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Adventist Health Overview

Adventist Health Simi Valley is an affiliate of Adventist Health, a faith-based, non-profit integrated health system serving more than 80 communities on the West Coast and Hawaii.

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 which includes 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,

Investing in health is vital to how Adventist Health Simi Valley impacts our community. Though we are here to care for people when a health crisis occurs, our ultimate goal is to help people avoid a health crisis – and live out their best, healthiest lives.

2018 was a year of transition for Adventist Health and for AHSV. This year, we restructured departments and created a full-time role focused on community health improvement. Throughout the system, and in our own community, we now have mission and community integration teams who help bridge gaps, identify needs and improve how we connect within our communities to deliver on our mission: Living God’s Love by Inspiring Health, Wholeness and Hope.

These added roles underscore the commitment of Adventist Health to meeting the socioeconomic needs of the communities served throughout our varied organizations. Adventist Health, as a system, is a major provider of services to those living at-risk and who may need support more than others. 2018 finds us mid-cycle of our 2016 CHNA and CHIP and we are approaching 2019 which will be the start of a new 3-year cycle. I am excited to see the momentum moving forward so quickly. I am grateful to be part of an organization deeply committed to improving quality of life in our communities.

Our 2016 CHNA and CHIP identified cancer as a leading concern. Cancer is one of the most challenging health issues of our time. In our communities of Simi Valley and Moorpark, cancer is the leading cause of death. According to our 2016 CHNA report, lung cancer is the most diagnosed cancer and affects more people than other. In response to this finding, Adventist Health Simi Valley launched a lung cancer screening program in 2017 and now through 2018. We provide free screenings to people who qualify for the service via our partnership with The Free Clinic of Simi Valley.

Other cancer initiatives include: nurse navigators who help cancer patients make it through the emotional and often confusing journey of treatment and recovery—a free service they provide to anyone, regardless of where the patient is receiving care. We host, fund and promote support groups that are free to all. We provide hospital-based palliative care to help our cancer patients cope with the serious and often difficult health issues that accompany their diagnosis; grief counseling; cancer survivors celebration event; education and awareness outreach. We provide education and health articles to raise awareness; sponsor local nonprofit organizations that provide needed support resources to cancer patients; our Patient Financial Services team works with patients and their loved ones to understand their medical bills and answer any questions they have.
Adventist Health Simi Valley is working on becoming an accredited cancer center, which will enable us to better serve members of our community who find themselves traveling the path of cancer treatment and recovery. We are actively looking to create robust partnerships with other providers and developing a stronger network of support.

**Access to Care is another serious need in our community.** Sometimes, people need care that is out of reach for them. The care they need may be far away, they may need a specialist who doesn’t practice in this area, or they may be limited by their own physical circumstances. AHSV continually assesses gaps and makes resolution of these needs a fundamental part of our strategic planning. Our community needs more surgeons, more psychiatry, more wellness and prevention programs, and a variety of other services that can be difficult to get close to home.

In 2018, we recruited a geriatric medicine specialist and two psychiatrists to our community, brought in a talented surgeon, opened an urgent care center in Moorpark, and expanded our service lines to which include education, prevention and wellness activities. In addition, we are supporting a clinically integrated network, which offers a continuum of care that provides a better experience for patients and, ultimately, enhances their health and wellness.

**Diabetes and obesity are silently growing in our community.** These conditions can drive a variety of short-term and long-term health implications. Diabetes is the number one cause of heart disease, which is the second-leading cause of death in our community. The growth of diabetes in our community is staggering and leads to decades of poor health.

Adventist Health Simi Valley is working with community nonprofits to offer interventions that address these needs. We look forward to reporting success in these endeavors in the years ahead. Though we’re at the beginning of this journey toward providing more opportunities for wellness and prevention, we are committed to investing in life-enhancing programs that will encourage kids to exercise, cook at home, and will help their parents make healthier lifestyle choices. We are working with community sports programs, as well as community events that center around exercise and family fun activities. We are transforming the way we fund our nonprofit partners by focusing on specific and measurable actions that will improve the health of our community.

**Our most serious community challenge is the continued growth in mental health and substance abuse.** Our plan is to take the lead in helping our community get better at preventing these problems by investing our resources in activities that are proven to reduce drug use. We will support education, sports and programs in exercise and nutrition, we that can help some of those who would have otherwise been at risk to avoid the destructive path of substance abuse. We must invest in more resources for people who need counseling and psychiatric care. In addition to the two psychiatrists we are recruiting to the community this year, we are working on care plans for patients who come to us with mental health and/or substance abuse issues. We work closely with our community partners to find solutions to address the current crisis and prevent future problems.

