Central Michigan Regional Rural Health Network Meeting

February 6, 2019
Acknowledgement

This presentation was prepared by the Central Michigan District Health Department (CMDHD) for the Central Michigan Regional Rural (CMRR) Health Network Development Planning project.

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Today’s Agenda

In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there’s something stronger—something better, pushing right back.”

–Albert Camus

1. Introductions

2. Governance Committee Updates

3. Central Michigan Regional Rural Health Network Development Project Updates and Priority Area Area Discussions

4. Health Network Member and Participant Sharing

5. Systems Modeling to Inform Childhood Wellness Policy and Practice - Debra Kibbe, Senior Research Associate, Georgia Health Policy Center, Georgia State University

Next Meeting Date: 10:00 a.m., Thursday, March 5, 2020,
Next Meeting Location: CGRES - Clare-Gladwin Regional Education Service District, 4041 East Mannsiding Road, Clare, MI 48617
Introductions
Governance Committee Updates
Rural Health Network Development Project Updates and Priority Area Discussions
Overview

The Health Network serves as the nexus for members and participants to develop collaborative partnerships that:

1) Improve multisector systems’ capacities to provide person-centric, integrated treatment, care, and programming; and
2) Enhance community members’ ability to access care, services, and educational programming specific to individual health and socio-economic needs.

Priorities

- Clinical-community linkages
- Trauma informed systems and resilient communities
- Substance use disorder stigma reduction and harm reduction based care
- Maternal child health
- Community-based healthy lifestyles (proper nutrition and adequate levels of physical activity) programming integrated into individual care plans
- Increased regional health and social services workforce capacity
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<tr>
<td><strong>External Environmental Scan</strong> - A scan of trends that impact the relevance and sustainability of the Network</td>
<td>11/12/19 Template released</td>
<td>12/19/19 Virtual Mtg. - Scan: Using the Environmental Scan Tool, identify trends at the local, state, and national level in. 12/19/19 - 01/28/20 – Additional input 01/29/20 Virtual Mtg. - Sensemaking of Opportunities and Barriers to Providing Integrated Health Services in Central Michigan Communities</td>
<td>Due 02/14/20</td>
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<td><strong>2020 HRSA Federal Office of Rural Health Policy (FORHP) Rural Partnership Development Meeting</strong></td>
<td>Jan. 14-16</td>
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<td><strong>Network Statement</strong> - A short narrative that describes the underlying reasons for, and aspirations of, the network.</td>
<td>01/15/20 Make A Network Statement web blast and Tip Sheet released</td>
<td>February - Gov. Comm.: Review Tip Sheet and previous Network Statement</td>
<td>03/05/20 – Gov. Comm.: Reach consensus on Network Statement</td>
<td>Due 03/13/20</td>
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### Network Organizational Assessment
- An assessment of capacity to address adaptive challenges and execute high-leverage, short-term strategies.

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<tr>
<td><strong>Network Organizational Assessment</strong></td>
<td>12/10/19 - Template released</td>
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<td><strong>02/10/20 – 03/16/20</strong> – Gov. Comm.: Individually review previous assessment and complete updated assessment.</td>
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<td><strong>Due 04/17/20</strong></td>
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<td><strong>03/17/20 – 9:00 -11 a.m.</strong> – Gov. Comm.: Meet to engage in sensemaking</td>
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### Strategic Plan
- Documentation of the strategic choices that will guide developmental activities

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<td><strong>Strategic Plan</strong></td>
<td>01/14/19 - Template to be released</td>
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| | **Member Engagement** | | | | | | | | Due 06/05/20
| | Meet to gain consensus on goals & objectives. Approve final Strategic Plan | | | | | | | |
RURAL PARTNERSHIP DEVELOPMENT MEETING
Impacting Lives in our Local Communities

