

EXECUTIVE SUMMARY

Ohio University Heritage College of Osteopathic Medicine Community Health Programs (CHP) develops and delivers quality medical and health care services for children and adults throughout southeastern Ohio. Our services are initiated in response to unmet health care needs and are often geared toward clients and patients who lack adequate medical alternatives.

CHP oversaw seven programs with a total budget of \$2,078,688 working toward the vision: “Wellness for All.” The most exciting event last year was designing and purchasing our new mobile unit. The state-of-the-art mobile unit arrived in April and a community open house was held on April 30, 2015. This year the mobile clinic traveled 8,829 miles into southeastern Ohio counties to provide services to the most vulnerable populations in 16 counties. The total number of staff who work toward Community Health Program’s mission is 14.5 FTE. This diverse, dedicated, and well-trained group is supported by Physicians, volunteers, Certified Nurse Practitioners, Registered Nurses, Certified Medical Assistants, Certified Health Education Specialists, Administrative Associates, AmeriCorps members and students. CHP served communities in 16 counties with a total of 14,512 clinical and screening encounters for people in southeastern Ohio and health education sessions reaching 14,663. CHP provides services ranging from childhood immunizations to breast and cervical cancer screenings. Through programs such as Baby and Me Smoke Free and the Patient Navigator Program, CHP was able to provide thousands of service hours that improved the quality of life for people in our region.

During the last year CHP successfully implemented the “Baby and Me Smoke Free Program” sponsored through the Ohio Department of Health, Child and Family Health Services. The incentive based program supports pregnant women to sustain from smoking and to remain smoke free. CHP also partnered with multiple agencies and participated in the Ohio River Medical Mission sponsored by the military in Meigs County to provide free health care services. Through the Family Navigator program, 51 pregnant women received intensive navigation services. This included moms who were opiate addicted, teens, or others at risk of having a premature delivery. Over 90 percent of the women had a good birth outcome. In addition, the parents of 77 children with developmental or behavior concerns received in-depth navigation services that enabled evaluation, early diagnosis and services. Of these children, 31 received a full evaluation through the Southeastern Ohio Interdisciplinary Assessment Team, SEO-IAT, which specializes in the diagnosis of Autism Spectrum Disorders. Evidence shows early diagnosis and intervention provides better outcomes, saving thousands of health care dollars each year.

Through the Heritage Community Clinic a total of 49 individuals participated in the Hypertension Management Program and received home blood pressure monitors. The average starting blood pressure was 151/98 and follow-up average was 132/87. Also during the last year the Heritage Community Clinic successfully utilized insurance navigator services through the Ohio Association of Free Clinics and directly enrolled 577 people into health care coverage and provided guidance for another 1,123 people so they could obtain insurance.

Community Health Immunization Program (CHIP) saw 234 VFC eligible children at 10 school-based clinics during kindergarten registration/middle school enrollment; a total of 418 VFC vaccines were administered. Schools participating were Minford, South Webster, Trimble, West Portsmouth, Eastern and Piketon Elementary, Waverly, Alexander and Coolville. This year we added two new locations: Alexander School District in Athens County and Waverly School District in Pike County.

Program changes anticipated for CHP in 2016 include expanding partnerships with high risk populations, strengthening the outreach for breast cancer awareness, increasing and strengthening partnerships with local schools, continued investigation of Medicaid billing and expanded Patient Navigator Programs.

CHP continues to receive positive feedback from our clients and our partners. Clients continue to indicate that if services were not available through Community Health Programs they would not have received care. As in the past, we look forward to another exciting year serving southeastern Ohio.

Kathy Trace, MHA, BSN

Director, AHEC and Community Health Programs

OU-HCOM COMMUNITY HEALTH PROGRAMS 2014–2015

COMCORPS, AN AMERICORPS PROGRAM 8/1/2014-6/15/2015

COMCorps’ goal is to reduce or maintain childhood obesity rates by increasing access to:



- Evidence-based nutrition education
- Healthy fresh food
- Preventative and primary health care services

20 AmeriCorps members in Athens and Washington County serve a 10.5 month term packed with 1,700 hours of life-changing experience serving others. Partnering with 16 schools and community agencies, members link organizations and resources to streamline the delivery of programs. During 2014-2015:

- Health education sessions were held 1,431 times serving 9,656 Athens County children and parents. Topics included nutrition, gardening, physical activity, cooking, and more.
- Healthy food was distributed in the amount of 119,942 pounds to the community.
- Health screening encounters provided 11,318 individual screenings for lice, vision, hearing, gross motor skills and immunization compliance. Approximately 8 percent of individuals were referred and followed for further medical care.
- Community volunteers were recruited by members to assist in initiatives. There were 1,177 volunteers utilized for 6,169 hours of service. Using the federally recommended Independent Sector volunteer rate of \$23.07, this translates into \$142,319 dollars of unpaid volunteer service.
- Twenty members served a total of 33,474 hours while each receiving a living stipend of \$12,100.

