



Health Beyond Healthcare: Addressing Workforce and Equity Challenges Through Community

September 11, 2024

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

Welcome! We will get started momentarily.

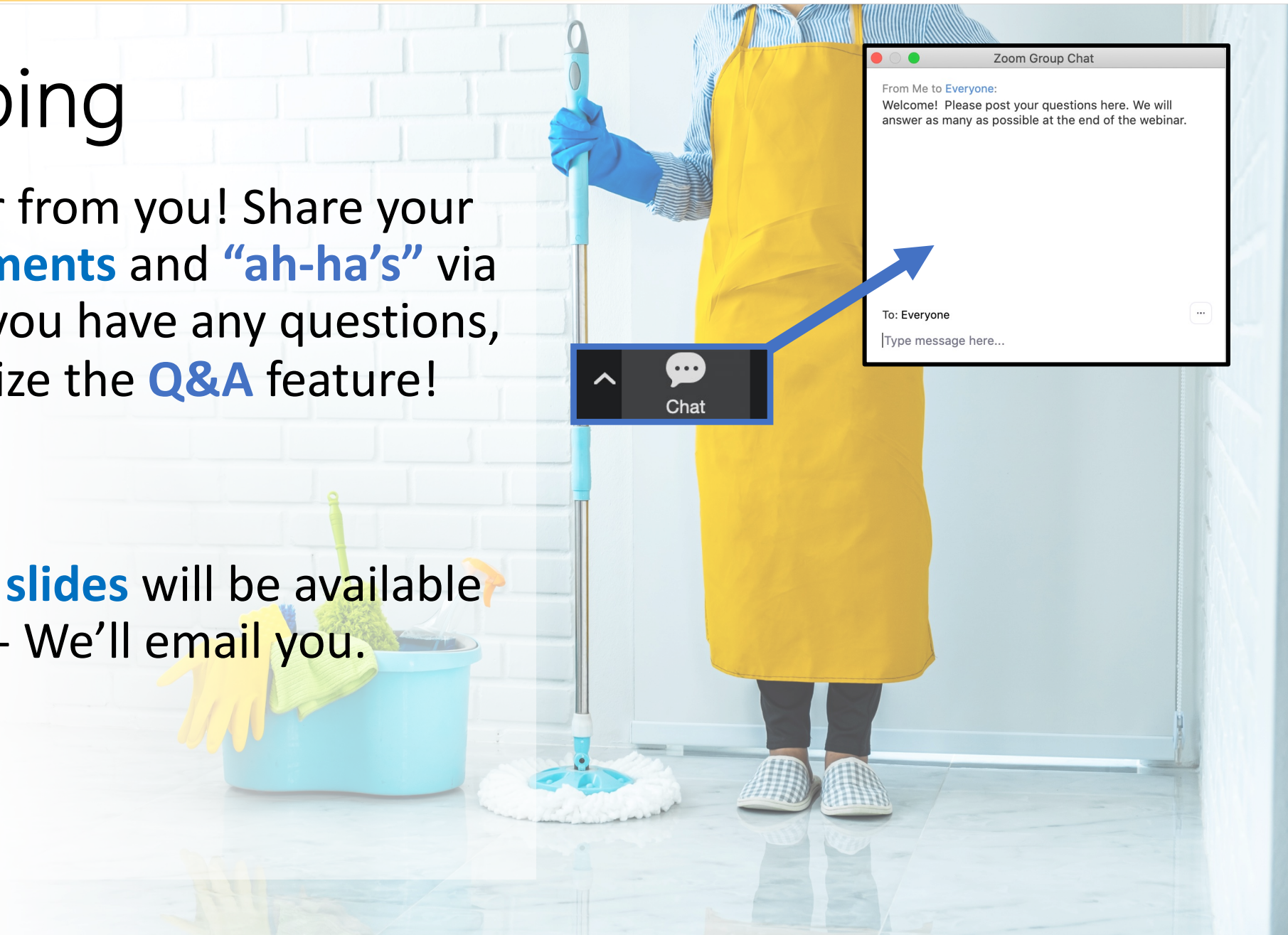
Please let us know who you are and where you are from in the chat box
(click the chat icon at the bottom of your screen).

