



ADVENTIST HEALTH
SONORA- Greenley

YEAR ONE UPDATE, FY 2023
Community Health
Implementation Strategy

2023

Adventist Health
Sonora

Table of Contents

I. PURPOSE & SUMMARY	2
II. GETTING TO KNOW US.....	
Who we Serve.....	3
Adventist Health.....	4
III. CHIS Update 2023.....	5
a. High Priority: Financial Stability.....	6
b. High Priority: Housing	10
c. High Priority: Mental Health.....	11
IV. SIGNIFICANT IDENTIFIED HEALTH NEEDS.....	15
V. COMMUNITY HEALTH FINANCIAL ASSISTANCE FOR MEDICALLY NECESSARY CARE COMMITMENT	16
VI. CLOSING.....	17

Purpose & Summary

Non-profit health systems, community-based organizations, and public health agencies across the country all share a similar calling: to provide public service to help improve the lives of their community. To live out this calling and responsibility, Adventist Health Sonora conducts a Community Health Needs Assessment (CHNA) every three years, with our most recent report completed in 2022. Now that our communities' voices, stories, and priority areas are reflected in the CHNA, our next step is to complete a Community Health Improvement Plan (CHIP), or as we refer to it in this report, a Community Health Implementation Strategy (CHIS).

The CHIS consists of a long-term community health improvement plan that strategically implements solutions and programs to address our health needs identified in the CHNA. Together with the Adventist Health Well-Being team, local public health officials, community-based organizations, medical providers, students, parents, and members of selected underserved, low-income, and minority populations, Adventist Health Sonora intentionally developed a strategic plan to address the needs of our community.

In this Year One Update, FY 2023 of the Community Health Implementation Strategy also known as the Community Health Plan Update, FY 2023 you will find strategies, tactics, and partnerships that address the following health needs identified in the 2022 Adventist Health Sonora CHNA:

Financial Stability

Housing

Mental Health

Blue Zones Project Tuolumne County

Across the globe lie blue zones areas - places where people are living vibrant, active lives well into their hundreds at an astonishing rate—and with higher rates of well-being. Attaining optimal well-being means that our physical, emotional, and social health is thriving. Blue Zones Project works with communities to make sustainable changes to their environment, policies, and social networks to support healthy behaviors. Instead of a focus on individual behavior change, it is an upstream solution focused on making healthy options easy in all the places people spend most of their time. Blue Zones Project is committed to measurably improving the well-being of community residents and through their proven programs, tools and resources, utilizes rigorous metrics to inform strategies and track progress throughout the life of the project. This includes well-being data, community-wide metrics, sector-level progress and outcome metrics, transforming community well-being by making changes to environment, policy, worksites and social networks that create healthy and equitable opportunities for all.

Adventist Health Sonora proudly sponsors Blue Zones Project Tuolumne County (BZPTC). The BZPTC team wakes up each morning focused on partnering and collaborating with community leaders and organizations active in the sectors of built environment, education, economic and workforce development, mental and physical well-being, policy and public health. Together the BZPTC team and sector leaders develop a community Blueprint that strategically aligns and leverages the actions and resources of the sectors where we live, learn, work and play to help advance the efforts around the community's biggest Social Determinant of Health challenges while connecting them to Health-Related Social Needs organizations.

Equity is a strategic priority woven throughout the Blueprint and programs. Policies and initiatives are developed in a way that honors the local culture that is focused on reaching out to all populations. Each year BZPTC sector leads come together to evaluate and update the Blueprint to ensure community alignment.

