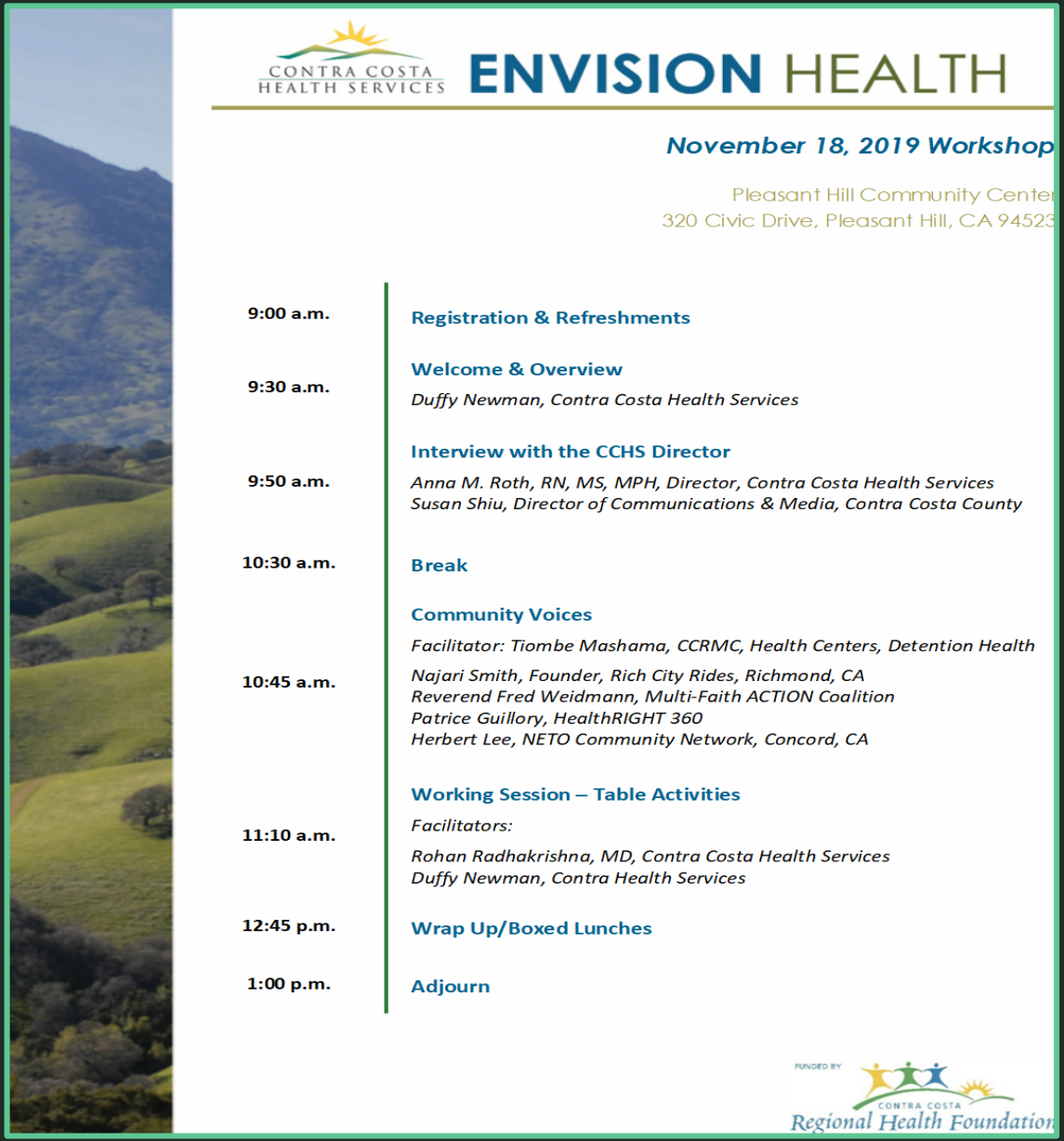
CONTRA COSTA
HEALTH SERVICES
ENVISION HEALTH
Third Community Gathering
Pleasant Hill Community Center
November 18, 2019
FUNDED BY
CONTRA COSTA
Regional Health Foundation



