



John Muir Health

# John Muir/Mt. Diablo Community Health Fund

Building Bridges to Better Health

## CHF Impact Update 2015

### Letter from our Chairman

As one of the founding board members of the John Muir/Mt. Diablo Community Health Fund (CHF) – and its chairman today – I am privileged to have been part of the evolution of a grantmaking organization that has learned how to maximize its impact on the health and health care of underserved people in East and Central Contra Costa County.

In our initial grant cycle, we waded through more than 80 proposals. Unaware there might be a better way to do things, we simply put out a call, made our judgments and hoped for the best. I'm not sure how many projects we eventually funded, but I know our well-intentioned dollars didn't go nearly as far as we would have liked or make a lasting difference to those we were trying to help.

Yet we learned something that first year and, over time, began implementing a vision that called for an engaged board of directors to think much more strategically about how to improve health outcomes and access, which is our mission.

We started to more actively partner with the boards and staffs of local nonprofits to fund and help shape multi-year health initiatives designed to last long after our funding ended. We demanded that these initiatives measure the results of their efforts. And we have spent much of the last 17 years constantly refining this process. Today, nearly all of our annual funding goes toward multi-year health initiatives that have had a deep and long-lasting effect on the lives of tens of thousands of Contra Costa residents.

Part of our success is attributable to those who appoint our board of directors. The Concord/Pleasant Hill Health Care District and the John Muir Association have fostered a culture that demands a committed and well-educated board, one that truly understands not just the health and health care needs of our communities, but also the ways in which organizations can effectively meet those needs.

In turn, the boards and staffs of those nonprofits interested in working with us now understand that when we partner with them – offering both financial support and our years of hard-won experience – our goal is not just to fund one project, but to help them grow as an organization so they can successfully carry out their innovative visions for improving the health of underserved populations.

In addition to my two terms on the CHF board of directors, I have 37 years of experience in the nonprofit world. I know that giving away money for causes you believe in certainly feels good, but doing so wisely turns out to be extremely hard, especially when you're wrestling with a complex health care system in a society with an array of demands and crosscurrents. The best chance you have is an engaged and well-informed board of directors working in unison with a visionary and passionate staff.

That is what we have built at the CHF. It's how we have learned to become outstanding stewards of precious funds. And we demand no less of those we support, because we know that's how initiatives like those we plan to profile in these newsletters succeed.

**Susan Woods, Chairman**



#### BOARD MEMBERS

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#### STAFF

Lillian Roselin, Executive Director  
Mary Serrano, Grants Manager

# Forging Strategic Partnerships

## See Opportunity



CHF hears of new leadership at MOWSOS – and perceives a **potential partnership** opportunity.

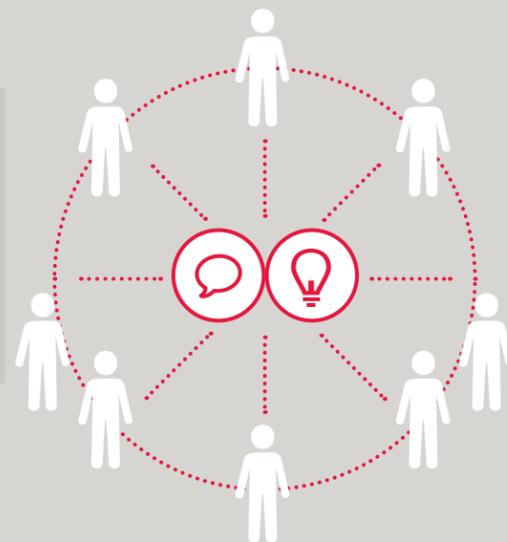
MOWSOS decides to reorganize its services around coordinated care management.



## Build a Relationship



The CHF and MOWSOS begin meeting regularly. They **identify** community care management **needs** – and brainstorm promising **collaborations and solutions**.



## Create & Implement a Plan



A CHF grant **launches a health initiative**, led by MOWSOS. Titled the Contra Costa Coordinated Care Initiative, it will provide comprehensive care management services for **500 low-income seniors** in central and east Contra Costa County.

