe much of our heritage and organizational success to the Seventh-day Adventist Church, which has long been a promoter of prevention and whole person care. Inspired by our belief in the loving and healing power of Jesus Christ, we aim to bring physical, mental and spiritual health and healing to our neighbors of all faiths. Every individual, regardless of his/her personal beliefs, is welcome in our facilities. We are also eager to partner with members of other faiths to enhance the health of the communities we serve.

Our commitment to quality health care stems from our heritage, which dates back to 1866 when the first Seventh-day Adventist health care facility opened in Battle Creek, Michigan. There, dedicated pioneers promoted the “radical” concepts of proper nutrition, exercise and sanitation. Early on, the facility was devoted to prevention as well as healing. They called it a sanitarium, a place where patients—and their families—could learn to be well.

More than a century later, the health care system sponsored by the Seventh-day Adventist Church circles the globe with more than 170 hospitals and more than 500 clinics, nursing homes and dispensaries worldwide. And the same vision to treat the whole person—mind, body and spirit—continues to provide the foundation for our progressive approach to health care.



Dear Friends and Colleagues,

As President of Adventist Health St. Helena, I would like to share our Community Health Plan with you. As you read this plan, please join me in imagining new ways to work together with the community to help our residents achieve optimal health.

As we look back to 2019 and look forward to another three years of addressing the needs that we've found through the Community Health Needs Assessment, central to our effort is knowing that creating a healthy community is more than just about medical care. Studies have shown that health education, the conditions in which people live, learn, work and age affect their health. Social determinants such as housing, literacy, early child experiences, income and social support among others can influence our residents' lifelong health and well-being for generations to come.

Through our partnerships with other organizations for the 2016 Community Health Needs Assessment we have gained new insight into the health of our community, areas we collectively have identified as priorities, and where we can work together with other partners to achieve better health outcomes in our region. Our goal is to build on collective wisdom and use resources throughout the community to improve health and quality of life for everyone in Napa County. We are encouraged by the collaborative partners in our community. Through these partnerships, we will find innovative solutions that can make a difference in the lives of the families in our community.

A handwritten signature in black ink that reads "Steven Herber, MD". The signature is written in a cursive, flowing style.

Steven Herber, MD
President

Hospital Identifying Information



Adventist Health St. Helena

151 beds
10 Woodland Avenue
St. Helena, CA, 94574



Adventist Health Vallejo

61 beds
525 Oregon St,
Vallejo, CA 94590

Existing healthcare facilities that can respond to the health needs of the community:

- Adventist Heart & Vascular Institute – Hidden Valley Lake, St. Helena (2), Vallejo, Calistoga
- Coon Joint Replacement Institute – St. Helena
- Adventist Health Physicians Network Internal Medicine and Psychology – Calistoga
- Adventist Health Physicians Network – Napa Multi-specialty
- Adventist Health Physicians Network – General Surgery – St. Helena
- Martin-O’Neil Cancer Center – Hematology/Oncology, Radiation Oncology, Surgical Oncology – St. Helena, Hidden Valley Lake
- Adventist Health Physicians Network – Internal Medicine/Neurology – St. Helena
- Adventist Health Physicians Network – OB/GYN - St. Helena & Napa
- Adventist Health Physicians Network – Orthopedics - St. Helena
- Adventist Health Physicians Network - Plastic Surgery – St. Helena

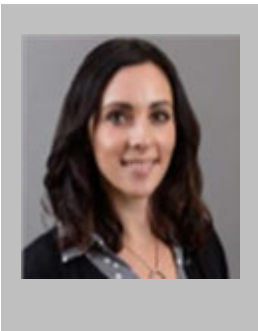
- Adventist Health Physicians Network – Pulmonology and Gastroenterology – St. Helena
- Adventist Health Physicians Network – Urology – St. Helena

Community Health Development Team



Steven Herber, MD

President Adventist Health St. Helena



Karla Newton

Community Health Project Manager

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10 Woodland Rd., St. Helena, CA 94574

Request a paper copy from Administration/President's office. To provide comments or view electronic copies of current and previous community health needs assessments go to: <https://www.adventisthealth.org/about-us/community-benefit/>

Invitation to a Healthier Community

Fulfilling the Adventist Health Mission

Where and how we live is vital to our health. We recognize that health status is a product of multiple factors. To comprehensively address the needs of our community, we must take into account health behaviors and risks, the physical environment, the health system, and social determinants of health. Each component influences the next and through strategic and collective action improved health can be achieved.

