



Community As Medicine

May 18, 2022

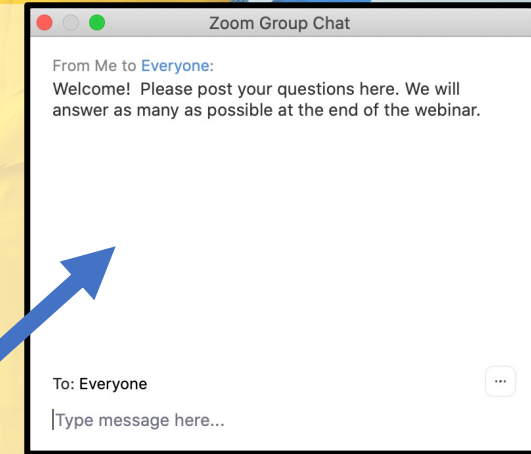
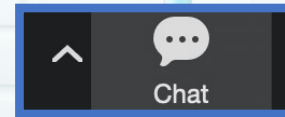
10:00am PT / 11:00am MT / 12:00pm CT / 1:00pm ET

Welcome! We will get started momentarily.

Please let us know who you are and where you are from in the chat box
(click the chat icon at the bottom of your screen).

Housekeeping

- We want to hear from you! Share your **questions, comments** and “**ah-ha’s**” via the **chat box**.
- A **recording and slides** will be available within 24 hours - We’ll email you.



Our Time Today

- Welcome
- Speaker Presentation - Community as Medicine
- Audience Q&A/Moderated Discussion

Welcome



Our Presenters



Elizabeth Markle, Ph.D.
Co-Founder, Executive Director |
Open Source Wellness



Benjamin Emmert-Aronson, Ph.D.
Co-Founder, Director of Operations |
Open Source Wellness



COMMUNITY AS MEDICINE

ELIZABETH MARKLE, PH.D.

BEN EMMERT-ARONSON, PH.D.

OPEN SOURCE WELLNESS

CBHL WEBINAR, MAY 2022.

THE OPEN SOURCE WELLNESS COMMITMENTS



1. Deliver radically accessible, culturally-relevant, trauma-informed care.
2. Achieve Clinical Outcomes
3. Reduce Provider Burden
4. Generate Revenue

**GOOD LUCK
WITH THAT,
I'LL SEE YOU
IN 6 MONTHS!**



BEHAVIORAL PRESCRIPTION

DIRECTIONS:

Exercise more!

Eat better!

Reduce your stress!

Get some social support!

OPEN SOURCE WELLNESS

PHYSICAL
ACTIVITY



MOVE

HEALTHY
MEALS



NOURISH

SOCIAL
SUPPORT



CONNECT

STRESS
REDUCTION



BE











WHAT DOES
IT LOOK LIKE
VIRTUALLY?



WHAT'S DIFFERENT?

1. Experiential!
2. Trans-diagnostic and Comprehensive
3. Culturally-flexible: Turnkey implementation
4. Powered by Connection