Welcome



Housekeeping

- We want to hear from you! Share your **questions, comments** and **“ah-ha’s”** via the **chat box**. If you have any questions, you can also utilize the **Q&A** feature!
- A **recording and slides** will be available within 24 hours - We'll email you.



Speakers



Dr. Alan Siegel



Dr. Elizabeth Markle



Carolina (Lena) Ayala

Poll: Who's here with us today?

- What type of organization do you represent?



Strongly agree
Agree
Disagree
Strongly disagree

Poll: How familiar are you with Social Prescribing or the Community as Medicine model?

- Options:

- Never heard of either
- Heard of both
- Familiar with social prescribing
- Familiar with Community as Medicine
- My organization is implementing one of these models

Health Beyond Healthcare: Addressing Workforce and Equity Challenges Through Community



Alan Siegel, M.D.

Co-Founder and Medical Director

Social Prescribing USA

Why should social prescribing matter to this group?



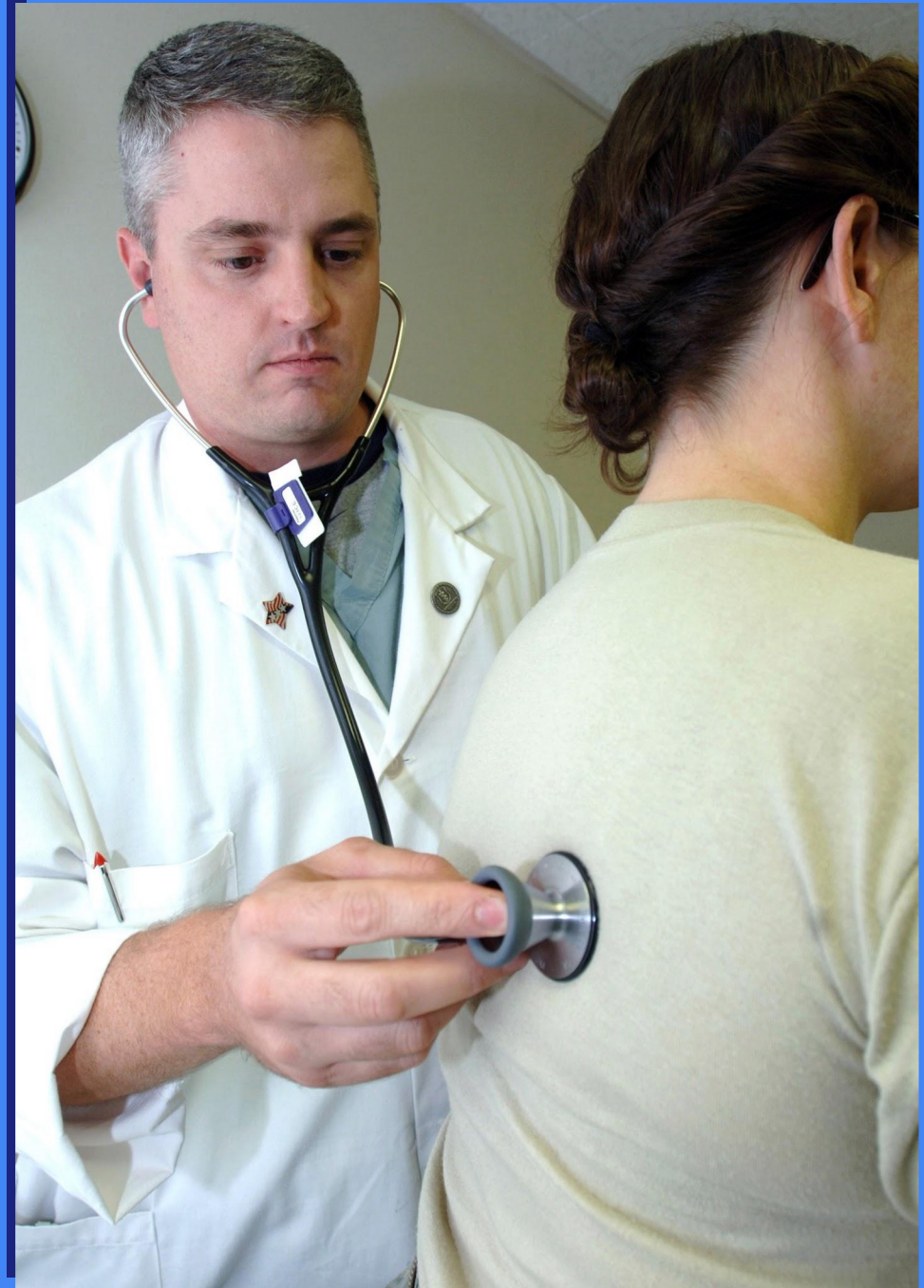
What's the plan today?

