



**wellnessneighborhood**

*A Service of Tahoe Forest Health System*

**Providing inspiration,  
expertise, and advocacy  
to promote meaningful  
change for individuals,  
our community, and the  
health system**

**Annual Report 2021**

“Alone we can do so little; together we can do so much.” – *Helen Keller*

Addressing community health needs from so many angles would not be possible without the support of multiple community collaborations and our medical provider champions. ***Thank you to all our partners!***

COMMUNITY PARTNERSHIPS

- ACEs Aware Network of Care
- Behavioral Health Advisory Group
- Cancer Committee
- Community Collaborative of Tahoe Truckee
- Crisis Team
- Diabetes Task Force
- Gateway Mountain Center
- Immunization Coalition
- Local and County Dental Coalitions
- Nevada County Public Health Department
- Nevada (State) Office of Suicide Prevention
- Placer County Nutrition Action Partnership
- Placer County Public Health Department
- Sierra Community House
- Suicide Prevention Coalition
- Tahoe Truckee Future Without Drug Dependence
- Truckee Tahoe Perinatal Outreach Team
- Tahoe Truckee Unified School District



PROVIDER CHAMPIONS

- Chris Arth, MD, *Medical Director*
- Liana Bailey, FNP-C, *Primary Care Mental Health*
- Chelsea Wicks, MD, *ACEs*
- Jonathan Lowe, PMH-APRN, *Zero Suicide*
- Katina Varzos, PMH-APRN, *Zero Suicide*
- Jen Lang-Ree, PNP, CPNP, *Immunization*
- Megan Shirley, PA-C, MPA, *Immunization*
- Meggie Inouye, PNP, MN, MPH, *Lactation, ACEs*



Annual Report FY21

Since its inception in 2012, the Wellness Neighborhood has steadfastly pursued long-term, collaborative programming to address the community health concerns identified in our triennial Community Health Needs Assessments.

The Wellness Neighborhood has supported the expansion of clinical services, facilitated new ways to identify those at risk, and implemented new interventions and outreach strategies for all life stages to support our community in achieving its best health.

The initiatives and outcomes presented in this annual report are intended to highlight programming for population health. This is not an exhaustive list of all Wellness Neighborhood and Community Health programs.

Mental and Behavioral Health

Chronic Disease Management

Prevention and Wellness

Substance Misuse

2021 Highlights



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## Increase access to mental and behavioral health services through universal depression screening in primary care.

Fiscal Year 2021 continued grant-supported efforts on early identification of mental and behavioral health needs. Year two of a three-year grant focused on improving depression screening rates in Primary Care. A multi-departmental workgroup identified a consistent screening workflow for adults and secured buy-in from the Primary Care Committee for a three-month pilot to screen every patient at every visit.



At the end of the pilot, adult Primary Care adopted **depression screening at every visit as standard practice**. This shift in screening practices directly increased the proportion of adults screened at least annually for depression.

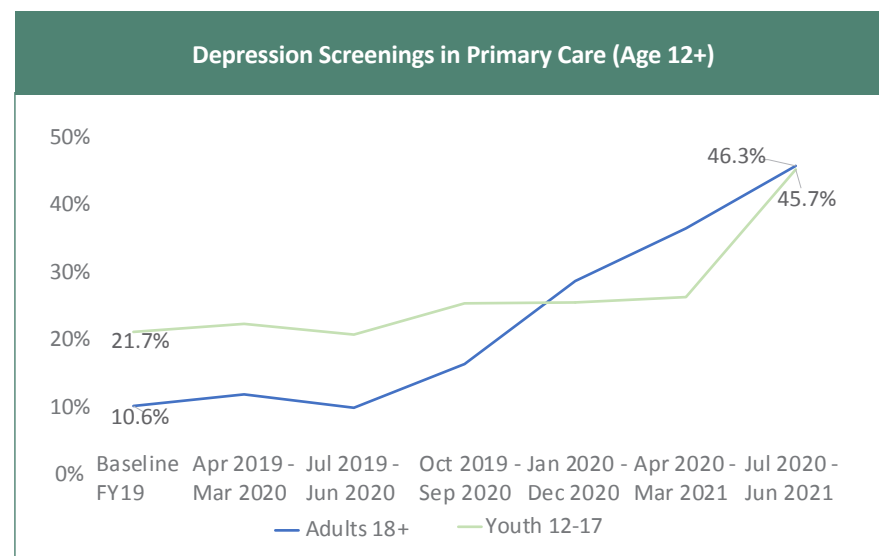
**By the end of FY 21, the proportion of adult patients screened increased from 10.6% (982/9235 unique patients) to 46.3% (6,900/14,915 unique patients).**