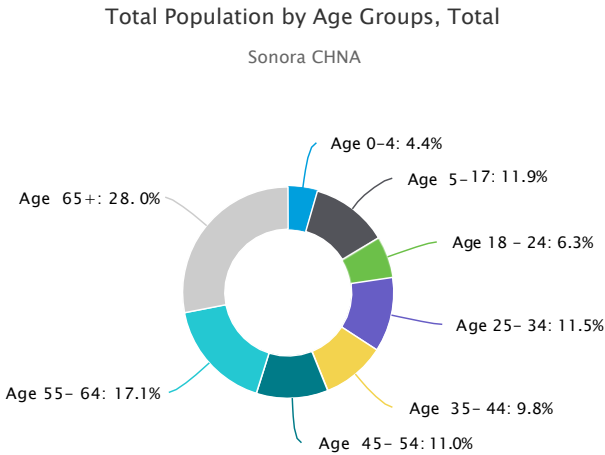
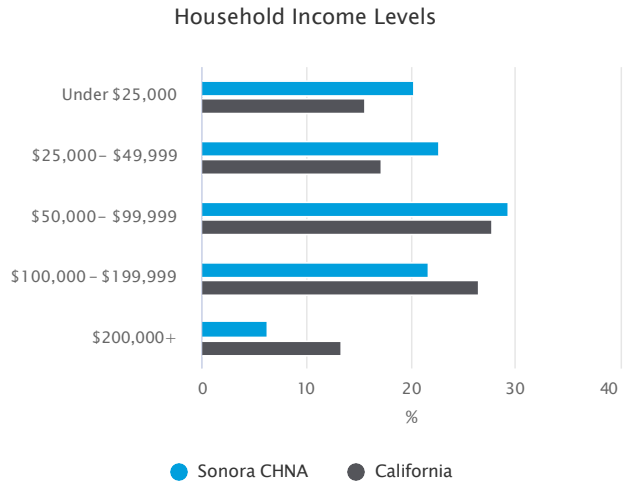
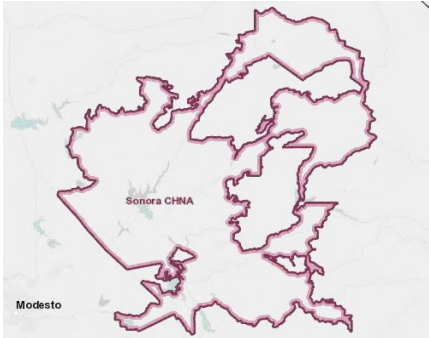
To learn more about Blue Zones Project Tuolumne County and how to get involved visit:
tuolumnecounty.bluezonesproject.com

Who We Serve

DEMOGRAPHIC PROFILE

The following zip codes represent Adventist Health Sonora’s primary service area (PSA), accounting for 75% of hospital discharges. Additionally, we took a collaborative approach and expanded our PSA by inviting Steering Committee members to include the zip codes of those they serve.

The Adventist Health Sonora CHNA market has a total population of 84,499 (based on the 2020 Decennial Census). The largest city in the service area is Sonora, with a population of 4,904. The service area is comprised of the following zip codes: 95311, 95310, 95248, 95251, 95224, 95318, 95223, 95370, 95383, 95321, 95364, 95247, 95329, 95222, 95372, 95305, 95346, 95379, 95375, 95233, 95327, 95335, 95228, 95249, 95246.



About Us

Adventist Health Sonora

Adventist Health Sonora (AHSR) is located in the city of Sonora in Tuolumne County. Tuolumne County is in the beautiful Sierra Nevada foothills and is at the gateway to Gold Country. A 152-bed medical center in Sonora, California, serving the residents of Calaveras and Tuolumne counties. Our hospital prides itself on providing excellent emergency medical care, outpatient services, and wellness programs. Our vast network of healthcare resources and expertise allows us to provide the community with seamless coordination and access to specialized services.

Adventist Health

Adventist Health is a faith-inspired, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii. Founded on Adventist heritage and values, Adventist Health provides care in hospitals, clinics, home care agencies, hospice agencies and joint-venture retirement centers in both rural and urban communities. Our compassionate and talented team of 34,000 includes associates, medical staff physicians, allied health professionals and volunteers driven in pursuit of one mission: living God's love by inspiring health, wholeness and hope. Together, we are transforming the American healthcare experience with an innovative, yet timeless, whole-person focus on physical, mental, spiritual and social healing to support community well-being.



Adventist Health's Approach to CHNA & CHIS

Adventist Health prioritizes well-being in the communities we serve across our system. We use an intentional, community centered approach when creating our hospital CHNA's to understand the health needs of each community. After the completion of the community assessment process, we address health needs such as mental health, access to care, health risk behaviors, and others through the creation and execution of a Community Health Implementation Strategy (CHIS) for each of our hospitals and their communities. The following pages highlight the key findings the Adventist Health Sonora CHNA Steering Committee identified as their top priority health needs, or as we refer to them in this report, their 'High Priority Needs'.