IMPLEMENTATION CONTEXTS



CLINICALLY-
INTEGRATED



COMMUNITY-
BASED



LOW-INCOME
HOUSING

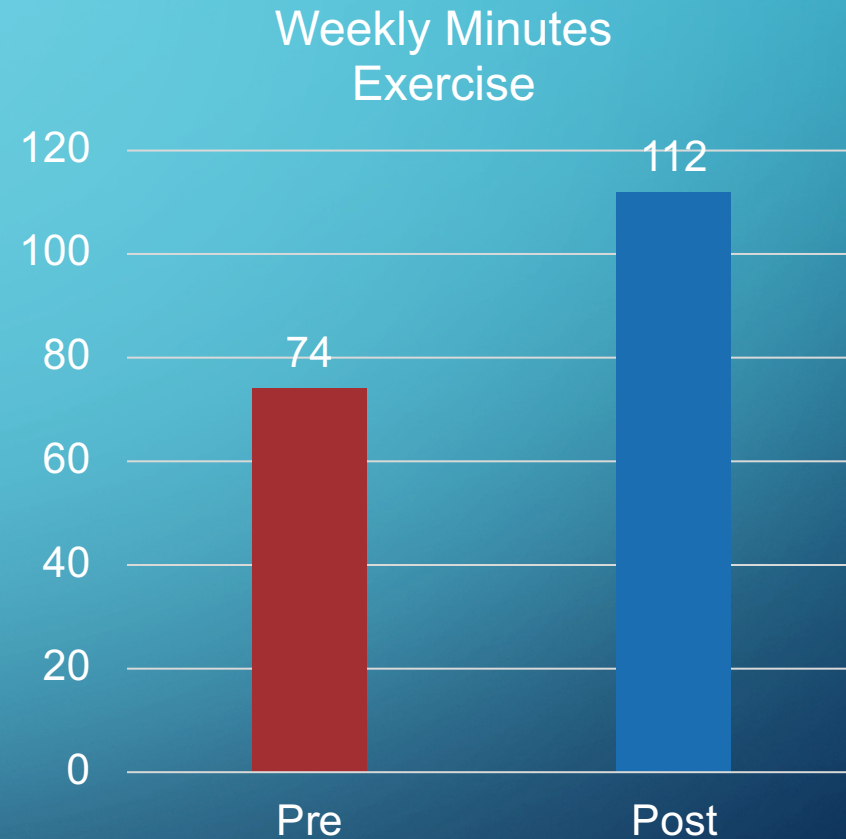
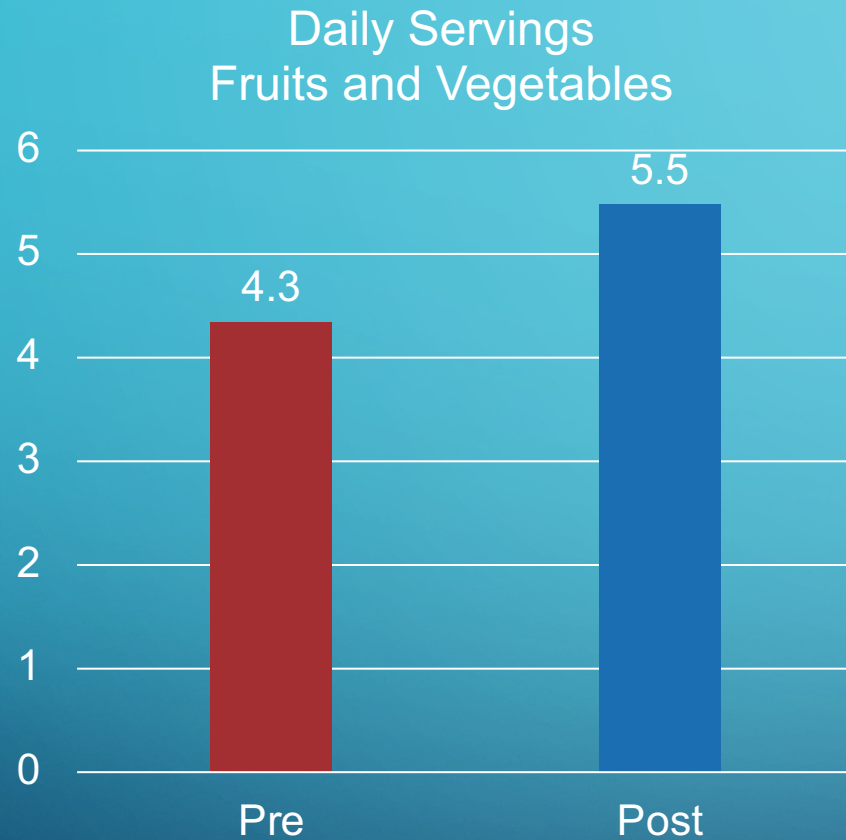