Additional grant funding supported a Pediatric Behavioral Health Intensivist in December 2020 to provide pediatric behavioral health counseling. A multidisciplinary workgroup convened to increase the consistency of annual depression screenings and follow-up care for adolescents ages twelve to seventeen.

**By the end of FY21, the proportion of adolescent patients screened increased from 21.7% (229/1,057 unique patients) to 45.7% (688/1,504 unique patients).**

Both the adult and adolescent workgroups continue to meet monthly for ongoing collaboration and engagement in quality improvement.



**Tahoe Forest wants to support your mental wellbeing.**



Just like your medical provider checks blood pressure and heart rate, providers regularly screen patients for depression.

**We're here to help.** Please talk to your medical provider if you have any concerns about your mental wellbeing. To set up an appointment, call (530) 582-6205.



## Expand suicide prevention activities through safer suicide care.

### POLICY

The Zero Suicide Leadership Team consolidated and refined health system policies related to suicide care into a **new system-wide policy** with clear practice guidelines for screening and follow-up.

### TRAININGS

The Zero Suicide Leadership Team also secured administrative support to provide an introduction to safer suicide care **for all Tahoe Forest staff**. *Talk Saves Lives for the Workplace* was built into HealthStream in FY21 to launch in July 2021. Talk Saves Lives provides the most up-to-date research on suicide prevention including:

- **Scope of the Problem** -The latest data on suicide in the U.S. and worldwide
- **Research** - Information on what causes people to consider suicide, as well as health, historical, and environmental factors that put individuals at risk
- **Prevention** - An understanding of protective factors that lower suicide risk, strategies for managing mental health, and importance of self care
- **What You Can Do** - Guidance on warning signs, behaviors to look for, and how to get help for someone in a suicidal crisis



**ZERO**Suicide  
IN HEALTH AND BEHAVIORAL HEALTH CARE



Everyone can help prevent suicide and save lives.  
Suicide is not inevitable.  
You can make a difference.

### HEALTH SYSTEM ALIGNMENT

Zero Suicide aligns with other Health System Initiatives around employee mental health including Resiliency Rounds, Peer Support, TalkSpace, and the expansion of wellness dollars for mental health services.



## Expand substance misuse prevention and treatment programs through community collaboration and medication assisted treatment.

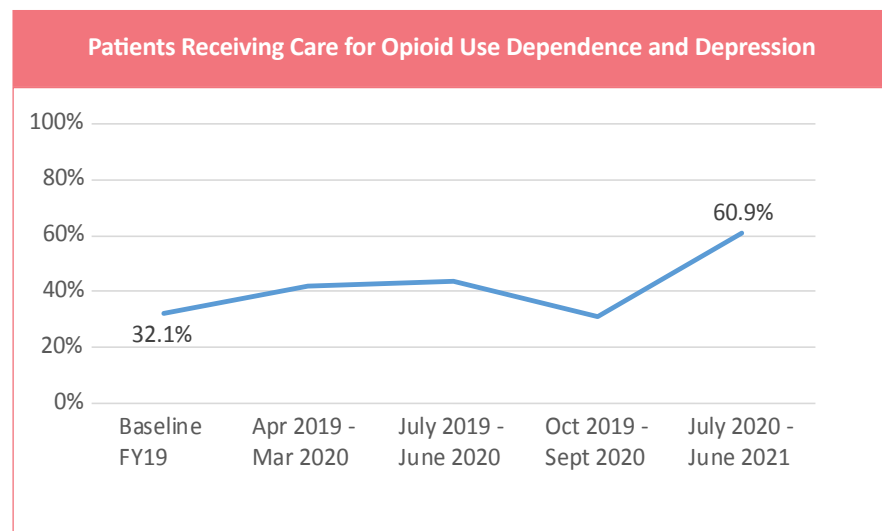
### PREVENTION

The Wellness Neighborhood supports upstream approaches to substance misuse through community education and partner collaboration. Highlights include :