The CHF contracts with La Piana Consulting to help MOWSOS develop a business plan for its initiative. MOWSOS begins by restructuring its staffing and investing in relevant technology and other infrastructure improvements.



## Leverage Joint Alliances



Community clinics – La Clínica de La Raza and RotaCare clinics (also CHF grantees) – distribute MOWSOS gas cards to **help seniors secure rides to medical appointments**.

Cal State East Bay collaborates with MOWSOS on an intern program. An intern's suggestion leads to training Meals on Wheels drivers to help **identify senior needs for other health-related services**.

CHF and MOWSOS meet with local and national foundations to explore additional funding partnerships.

CHF **connects MOWSOS with The SCAN Foundation's Linkage Lab Academy** – a nationally respected effort to train organizations for participation in care coordination alliances.



## Ensure Accountability & Sustainability



CHF contracts with Harder+Company Community Research to design and conduct a **rigorous evaluation** of the MOWSOS initiative that will help MOWSOS sustainably **improve its services** so it can continue to **enhance the quality of life for older adults** in central and east Contra Costa County.



### Case Study



Contra Costa County is aging.

Health reform – including the Affordable Care Act – recognizes that improving older adults' health and wellness depends on more effective collaborations among community organizations, clinicians and families. Such collaborations are often known as coordinated care management.

In Contra Costa County, the John Muir/Mt. Diablo Community Health Fund (CHF) and Meals on Wheels and Senior Outreach Services (MOWSOS) have joined forces to help meet this need.

It's not about the grant, it's about strengthening organizations for the future.

– Lillian Roselin, CHF Executive Director



Left to right: **John Judd**, Chairman MOWSOS, **Elaine Clark**, Executive Director MOWSOS, **Lillian Roselin**, Executive Director CHF, **Susan Woods**, Chairman CHF

Working with the Community Health Fund is a collaboration. The partnership continues to strengthen our ability to achieve long-term, sustainable improved health outcomes for low-income seniors.

– Elaine Clark, MOWSOS Executive Director

It's all about serving patients and clients and holding each other accountable for doing just that.

– Lillian Roselin, CHF Executive Director

# Our Community Health Partners



**Contra Costa Health Information Technology Initiative:** Help La Clínica de La Raza implement electronic medical and dental records in La Clínica's Contra Costa clinics to meet regulatory demands, improve care coordination and more efficiently deliver care to its patients.

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**Contra Costa Nursing Care Expansion Initiative:** Help La Clínica de La Raza improve care coordination for its patients through integration of registered nurses into clinical teams at La Clínica's Contra Costa clinics.

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**Central & East Contra Costa Electronic Health Technology Initiative:** Help Planned Parenthood Northern California implement electronic health records to meet regulatory demands and better deliver women's health, primary and preventive care to its patients.

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**Concord Mobile Medical Clinic Expansion Initiative:** Help RotaCare Bay Area Inc. expand access to free urgent medical care for uninsured adults' needs by increasing its Concord Mobile Medical Clinic's operating schedule and formally partnering with the Monument Crisis Center.

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**East Contra Costa County African American Health Initiative:** Help Brighter Beginnings address gaps in health and wellness programs for African Americans in East County through a culturally sensitive outreach effort to generate awareness and use of Brighter Beginnings' Antioch Family Health Center.

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**Contra Costa Specialty Care Initiative:** Help Operation Access steadily expand access to medically necessary outpatient procedures for uninsured patients in Contra Costa County who neither qualify for government support nor have enough income and savings to pay for the procedures.

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**Contra Costa CalFresh Enrollment Expansion Initiative:** Help the Food Bank of Contra Costa & Solano create an outreach program to significantly increase CalFresh (food stamp) enrollment in central and east Contra Costa County, because good nutrition is essential to good health.

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**Contra Costa Coordinated Care Initiative:** Help Meals on Wheels and Senior Outreach Services (MOWSOS) better meet the health and wellness needs of low-income seniors, by building MOWSOS's capacity to participate in care coordination across a complicated healthcare system.

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**Clinic Care Coordinator:** Help The Society of St. Vincent de Paul of Contra Costa County coordinate and sustain its RotaCare Bay Area Inc.'s Pittsburg Medical Clinic by hiring an experienced nurse as clinic care coordinator.

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