I am honored to be the president of Adventist Health Simi Valley during this time of transition in health care delivery. My dream is for our organization to be a partner and a beacon in our community, bringing hope and healing to our friends, neighbors and community members.

Jennifer Swenson
President & CEO
Number of Beds: 144

Mailing Address:

2975 North Sycamore Drive
Simi Valley, CA 93065

Contact Information:

Kathryn Stiles
Director of Community Integration
805-955-7081

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

- Adventist Health Simi Valley
- Clinicas del Camino Real, Inc.
- Community Memorial Health System
- Comprehensive Community Health Centers, Inc.
- El Proyecto del Barrio
- Free Clinic of Simi Valley
- Northeast Valley Health Corporation
- Sierra Vista Family Medical Center
- Ventura County Health Care Agency
Community Health Development Team

Jennifer Swenson
President & CEO

Cory Ferrier
Business Development Executive

Kathryn Stiles
Director of Community Integration

CHNA/CHP contact:
Kathryn M. Stiles
Director of Community Integration
805-955-7081
stileskm@ah.org

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 Adventist Health’s 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 actions, improved community health can be achieved.

The Community Health Plan 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 our 2016 CHNA led in the creation of our current Community Health Improvement Plan. As a result, Adventist Health Simi Valley has adopted the following priority areas for our community health investments for 2016-2019:

- Access to health care
- Cancer care, support, education and prevention
- Obesity/diabetes
- Mental health/substance abuse

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 partner to achieve change. 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.
2018 Annual Community Benefit Update

In 2016 Adventist Health Simi Valley conducted a community health needs assessment and was followed by a 2017 Community Health Plan (Implementation Plan) 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 - Access to health care

Career Development and Education

COPE Health Scholars Program

- Health Scholars are individuals who want to pursue healthcare careers and aged 18 or older. They pay a small fee to the COPE program to be enrolled and participate in rotations throughout the hospital and other service areas. AHSV provides funding to be a host site. Health Scholars get access to a variety of healthcare careers as they serve alongside professionals who are in the field. In 2018 AHSV trained 80 scholars. Students who graduate from the program are more likely to successfully select the right role and training for their careers. This early career development is one of the many ways that AHSV helps invest in future healthcare providers and improving access to care.

Moorpark College Healthcare Professions

- NURSING - AHSV provides clinical rotations for nursing students from Moorpark College. In 2018 we provided clinical training and rotations for 92 students.
- EMT – AHSV provided clinical training for 50 EMT students

Simi Institute for Adult Education

- EMT – 66 students received clinical training at AHSV
- Radiology Tech, Surgery Tech and Physical Therapy Techs were trained in 2018

College of The Canyons – Nursing Students

- AHSV provided clinical rotations for 58 nursing students in 2018.

Services to the community at large

Diagnostic Screenings for Uninsured via The Free Clinic of Simi Valley

- 1,226 people served with lab and radiology screenings including CT, Mammography, PSA testing, Ultrasound, X-Ray and other diagnostic services.
- In 2018 two patients received lung cancer screenings.
Free Flu Shots and Health Education/Screenings

- We provided free flu shots at the annual Tooth Fairy Run on October 12, 2018. We served approximately 100 people.
- We facilitated healthy food preparation demonstrations and samples and served approximately 400 people.
- We provided breast health education, early childhood development education, heart and stroke prevention and awareness education along with 2-step CPR Training. We served 400 guests.

Recruited Dr. Perez – Geriatric Medicine Specialist

- We invested approximately $500,000 in the recruitment of Dr. Perez who fills a need in our community for more medical care focused on the needs of seniors.

Partners –

- COPE Health Solutions Health Scholars
- Moorpark College – Nursing Students
- College of The Canyons – Nursing Students
- Simi Institute for Careers – EMT and Allied Health Professions
- The Free Clinic of Simi Valley
- AH Business Development and Physician Recruitment

Priority Need - Cancer

Cancer Care Navigators

- 300+ cancer patients received free support and care navigation

Cancer Support Group Funding

- 35 support group members received additional classes and resources from hospital funding
- Free camisoles for breast surgery patients
- Free crochet support group
- Stress reduction classes
- Free wigs and scarves
- Support with related expenses
Mammograms for Uninsured via The Free Clinic of Simi Valley
  o  38 women served

Cancer Survivors Picnic June 2018
  o  100 people served
  o  We provide location, rental tables and chairs, staff hours for set up, program and take down. AHSV provided a variety of free gifts and educational materials

Sponsor of ACS Relay for Life – Walk/Run
  o  We create teams and provide education, outreach and health promoting gifts

Build of Lung Cancer Screening in 2017 for January 2018 Launch
  o  Invested in software, technology, and education for lung cancer screening
  o  Physician outreach and education on referring patients who qualify for the screening
  o  In 2018 we performed 46 lung cancer screenings

Pampered In Pink 2018
  o  Free community education and outreach event specific for cancer patients, survivors and their families
  o  400 people served
  o  AHSV provides healthy dinner food, gifts, education and resources for cancer patients, survivors, family and friends.