My journey

State of U.S. Healthcare

Social Prescribing (USA)

Health benefits of the arts



Mental Health Crisis

Loneliness Crisis

1 in 10 depression

2 in 10 anxiety

1 in 11 PTSD

Half of Americans say
they are lonely
(and up to 8 out 10 if <18yo)

Health care worker crisis

Aging crisis

20% MDs have left since
COVID

25% of our MDs plan to leave in
next 2 years

By 2030, Baby Boomer will be > 65
Older Americans will make up $\frac{1}{5}$ of
the population.

In 2020, cost was \$1.2 trillion
dollars (of \$28 trillion GDP) or
\$22K/person Medicare

Civic Capital Crisis



Decreased participation in civic society:

1/4 to 1/2 membership in last 2-3 decades

Doesn't usually bode well: civic capital correlates with success of communities

Don't miss IRL Movie Club – starting Sunday, 9/15 for **Join or Die**

What if...

Your doctor could prescribe something.....

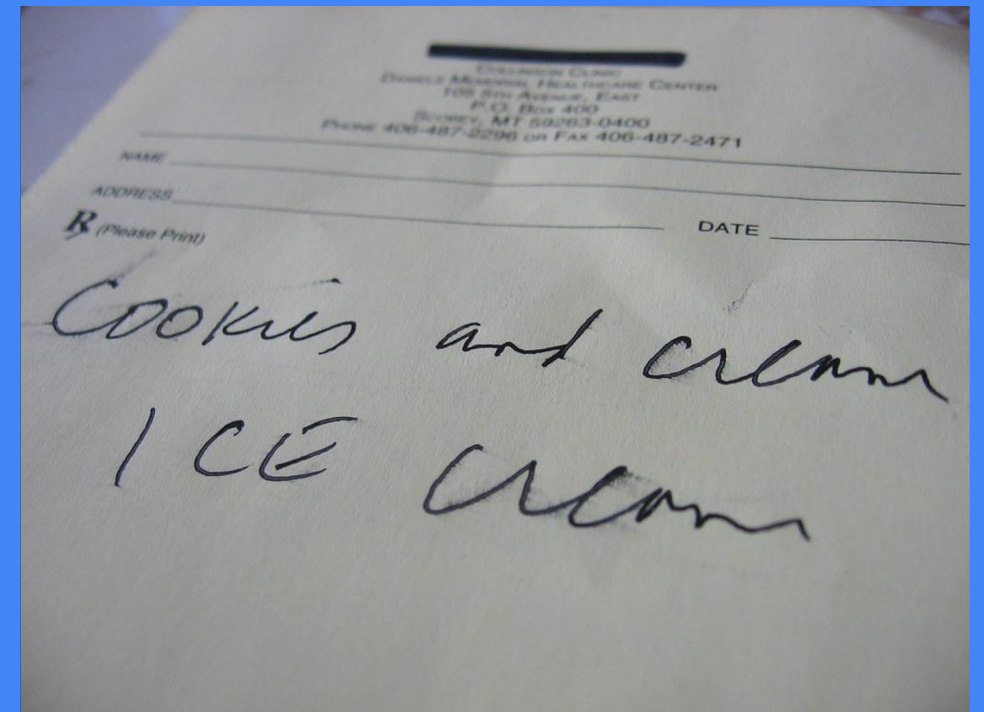
- Improve your anxiety & depression, PTSD,
- Chronic disease - diabetes, heart disease

- Virtually no side effect

- Much cheaper than meds we now prescribe

- Improve loneliness
- Feel more connected to others

- What is this magic prescription?