CONTRA COSTA HEALTH SERVICES

ENVISION HEALTH

November 18, 2019 Workshop

Pleasant Hill Community Center
320 Civic Drive, Pleasant Hill, CA 94523

9:00 a.m.	**Registration & Refreshments**
9:30 a.m.	**Welcome & Overview** *Duffy Newman, Contra Costa Health Services*
9:50 a.m.	**Interview with the CCHS Director** *Anna M. Roth, RN, MS, MPH, Director, Contra Costa Health Services* *Susan Shiu, Director of Communications & Media, Contra Costa County*
10:30 a.m.	**Break**
10:45 a.m.	**Community Voices** *Facilitator: Tiombe Mashama, CCRMC, Health Centers, Detention Health* *Najari Smith, Founder, Rich City Rides, Richmond, CA* *Reverend Fred Weidmann, Multi-Faith ACTION Coalition* *Patrice Guillory, HealthRIGHT 360* *Herbert Lee, NETO Community Network, Concord, CA*
11:10 a.m.	**Working Session – Table Activities** *Facilitators:* *Rohan Radhakrishna, MD, Contra Costa Health Services* *Duffy Newman, Contra Health Services*
12:45 p.m.	**Wrap Up/Boxed Lunches**
1:00 p.m.	**Adjourn**

FUNDED BY CONTRA COSTA Regional Health Foundation

Contra Costa Health Services hosted a working session with community members and staff to continue building on the planning process that began in April 2019.

The meeting provided an opportunity to digest and distill the information and input collected over the last six months and identify strategies for moving forward.

Welcome!

★ ENVISION HEALTH
began last April -

where are we going?

- APRIL → JULY → OCTOBER → NOVEMBER

APRIL
looked at scenarios

JULY
work teams
purpose
health
community engagement

OCTOBER
listening -
community eng.
What matters?
FAMILY : FRIENDS

NOVEMBER
Building the plan - based on info we have heard -
developed draft
VISION
dialogue

- this is a working session - an iterative process - building on previous work
  - the world is changing RAPIDLY and this is our opportunity to move into the future - take advantage of trends
- **COLLECTIVE** planning process

it takes all of us! ~ WE ARE THEM!

★ Values : Why We Exist

- Foster innovation
- Share power
- Advance equity : justice
- Practice humility
- Embrace kindness : compassion
- Strive for excellence
- Champion integrity

what we do when no one is watching!