- The **Basics of Youth Substance Use** Community Talk with Jonathan Lowe, PMH-APRN, Psychiatric Nurse Practitioner, and Missy Pursel, RN, Pediatric Care Coordinator (68 attendees)
- Continued **Alcohol Edu** curriculum within Tahoe Truckee Unified School District and expanded this year to include a module on Prescription Drugs and Opioids (319 students)
- Ongoing collaboration with Tahoe Truckee Future without Drug Dependence to support the **Prescription Drug Take Back** events (281.2 lbs of medications collected)
- Continued offering of **Nicotine Cessation Coaching**, including virtual coaching sessions (87 sessions) and improved bilingual, smoke-free campus signage
- Promotion of Alcohol Awareness Month and Alcohol-Free Weekend

### TREATMENT

Wellness supports direct patient care services by securing and managing grant funding for clinical staffing in the Medication Assisted Treatment (MAT) Program. This grant funding supports a clinical psychologist in providing MAT Therapy. The clinical psychologist addresses underlying trauma often present with substance misuse and helps people move into healthy, addiction-free lifestyles, also called recovery.



By the end of FY21, the proportion of adult patients receiving care for both opioid use dependence and depression **increased from 32.1% (26/81 unique patients) to 60.9% (109/179 unique patients).**

## Improve general health of those with chronic conditions through nutrition education to prevent and manage chronic disease.

### PREVENT

- The **Diabetes Prevention Program**, or Prevent T2, is a CDC-recognized, year-long lifestyle change program for people at risk of developing diabetes. During FY21, three cohorts completed the program, and two new cohorts launched, impacting a total of 49 people over the course of 79 sessions. Prevent T2 is offered in English and Spanish.
- **Cooking Club** uses health-supportive cooking demonstrations to inspire healthy cooking creations (25 participants).
- **Nutrition Education Workshops** address nutrition needs across the lifespan including: Nutrition and Your Immune System, Nutrition for a Healthy Pregnancy, Infant and Toddler Nutrition, Eat Local, Nutrition for Cancer Prevention, Nutrition for Health and Vitality, and Thrive Through the Holidays (126 participants).



### MANAGE

- **Medical Nutrition Therapy** supports patients in Pediatrics, Endocrinology, and at the Center for Health to create personalized plans to address health concerns, activity patterns, and lifestyle goals (768 consultations).
- In **Self-Management Programming**, nutrition plays a foundational role in this evidence-based, six-week program that supports patients with chronic conditions. During FY21, seven cohorts convened impacting a total of 53 people over the course of 34 sessions. Self-Management Programming is offered in English and Spanish.

### SUPPORT FAMILIES

- **Building Better Caregivers** is a six-week self-management and support series for those who are a primary caregiver for someone with chronic health conditions (2 cohorts, 13 sessions, 23 participants).
- **Harvest of the Month and B-FIT** provide school-based nutrition, activity, and wellness programs to support healthy habits for elementary school students (reaching 74 classes and 1,446 children each month).
- Development of the **BFF- Behavior, Food, and Fitness** program in Pediatrics. This new multidisciplinary approach to pediatric weight management will launch in 2022.

## Increase health screenings to identify adverse childhood experiences, and create a network of care to support those at risk of toxic stress.

In response to the increased stress caused by the pandemic, the Wellness Neighborhood focused on expanding health screenings, including depression screenings for youth, and planning for the implementation of new health screenings to identify those impacted by trauma and toxic stress.