FUNDING: ServeOhio, Ohio’s Commission on Service and Volunteerism, local partners and Ohio University Heritage College of Osteopathic Medicine.

THE FAMILY NAVIGATOR PROGRAM

The Family Navigator Program employs RN Navigators to provide services to young children, pregnant women, and clients

with diabetes who need support and assistance to achieve desired health outcomes. The overall goal of the program is to improve health and save health care costs by addressing social determinants as well as access to health services. The Family Navigator (FN) Program is also the gateway to the Southeastern Ohio Interdisciplinary Assessment Team, a Nationwide Children’s Hospital/Ohio University collaborative that meets monthly to provide local evaluations that previously required parents to travel to Columbus.

2014-2015 ESTIMATED EXTERNAL PROGRAM FUNDING- \$125,487

- Project LAUNCH, Ohio Department of Health
- Rocky Community Improvement Fund/Osteopathic Heritage Foundation
- Health Recovery Services (HRS), Inc., Ohio Department of Mental Health and Addiction Services (MOMS)
- HRSA Rural Health Network Development Grant-Sustaining IPAC- (Improving Health Outcomes for Children in Appalachia Ohio)
- HRSA Rural Health Care Services Outreach Grant. The Comprehensive Patient Navigation Program for Rural Appalachia.
- Health Care Access Now – Southwestern Ohio HUB, Contract with MMCOs

2014-2015 PROGRAM HIGHLIGHTS

FN Pathways to a Healthy Pregnancy is an intensive care coordination and support program for high risk pregnant women and teens at risk for premature delivery. FN services were provided through a contract with HCAN to reduce pre-term births and costs associated with Neonatal Intensive Care Unit admissions. During FY 2014-2015:

- 29 women received intensive navigator services
- 92 percent achieved outcome goals (full term, weight greater than 2,500 grams)

FN Nelsonville Area Teen Community Program provided supportive services to pregnant teens through Therapeutic Community meetings and individualized services at local high schools and community settings. Teens were encouraged to stay in school and to receive all medical and social services need to promote a healthy outcome. During the 2014-2015 FY:

- 10 pregnant teens received FN services
- 90% of infants born achieved desired outcomes (full term, greater than 2,500 grams)
- 9 of 10 teens graduated or returned to school

Maternal Opiate Medical Support (MOMS) Program serves pregnant women struggling with opiate addiction. During FY 2014-2015, 62 women were identified and enrolled in the HRS MOMS program, a comprehensive support model which includes identification and evaluation of needs and barriers to care, alongside OB/GYN services, MAT (Medication Assisted Treatment) services, and ongoing counseling. Of this group, 12 MOMS program women were identified and enrolled in intensive FN services to assist in achieving desired outcomes. Of the 12 women served in FY 2014-2015:

- 91 percent (10 women) achieved desired outcome (full term, greater than 2,500 grams)
- Of the two babies born prematurely, both were delivered at or beyond 36 weeks gestation

The **Cribs for Kids** initiative is designed to provide a safe-sleep environment for infants. Each new mom receives education about safe sleep, including placing infants on their back to sleep and providing a safe place to sleep. Additional follow-up at three months ensures the infant remains in a safe sleep environment. During FY 2014-2015, 23 Pack-n-Play cribs were distributed to women served by the FN Program.

The Diabetes Navigator completed a one year pilot program for clients with Type II diabetes. Client outcomes yielded information regarding the benefits of FN services for clients with elevated HgA1c/glucose levels. Using this information, the FN Program participated in writing the HRSA Rural Health Care Services Outreach Grant. The Comprehensive Patient Navigation Program for Rural Appalachia grant was awarded for the period May 2015 – April 2018 and provides funding for:

- A full time RN Diabetes Navigator
- Medical Legal Partnership with Southeastern Ohio Legal Services
- Development of a consumer engaged coalition
- Data collection, evaluation and analysis of patient outcomes
- Diabetes navigator services through the grant project are expected to begin in fall 2015