JUSTICE

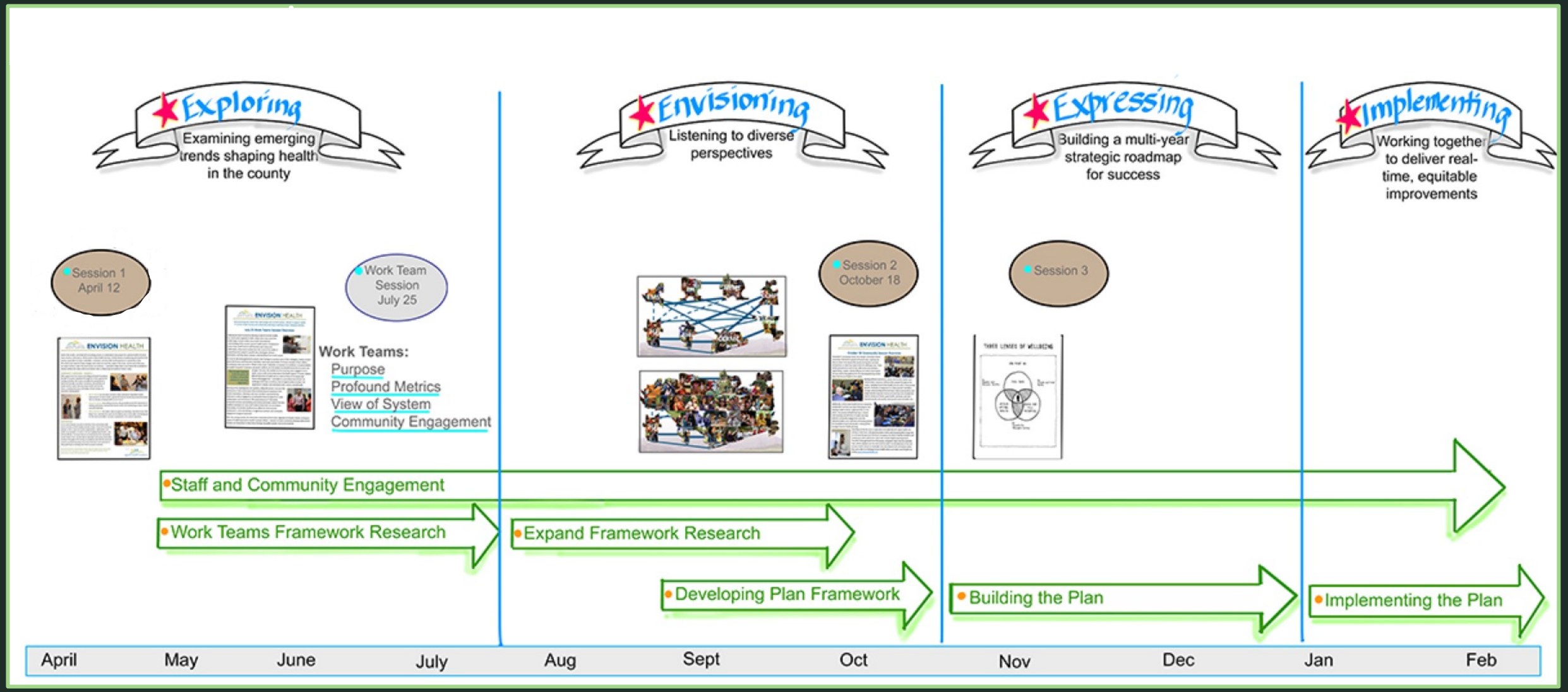
KINSHIP
belongingness
connectedness

EMPOWERED

EQUITY

EQUALIZING

Envision Health Timeline



FRAMEWORK

Why

The world is changing. The pace of change is dramatic and requires us to change.

Values Underlying Our Purpose

voices, partnership, equity, adaptable, belonging, justice, dignity, respect, inclusive, empowered, kinship, nimble, safety, agency, results, equalizing, resilient

Vision

Well-Being is woven through every aspect of our lives in Contra Costa regardless of where we live, work, learn or play.

What Matters

- Feel Safe
- Attain Optimal Health
- Reach Our Fullest Potential

Spirituality/Faith, Access to Healthcare, Art, Outdoors, Making A Difference, Financial Security, Healthy Food, Parks, Job Security, Integrity, Work/Life Balance, Transportation, Healthy Environments, Childcare, Justice, Vacations, Recreation, Free Time, Prevention, Safety, Family & Friends, Fun, Entertainment, Exercise, Stability, Acceptance, Trees, Fulfilling Work, Housing, Healthy Mind, Love, Happiness, Health, Education, Connections, Hobbies, Culture, Retirement, Personal Growth

Values/Principles

- Foster Innovation
- Share Power
- Advance Equity & Justice
- Practice Humility
- Embrace Kindness & Compassion
- Strive for Excellence
- Champion Integrity

Interview with the Director

Q Envision Health? What is it? Just for CCC?

- looking back at past decade - change has been breathtaking
  - ex: technology - EHR
  - 80s: Dr. Walker. Medi-Cal 1st county plan
  - change is here.
  - looking forward - we need to be prepared

What can we do to support belonging & connectedness?

Q Why not stay the course - stick to health?

- people in our county are suffering - and people are working hard - but we are working alone. Doing business as usual is not working.

Q Embracing well-being, happiness? How? What does it mean?

- What is health? (collaboration) (meet needs)
- Wellness?
  - physically - emotionally - spiritually grounded - authenticity truth
  - balance - work w/ family/home life

NOT more time in the Doctor's office?

VALUE = time away from you - time to feel connected

What is our role in communication? truth? What is our role in the future

role of community partners?

how do we really implement what people say they want?

Q Other regions you are drawing from?

- lots of examples.
- ex: San Diego - Live Long SD - brings assets together - A strategic FRAMEWORK
- ex: PG&E shutdown - we opened a county emergency center - the county worked together - we rallied! rose

schools, health, EP, public works

Q What will it take to reach our goals?

- There is no shortage of good ideas

compromise, discipline, simplify (the small step - (go slow to go fast)), communication w/community

so everyone feels they BELONG

finding

- #1 health issue: access to healthy food, housing, jobs - no one said heart disease, asthma, diabetes

We looked around for partners - asked - as a Dept. - do we support families & friends?

COMMUNITY VOICES

Assets + Needs

- **NAJARI SMITH** - wants people - happy, healthy, interconnected
  - Rich City Rides
  - people don't come outside - not safe, nothing to do
  - we take people on rides - connect neighborhoods, age groups
  - people develop relationships, get them moving - create safer streets

bikes - a way to connect people

Create RICH CITIES -

- ↓ stress, ↑ health
- We work w/ partners to -

IDEA — prescription for your work

Yes - movement/recreation is medicine! wellness trail

Bike lending library
strengthen data
uplift stories
leverage resources

- **Rev. Fred Weldman** - Multi-Faith Action Coalition
  Hillcrest Cong. Church
  - faith leaders come to advocate against poverty

"Seek & you shall find" -

the majority will never hear about happy - health -
Jesus talks to the whole community

we don't hear "together"

All of you together shall seek
and all of you together shall find

- We embrace individualism - this harms our ability to receive
- Thank you for being revolutionaries!