CORPORATE
EMPLOYEE



PEER-RUN:
GRADUATES

Behavioral Change

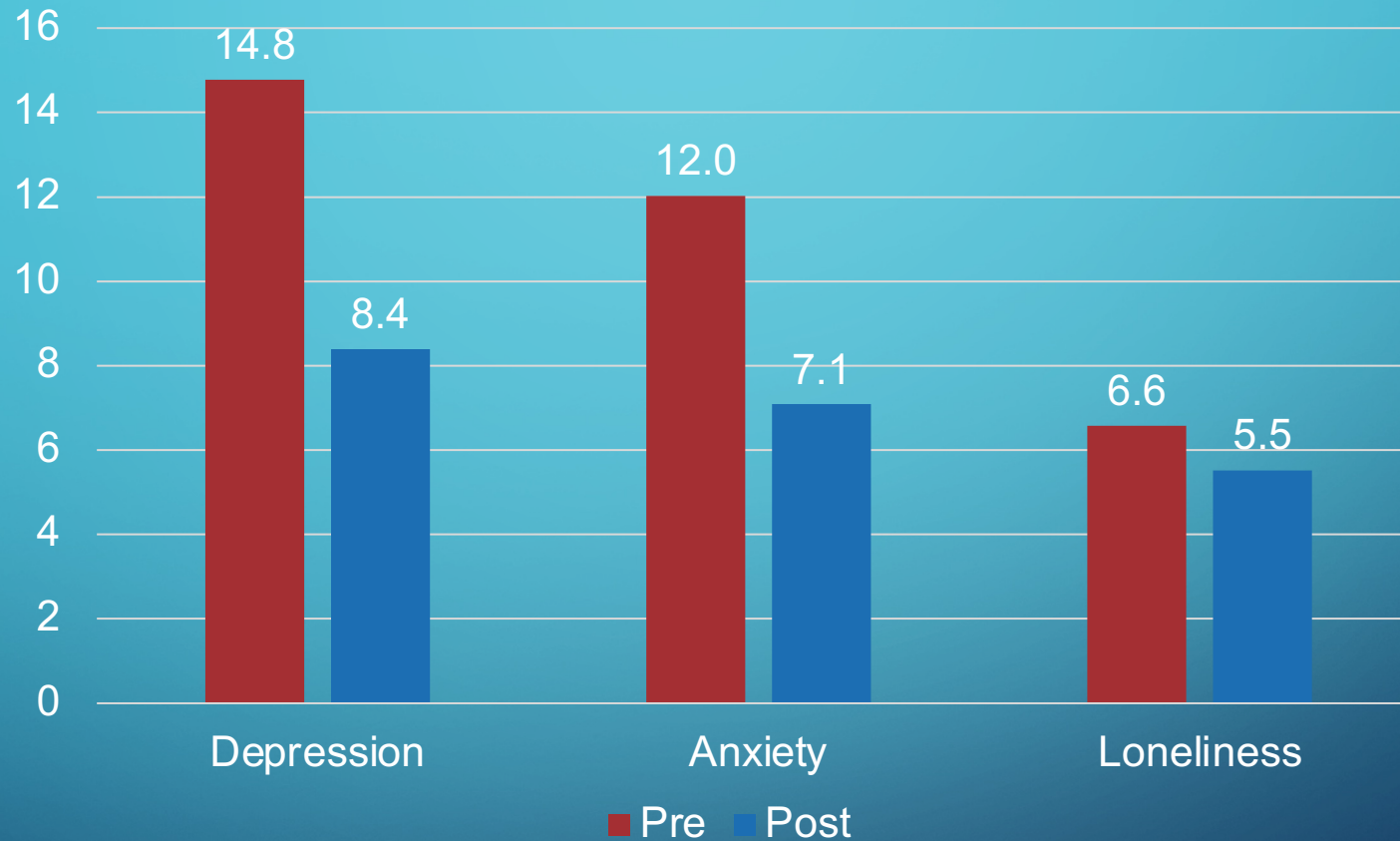


All p's < .001, full sample, n = 744 and n = 755

Data from Alameda Health System, Native American Health Center, Tiburcio Vasquez Health Center, Family Medicine Associates, Lifelong Medical Care, and Prevention Institute partnerships

