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# 2022-2024 Implementation Strategy

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## Table of Contents

|  |   |
|--|---|
| Background and Purpose .....                                     | 3 |
| 2021 Community Health Needs Assessment .....                     | 3 |
| Significant Health Needs Casa Colina Hospital Will Address ..... | 4 |
| Access to Care/Preventive Care .....                             | 5 |
| Chronic Disease .....  | 5 |
| Disabilities .....   | 6 |
| Senior Health.....   | 7 |
| Collaboration .....  | 8 |
| Evaluation of Impact .....                                       | 8 |
| Needs the Hospital Will Not Address.....                         | 9 |

## Background and Purpose

Casa Colina is a nonprofit, freestanding, community-governed organization based in Pomona, California. Casa Colina's mission is to ***optimize medical recovery and rehabilitation outcomes for all patients in a safe environment that respects their dignity, diversity, and individuality***. Founded in 1936, Casa Colina's first focus was on children recovering from polio. The goal was to help children find a way to build productive, satisfying lives.

Casa Colina Hospital (CCH) is the core of a network of closely integrated services known collectively as Casa Colina Hospital and Centers for Healthcare. The Hospital operates under the corporate umbrella of CasaColina, Inc. (CCI). Casa Colina is a unique Center of Excellence that provides a culture of collaboration where medical leaders and experienced physical rehabilitation experts work together to help individuals steadily progress from one level of achievement to the next. It's a complete continuum of care designed for patients at any stage of rehabilitation—from acute rehabilitation hospital care to post-acute residential and outpatient services, all conveniently accessible throughout its state-of-the-art 20-acre Pomona campus and satellite locations.

The Hospital provides services to patients through its acute rehabilitation wing, medical-surgical wing, intensive care unit, outpatient therapy services, physician specialty clinics, satellite outpatient clinic in Azusa, and pediatric outpatient clinic. Other Casa Colina programs and services extend the continuum of care and include short-term residential services, long-term residential services for individuals with brain injuries and developmental disabilities, diagnostic imaging, and an adaptive recreation program.

Casa Colina provides a full continuum of medical and rehabilitative care for patients diagnosed with traumatic brain injury, stroke, spinal cord injury, and orthopedic injury and diseases. Casa Colina is able to move patients to the appropriate level of care as their acuity and rehabilitation needs change. Further, Casa Colina has highly specialized teams of medical professionals—from physician specialists and rehabilitation therapists to certified nurses and neuropsychologists—in order to support patients and their families as they progress through their recovery and ultimately back to their communities.

## 2021 Community Health Needs Assessment

Casa Colina conducted a Community Health Needs Assessment (CHNA) to comply with federal and state regulations guiding tax-exempt hospitals. The CHNA can be accessed at <https://www.casacolina.org/documents/2021-CHNA-FINAL-Casa->

[Colina.pdf](#). Public comment on the CHNA is encouraged, and comments are used to inform and influence community benefit initiatives and activities.

The CHNA incorporated demographic and health data for the communities served by the hospital. Significant health needs were indicated by primary data sources, secondary data sources that included key informant interviews, and community surveys. The following community health needs were identified:

- **Access to healthcare** including community health insurance coverage rates, sources of medical care (e.g., doctor’s office, community clinic, urgent care), availability of health providers, rehospitalization rates, and delays in care.
- **Health status and chronic diseases** including overall health status; senior health indicators; and rates of chronic conditions such as diabetes, heart disease, high blood pressure, cancer, and chronic obstructive pulmonary disease (COPD).
- **Overweight and obesity** including community overweight and obesity rates, fast food consumption, soda and other sugary beverage consumption, access to and affordability of fresh produce, and physical activity.
- **Prevention practices** including children’s immunization rates, flu and pneumonia vaccination rates, and primary care accessibility.

### **Significant Health Needs Casa Colina Hospital Will Address**

The Implementation Strategy describes how Casa Colina Hospital plans to address significant health needs identified in the community. For each significant health need that Casa Colina Hospital plans to address, the strategy describes: 1) actions the hospital intends to take, including programs and resources it plans to commit; and 2) anticipated impacts of these actions.

Casa Colina will address the following health needs through a commitment of community benefit programs and charitable resources.

- Access to healthcare
- Chronic diseases
- Disabilities
- Preventive healthcare
- Senior health

## Access to Care/Preventive Care

### Goal

Increase access to the most appropriate level of healthcare and improve community health through preventive practices.

### Strategies

The hospital intends to address access to healthcare and preventive care by taking the following actions:

1. Provide financial assistance for healthcare services consistent with Casa Colina's financial assistance policy.
2. Provide free health information, screenings, and resources at community events.
3. Provide free community sports injury screening clinics.
4. Offer free audiology screenings.
5. Communicate to service area residents how to access healthcare services through established communication methods and social media.

### Impact

The anticipated impact of these actions will be to:

- Provide financial assistance to qualified patients.
- Increase availability and access to healthcare, screenings, and preventive care services.

## Chronic Disease

### Goal

Reduce the impact of chronic diseases for individuals who have short- and long-term disabilities and increase focus on prevention, education, and treatment.