The High Priority Needs are addressed in the Community Health Implementation Strategy and are reported on a yearly basis through the Annual Community Health Plan Update. This is year one, of a three-year strategy to improve the health of our community. We invite you to learn about the actions, activities and programs that have been implemented in 2023.

Action Plan for Addressing High Priority Needs

The following pages reflect the goals, strategies, actions, and resources that Adventist Health Sonora provided in 2023 to address each selected High Priority Need

ADDRESSING HIGH PRIORITY: Financial Stability

GOAL 1	Increase financial stability by reducing the negative impacts caused by chronic health conditions that lead to lost work time and increased health care costs.
Strategy 1:	Support community programs and events that promote healthy lifestyle choices and reduce the worsening of chronic health conditions.
Action 1:	
AHSR will offer and partner with community partners to provide the following educational, screening, and support group opportunities. These may include: • Diabetes awareness & heart health events to highlight the importance of early detection and lifestyle choices that impact the development of chronic diseases. • Establishing the annual cadence for the Tuolumne Health Fair or identify other opportunities for screenings. • Support Blue Zones Cooking Classes to provide affordable, healthy meal options. • Promote low-to-no-cost fitness classes offered by partners including Blue Zone Project and AHSR Living Well Fitness Center. • Resume the HS physicals program so all youth can participate in school-based low/no cost sports. • Identify tobacco cessation programs for youth & adults. • Sponsor community health films at the local theatre.	
Strategy 2:	Reduce barriers that are preventing the most at-risk individuals from seeking treatment and screenings.
Action 2:	
Provide transportation vouchers and assistance at clinics and at the main hospital to help patients access appointments, screenings, and services.	
Strategy 3:	Increase access to method of safe and affordable transportation for individuals who are in need of receiving care.
Action3:	
Identify opportunities to support safe walking and transportation projects. Identify sponsorship opportunities to financial support development, maintenance, or expansion of projects. Metrics include the number of projects supported, and the number of projects sponsored.	

ADDRESSING HIGH PRIORITY: Financial Stability

GOAL 2	Expand the number of staff and providers able to see underinsured patients and increase the number of family practice practitioners in our community to reduce expensive travel and delayed treatment, which can lead to financial instability. These strategies will also improve outcomes for community members seeking to improve career opportunities.	
Strategy 2.1: Provide opportunities for workforce development so individuals can pursue local, family wage careers.		
Action 2.1		
• Establish programs to provide CNA, MA, and RN certifications/licensures. • Establish partnerships with high school and community college to plan pathways. • Establish baseline data.		
Action 2.2:	Organization	Lead
Establish a residency program for family care providers to train physicians in rural primary care (Hanford/Sonora Family Medicine Residency Rural Training Track).	Adventist Health Sonora – Program Director	Dr. Matthew Personius, Carlene Maggio
	Adventist Health Hanford	TBD

COMMUNITY IMPACT Financial Stability Summary in 2023:

Adventist Health Sonora provided screenings and other health services to educate, prevent chronic disease, and increase access to healthcare and well-being services.