Art of Health & Healing - Contra Costa Health

Expressive Arts Therapy training program

Started health leads - connect patients identified w/ SDOH problems to community resources

Created healing environments in our hospital, using art from our varied communities

Stress Reduction Through the Arts - engage healing & support through visual arts

Started a Walk With A Doc program

WHAT MATTERS TO YOU?





step 1

Healthcare professional:
makes an initial referral
(GPs, practice nurse, nurse
specialist, consultant)

step 2

LINK WORKER:
speaks with the
patient, understands
what the person needs
and links them to
appropriate support



step 3

Activities patients can be
referred to: organised by local
voluntary, community and
social enterprise groups



Social Prescribing Around the World

31 GLOBAL CASE STUDIES



-Scaled nationally in
the UK

40+ pilots in the U.S.
Are being studied

CRISIS? What CRISIS!	
Mental Health Crisis	Arts (40 years of evidence) & Nature
Loneliness Crisis (see SG Vivek Murthy!)	SP part of the answer UK & Japan have Ministers of Loneliness to build SP programs.
Health care worker crisis	Drs.& therapists could feel good about what 'selling' to patients SP program for HCW Wellness
Civic Crisis	Engaged w/ others doing the things they love
Aging crisis - Forbes 4/24 (Global Aging)	"SP adds a wealth of healing modalities, incl. engaging in arts, being in nature, volunteerism, & joining comm. groups, all w/great evidence behind them...Using all the tools in the toolbox will transform how we practice medicine & how our patients will heal,"

Mental Health Before SP

Psychiatry/PCPs – prescribers (+ ECT other aggressive interventions)

Therapy – Psychologists, Psychiatrists, MFTs, LCSWs + others

Individual Coaches e.g. Health Coaches (for those with \$)

Best services available more to the ‘have do’s’



Mental Health With SP

Psychiatry/PCPs - prescribers

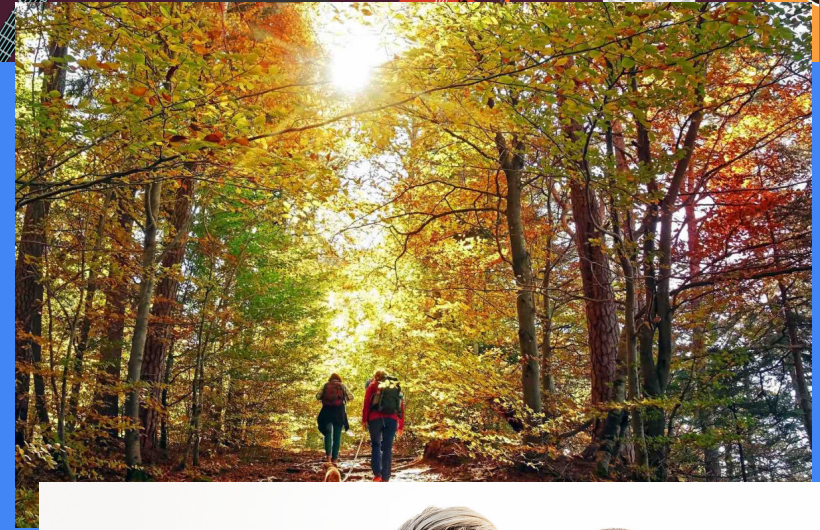
Therapy – Psychologists, Psychiatrists, MFTs, LCSWs + others

Community as Medicine – Health-coach based model of healing

Patients engaging in the arts, nature, service/volunteerism, movement, and belonging (community groups)

Better equity,
Avail to underserved





Get involved! Social Prescribing USA

Go to website - and click on GET INVOLVED

- Learn more about it & tell others about it
- Sign up for our newsletter
- Join our Community of Practice
- **Join our new Health Professional Social Prescribing Champion group
- Start a local group or program - we can help you!

socialprescribingusa.com

[Contact info@socialprescribingusa.com](mailto:info@socialprescribingusa.com)

COMMUNITY AS MEDICINE

DR. ELIZABETH MARKLE

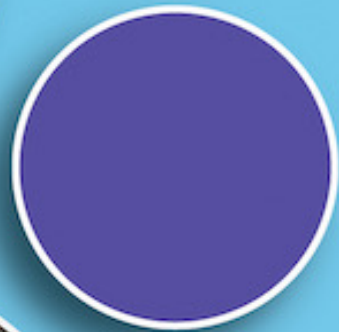
*College of Behavioral Health
Leadership, Sept 11 2024*



What if doctors could prescribe...