Mental Health

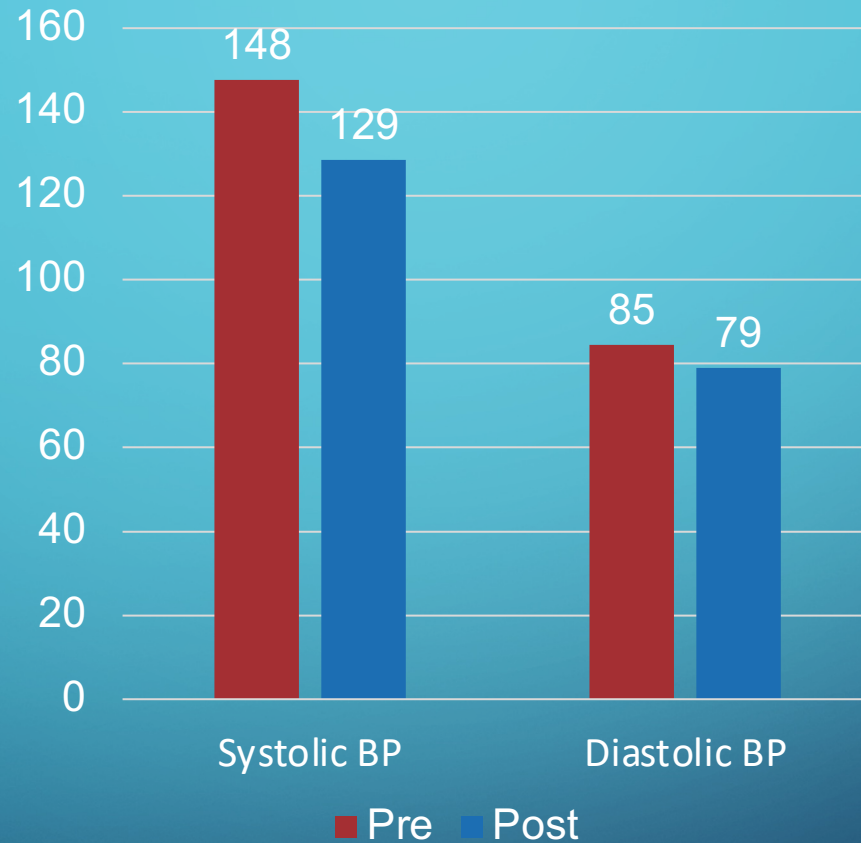
(PHQ-9, GAD-7, UCLA 3-Item Loneliness)



All p's < .001, depressed subsample, n's = 244, 142, and 241

Data from Alameda Health System, Native American Health Center, Tiburcio Vasquez Health Center, Family Medicine Associates, Lifelong Medical Care, and Prevention Institute partnerships