FN Services for children under age 8 with developmental delays, behavior difficulties, and autism concerns are provided by a pediatric certified RN. Families may self-refer or are referred by area physicians, schools, mental health care providers, and early intervention and education services. During FY 2015:

- 68 children and their families received FN services; 31 children received a full evaluation through the Southeastern Ohio Interdisciplinary Assessment Team to evaluate development and autism concerns
- To date the SEO-IAT has provided full evaluation services to over 170 children

New funding was secured in 2015 to expand services to children in southeastern Ohio. The HRSA Rural Health Network Development Grant, Sustaining IPAC- Improving Health Outcomes for Children in Appalachia Ohio provides a component designed to deliver specialized training to physicians and behavioral health providers to address the full spectrum of needs for children exposed to emotional trauma. In collaboration with Nationwide Children’s Hospital, UMA Pediatrics, Athens County Children’s Services and Health Recovery Services, Inc.

- 4 CARE Clinic trainings took place at UMA Pediatrics
- 9 children received comprehensive services during the training period.

The UMA Pediatric clinic continues to serve children in this capacity, which includes FN participation in identifying children who will benefit from these services, as well as follow-up care coordination when needed. HRSA funding partially supports an RN Navigator for the grant period May 2014-April 2017. Plans are in place to expand the CARE clinic to additional counties and providers in the next two years.

The Family Navigator service model continues to expand. In FY 2015-2016, four full time RN Navigators will provide navigation services to teens, pregnant women, children with developmental delays or emotion trauma, and type II diabetes.

THE HEALTHY ADULT PROJECT: BREAST SCREENING PROGRAM (HAP: BSP)

The Healthy Adult Project: Breast Screening Program (HAP: BSP) provides breast health services at the on-site Athens clinic and on a fully equipped mobile unit that travels throughout southeastern Ohio. The goal is to decrease late-stage breast cancer diagnosis rates by offering breast health education, breast cancer screenings, clinical breast exams, vouchers for mammograms and other breast diagnostic referrals and follow-ups.

FUNDING: Susan G. Komen Foundation, Breast and Cervical Cancer Program (BCCP), Osteopathic Heritage Foundation

2014-15 HIGHLIGHTS:

- 1,180 individuals received breast health education through community events
- 362 women were screened at 60 clinics in Appalachian Ohio Counties for a value of \$43,378
- PAP tests were performed for a value of \$23,534
- 257 referrals for screening mammograms were provided for a value of \$48,830

- 17 referrals for diagnostic mammograms were provided for a value of \$5,219
- 18 referrals for breast ultrasound were provided for a value of \$8,064
- 49 gas vouchers were distributed for a value of \$490
- Total value of clinical services provided is estimated at \$129,577
- 94 percent of satisfaction survey respondents said they improved their breast self-awareness
- 60 percent of individuals who completed the follow-up survey reported they DID NOT have health insurance, and 75 percent stated they would not have received breast and cervical screening services without the program
- 100 percent of survey respondents were very satisfied with the overall care provided by the program

HEALTHY ADULT SCREENING PROGRAM (HAP)

HAP offers education and screenings for blood pressure, cholesterol and diabetes, as well as education and referrals for people in the Appalachian region of Ohio. The idea is to serve as a prevention measure and identify risk factors early so lifestyle changes and treatment are initiated early.

FUNDING: Osteopathic Heritage Foundation, OU-HCOM and the Diabetes Institute

2014-2015 HIGHLIGHTS:

- 680 community members were screened for blood pressure, cholesterol and blood sugar at 39 different clinics
- 13 percent had elevated blood pressure; of those, 7 percent had no previous diagnosis of hypertension
- 41 percent had elevated cholesterol; of those, 35 percent had no previous diagnosis of hypercholesterolemia
- 24 percent had elevated blood sugars; of those, 20 percent had no previous diagnosis of diabetes or pre-diabetes
- 308 fasting lab screenings were completed with an estimated savings of \$48,048 to the public
- 372 non-fasting screenings completed with an estimated savings of \$33,480 to the public

Athens County - 20 clinics and 412 people screened
Gallia County - 1 clinic and 11 people screened
Meigs County - 2 clinics and 14 people screened

Morgan County - 4 clinics and 31 people screened
Noble County - 1 clinic and 7 people screened
Perry County - 2 clinics and 35 people screened
Pike County - 1 clinic and 6 people screened
Lawrence County - 1 clinic and 8 people screened
Ross County - 1 clinic and 55 people screened
Washington County - 6 clinics and 101 people screened

There were five new locations added from July 1, 2014 through June 30, 2015:

Adena Local Schools
Gallia Co. Lutheran Social Services
Lawrence Co. Lutheran Social Services
Meigs Co. Lutheran Social Services
Meigs Co. Ohio River Medical Mission

"BABY AND ME SMOKE FREE PROGRAM"

The focus of the Child and Family Health Services (CFHS) grant is to address the health and well-being of the maternal/child population in Athens County. Continuous appraisal of public health problems and concerns occurs through state and local community health assessment, and is guided by a community consortium representing a broad range of professionals. The CFHS grant focuses on the most pressing health needs for women, infants, and children through a variety of public health activities which range from building community infrastructure to providing direct education and referral services for individuals.