Community **Rx**

MOVE
NOURISH
CONNECT
BE





Open Source Wellness Mission: Create “Community as Medicine” by partnering with communities and healthcare to deliver joyful, trauma-informed, and culturally relevant programs for health, wellbeing, and human connection.

Community As
Medicine is an
experiential, equity-
centered, trauma-
informed, and
joyful approach to
group health
coaching.

Community



As Medicine™

Move,
Nourish,
Connect,
Be.





-
- Addressing Physical Health, Mental Health, and Social Health
 - Experiential
 - Transdiagnostic
 - Trauma-informed
 - Culturally Affirmative



The Team:
Health and
Wellness Coaches
and Peer leaders



Community As Medicine Health and Wellness Coach Training Program

- Live Virtual Training Program leading to National Board Certification
 - 80 hours over 4 months
- Foci include:
 - Cultural Humility
 - Trauma-informed Coaching
 - Group Coaching



**APPROVED
TRAINING
PROGRAM**





Community As Medicine Implementation Partners

Federally Qualified Health Centers
Integrated Delivery Systems
Payors
Employers
Low-Income Housing Orgs
Food As Medicine programs
YMCAs



**NATIVE AMERICAN
HEALTH CENTER**
Serving the community since 1972

Genentech



Our Participant Population



PEOPLE
OF COLOR



BELOW FEDERAL
POVERTY LINE



ON
MEDICAID



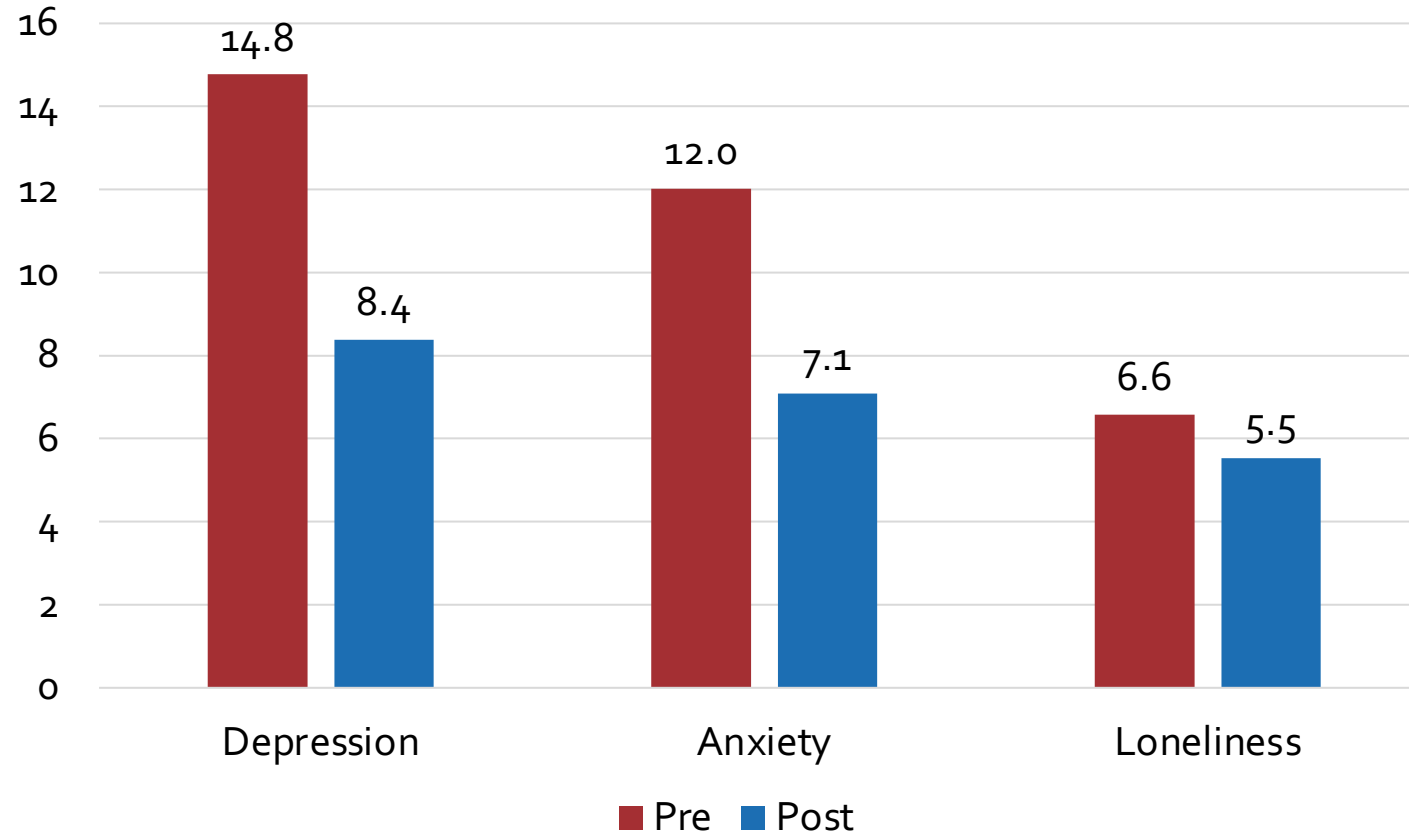
NON-ENGLISH
SPEAKERS



WITHOUT
INSURANCE

Community As Medicine: Mental Health

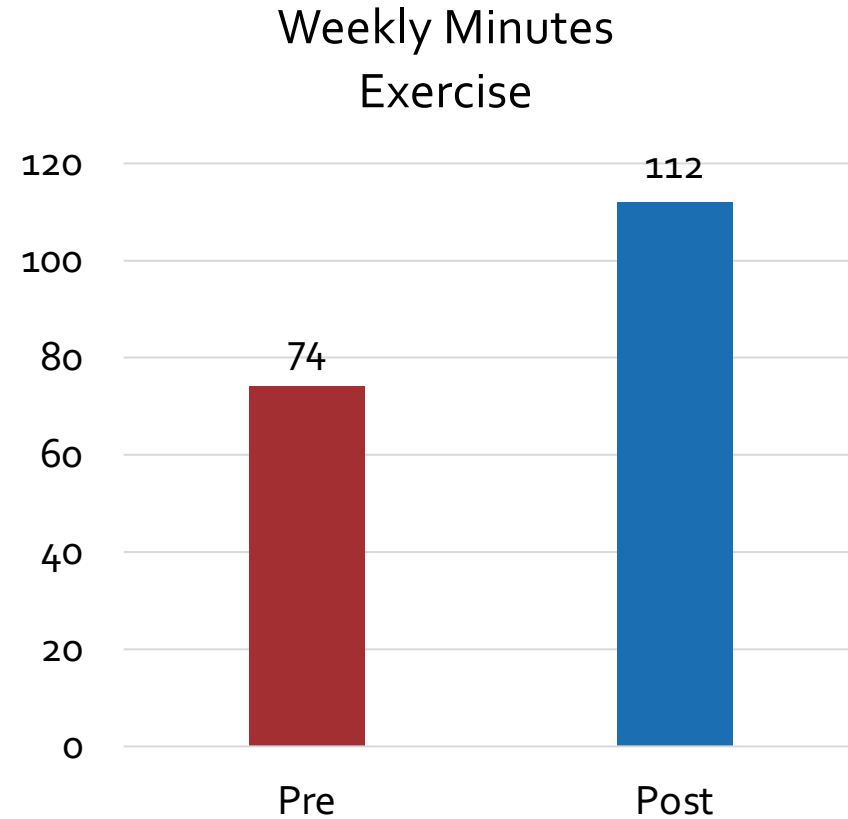
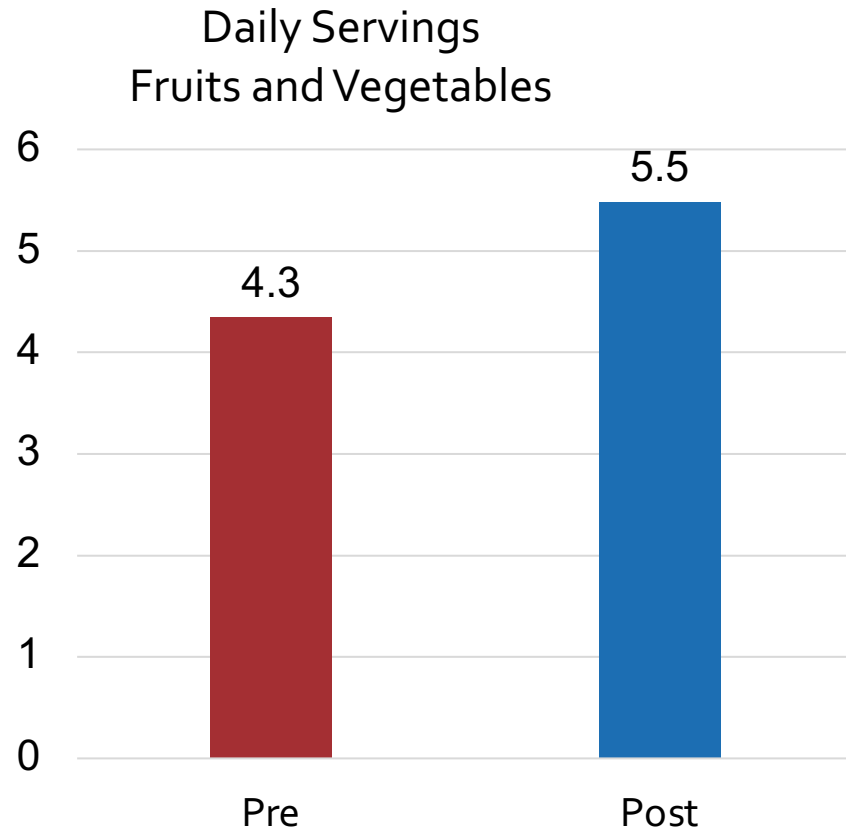
(PHQ-9, GAD-7, UCLA 3-Item Loneliness)