- Hosted the 2nd annual Turkey Trot to increase diabetes awareness. The event brought increased awareness of diabetes prevention and screening tools to members of the community. There was a significant increase in participation from 2023 to 2024. In 2023, less than 100 individuals participated, while in 2024, over 300 individuals participated.
- Adventist Health Sonora hosted the Ladies Night Out Event to bring the community together to learn about the importance of early screening, education about breast health, and cancer treatment. Approximately 500 community members attended the event.
- Adventist Health Sonora hosted Heart Health Month events, which included community outreach events to provide blood pressure screening, cardio/pulmonary health information, and access to no-cost exercise to prevent chronic disease. Over 300 individuals were impacted in February 2023.
- AHSR is serving as the co-chair for the 2024 Tuolumne County Health Fair planning event after a hiatus of three years. Planning started in 2023. The workgroup established protocols to provide health screenings and services such as lab draws.
- AHSR Supported and co-hosted Tuolumne County Blue Zones Project cooking demonstrations to provide affordable, healthy meal options to community members. Five cooking demos were provided to over 50 participants. Three AHSR representatives served on the Tuolumne Thrives Committee (CNAP) to promote healthy, low-cost foods, WIC, and food assistance services to the community.
- Promoted low-to-no-cost fitness classes offered by partners including Blue Zone Project (Tai Chi, Yoga and swim classes) and AHSR Living Well Fitness Center were promoted to community members. Continuing the emphasis on physical exercise, AHSR also provided funding for the continued building of an accessible, free outdoor trail system in Groveland, an underserved area of Tuolumne County, which approximately 500 community members currently have access. This number will likely increase in the upcoming year.
- AHSR used 2023 to plan for their May 2024 low/no cost physicals for high school students interested in participating in high school sports.
- Created a tobacco cessation program for youth & adults to begin in 2024. The AHSR service area reports a 13.73% of adults aged 18 years and over are current smokers.
- Provided volunteers and medical staff at the Life Hope Clinic – screenings included blood pressure, cholesterol, blood sugar, vision, dental, and foot health. Two hundred and fifty three individuals were served at the foot screening.
- First Aid provided at the July local county fair at no cost and provided educational materials and services to over 1500 attendees.
- Increased access to dental screening, varnishes, and dental referrals through a collaborative program called Smilekeepers which served over 5000 youth in preschool – 12 grade programs including juvenile hall.
- Pilot program at Columbia Elementary School to provide basic hygiene kits for low-income students where approximately 100 students were provided hygiene kits. Infant dental education to new parents to approximately 25 families was also provided.
- Breastfeeding Basics classes were resumed and open to the public in the beginning of 2023 with approximately 25 individuals served each quarter.
- In June 2023, Adventist Health Sonora Medical Assistant program was implemented as a means to address financial stability in the community. The COPE Health Solutions' Medical Assistant Program is an innovative joint effort of COPE Health Solutions (CHS) and partnered health systems to provide an affordable and convenient way to enter the field. Over the course of several months, participants in the program will gain the skills and foundational knowledge needed to succeed as a medical assistant in a clinical environment through virtual self-study lectures as well as in-person training guided by experienced professionals in the field. Students can enter the workforce with on-the-job training and experience.

Services for individuals in financial distress/experiencing homelessness and general community support:

- Transportation was provided to 540 individuals who earn less than 250% of poverty level to access medical care and services.

- Clothing Closet provided clean, new clothing for individuals who are unhoused. 50 individuals.

Tuolumne Blue Zone Project (BZP): Adventist Health and Blue Zones continued their partnership in 2023 through the desire to improve community well-being and make sustainable changes to our environment. Presented final Linoberg report, concepts and recommendations to the City of Sonora, City Council who unanimously approved the concept report and granted permission for BZP to move forward with the planning of two demonstration projects which create walking spaces.

- Began collaborative meetings with Chicken Ranch Rancheria of Me-Wuk Indians, County of Tuolumne, Tuolumne County Transportation Council and the City of Sonora to implement a community outreach and engagement process funded through Smart Growth America's Transformative Climate Communities (TCC) Planning grant (also known as the Jamestown Happiness Project -JHP).
- The BZP Policy Advocate attended the Safe Routes to School Summit (SRTS) a three-day series of virtual workshops designed to give communities information and resources on how to make walking & biking to school safe for all. Workshops included: "Finding Safe Routes Funding"; "Engaging Youth Voices for Walking, Biking & Transit Use"; and "Bike Education & Traffic Gardens".
- Outer Aisle Food Hub, a year-round supplier of fresh fruits and vegetables, provides bi-weekly delivery of produce boxes to Tuolumne County. BZP assisted Outer Aisle to apply to accept EBT transactions. On 12/29/23, they received notification that they are an approved vendor to accept EBT making produce box subscriptions accessible to CalFresh beneficiary card holders.

BZP also continues the 'Year-round Gardening' workshops in Tuolumne County. The leader of the Gardening workshops, Chris Montesano, says, *"107 200 sq. ft. of organic biointensive year-round garden space can remove 1 ton of CO 2. I want this to be a reality in Tuolumne County"*. While the garden is able to provide healthy, organic foods, Chris also values the community connection and engagement made through the local workshops. Due to overwhelming interest, a gardening club was initiated as well.