PANEL: COMMUNITY VOICES - continued

PATRICE GUILLORY · HealthRIGHT 360

- Serves reentry population · integrated care + social services

Health care system has such authority over people's lives. very powerful · how to we re-distribute that power?

CONSIDER: how do we build systems to bring about community *healing*

- SAFETY · how is that defined for formerly incarcerated? co-disorders?

Your vision - everyone belongs?

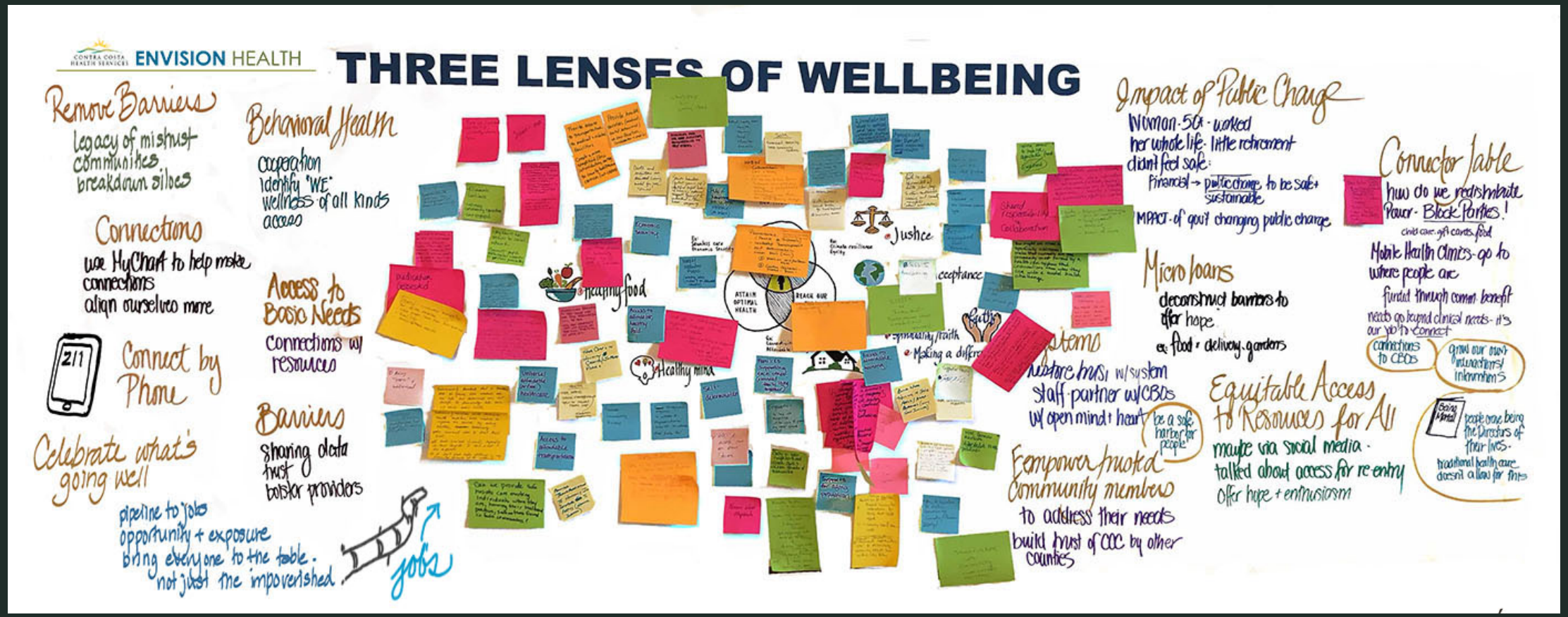
- how do we do that and have our systems build the right pathways
  HealthRIGHT · focus on integrated care
- Respect for the people we serve - to drive US
- have to see their dignity + humanity - our systems have to show compassion

HERBERT LEE · NETO Community Network

- ↑ equity
- Christmas party w/ brother - got 1 pres now volunteer - needs still there
- those most vulnerable - need to be less vulnerable - connected to services
  - ex: Mobile Health Clinic - how to continue services that work - and get rid of those that don't?

Three Lenses of Wellbeing

WORKING SESSION: Three Lenses of Wellbeing



Groups dug deeper into the three lenses, sharing ideas for furthering “Envision Health” based on their understanding and perspectives. Ideas were written on post-its and placed on the chart, Each table shared highlights of their discussions

Themes

Post-its were grouped and themes emerged:

- Belonging/Interconnectedness
- Full lives
- Safety
- Healthcare
- Economic/Financial Security
- Community Collaboration
- Systems
- Access: Food, Transportation, Resources, Housing
- Serving specific populations: Youth, Reentry, Homeless, Seniors