Partners
  • Marcelle Erian Cancer Foundation
  • Free Clinic of Simi Valley
  • City of Hope
  • Simi OBGYN
  • Cancer Support Center
  • Nancy Reagan Breast Center
  • American Cancer Society and Relay for Life Volunteers
  • Adventist Health Glendale
  • Adventist Health Physicians Network
**Priority Need – Diabetes/obesity**

**Moorpark Chamber of Commerce – Moorpark Country Days Healthy Kids Fun Zone**

AHSV presented the CHNA and CHIP at a board meeting which led to the creation of the sponsorship for the Healthy Kids Fun Zone. The sponsorship has made it possible for the healthy activities to be free to all kids who attend the event and AHSV provides health education, gifts, blood pressures, shaded resting stations, pet snacks and water station and 2-step CPR training. 2018 was our second year and we expanded our impact by providing four additional large EZUPS and 80 chairs to create resting stations where families can gather and relax while their kids play in the fun zone. By doing this we created a safe and restful environment for families to get some needed downtime during a very fun and busy event. They also took advantage of health screenings, CPR education and the healthy kids spinning wheel for prizes.

**Community Feedback:** The chamber executive team and president of the chamber agreed that the sponsorship has transformed the nature of the event and the fun zone entirely. Attendees enjoy the event much more because it is free and relaxing for the parents. The chamber no longer needs to block off the entrances to the fun zone and staff entrance to gather payment for tickets and wrist bands. Chamber staff and event volunteers no longer have to monitor the lines and manage the crowds. The individuals who ran the climbing wall, bungee jumpers and other attractions all reported that the environment with the event being free was much better, less stressful and parents were more friendly and relaxed. They loved the shaded resting stations that gave grandparents and parents a place to rest in the shade and watch the kids have fun. The chairwoman of the fun zone reported that having the sponsorship clearly made the fun zone more accessible to more families who may not have been able to afford the tickets in prior years. During the event AHSV staff interviewed parents of children who were enjoying the fun zone and received nothing but grateful reports of how much better the event is with the sponsorship. During the event we provide blood pressure tests and had a prize wheel with health lifestyle questions for kids. This activity was very popular and created a dialogue with families on how they can make healthy choices tougher. We plan to continue to invest in this event and make it more impactful as it grows.

**Other Diabetes Prevention Activities**

**YMCA Diabetes Program** – AHSV promotes and refers individuals to the YMCA diabetes program. Number of individuals enrolled at the time of the report is unknown.

**Diabetes Undone / SiMi Fit Program Support** – AHSV provides financial support for Diabetes Undone and SiMi Fit programs facilitated at the Sim Valley Seventh-day Adventist Church. Two cohorts of 25 people went through Diabetes Undone in 2018 and achieved reductions in blood pressures, reduction in insulin dependence and in some cases, people were no longer pre-diabetic. Several individuals reversed their chronic conditions and were removed from medications.
Simi Valley Education Foundation (SVEF) – Enhancement Grant
AHSV worked with the SVEF leadership team to redesign the relationship and change from being a sponsor for their Gala to invest $5000 in an enhancement grant that was designed specifically to address our 4 priority areas outlined in the CHIP: Cancer, Access to Care, Substance/Mental Health, Obesity/Diabetes. The $5000 grant received 108 applications. Seven schools were funded including two high schools, one middle school, three elementary schools and one independent learning academy. Grants ranged from $100 to $2812. The schools each write a written evaluation of the project and how it met criteria for the CHNA/CHIP and affected their students. Highlights include: Social Emotional Learning project helping students to learn life skills and become resilient. It helps them with goal setting, planning, coping with stress, attitude and other success habits. Another project was 3-D Model to study the physical brain and how neurons operate (mental health). A gardening project for healthy eating habits was established. A performing arts project was completed that was designed to improve self-awareness and self-esteem (mental health). Research project and presentation on the effects of chemical and drugs on mental health and physical health (substance abuse education) and provided supplementary funding for medical training topics for the students interested in healthcare careers (access to care). AHSV is committed to this enhancement grant and would like to expand it in the future with more funding and more wrap-around support for the teachers and students who apply for funding and receive grants.