Hilton Washington DC/Rockville Hotel and Executive Meeting Center

January 14–16, 2020

U.S. Department of Health & Human Services
Federal Office of Rural Health Policy
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<tr>
<th>Time</th>
<th>Session Description</th>
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<tr>
<td>9:00 – 9:30 AM</td>
<td>Welcome and Federal Office of Rural Health Policy Remarks</td>
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<td>9:30 – 9:45 AM</td>
<td>Health Resources and Services Administration Remarks</td>
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<td>9:45 – 10:30 AM</td>
<td>Opening Plenary: Effective Collaborative Leadership - Effective leadership is a vital component in creating collaborative environments in the healthcare landscape. This session will explore effective leadership skills that we can use both within our own organizations and within our partnerships to produce positive and powerful outcomes.</td>
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<td>10:45 – 11:30 AM</td>
<td>Concurrent Breakout Sessions A</td>
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<td>1.</td>
<td><strong>Policy to Practice</strong> - The concepts of health improvement and innovation may have broader community, state or national health policy impacts. How do you take your model concepts, your best practices, and your high impact program to the next level? This session will highlight awardees that have been working to impacting policy change within their community.</td>
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<td>2.</td>
<td><strong>Community Health Workers in Rural Settings</strong> - This session will explore how community health workers (CHWs) serve the needs of their communities in various rural settings. The speakers will describe their CHW model, how to engage network partners, key elements of reimbursement and sustainability and how to bridge gaps and making connections to expand the reach of community health work.</td>
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<td>3.</td>
<td><strong>Application of Social Determinants of Health</strong> - Social Determinants of Health (SDOH) are, according to the World Health Organization, &quot;the circumstances in which people are born, grow up, live, work and age, and the systems put in place to deal with illness. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics.&quot; This session will feature subject matter expertise and a grantee example who will share an overview of SDOH, as well as information on available Federal resources and innovative solutions to address SDOH to improve population health and overall community well-being.</td>
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<td>4.</td>
<td><strong>Peer Support Programs for Addiction Recovery</strong> - Peer support services can effectively assist in addiction treatment and support a sustained recovery process. This session will provide an overview of recruitment and retention strategies, challenges and successes in setting up, funding, implementing and sustaining peer support and recovery specialist programs in rural areas.</td>
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### 11:30 AM – 12:30 PM - Networking Opportunity
- Project Officer and Technical Assistance Meet and Greet, Poster Session, Exhibitors

### 1:50 – 2:30 PM - Concurrent Breakout Sessions B

1. **Achieving Value Based Care Through Rural Population Health** - This panel presentation will explore best practices and lessons learned relating to how rural community organizations can work toward achieving value-based care through efforts which adopt financially viable population health management strategies and solutions that improve community health and quality of care.

2. **Successes, Challenges, and Sustainability of Care Coordination Programs in Rural Communities** - This session will discuss an overview of key findings, best practices, and challenges of care coordination programs in rural communities. The speakers will share innovative activities to improve patients’ health as well as to generate cost-savings within the health care environment, including establishing public-private partnerships and working with third party payers to develop opportunities for reimbursement of care coordination services.

3. **Evidence Based Practices for Opioid Use Disorder in Rural America** - This session will be an informative and interactive series of presentations highlighting lessons learned, challenges, unique collaborations, and strategies for success in combating Opioid Use Disorder in rural America.

4. **HRSA Language Access Program** - Recipients of HRSA funding must take reasonable steps to help ensure that Limited English Proficient (LEP) individuals have meaningful access to all of their programs and activities. This session will include a summary of the relevant laws, an explanation of HRSA recipient obligations as they relate to language access, and a discussion on how recipients can meet those obligations.

### 3:45 – 4:45 PM - Afternoon Plenary: Transportation Challenges in Rural Communities
- Transportation is an important component of health in rural communities. The availability of reliable transportation impacts a person’s ability to access appropriate and well-coordinated healthcare, purchase nutritious food, and otherwise care for themselves. This session will provide information on federally available resources as well as a grantee example doing transformative work around transportation in their state.
### 9:00 AM – 12:00 PM - Concurrent Program Breakout Sessions
- Rural Health Care Services Outreach Program, Rural Health Network Development Planning Program, Rural Health Network Development Program

### 12:00 – 1:00 PM - Networking Opportunity
- Poster Session, Exhibitors

### 2:15 – 2:45 PM - Community Based Division Updates

### 2:50 – 3:50 PM - Concurrent Breakout Sessions C

1. **Chronic Disease Management in Rural Communities** - This session will highlight successes, challenges, unique collaborations, and lessons learned around improving chronic disease management in rural communities.

2. **Behavioral Health Integration into Primary Care Settings** - Integrating behavioral health into primary care settings is a common service integration model. This session will feature subject matter expertise and a grantee example of how to integrate behavioral health services in rural primary care settings effectively.

3. **Sustaining HRSA-Funded Programs** - This session will highlight grantees who have successfully sustained their HRSA-funded programs as they share successes, challenges, and lessons learned during their project lifecycle.

4. **Telehealth in Rural Communities** - Telehealth plays an increasingly critical role in providing access to health care in rural communities. This session will walk attendees through resources to mitigate the common barriers to implementing a successful telehealth program. Speakers will describe the resources available through HRSA-funded grant programs, such as the Telehealth Resource Centers.

5. **Rural Childhood Wellness and Activity** - Children in rural areas face particular risks to their health and well-being. This session will explore the different ways to address childhood wellness; including social skills, chronic conditions, and choosing the right childhood wellness intervention to impact population health and consider how to apply new ideas to current childhood wellness challenges.

