OPTIMAL HEALTH

Doing Common Things Uncommonly Well

Anna M. Roth • Chief Executive Officer
Contra Costa Regional Medical Center, Health Centers & Detention Health
@AnnaM_Roth
Today’s Discussion

• Who We Are
• What is Health
• Pilot To Scale
• Your Promise
"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

What is health?
Promise
Purpose
8727 Lives Touched
3970 Resource Connections
50% Social Needs Positive Screen

Icons from FlatIcon
Increased risk of death first 2 weeks after release

Increased risk of death first two years after release

Washington State Department of Corrections
http://www.doc.wa.gov/information/data/analytics.htm
“If we want kids to thrive, it always has to be collaborative... ...nobody has all the answers.”

- Contra Costa County foster mother
Over half a million people in the US are homeless

- 25% are children
- Half over 50 years old
Power of Community
Promotoras & African American Health Conductors

- 7,791 community outreach encounters
- 563 Medicaid applications
- 208 food assistance applications
- 58 Social Security Income applications
- 24 disability applications
- Health Navigation for over 345 cancer patients
- Navigations for over 240 formerly incarcerated

REACH Activity Summary
July 2016 - April 2017
The absence of love, belonging, and connection always leads to suffering.

Brene’ Brown
Community Connect

4,000
Highest Risk

10,000
Rising Risk
Connection at Scale

- **2014**: Health Leads help desk at West County Clinic

- **2015**: Contra Costa 2020: Solidifying our vision

- **2016**: Equip Promotoras and AAHCs with Health Leads Reach

- **2017**: Whole Person Care Built in to 1115 Waiver

- **2020**: Launching Community Connect, patient facing resource directory app
Pursuing the Promise...

- Start with most vulnerable
- Focus on what matters
- Smart realignment
- Design for scale
- Permission to be brilliant!
“The sky is not the limit”

~ NASA astronaut Captain Scott Kelly