The Community Health Plan (Implementation Strategy) marks the second phase in a collaborative effort to systematically investigate and identify our community's most pressing needs. After a thorough review of health status in our community through the Community Health Needs Assessment (CHNA), we identified areas that we could address through the use of our resources, expertise, and community partners. Through these actions and relationships, we aim to empower our community and fulfill our mission, "Living God's love by inspiring health, wholeness and hope."

Identified Community Needs

The results of the Community Health Needs Assessment guided the creation of this document and aided us in how we could best provide for our community and the most vulnerable among us. As a result, St. Helena Hospital has adopted the following priority areas for our community health investments for 2017-2019:

- Mental Health
- Obesity and Diabetes
- Access to Primary Health Care
- Cancers
- Access to affordable housing/care

Additionally, we engage in a process of continuous quality improvement, whereby we ask the following questions for each priority area:

- Are our interventions making a difference in improving health outcomes?
- Are we providing the appropriate resources in the appropriate locations?
- What changes or collaborations within our system need to be made?
- How are we using technology to track our health improvements and provide relevant feedback at the local level?
- Do we have the resources as a region to elevate the population's health status?

Building a healthy community requires multiple stakeholders working together with a common purpose. We invite you to explore how we intend to address health challenges in our community and who we intend to partner with to achieve change. More importantly though, we hope you imagine a healthier region and work with us to find solutions across a broad range of sectors to create communities we all want for ourselves and our families.

2019 Community Benefit Update

In 2016, Adventist Health St. Helena, conducted a community health needs assessment and was followed by a 2017 Community Health Plan (Implementation Strategy) that identified the priority needs listed below. The prioritized needs were chosen based on community health data and the voices of our community. Working together with our community is key to achieving the necessary health improvements to create the communities that allow each member to have safe and healthy places to live, learn, work, play, and pray. Below you will find an inventory of additional interventions supporting the health of our communities.

Priority Need - Mental Health

Intervention: Partnered with Mentis, an organization that provides mental health services throughout the Napa Valley

In an effort to expand access and increase awareness of mental health disorders, Adventist Health St. Helena proudly partnered with Mentis, a community partner that focuses on providing bilingual professional mental health services to people throughout the county of every age, stage and income level. Through our partnership, we have been able to implement Teens Café, a group peer and professional support program, serving over 245 teens on the St. Helena High School campus. As of January 2019, Teens Café expanded to include middle school aged students at Robert Louis Stephenson Middle School. Mentis' School-Based Program works closely with the Napa, Calistoga, Howell Mountain and St. Helena school districts to provide counseling to children and teens in elementary, middle and high schools struggling with depression, violence, and family conflicts that are causing emotional, behavioral and academic problems. Mentis' therapists work closely with the student and their families to address and resolve problems that are having a significant impact on high risk youth in Napa County.

Intervention: Provide inpatient mental health care

Adventist Health St. Helena is working to reduce the gap in services available for our community as it relates to mental health. Our dedicated behavioral health unit provides inpatient mental health services for those in need.

Intervention: Increased outpatient mental health services by expanding available appointments and hours

Transitioned Dr. Haycraft from part-time inpatient hospital and part-time outpatient clinic setting to full-time clinic setting allowing for additional appointments in clinic and increasing access to immediate mental health resources.

Partners

Mentis

Liz Marks

Phone: 707.255.0966

Email: lmarks@mentisnapa.org

2019 Evaluation Metrics

Objective	Baseline Measurement	Performance Target	Actual	Data Source
Increase awareness and treatment of inpatient mental health services for older adults	# of patients served for mental health services	100% of persons who need services are able to access needed services	175	Patients/Clients
Increase awareness and treatment of mental health in schools through Teens Connect and Mentis	Increase awareness of mental health issues and service options	100% awareness	28	Mentis
Increase outpatient services	# of patients treated for outpatient services	100% of persons who need services are able to access needed services	309	Patients/Clients

Priority Need - Obesity and Diabetes

Intervention: Partnered with and participated in Wellness Fair for St. Helena Unified School District

Adventist Health St. Helena worked together with Robert Louis Stevenson Middle School to put together a wellness curriculum that teaches students about mind, body and spirit health. The day’s events included education on healthy snacks, sleep, exercise interventions, prevention of tobacco use and the importance of hydration. The day was attended by more than 285 students and was very successful in teaching children how to make healthy choices for their long-term health.