FUNDING: Ohio Department of Health, Child and Family Health Services

2014-15 HIGHLIGHTS:

During the last year CHP implemented the "Baby and Me Smoke Free Program" sponsored through the Ohio Department of Health, Child and Family Health Services. The incentive based program is to support pregnant women to stop smoking and stay smoke free postpartum. As of July 2015, the program had 36 referrals and 14 women are actively enrolled. In 2016 we can evaluate the success of assisting women to stay smoke free.

HERITAGE COMMUNITY CLINIC

The Heritage Community Clinic offers primary care and specialty health care to qualifying adults in Athens, Hocking, Meigs, Morgan, Perry and Washington counties. The Free Clinics offer the following specialties: Primary Care, Diabetes and Dermatology.

FUNDING: Sisters of Saint Joseph Charitable Fund, Osteopathic Heritage Foundation, Ohio Association of Free Clinics, United Appeal and OU-HCOM

2014-15 HIGHLIGHTS:

- 121 clinics were offered: 99 episodic, 12 diabetes and 10 dermatology clinics
- 598 patients were provided with care at a service value of \$72,368
- Kids on Campus physicals were completed for a value of \$1,190
- 346 prescription vouchers were distributed to patients through 174 visits and reimbursed local pharmacies for a dollar value of \$15,597
- Supplies were given out to patients during this time period. Supplies including diabetes testing materials were given out to 67 individual patients with a monetary value of \$32,063
- 115 prescription medications were provided to 35 patients with a monetary value of \$177,866. This was possible through collaborating with the pharmaceutical programs
- 154 on site HgA1C tests were provided at no cost to patients, a value of \$4,158, and 154 on site blood sugar tests were provided at no cost to patients, a value of \$1,540
- 154 diabetes education sessions were provided to patients visiting the clinic at a value of \$42,751
- Fresh, local food was made possible by a partnership with Community Food Initiative's Donation Station
- Dollar value of services rendered through the Free Clinic is \$343,375

CHILDHOOD IMMUNIZATION PROGRAM

The Childhood Immunization Program (CHIP) helps keep children in our region healthy by providing immunizations to protect against preventable diseases such as polio, rubella and mumps. Children can access free or low-cost immunizations if eligible. The CHIP mobile unit regularly travels to Cynthiana (Pike County) and Wheelersburg (Scioto County) in even-numbered months. Odd-month clinic sites include Adamsville (Muskingum County), New Bedford, Warsaw and Fresno (Coshocton counties). Of the 2,178 vaccines that were given, 1,668 were given at no charge to the consumer either due to the Vaccine for Children program or the participant's meeting the income levels for free service. This demonstrates the goal of reaching those in need. Adults can also receive low-cost immunizations or access our community flu clinics regardless of income or insurance status. CHIP implements and maintains the records regarding immunization compliance, serologic testing and TB screening for all OU-HCOM students and those who apply for Preclinical Observation and Summer Scholars programs.

FUNDING: Osteopathic Heritage Foundation, OU-HCOM, and the Ohio Department of Health

2014-15 HIGHLIGHTS:

- 2,178 immunizations were provided through 1,282 visits to the community
- 789 children were seen between the ages of birth and 18 years old
- 1,668 free immunization shots were given to children
- Six towns were visited by the mobile unit in various counties
- 224 adult visits for immunization were documented \$20,016 (minimum) in vaccine administration fees were waived for the clients receiving vaccines
- 616 TB screenings were performed
- 250 bus and van driver physicals were completed for 13 schools in five different counties at an estimated cost savings of \$10,400 for the school systems
- \$122,833 dollar value of vaccines provided through CHIP free of charge to the community



COMMUNITY HEALTH PROGRAMS

Heritage College of Osteopathic Medicine

ANNUAL REPORT

JULY 1, 2014 – JUNE 30, 2015



Heritage College of Osteopathic Medicine