### 4:00 – 4:45 PM - Afternoon Plenary: Understanding Health Equity in Rural Communities
- This session will begin with the definition of health equity before discussing the issues of equity and health in rural settings. During this plenary participants will learn about health equity challenges and opportunities for rural communities, and how to take action to eliminate health disparities.
8:45 – 10:00 AM - Concurrent Technical Assistance Workshops A

10:15 – 11:30 AM - Concurrent Technical Assistance Workshops B

1. **Framework for Success: Assessing Readiness to Participate in the Value-Based Payment Arena** - Health Management Associates will conduct an interactive workshop to introduce and explore the key components and rural application of building networks that address value-based payment and the inclusion of SDOH for Medicaid clients and other vulnerable populations. The session will focus on topics including how to determine the right services, build the right relationships, and create a data infrastructure to accommodate multiple levels of operational capability, data collection, and health information exchange for value-based payment. The session will offer how-to ideas for effective development and implementation of VBP partnerships and collaborations, including specific frameworks, tools, and lessons learned from other successful initiatives nationwide.

2. **Assessing Readiness for Community Transformation Towards a Culture of Health** - This interactive, hands-on workshop will introduce participants to the Assessment for Advancing Community Transformation (AACT), a validated, self-assessment tool that allows communities to collect and use data about their collaborative efforts to improve health and equity.

3. **Tools and Tips for Success with Motivational Interviewing** - Motivational Interviewing (MI) is an evidence-based, conversational approach that addresses ambivalence to change. This interactive session will be designed to share tools and tips grantees can use to help others discover their own interests in considering a change in their lives and enhance their confidence to take action. The session will involve roleplaying of scenarios by presenters using MI skills and provide an opportunity for session participants to apply MI skills to their own experiences and work.

4. **Adaptive Leadership** - Adaptive Leadership is necessary for organizations to thrive and adapt to changing environments and effectively address complex problems. Adaptive Leaders position their organizations for sustainability by promoting a pro-active process of scanning and reflecting on both the internal and external environment. Through presentation and facilitation by the session presenter, participants will gain an understanding of the core attributes of adaptive leadership and engage in quick reflective exercises to practice their application in situations they may face in their rural health work.
Health Network Priority Area Discussions

- Clinical-community linkages
- Trauma informed systems and resilient communities
- Substance use disorders - harm/stigma reduction based care for people who misuse substances and those impacted by substance misuse
- Maternal and child health
- Healthy lifestyles (proper nutrition and adequate levels of physical activity)
- Professional workforce education and training opportunities and workforce recruitment and retention activities
Health Network Priority Area Discussions

- Clinical-community linkages
  - January 2020 SIM Newsletter FINAL.pdf
  - Northern Michigan Community Health Innovation Region Expansion

- Trauma informed systems and resilient communities
  - Adverse Childhood Experiences in Michigan - Findings from the 2016 Behavioral Risk Factor Survey, October 2019
  - Adverse Childhood Experiences Infographic
  - March 18 - Recognizing and Responding to Trauma with Clinical Tools to Promote Resilience

- Substance use disorders - harm/stigma reduction based care for people who misuse substances and those impacted by substance misuse
  - Michigan Substance Use Disorder Data Repository - http://mi-suddr.com/
  - MI Tracking Data Portal – Michigan Environmental Public Health Tracking - https://mitracking.state.mi.us/
Welcome to the Michigan Substance Use Disorder Data Repository.

Browse Data.

View All Data
- Opioid Prescriptions Dispensed
- Opioid Related Hospitalizations
- Drug Overdose Deaths
- Lung Cancer
- Alcohol Sales to Minors
- Suicide Deaths
- Michigan Traffic Crash
- Michigan Profile for Healthy Youth (MiPHY)

Repository was created through collaboration with the Office of Recovery. Data has been collected from a variety of platforms to offer users easy access to information. Through the data provided on this site, users will have the ability to program related decisions. Learn more.
Health Network Priority Area Discussions
Health Network Priority Area Discussions

- Maternal and child health
  - Are Rural Infants Benefiting from Woman, Infants, and Children (WIC) Food Package Rule Changes? Breastfeeding and Infant Feeding Behaviors

- Healthy lifestyles (proper nutrition and adequate levels of physical activity)
  - SNAP Benefits – [https://statisticalatlas.com/state/Michigan/Food-Stamps#figure/county/most-food-stamps](https://statisticalatlas.com/state/Michigan/Food-Stamps#figure/county/most-food-stamps)

- Health professional workforce
  - Community Health Worker Certification Training Program – January 29 – February 28 / Bay City, MI & Virtual Training and April 14 – May 20 / Mount Pleasant, MI
Health Network Priority Area Discussions: Supplemental Nutrition Assistance Program (SNAP)
Health Network Member and Participant Sharing
Systems Modeling to Inform Childhood Wellness Policy and Practice

Debra Kibbe, Senior Research Associate

Georgia Health Policy Center