Expansion of job opportunities available to working families and individuals in the community

- CNA/MA and RN recruitment began in 2023 and will continue into 2024. Over 20 CNAs graduated in 2023. A new cohort of MA recruits started training in 2023 and will complete in 2024. An RN pathway was established in 2023 and recruits will start the program in 2024.
- Rural Medicine Residency Program was started with four residents beginning the program with Year 1 completion anticipated in June 2024.
- Partnership development in the K-16 grant – AHSR Operations Executive/leaders, education partners, colleges, and workforce partners collaboratively developed healthcare career pathways track as part of an \$18 million grant that was awarded in Fall 2023.

STRATEGY THAT CHANGED DURING THE YEAR:

Establishing a baseline of identifying missed appointments/procedures due to lack of transportation has been delayed to 2024 in order to align with Health Equity objectives and tracking.

High School Physicals were not able to be resumed in 2023; however, planning did take place in 2023 and will resume in May 2024.

ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

[Columbia Bike Night offers info, safe riding, free bike repairs and helmets | News | uniondemocrat.com](#)

[Photo gallery: Local cyclists come together for Columbia Bike Night \(July 20, 2023\) | Photo Galleries | uniondemocrat.com](#)

[Sonora church's health clinic provides \\$221K in free services for 259 patients | News | uniondemocrat.com](#)

[Sonora Chamber Events Will Be Smoke And Vape Free - myMotherLode.com](#)

[Union Democrat \(pressreader.com\)](#)

[Turkey Trot To Help Spread The Word About Diabetes - myMotherLode.com](#)

[Community invited to Ladies Night Out for breast cancer awareness | News | uniondemocrat.com](#)

[Adventist Health Sonora welcomes four new doctors through family medicine residency program | News | uniondemocrat.com](#)

[COPE Health Solutions Medical Assistant Program at Adventist Health Sonora Welcomes Applicants | Business Wire](#)

[Columbia College will lead \\$18 million regional career pathways initiative | News | uniondemocrat.com](#)

[Adventist Health Sonora New Projects And Healthcare Initiatives - myMotherLode.com](#)

ADDRESSING HIGH PRIORITY: Housing

GOAL 1	Residents have access to safe, affordable, and stable housing and resources that provide the conditions necessary for health and well-being.
Strategy 1:	Develop and maintain partnerships to address unhoused individuals/families and housing using evidence-based strategies.
Action 1:	
• Support a “housing first” approach which prioritizes access to permanent (non-time-limited) housing with minimal preconditions, thereby reducing barriers to housing for people experiencing homelessness. • Provide outreach, navigation, and support services for individuals and families currently experiencing homelessness. • Investments made through grants and sponsorships related to housing needs are decided annually and based on community health need. • Explore opportunities for homeless respite and recuperative care beds linked with complex care management services with community partners.	

COMMUNITY IMPACT Housing Summary in 2023

Direct funding and support for individuals experiencing homelessness or housing insecurity:

- AHSR representative served on the Board of Supervisors Homeless Subcommittee. Accomplishments include the purchase Oak Terrace Transitional Housing Center – low barrier, housing first temporary housing shelter.
- AHSR representative serves on the Resiliency Village and Amador Tuolumne Community Action Agency (ATCAA) Boards which provides temporary housing and financial support including case management to those who qualify for assistance. Over 4,100 individuals and households served in the ATCAA temporary shelter, received utility and food assistance, and 54 individuals supported through Resiliency Village.
- Donations to Nancy’s Hope and ATCAA and Refuge Recovery which provides emergency, temporary shelter, rental assistance, and placement for unhoused individuals into residential recovery programs with case management services. Approximately 1500 individuals were assisted by these groups in 2023.
- Recuperative Care coalition meetings to establish a recuperative care shelter - three meetings held in 2023 and Refuge Recovery applied and received approval for recuperative care licensure with anticipated start date of 2024.
- A Homeless Navigator position was funded in late 2023 through CalAIM with anticipated start date of Spring 2024. This AHSR navigator position is grant funded through the PATHS CITED grant with in-kind provided by AHSR and will assist community members with housing applications, provide advocacy, case management and help to develop housing support plans to address barriers and achieve better health outcomes.

Direct funding and support for the development of affordable/workforce housing

- Habitat for Humanity was provided direct funding to support affordable housing builds in the community.
- Columbia College Foundation – Foster Youth Housing spaces were provided in onsite dormitories to address student housing needs. AHSR representatives serve on the board.
- The Tuolumne County Housing Collaborative met several times in 2023 with the goal of identifying opportunities to increase housing options in the area. The Adventist Health Sonora Operations Executive serves on the Committee.

ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

[Local Housing Collaborative Embraces ‘YIMBY’ Movement - myMotherLode.com](#)

[Local Housing Needs Will Be The Focus Of Collaborative Event - myMotherLode.com](#)

[Tuolumne County closes escrow on future homeless navigation center in Soulsbyville | News | uniondemocrat.com](#)

ADDRESSING HIGH PRIORITY: Mental Health

GOAL 1	To prevent substance and tobacco use and improve health outcomes and recovery
Strategy 1: Complete screening for substance use disorders (SUD) and co-occurring disorders in the community. Link individuals assessed as needing additional services to treatment and other resources. This will include but is not limited to referrals from AHSR's Emergency Department.	
Actions 1:	
Implement the CA Bridge program, leading to increased navigation to ongoing care and community resources. The CA Bridge program links individuals who have SUD and who present in hospital emergency departments (EDs) to a Substance Use Navigator (SUN) to provide resources and immediate access to medication for addiction treatment (MAT).	
FY 2023 YEAR ONE	
Work with partners to establish program goals and baseline data. Metrics may include: number of persons served (unduplicated), number of encounters and location of services, number of persons who received mental health referrals or services directly from the program, number of persons who received referrals or substance use services directly from the program, number of persons who received case management services directly from the program, number of persons referred out to social services. • Create a navigation resource guide. • AHSR to maintain membership on Opioid Coalition. • Identify grants to support navigation services.	
Strategy 2: Increase community knowledge of the risks associated with alcohol, tobacco, and drug use in youth and at-risk populations and provide resources.	
Actions 2:	
Partner with the Tuolumne Tobacco Coalition and YES Partnership to create and implement programs to prevent and reduce substance use especially involving tobacco and vaping products.	
FY 2023 YEAR ONE	
• Establish goals and identify baseline metrics using data from Tobacco Coalition. AHSR to maintain membership in Tobacco Coalition. • Use California Healthy Kids Survey Data (CHKS) to identify baseline for youth vaping and tobacco use trends. • Metrics may include: number of persons served (unduplicated), number of persons who received substance use/tobacco cessation or prevention services directly from programs, number of class, workshop, or support group sessions provided by the program, number of persons referred out to services	
GOAL 2	Providers, staff, community members and trainees increase their knowledge of and skills in evidenced-based, culturally responsive, and/or trauma-informed health resources and services with a focus on childhood and youth
Strategy 2.1: Increase access to support services and interventions for families who have experienced trauma and expand community centered activities.	
FY 2023 YEAR ONE	
Create multiyear ACEs expansion plan. Establish new data tracking for program review including number of referrals, number of individuals served, ranking of intensity of services, and ACE scoring over time. Identify opportunities for training with AHSR staff and physicians measured by amount of trauma informed trained staff and demonstrated increase in knowledge of available resources. Establish health metrics to track for program effectiveness.	
Actions: 2.2	
• Provide Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHA) training to community members to build peer to peer support networks. • Identify and provide grief counseling supports in partnership with schools.	
FY 2023 YEAR ONE	

- Identify and train individuals to become trainers in MHFA and YMHFA Record the number of trainers fully completing the training. - Track the number of MHFA trainings and the number of trained individuals. The goal for 2023 is three trainings. - Identify resources that can be accessed to provide grief counseling support to schools. Record the number of sessions led and the number of participants.
Actions: 2.3
Provide Purpose Workshops through the Community Blue Zones Project and AHSR Blue Zones Certification process
FY 2023 YEAR ONE
Identify Purpose Workshop opportunities. Record the number of workshops hosted for the community and the number hosted for AHSR associates.