Intervention: Utilize physicians, integrative medicine specialists, and nutritionists to educate community on health-related topics

Adventist Health St. Helena proudly sponsored a series of educational events that helped to educate the public on variety of health topics taught by physicians and dietitians. We proudly sponsor a monthly senior health education series in Calistoga that highlights different health-related and self-care topics presented by specialists in each field.

Intervention: Safe Walk & Roll to School Days

Adventist Health St. Helena participated in the Safe Walk & Roll to School days promoting exercise and getting outdoors to students throughout St. Helena.

Intervention: Enhance diabetes education program to accommodate more of the community

Adventist Health St. Helena provided residents in our community with access to a free four-week diabetes education class in St. Helena. The free class series helps participants learn how simple lifestyle choices can make all the difference. Plus, participants have an opportunity to meet one on one with a registered dietitian where they work together to tailor a plan around the participant's health and lifestyle.

Intervention: Provide free community exercise programs to encourage physical fitness and weight management

Together with the City of St. Helena Parks and Recreation department, we were able to provide two free exercise classes where more than 30 community members gathered on a weekly basis, encouraging community members to get outside, get moving and take control of their health. Additionally, we participated in the Park Rx coalition to promote physical activity in open spaces and parks to people to reduce stress, improve blood pressure and reduce glucose.

Partners-

- **Rianda House Senior Activity Center**
1475 Main Street
St Helena, CA 94574
Julie Spencer
- **St. Helena Unified School District**
465 Main Street St. Helena, CA 94574
Yvonne Vosti
- **UpValley Family Centers**
1500 Cedar Street
Calistoga, CA 94515
Phone: (707) 965-5010
emendez@upvalleyfamilycenters.org
Elena Mendez
- **City of St. Helena Parks and Recreation**
Amalia Kulczycki, M.S.
Recreation Supervisor

(707) 967-2736 / 486-6428
amaliak@cityofstheleena.org

2019 Metrics

Objective	Process Measure	Performance Target	Actual	Data Source
Increase opportunities for physical activity	0	% of person participating in opportunities	Due to COVID-19 we are unable to access data.	Patients/Clients
Increase education about healthy eating and active living	# of diabetes education classes	Increased participation	6, 4-week sessions. 70 total participants.	Patients/Clients

Priority Need - Access to Health Care & Dental Care

Intervention: Dare to C.A.R.E program providing free heart and vascular screening

Adventist Heart & Vascular Institute continued the Dare to C.A.R.E program, a free screening for those who qualify to detect carotid artery disease, abdominal aortic aneurysm, renal artery disease and extremity artery disease. This ultrasound screening provides the public with education about the unrecognized risks of vascular disease. Countless lives can be saved by teaching people about vascular disease and options they have for pre-emptive treatment. In 2019, 256 patients were screened, and 2 large aortic aneurysms were detected, preventing a rupture. 1 in 3 participants screened are found to have disease, thus far. This program is currently run out of our clinic in Calistoga and in Lake County.

Intervention: Operation Access - Provide specialty care and surgical services to low-income, uninsured patients

Adventist Health St. Helena is a proud partner of Operation Access. Together with other community partners we are able to provide quality specialty care for low-income, uninsured patients. This work improves individual lives as well as the community as a whole.

In 2019, six surgeons/ specialists provided sixty services at AHS, in the specialties of Gastroenterology, General Surgery, Gynecology, Plastics, and Vascular Surgery. Additionally, the anesthesia, pathology, radiology, and physician groups (Adventist Health Physicians Network, Affiliated Pathology Medical Group, Lyons Huber Anesthesia, and Valley Radiological Associates Medical Group) have agreed to waive any charges associated

with Operation Access services. In 2019, Adventist Health has increased service volume from 36 to 60, an increase of 67% from the prior year.

Intervention: Promotoras Program

Promotoras de Salud, or community health workers, play a vital role in successfully reaching our isolated upvalley residents with bilingual and culturally sensitive health and wellness information. Promotoras played an invaluable role in raising awareness about the importance of participating in the 2020 US Census, which will impact the funds that Napa County receives for health and social services. The Promotoras also educated parents about youth drug and alcohol abuse, mental health, and other important wellness topics.

