



Your Community Health Plan

### **Our Mission**

**Jackson Care Connect** empowers people and systems to improve the health of our community.

Jackson  
County

*Community Health  
Improvement Plan*



2014

*Thank You!*

JCC Board of Directors

JCC Clinical Advisory Panel

JCC Community Advisory  
Council members

Vanessa Becker, V Consulting

Jackson County Public Health

All Care Health Plan CCO

Primary Health of Josephine  
County CCO

# Community Health Improvement Plan (CHIP)

2014 High Level Strategies Map — Jackson Care Connect

## Healthy Beginnings

### *Perinatal Collaboration*

Participate in preconception health programs to improve birth outcomes, including reduction of substance use during pregnancy

### *Early Childhood Investment*

Support development of early learning HUB, with a focus on kindergarten readiness

### *Youth At-Risk*

Participate in multidisciplinary work improving basic needs for vulnerable youth including addictions, trauma, homelessness, food insecurity and mental health

## Healthy Living

### *Oral Health*

Evaluate and improve oral health experiences for members and community

### *Member Engagement in Health*

Increase member engagement, including wellness benefits

### *Healthy Communities*

Collaborate to reduce adverse affects of social determinants of health that increase risk of chronic disease

### *Tobacco*

Support policy development and individual interventions that reduce the burden of tobacco use

## Health Equity

### *Reduction of Health Disparities*

Collaborate with Regional Health Equity Coalition to identify data and opportunities to address health disparities in Jackson County

### *Social Determinants of Health*

Increase awareness of how poverty, adverse childhood events and trauma influence health and support community efforts to decrease poverty and build trauma-informed services

# Why the Rogue Valley Family YMCA?

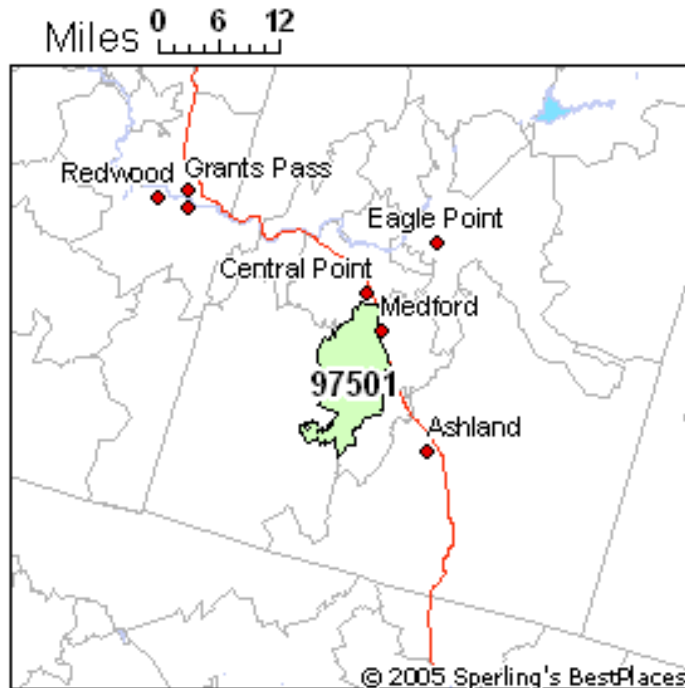
For Youth Development  
For Healthy Living  
For Social Responsibility

Jackson Care Connect  
empowers people and  
systems to improve  
the health of the  
community.

Aligned Missions – Shared Population – History of  
Service



# Environment Matters



## High Medicaid Zipcode

Daycare - Pre-school -  
Fitness Center - Water  
Fitness - Community



## Take-Aways:

- Find Partners Already Serving Population
- Location – comfort, community, familiarity
- Aligned Mission
- Willingness to experiment and learn

# Jackson Care Connect and Rogue Valley Family YMCA Wellness Programs

As a Jackson Care Connect member these programs are available to you at low cost or for free.

All are at Rogue Valley Family YMCA,  
522 W. 6th Street, Medford.

## Fitness Scholarship Opportunity

Reduced cost for Jackson Care Connect members.

Jackson Care Connect members can join the Rogue Valley Family YMCA at a lower cost. Includes use of the whole facility, child care, water-fitness and more.

## 12 Weeks to a Healthier New You!

FREE for Jackson Care Connect members when referred by your provider.

If you need to lose 50 pounds or more and think of yourself as out of shape, this program is for you. It includes support, education, exercise and encouragement.

## ¡12 semanas hacia una vida más saludable!

¡EN ESPAÑOL!

GRATIS para los miembros de Jackson Care Connect con una derivación de su proveedor.

Si necesita bajar 50 libras o más y se siente fuera de condición, este programa es para usted. Incluye apoyo, educación y ánimo.

## Social Connectedness

More than a gym membership.



JCC has over 1,100 hundred members using the RYVYMCA General Scholarship benefit with an attendance requirement of 8 times a month.

# Emerging Risk Program - 12 Weeks to a Healthier New You!



Clients are referred in through an easy process that can come from Community Health Workers or Provider.