COMMUNITY IMPACT Mental Health Summary in 2023

Substance Use Reduction

- A Substance Use Navigator (SUN) through the CalBridge program was added to AHSR staff in June 2023. Out of 230 referrals, 164 accepted services and follow-up consultations. The SUN was invited to join the Tuolumne County Opioid Coalition to create more opportunities to identify services. The Well-Being Director is a part of the Opioid Coalition.
- The Tuolumne County Tobacco Coalition was formed in 2023 to address the impacts of tobacco use and to develop tobacco use cessation programs for youth and adults. AHSR has representation on the coalition.
- On 10/3/2023, Tuolumne BZP and the Sonora Chamber of Commerce issued a joint press release announcing the Chamber's resolution to make ALL their event's smoke and vape-free.
- On 11/7/2023, Tuolumne BZP presented recommendations to the City of Sonora, City Council to allow BZP to move forward with plans to design smoke-free/vape-free signage to post on Linoberg St. The business owners on the designated block were extremely supportive to host the smoke-free area. Signs were made and posted along the block. These efforts were replicated with the next 3 events. The Sonora Chamber agreed to make a resolution for all of their events to be smoke/vape free. The next thing that happened was unexpectedly exciting. The Sonora Chamber of Commerce became the designated entity to plan and execute of all city events- all public events in the City of Sonora are now officially smoke/vape free! *"The Tuolumne County Blue Zones Project is impacting current and future generations of residents by advocating for, and getting a commitment from, key community leaders to create tobacco free events. I see significant renewed energy towards individual and community wellbeing as a result of the Blue Zones Project."* - Bob White, Prevention Programs/YES Partnership Director, Amador Tuolumne Community Action Agency (ATCAA), and Tuolumne County Tobacco Coalition Partner.
- Smoking Cessation and Pain Management classes developed in 2023 and implemented in 2024 at AHSR that are open to the community.
- The AHSR Emergency Department medical/clinical staff participated in the countywide Drugstore Project and Summerville High School's Every 15 minutes programs to highlight the impacts of drug and alcohol use by youth.
- Behavioral Health staffing at AHSR was increased including the addition of a counselor and access to licensed providers – joined the Mental Health Coalition.

Mental Health Support

- AHSR co-sponsored and provided speakers at a regionwide youth mental health education event, 'Not My Kid'. Over 400 people attended the two events.
- AHSR co-sponsored Adult and Youth Mental Health Training along with the YES Partnership. 103 individuals were trained at 8 trainings from May 2023-December 2023. Three trainers were certified.
- The Cancer Patient Support Group meets weekly with about 10-15 attendees.
- The neurological group meets monthly with 10-15 attendees.

- Mental Health support for veterans was provided by sponsoring the Horses of Warriors which provides disabled veterans the opportunity to socialize and improve mental health outcomes. Over 150 veterans and law enforcement officers have been served.
- The Tuolumne County Behavioral Health Advisory Board has AHSR representation at monthly meetings.
- Behavioral Health staffing at AHSR was increased with the addition of one counselor and increased access to licensed providers who joined the county wide Mental Health Coalition.
- The YES Partnership and EPIC Coalition have AHSR representation at monthly meetings and at the Executive Board.
- The BZP Public Policy Advocate is on the executive committee for the EPIC Youth Coalition. BZP principles have been incorporated into the program and address how social connectivity, purpose, healthy eating, physical movement, volunteerism, and mindfulness impact health and well-being.
- The Calaveras and Tuolumne County Youth Mentoring programs were supported through direct donations. Over 100 youth were served in 2023.

Adverse Childhood Experience (ACEs) – grant applied for and awarded in 2023.

ACEs expansion in 2023 was limited due to funding. Three meetings with Unite Us/Help Me Grow have identified a pathway for easier referrals through the Help Me Grow program. Fifteen referrals only were provided in 2023. In 2023, AHSR applied for a Department of Health Care Services (DHCS) Evidence-Based and Community Defined Evidence Practices Grant and was awarded funds to support the program over 18 months for \$400,000. This grant program seeks to identify and scale successful practices that improve access to critical youth behavioral health interventions - including prevention, early intervention and resiliency/recovery with a specific focus on underserved children and youth. We are excited to report on childhood outcomes in the near future.

Purpose Workshops 2023

The Tuolumne Blue Zone Project hosted 22 workshops and 214 youth/adults were served. One 10-week purpose moai for 9 people was completed. Purpose workshops help community members pinpoint their purpose and find their “why”. It’s known that when an individual finds clarity of purpose, they can enjoy a more centered and vibrant life and even live longer. At the end of the workshop, attendees walk away encouraged and equipped with a purpose statement and tools to live a happier and more purposeful life.