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

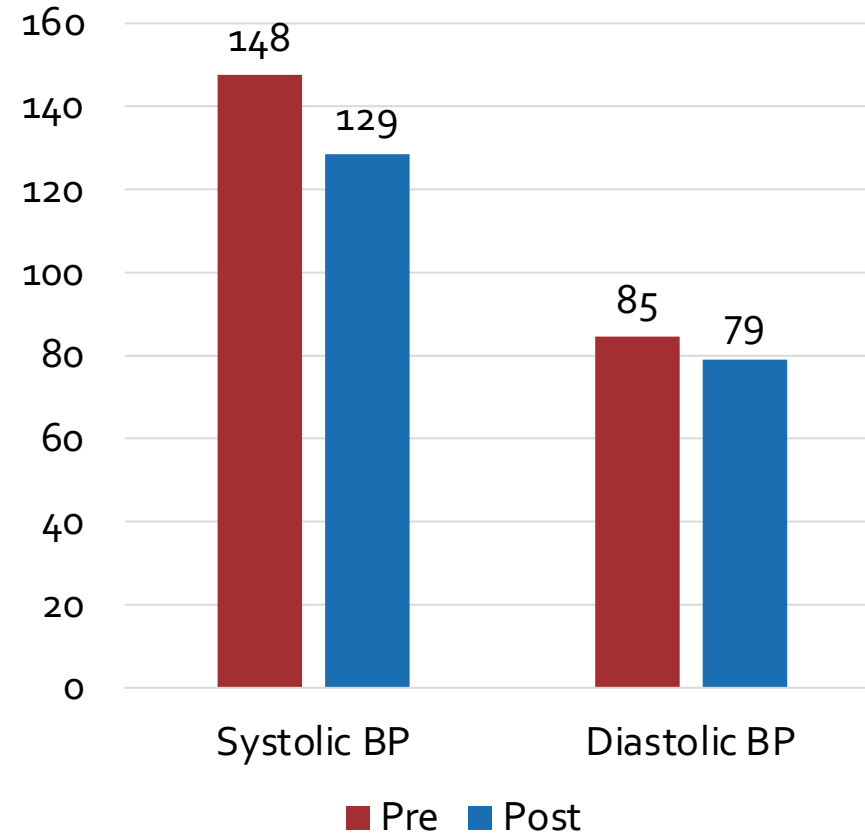
Community As Medicine: Behavior Change



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

Community As Medicine: Blood Pressure

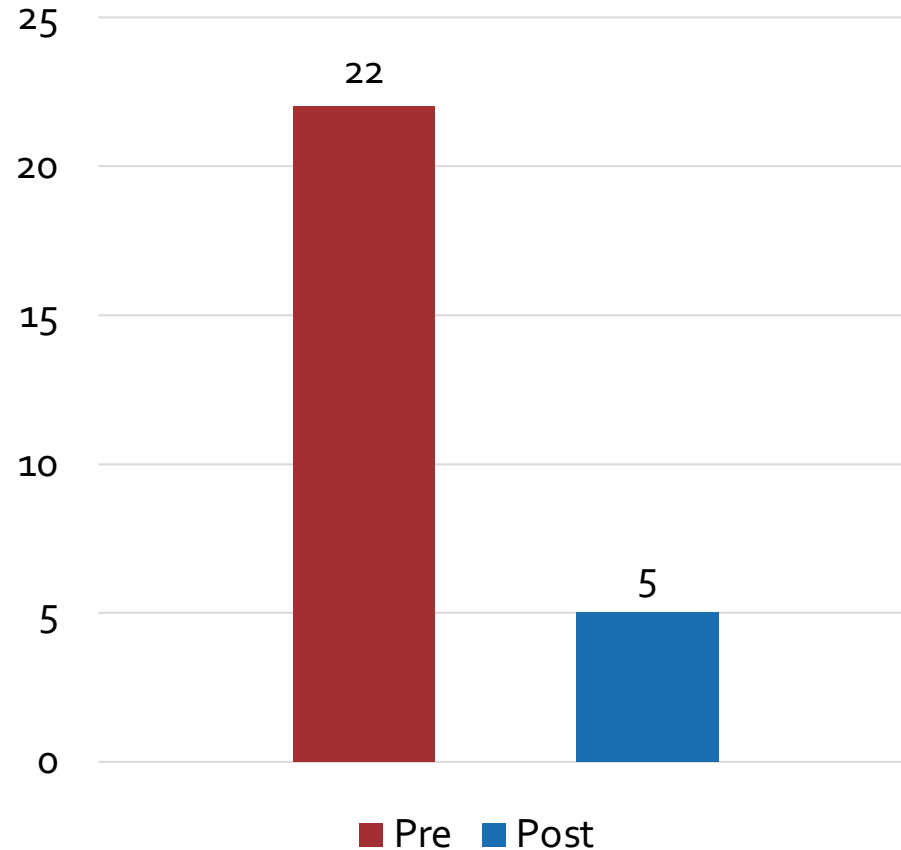


Systolic $p < .001$, Diastolic $p < .05$, hypertensive subsample, $n = 85$

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

Community As Medicine: Acute Care

ED Visits/Unplanned Hospitalizations



$p = .14$, EHR review 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

For Organizations: Implement Community As Medicine

- Technical assistance, training, and licensing to design, build, and implement Community As Medicine.
- Current Partners Include:
 - Payors
 - Employers
 - Low-Income Housing Orgs
 - Food As Medicine programs
 - YMCAs
 - Federally Qualified Health Centers





**COMMUNITY
IS MEDICINE**





Thank you!
Let's connect!

Dr. Elizabeth Markle
Liz@OpenSourceWellness.org
www.OpenSourceWellness.org

Let's Talk....