The Wellness Neighborhood was awarded an ACEs Aware Trauma-Informed Network of Care Planning Grant by the Office of the California Surgeon General in February 2021. With guidance from ACEs Aware, the Wellness Neighborhood convened two workgroups to advance awareness about Adverse Childhood Experiences (ACEs). The Network of Care Workgroup focused on improving communication and linkage of community members between our community social service agencies, and the Clinical Workgroup focused on developing screening and follow-up processes within Tahoe Forest Pediatrics. Outcomes of the grant included development of an ACEs screening pilot to launch in FY22, building screening tools into Epic, and training and certifying twenty-one TFHS medical providers.

### BACKGROUND

Adverse Childhood Experiences, ACEs, are potentially traumatic events that occur in childhood and fall within the categories of abuse, neglect and household challenges. ACEs are associated, in a dose-response fashion, with common and consequential health conditions such as asthma, diabetes, depression, heart disease and cancer.

In California, 62% of adults have experienced at least one ACE, and one in six, or 16%, have experienced four or more ACEs.

A person with four or more ACEs is:

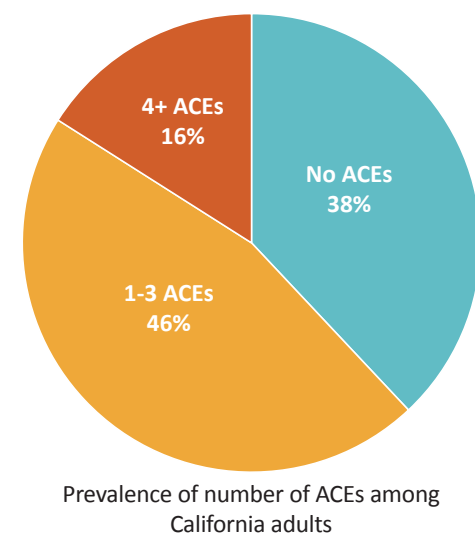
- 4.7 times more likely to suffer from depression
- 3.23 times more likely to binge drink
- 2.3 times more likely to have cancer



**GRANTEE**

*"The objective of the Network of Care grant is to create, augment and sustain formal connections between providers, social service organizations, and community partners to effectively address toxic stress in children and adults through clinical and community interventions following an ACE screening, to prevent future ACEs, toxic stress, and inter-generational transmission, and prevent or assist in treating ACE-Associated Health Conditions."*

*ACEs Aware, December 2020*



When traumatic events are experienced during early life, it can lead to extended stimulation of the biological stress response. This prolonged stress response, also known as Toxic Stress, disrupts brain and other organ system development (i.e. immune, metabolic and endocrine systems), and is associated with changes in DNA which can be transmitted to future generations.

The good news is toxic stress is treatable. Those with ACEs who receive buffering protections during early childhood, such as safe, stable, and nurturing relationships and environments, may not be affected by toxic stress. Buffering protections are shown to the right in the *Stress Busters wheel*. Examples of feasible and attainable activities that can help reduce toxic stress and build resilience include family meals, reading with a child before bed, and spending time outdoors in nature.



### ACES AWARE GRANT ACHIEVEMENTS IN FY21:

- Medical providers completed and attested to the ACEs Aware Provider Training (21 providers).
- Provided *Childhood Depression and Adverse Childhood Experiences*, Certified Medical Education with Tracy Protell, MD, Child Psychiatrist (33 attendees).
- Clinical Workgroup trained on The Science of ACEs and Toxic Stress (16 participants).
- Facilitated thirteen collaborative sessions in eight months with Network of Care Partners to improve interagency referral processes, increase shared knowledge of ACEs, trauma-informed care and toxic stress, plan for community education, and explore community-based referral and follow-up technology.
- Facilitated fifteen collaborative sessions in eight months with Clinical ACEs Workgroup to define ACEs clinical screening and follow-up workflows, identify patient education materials and plan for the screening pilot.
- Integrated ACE screening tools into Epic, translated patient educational materials and supported community partners in implementing trauma-informed care into their agencies.