STRATEGY THAT CHANGED DURING THE YEAR:

We have experienced delays getting the California Health Kids Survey data to establish baselines. We will examine other data sources to determine the impact on the reduction of tobacco and/or vaping use in youth.

Adverse Childhood Experiences (ACEs) project needed a stable source of funding, and grants were applied for and received with a starting year of 2024. Baseline data will be established at that time.

ADVENTIST HEALTH COMMUNITY IMPACT IN THE NEWS:

https://www.uniondemocrat.com/news/article_836a0194-694b-11ee-9631-e70fc25d90e7.html

<https://www.mymotherlode.com/news/local/3240365/sonora-chamber-events-will-be-smoke-and-vape-free.html>

[Opioid Safety Coalition rejoins county under health officer's leadership | News | uniondemocrat.com](#)

[Adventist Health Sonora Starting Series Focused On Opioid Safety - myMotherLode.com](#)

[Every 15 Minutes Emergency Drill At Summerville High School - myMotherLode.com](#)

[Event To Focus On Youth Mental Health Concerns - myMotherLode.com](#)

[‘Not My Kid’ Youth Mental Health Educational Event Upcoming - myMotherLode.com](#)

Adventist Health Sonora Additional Narrative:**Other programs/activities not included in the 2023 CHIS Strategic Plan that support community impact**

Access to care was identified as a priority need and in 2023, we saw the addition of an addiction medicine physician, one primary care, two urologists and one pain physician to AHSR medical staff. Data shows that 98.11% of the population in the AHSR primary and secondary service area reside in a health professional shortage area and 22.43% of that population are considered underserved.

Contracted services provide community members with Medicaid eligibility enrollment and patient advocacy to address access to care issues as well.

Significant Identified Health Needs

The Adventist Health Community Well-Being team and community partners collectively reviewed all relevant significant health needs identified through the CHNA process. Using a community health framework developed for this purpose, 12 significant health needs were initially considered. The list of significant needs are as follows:

- Access to Care
- Community Safety
- Community Vitality
- Education
- Environment & Infrastructure
- Financial Stability
- Food Security
- Health Conditions
- Health Risk Behaviors
- Housing
- Inclusion & Equity
- Mental Health

From this group of 12, several high priority health needs were established for Adventist Health Sonora. High priority health needs were chosen as they had demonstrated the greatest need based on severity and prevalence, intentional alignment around common goals, feasibility of potential interventions, and opportunities to maximize available resources over a three-year period.

Using the criteria mentioned above, we were able to determine which needs were high priority, as compared to those that were significant needs. The High Priority Needs are the focus of the community health implementation strategy and this accompanying Community Health Plan Update, FY 2023. The remaining significant health needs are not addressed directly but will likely benefit from the collective efforts defined in this report. The following table provides additional information on all the significant health needs that were considered.

TABLE OF SIGNIFICANT IDENTIFIED HEALTH NEEDS

Financial Stability
Housing
Mental Health
Lower Priority Needs that will not be addressed directly by Adventist Sonora due to limited resources, expertise and feasibility of viable interventions
Access to Care
Health Risk Behaviors
Health Risk Condition
Food Security
Environment & Infrastructure
Inclusion and Equity
COVID
Education
Community Vitality
Community Safety



Scan the QR code for the full Secondary Data Report



Community Health Financial Assistance for Medically Necessary Care Commitment

Adventist Health understands that community members may experience barriers in paying for the care they need. That is why we are committed to providing financial assistance to those who may need support in paying their medical expense(s).

Community members can find out if they qualify for financial aid in paying medical bills by completing a financial assistance application. Applications can be filled out at the time care is received or after the bill has been administered. To access the financial assistance policy for more information or contact a financial assistant counselor, please visit us at: [Adventist Health - Help Paying Your Bill](#)



Adventist Health Sonora - Greenley

1000 Greenley Rd. Sonora, CA 95370

Sonora, CA 95370

(209) 536-5000

www.adventisthealth.org/



Thank you for reviewing our Year One Update, FY 2023 of the Community Health Implementation Strategy. We are proud to serve our local community and are committed to making it a healthier place for all. To provide feedback on this community benefit report or other reports referenced, please email community.benefit@ah.org.

You may also request a copy free of charge.