Intervention: Senior Lyft Pilot Program

Transportation is a major barrier to healthcare access for many seniors. A recent survey by HAPI (Healthy Aging Population Initiative) indicated that transportation challenges are the leading concern from patients in this population. As a note: 24% of the population of St. Helena is senior, and 22% of Calistoga. In partnership with Rianda House and Molly’s Angels, Adventist Health St. Helena sponsored a pilot with on-demand ride service Lyft for seniors facing transportation challenges getting to and from their appointments at the hospital. The program was very successful and was able to provide approximately 41 rides for seniors.

Partners –

- **Molly’s Angels**
- **Rianda House**
- **Operation Access**
Daniel Rabkin
Program Coordinator
Phone: 415.733.0004
Email: daniel@operationaccess.org

2019 Metrics

Objective	Baseline Measurement	Performance Target	Actual	Data Source
Expand accessibility to surgical and specialty care	Increase accessibility to diagnostic and	Increase accessibility by 10%	60	Patients/clients

through partnership with Operation Access	surgical procedures by 10%			
Increase awareness of resources Dare to CARE	Awareness of issues and service options	% increase in awareness as a result of education and resources	Awareness level	Patients/clients

Soledad was only eleven when she learned about the devastating effects of colon cancer, when her mother, at the age of thirty-five, died from the disease. So, when Soledad, now a 62-year-old mother and grandmother, started experiencing pain, bleeding, and rapid weight loss, she became very scared that she might also have cancer. She visited OLE Health, where her doctor prescribed medication to help alleviate her symptoms and referred her to our program for a colonoscopy.

Dr. Tegpal Atwal, a gastroenterologist at Adventist Health in St. Helena, saw Soledad for a consult and scheduled a colonoscopy. Thankfully, the biopsy tested negative for cancer, which was a relief. The likely cause of her symptoms was hemorrhoids, which she could manage with medication and a change in diet.

"I felt liberated," Soledad said. "A huge weight was lifted off my shoulders. I could finally sleep at night without having nightmares."

"It's such a horribly painful disease," Soledad recounted. "I was relieved to find out that I wouldn't have to go through the same pain and suffering that my mother experienced. I'm so thankful that all these people—Dr. Atwal, and everyone at OLE Health, Operation Access, and Adventist Health—were concerned for my wellbeing and wanted to help. What a joy it is to know that I have a lot of life left to spend with my husband, children, and grandchildren."

Priority Need - Cancers

Partnered with ZERO Prostate Cancer to promote education and awareness of prostate cancer prevention and treatment

Adventist Health St. Helena's Martin O'Neil Cancer Center is a proud sponsor of the Zero Prostate Cancer Napa Valley, where a team of staff members, physicians and community members participate in a 5k or 10k

walk/run to raise awareness and promote prostate cancer screening. All proceeds provide research for new treatments, free prostate cancer testing, and education for men and families about prostate cancer. Over 150 walkers and runners participated in the 2019 event.

Intervention: Turkey Trot to promote the importance of early hereditary cancer screening and educate the community on the AHEAD (Adventist Health Early All Around Detection) Program for early detection and treatment of genetic cancers

Founded by Dr. Candace Westgate, an obstetrician and gynecologist, our AHEAD program sponsored the second annual Turkey Trot in St. Helena promoting health, community and the importance of early hereditary cancer screening for genetic cancers. Over 150 participants attended the event.

Intervention: Communitywide education through the support and education series

The Martin-O’Neil Cancer Center communitywide education and support programs throughout 2019 that focused on topics like skin cancer prevention and the importance of genetic screening. During the genetic cancer discussion, the participants also had genetic screenings if indicated.

Partners

- **ZERO Prostate Cancer Run/Walk**
- **Boys & Girls Club of St. Helena**
- **Boys & Girls Club of Calistoga**

2019 Metrics

Objective	Baseline Measurement	Performance Target	Indicator	Data Source
Increase access to breast cancer screening	# of breast screenings completed	% increase in mammography screenings	1,414 mammograms completed in 2019. There were 8 true positive cases.	Patients/Clients
Increase access to lung cancer screening	# of lung cancer screening	% increase in lung cancer screenings	365 low dose CT screenings were completed in 2019	Patients/Clients
Increase in number of cases identified	# of cancer cases detected	% increase in cancers identified through genetic testing	<ul style="list-style-type: none"> • # Patients Screened: 2,263 	Patients/Clients

through genetic testing			<ul style="list-style-type: none"> • # High Risk (Eligible): 713 • # Tested: 419 • Testing Breakdown: <ul style="list-style-type: none"> ○ 197 Results Pending ○ 222 With Results ○ 72 Legacy Patients • # Tests with Results: 294 • # High Risk Negative: 82 • # Pathogenic Mutations: 42 	
Provide cancer support services for patients diagnosed with cancer and their caregivers	# of attendees	Increase participation by 10%	190 Individuals participated in the education and support services in 2019	Patients/Clients