Community Feedback: This was a huge pivot for AHSV and SVEF and how we work together. The teachers loved the grant as evidenced by the number of applications received. Students appreciated having additional options to explore and learn. SVEF expressed a desire for more involvement from the teachers and students from the hospital staff and physicians, for more of a feedback loop on the CHNA/CHIP. SVEF also expressed how much they appreciate being the conduit for the grant.

Partners
- YMCA of Simi Valley
- Simi Valley Seventh-day Adventist Church
- Simi Valley Education Foundation
- Moorpark Chamber of Commerce
- Simi Valley Boys & Girls Club

Program Highlight
Adventist Health Simi Valley worked with the Simi Valley Boys and Girls Club to re-invent our support for the club. Instead of sponsoring a gala, we provided funds that were targeted to providing bags of fresh fruit and produce for the kids to take home to their families. We plan to enlarge this program and provide nutrition education going forward. We will continue to build on this in 2019.
Priority Need – Mental Health/Substance abuse

Every Fifteen Minutes / Simi Valley High School/ Royal High School
  - Provide funding for reenactment of driving under the influence
  - Hospital participates in the dramatic “accident” and deadly outcome

For The Troops
  - AHSV provides sponsorships that help support programs for PTSD in veterans

City Championship Football Sponsor
  - AHSV provides funds for this community game that rallies our families around the importance of sports in the lives of high school students.

Free Drug Teen Drug Testing
  - We offer free drug testing to our community through our school system

Psychiatric Care – AHSV recruited two to Simi Valley and helped them get established.

Partners

- Every Fifteen Minutes
- Simi Valley High
- Royal High
- For The Troops
- Simi Valley Boys and Girls Club
- Moorpark Boys and Girls Club
Other Community Benefits –

Life After – Heart Attack Patient Short Film Production

- AHSV created a short film in 2017 that was unveiled in 2018.
- The short film was made to help us educate our community about the early warning signs of heart attacks and heart disease. We invested approximately $30,000 in creation of the film and educational collateral in 2017.
- We launched the film in February 2018
- We use the film in a variety of ways – social media advertising; posts on social sites; shared with stakeholders; used at community outreach meetings and more.

2-Step CPR Training Sessions

- We are working with Ventura County first responders to help get 100% of Ventura County residents trained to perform Hands Only CPR / 2-Step CPR by 2020.
- We have teams who work with the community to host education sessions and have trained over thousands of people.

Hosting, Promoting and Facilitating Various Free Support Groups

Free Classes for Expecting and New Families:

- Free Weekly Breastfeeding Support Group
  - 511 moms served
- Free Siblings Relations Class – 3 Classes per year
  - 19 families and 26 children served
- Free Maternity Tours
  - 539 people served

Partners – Please list the partners involved with this priority area.

- American Heart and Stroke Association
- American Cancer Society
- Simi Valley Mayor Bob Huber
- Moorpark Mayor Janice Parvin
Changes in 2018-2019

AHSV is participating in a large coalition in Ventura County. This group has formalized an agreement to work collectively on our 2019 CHNA and Implementation Strategy. Erin Slack of Ventura County Public Health is leading this coalition. This coalition includes: Clinicas; Gold Coast Health Plan; Camarillo Health; Ventura County Medical Center; Ventura County Behavioral Health; Dignity Health; Community Memorial Healthcare; and is attended by others including Kaiser, Ventura County Community Foundation, Hospital Association of Southern California, among others. The goal of the coalition is to achieve a robust CHNA that helps us unite around underlying issues and align efforts and resources more effectively.

We anecdotally believe our biggest challenge is providing services and support for people and families who are working and may not qualify for services and programs. These are people who have one or more jobs, often part-time, and managed health insurance. However, their out of pocket expenses are so high that they avoid getting early care and wait until a condition becomes a full emergency.

We also need to keep our eye on cardiovascular disease, though it is not one of our four main priority areas. We are working closely with our community to train our community to provide 2-step CPR, to know the signs and symptoms of stroke and heart attack and how to act quickly. Our Chest Pain Center accreditation was achieved in 2018 and will give us a foundation for building robust community outreach and education.

With the expansion of healthcare coverage via the Affordable Care Act of 2010 it is becoming clear that providing navigation and education will become a higher priority. Providing resources and support that help people enroll in programs, learn more about available affordable solutions will be an important area of focus in 2019.
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, health care 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.