### Strategies

The hospital intends to address chronic disease in individuals taking the following actions:

1. Provide access to specialized gyms and aquatic exercise programs through the community fitness program.
2. Provide education on pain management, disease prevention, treatment, and wellness.
3. Provide support groups for individuals with chronic conditions (stroke, brain injury, Multiple Sclerosis, Parkinson's disease, cardiovascular disease, and fibromyalgia, etc.) and their families.

4. Provide programs for pain management, injury prevention, disability awareness, technology, community resources, and specific skill acquisition for overall better health.
5. Increase the number of healthcare providers and allied health professionals who obtain training in the care of patients with chronic diseases.
6. Implement research focused on improving outcomes and overall function for individuals living with disabling conditions.

### **Impact**

The anticipated impact of these actions will be to:

- Increase access to wellness and treatment resources.
- Increase compliance with treatment and prevention recommendations.
- Maintain health and wellness of persons with long-term disabilities.
- Develop new therapeutic treatment methods for those living with long term disabilities.

### **Disabilities**

#### **Goal**

Reduce the impact of disability on health and quality of life, and increase the ability to live productive lives.

#### **Strategies**

The hospital intends to address improved care for persons with disabilities by taking the following actions:

1. Provide independent and assisted wellness and fitness programs for people with disabilities.
2. Provide health education focused on disability prevention and treatment topics.
3. Provide support groups for individuals with disabilities, their families, and caregivers.
4. Provide comprehensive support programs for persons with disabilities.
5. Offer a continuum of medical and rehabilitative care, including but not limited to, acute rehabilitation, long term residential rehabilitation, children's outpatient services, adult outpatient rehabilitation services, physician specialty clinics, outdoor recreational services.
6. Educate and train healthcare providers and allied health professionals to focus on disability care.
7. Provide patient navigation services for individuals post-discharge with specific diagnoses (ex. spine patients).

8. Recruit and train a compliment of medical providers to provide services for people with disabilities in one central location.
9. Advocate on a national and regional level for persons with disabilities.
10. Provide programs for kids to increase social skills and quality of life (Kids' Crew, Teen Scene, and Adventure Club).

### **Impact**

The anticipated impact of these actions will be to:

- Increase availability and access to health education, support groups, and health programs focused on persons with disabilities, their families, and caregivers.
- Maintain health and wellness of persons with disabilities.
- Increase the number of healthcare providers and allied health professionals who obtain training in the care of patients with disabilities.
- Increase awareness of issues facing disabled persons through advocacy efforts.

### **Senior Health**

#### **Goal**

Assist seniors with mild to moderate impairments to maintain or improve their overall health and quality of life.

#### **Strategies**

The hospital intends to address senior health by taking the following actions:

1. Provide education on healthy aging, prevention, treatment, and wellness.
2. Provide support groups for seniors, their families, and caregivers (stroke, arthritis, fibromyalgia, Parkinson's disease).
3. Provide programs for injury prevention and maintaining physical and cognitive functioning (i.e., vestibular balance screening).
4. Provide seniors opportunities for specialized fitness programs.
5. Provide specialized evaluation services (i.e., senior evaluation program that gives seniors and their family a comprehensive look at the aging process and gives recommendation for regaining function and maintaining health).
6. Free audiology screening.

#### **Impact**

The anticipated impact of these actions will be to:

- Increase availability and access to health education, support groups, and health programs focused on seniors, their families, and caregivers.
- Maintain the health and wellness of seniors with mild to moderate impairment.

## **Collaboration**

Casa Colina is committed to fostering partnerships with community members and community-based organizations. To address the significant health needs in the community, Casa Colina Hospital plans to collaborate with:

- American Lung Association
- Azusa Pacific University
- California Brain Injury Association
- Triumph Foundation
- City of Claremont
- City of La Verne
- City of Upland
- Goodwill of Orange County Adaptive Fitness Program
- Hearing coordination centers in Los Angeles and San Bernardino Counties
- LeRoy Haynes Center
- Multiple Sclerosis Society
- Pomona Valley Regional Medical center
- Regional centers
- San Antonio Regional Medical Center
- School districts
- Senior centers
- UCLA Department of Neurosurgery
- Cal Tech University
- Universities and colleges for health professionals and allied healthcare education
- University of La Verne
- University of Southern California department of surgery
- Western University of Medical Science

## **Evaluation of Impact**

Casa Colina Hospital will monitor and evaluate the programs and activities outlined above as they impact people with disabilities and their wellness, productivity and physical activity. The hospital has implemented a system to track strategy implementation. The Casa Colina reporting process includes the collection and documentation of program measures and collaborative efforts to address health needs. An evaluation of the impact of the hospital's actions to address these significant health needs will be reported in the next scheduled Community Health Needs Assessment.



### **Needs the Hospital Will Not Address**

Taking existing hospital and community resources into consideration, Casa Colina Hospital is choosing not to address overweight and obesity as identified in the CHNA. Casa Colina cannot address all the health needs present in the community, but it will concentrate on those priority health needs that it can most effectively address given its areas of focus and expertise.