Priority Need: Access to shelter and respite care for the homeless –

Catholic Charities Nightingale House - Adventist Health St. Helena is proud to support and be a part of Catholic Charities Shelter and Housing Department’s initiative to operate the Nightingale Center, a medical respite center for patients from Queen of the Valley and Adventist Health St. Helena Hospital. The center is designed to help patients who have no place to go to continue with their recovery. The Nightingale House will help patients to be released to a safe and stable environment to minimize recidivism. This facility will have 11 beds to provide temporary on-site residential medical care.

Partners –

- **Catholic Charities**
- **Gasser Foundation**

2019 Metrics

Objective	Baseline Measurement	Performance Target	Indicator	Data Source
Increase access to care for the homeless	# of patients served by the Medical Respite Care Facility	100% of persons who need services are able to access needed services	# of patients treated Data not available due to COVID-19 at time of report	Patients/Clients

Other Community Benefits –

Intervention: Preschool for All. Sponsorship to program that provided preschool to those children living in poverty.

Intervention: Sponsorship to Palliative Care Conference for medical professionals in the community.

Intervention: Honoring Choices Napa Valley 2019 provided sponsorship to anyone in the community to assist with the creation of an advanced directive.

Intervention: PUC Nursing Scholarship

1. Intervention: Outpatient case manager role - working with low-income, high utilizers to reduce the rate of readmission and increase their knowledge on services available.

Partners

- **Preschool for All**
- **Collabria Care**
- **Pacific Union College**

Changes in 2019

In 2019 we completed a new community health needs assessment and started to make a shift in programming and initiatives to address the top priorities identified in the CHNA.

Connecting Strategy and Community Health

As hospitals move toward population health management, community health interventions are a key element in achieving the overall goals of reducing the overall cost of health care, improving the health of the population, and improving access to affordable health services for the community both in outpatient and community settings. The key factor in improving quality and efficiency of the care hospitals provide is to include the larger community they serve as a part of their overall strategy.

Health systems must now step outside of the traditional roles of hospitals to begin to address the social, economic, and environmental conditions that contribute to poor health in the communities we serve. Bold leadership is required from our administrators, healthcare providers, and governing boards to meet the pressing health challenges we face as a nation. These challenges include a paradigm shift in how hospitals and health systems are positioning themselves and their strategies for success in a new payment environment. This will impact everyone in a community and will require shared responsibility among all stakeholders.

Population health is not just the overall health of a population but also includes the distribution of health. Overall health could be quite high if the majority of the population is relatively healthy—even though a minority of the population is much less healthy. Ideally such differences would be eliminated or at least substantially reduced.

Community health can serve as a strategic platform to improve the health outcomes of a defined group of people, concentrating on three correlated stages:

- 1) The distribution of specific health statuses and outcomes within a population;
- 2) Factors that cause the present outcomes distribution; and
- 3) Interventions that may modify the factors to improve health outcomes.

Improving population health requires effective initiatives to:

- 1) Increase the prevalence of evidence-based preventive health services and preventive health behaviors,
- 2) Improve care quality and patient safety and
- 3) Advance care coordination across the health care continuum.

Our mission as a health system is Living God's love by inspiring health, wholeness and hope, we believe the best way to re-imagine our future business model with a major emphasis of community health is by working together with our community.



OUR MISSION:
Living God's love by inspiring health,
wholeness and hope.

Community Benefit

Our community benefit work is rooted deep within our mission, with a recent recommitment of deep community engagement within each of our ministries.

We have also incorporated our community benefit work to be an extension of our care continuum. Our strategic investments in our community are focused on a more planned, proactive approach to community health. The basic issue of good stewardship is making optimal use of limited charitable funds. Defaulting to charity care in our emergency rooms for the most vulnerable is not consistent with our mission. An upstream and more proactive and strategic allocation of resources enables us to help low-income populations avoid preventable pain and suffering; in turn allowing the reallocation of funds to serve an increasing number of people experiencing health disparities.