## YHEALTH & FITNESS™

### 12 Weeks to a Healthier New You!

**What:** A Healthier New You Wellness Program

Do you need to lose 50 pounds or more? Do you consider yourself very unfit? This program is designed just for you. Receive the support, education, motivation, accountability and encouragement you need to finally get healthier.

**When:** September 28 through December 14  
Every Monday from 6:00pm to 8:00pm  
Every other Saturday from 8:00am to 9:00am

**Where:** Rogue Valley Family YMCA  
522 West Sixth Street, Medford, OR

**Fees:** 12 Week Wellness Program is \$190  
Includes weekly wellness meetings, weekly group workouts, weekly measurements, nutrition counseling and six 30 minute personal training sessions (scheduled on an individual basis)

12 Week Wellness plus Wellness Extension is \$290  
Includes 12 Week Wellness program (Phase 1) plus bi-weekly lessons and weigh-ins through month four (Phase 2), then monthly weigh-ins and lessons through September 27, 2016 (Phase 3)

**Info:** Contact Tammy Miller,  
Wellness Supervisor  
(541)772-6295 ext. 106  
wellness@rvymca.org



# Welcome to the Healthier New You 12 Week Wellness Program



**KEEP  
CALM  
AND  
TRUST YOUR  
WELLNESS  
COACHES**

Wellness Instructor:  
Tammy Miller

Wellness Coaches:  
Jennifer Cook  
Kim Krusher



# **Program Expectations**

**In this program we will help you:**

- **Work toward reducing your body weight by 7%**
- **Learn the facts about healthy eating and being active.**
- **Learn how to read nutrition labels and ingredients.**
- **Learn what makes it hard for people to eat healthy.**

## **We as a Team will~**

- **Not ever judge you!**
- **Believe in you!**
- **Make this comfortable for you.**
- **Empower you to make change.**
- **Always “hang in there” for you.**
- **Help you see the positive in anything negative.**

You will learn to be comfortable being uncomfortable.

**If you want to have a life  
that is worth living, a  
life that expresses your  
deepest feelings and  
emotions, cares and  
dreams, you have to  
fight for it!**

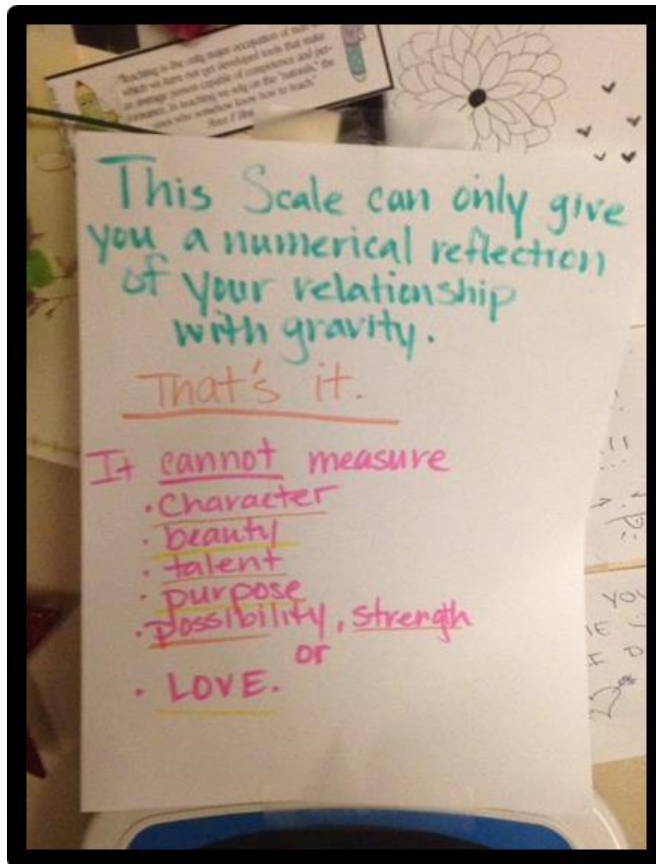
**~Alice Walker**



**Your team is here to inspire you!**

## Coaching Style for Results

- 48 Graduates in 2 cohorts
- Lost an average of 13lbs (5% of their initial weight) and an average of 19 inches.
- Range of weight lost in 12 weeks was from 1 to 53 lbs
- Physical wellness - up 70%
- Emotional wellness - up 36%
- Social Wellness - Up 28%
- Specific Health Problems (fatigue, shortness of breath, pain), - down on average of 39%



## Take Aways:

- The Coach matters as much as the manual.
- Coaches have lots of influence with the clients they are serving.
- Peer coaches with shared understanding is impactful.
- Upskill people to have a shared language/understanding of Trauma, Poverty, and psycho-social issues.
- Formalize communication loops to ensure coordinated care.

# Next Steps

- Formalize a metric system for wellness programs.
- Spread the model  
Upskill more coaches in ACEs, Trauma Informed Care, CHW skills.
- Identify other spheres of influence to support for health outcomes



Sustainable Plan for Wellness Programs