Blood Pressure

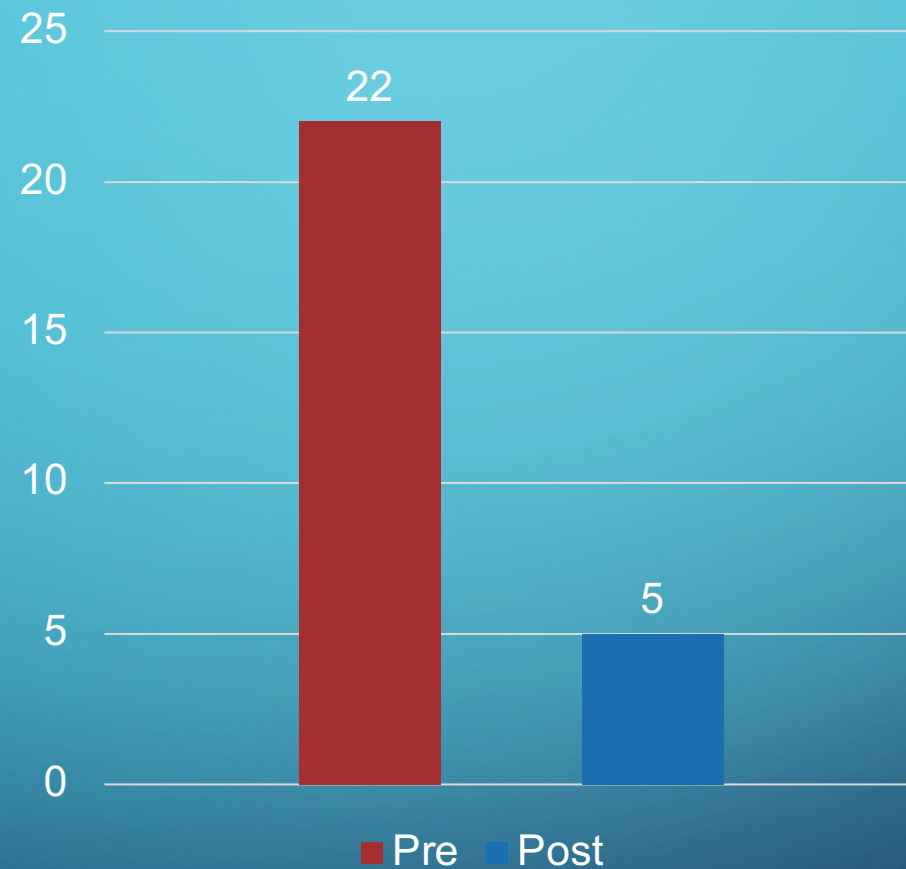


Systolic $p < .001$, Diastolic $p < .05$, hypertensive subsample, $n = 85$

Data from Alameda Health System, Native American Health Center, Tiburcio Vasquez Health Center, Family Medicine Associates, Lifelong Medical Care, and Prevention Institute partnerships

Acute Care

ED Visits/Unplanned Hospitalizations



$p = .14$, chart pull subsample, $n = 49$

Data from Alameda Health System, Native American Health Center, Tiburcio Vasquez Health Center, Family Medicine Associates, Lifelong Medical Care, and Prevention Institute partnerships



“THAT’S NICE; HOW DO I PAY FOR THIS?”



Value-Based Care Models



Fee For Service Models

Leveraging Group Medical Visits and
“Micro-Medicine/Psychiatry”



CASE STUDY: VALUE BASED PARTNERSHIP

CBO
PAYOR
GOVERNMENT
FUNDING MECHANISM
HEALTH SYSTEM(S)

Recipe4Health Ingredients

- Food Farmacy

- Open Source Wellness
Behavioral Pharmacy

- Food as Medicine Training:
 - Provider Nutrition Education
 - Clinic/EHR Workflow Integration



Ingredient #1: Food Pharmacy



Regeneratively Grown Food

No pesticides, nutrient dense



Refrigerated Vans

Weekly food deliveries per patient x 4 months



Farmacist



Doorstep Delivery

99% Delivery Rate

Ingredient #2: Behavioral Pharmacy Group Medical Visits



Move



Nourish

Hybrid staffing partnership between Clinic and Open Source Wellness



Patients attend weekly for 4 months



Connect



Be

Ingredient #3: Food as Medicine training for health centers

Universal Food Insecurity Screening



Recipe4Health Prescriptions +
Clinical Nutrition Training (8 hrs)