## A Sample of Offerings

- Total classes: 1,564
- Total contacts: 25,420



### Community Health Outreach

*Breast Cancer Awareness, Cooking Club, COVID-19 Vaccine Q&A, Healthy Diet and Blood Pressure*

48 classes  
1,055 participants



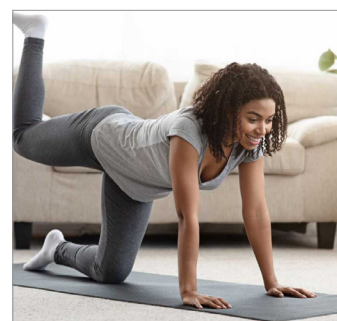
### Authentic Wellness

21 classes  
280 participants

### Challenges

*Walking (x2), Building Resilience, Project Zero, Hydration*

5 challenges  
567 participants



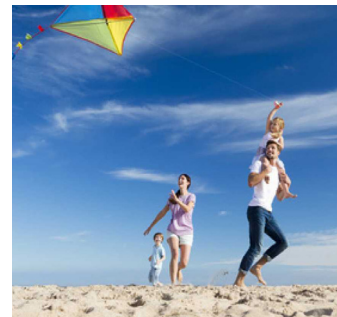
### Harvest of the Month/BFit

1,442 (x2) students reached each month in 74 classrooms

### Mental Health/Substance

*Depression in Adolescents, Alcohol Edu, Basics of Teen Substance Use, Mindfulness*

12 classes  
146 participants



### Chronic Disease

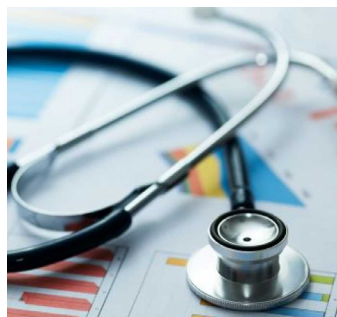
*Prevent T2 (English and Spanish), Building Better Caregivers, Self-Management Program*

117 classes  
132 participants

### Perinatal and Family

*Prenatal Education, Breastfeeding Support, Infant & Toddler Nutrition, Infant & Toddler CPR*

105 classes  
334 participants



### Community Clinical Offerings

*Affordable Labs, Flu Clinic, Nicotine Cessation, COVID-19 Contact Tracing*

115 classes  
646 participants

### Employee Produce Program

251 participants  
1,503 shares



## Wellness Neighborhood and Community Health

Maria Martin, MPH, RDN, *Director*

Eileen Knudson, RN, *Director PRIME and Behavioral Health*

Chris Arth, MD, *Medical Director*

Lizzy Henasey, MPH, *Population Health Analyst*

Maison Power, MS, *Community Health Coordinator*

Dana Dose, RDN, CDE, LD, *Wellness Dietitian (Prevent T2, Pediatrics, Perinatal)*

Denice Hynd, RDN, *Wellness Dietitian*

Betsy Taylor, RDN, *Wellness Dietitian (Prenatal)*

Reyna Sanchez, MA, *Health Promotora, Master Trainer: Self-Management Programs*

Victoria Ferris, *Health Promotora*

Amelia Espinoza, MA, *Health Promotora*

Lisa Stekert, LCSW, *Youth Behavioral Health Navigator*

Britte Ginty, RN, *Prenatal and Infant CPR Educator*

Sandy Deason, RN, *Prenatal Educator*

Lucy Navabpour, NBC-HWC, PhD, *Health Coach*

Liz Schenk, NBC-HWC, MBA, *Health Coach*

Sunee Zrno, LMFT, *Care Coordinator: Chronic Pain, PMAD Counselor*

Lorna Fichter, RN, *Care Coordinator: Million Hearts*

Jackie Griffin, RN, *Care Coordinator, Master Trainer: Self-Management Programs*

Sue Train, MPH, RN, IBCLC, *Perinatal Care Coordinator, Lactation Consultant*

Tamaro Margraf, RN, IBCLC, *Lactation Consultant*

Fernanda Campos-Taylor, RN, IBCLC, *Lactation Consultant*

## Tahoe Forest Center for Health

Wendy Buchanan, MS, *Director*

Brandy Willoughby, *Customer Care Navigator Manager*

Gloria Acevedo-Klenk, *Customer Care Navigator*

Tracy Chaney, *Customer Care Navigator*

**Services and resources to  
help you *Rethink Healthy* and  
achieve your best health.**



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