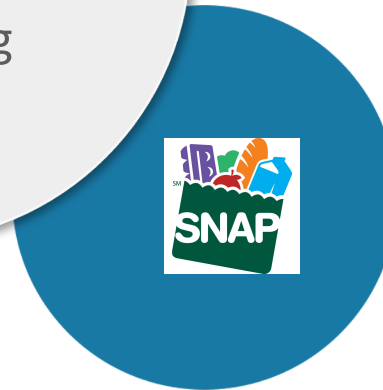


Expanding
Mindsets

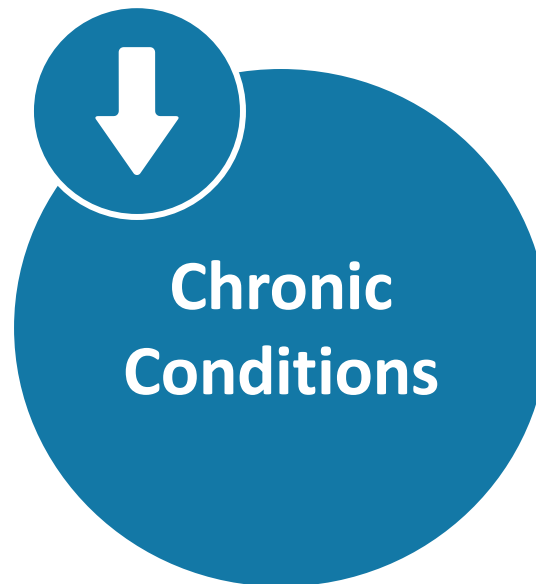
EPIC & Clinic Workflow
Integration



Optimize CalFresh enrollment



Recipe4Health simultaneously addresses three goals:



Policy/Systems Change:
Health plans cover Recipe4Health interventions

CASE STUDY: FEE FOR SERVICE CLINICAL PARTNERSHIP

VIRTUAL GROUP MEDICAL VISITS



FQHC REVENUE GENERATION

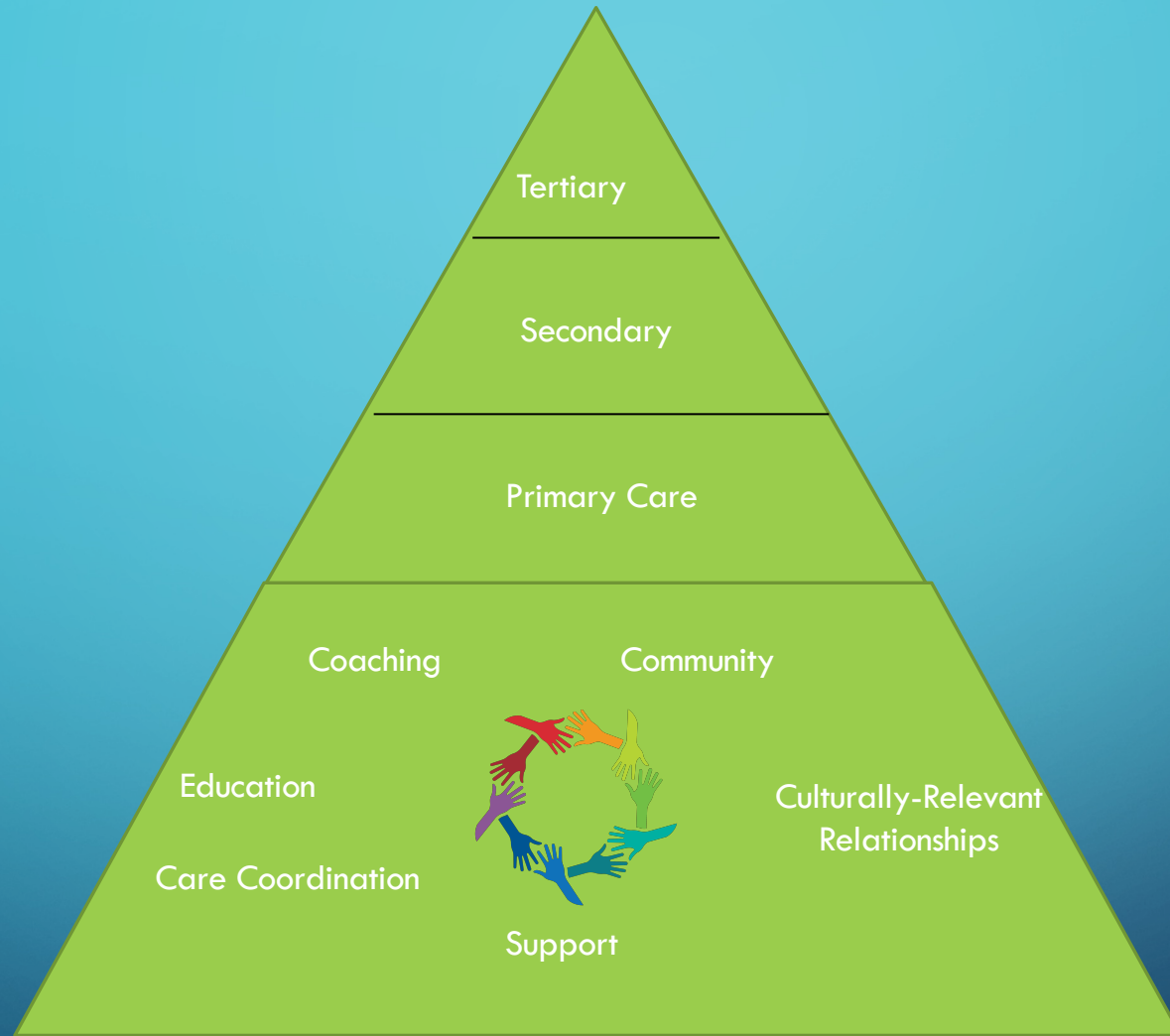
With OSW: 15.2 Patients

Without OSW: 7.5 Patients

Extra: 7.7 Patients/week/group

$7.7 \times \sim \$250/\text{visit}$: \$96,000 extra revenue/year

Minus OSW Contract (\$81,000/year): \$15,000 add'l revenue



Tertiary

Secondary

Primary Care

Coaching

Community

Education

Culturally-Relevant Relationships

Care Coordination

Support



The University of Vermont



“Patients love the experience, administrators appreciate the increased volume of patients seen, and providers like myself get to recover the joy of medicine when we practice this way.”

- Dr. Steven Chen, Chief Medical Office, All-In Alameda County

The background is a solid teal color. In the four corners, there are decorative white line-art elements that resemble circuit traces or neural network connections, with small circles at the end of the lines.

WHAT'S HARD ABOUT STARTING AND MAINTAINING POWERFUL CLINICALLY-INTEGRATED WELLNESS GROUPS?



COMMON CHALLENGES DISTILLED

Engagement/Retention

- “We can’t fill our groups”
- “Our groups don’t stay full “

Financial Sustainability

- “We’re not billing for enough visits”
- “Clinic leadership doesn’t support our groups”

Workload/Bandwidth/Leadership Sustainability

- “Our charismatic internal champion left/went on leave and the group fell apart”
- “Coming up with new material every week is exhausting!”
- “I’m a PCP, not a coach/meditation teacher/Zumba instructor/chef!”

KEYS TO SUSTAINABILITY

FUN

addresses
engagement and
retention challenges

FULL

addresses financial
sustainability
challenges

EASY

addresses bandwidth
/ leadership
challenges.



FUN!

Experiential, not informational!

Vitality

Vulnerability

“Powered by Connection”

FULL



Transdiagnostic groups



Whole staff experiential launch:
Entire team refers



Engagement is about relationship-building!



Mid-week contact: Small group texting



EASY

Leverage community partnerships!

- Pieced together
- Full Implementation Partner

PARTNERSHIP WITH OPEN SOURCE WELLNESS



Full Implementation



Training and Licensing



Consulting

SEEKING COLORADO IMPLEMENTATION PARTNERS!



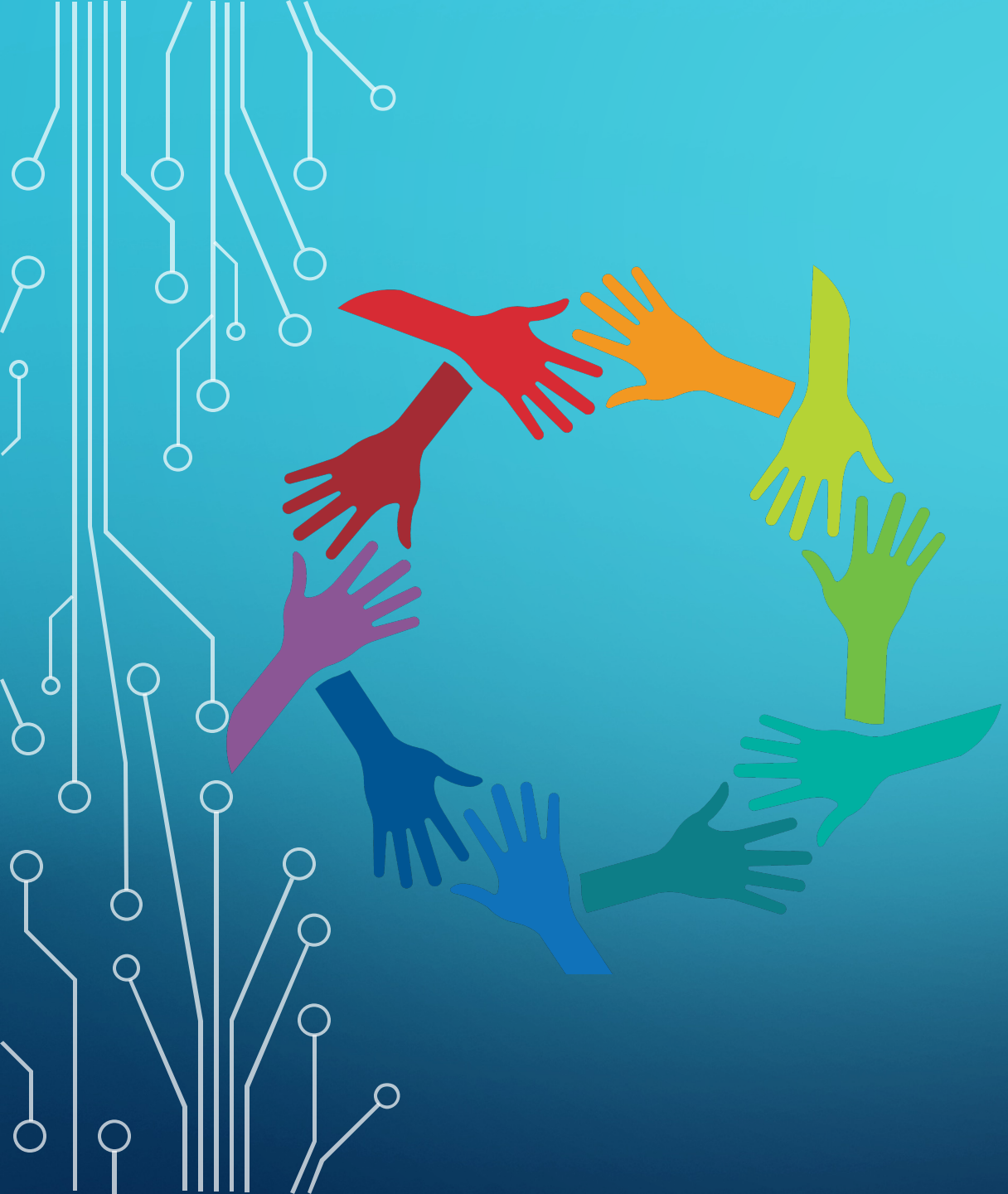


**APPROVED
TRAINING
PROGRAM**

**THE REAL TEAM:
HEALTH COACHES
AND PEER LEADERS**



**COMMUNITY
IS MEDICINE**



THANK YOU.
LET'S CONNECT.

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Q&A



Please use the chat box or the “raise hand” feature to ask questions.

Contact

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www.leaders4health.org

