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**\*Cover: Words heard most often at community listening sessions**

# Introduction

Vanderbilt University Medical Center (“VUMC”) is located in Nashville, Tennessee, and serves Tennessee, northern Alabama, and southern Kentucky. Although licensed as Vanderbilt University Hospitals under a single hospital facility license, VUMC owns and operates three separate hospitals: The Vanderbilt University Adult Hospital (“VUAH”), Monroe Carell Jr. Children’s Hospital (“the Children’s Hospital”) and the Vanderbilt Psychiatric Hospital (“VPH”). As part of a joint venture with HealthSouth Corporation, VUMC also owns 50% of Vanderbilt Stallworth Rehabilitation Hospital (“Stallworth”). The licensed hospital facilities of Vanderbilt University Hospitals and Stallworth are collectively referred to as “VUMC” for purposes of this Community Health Needs Assessment and Implementation Strategy (“CHNA/IS”).

The 2016 (FY 17)<sup>1</sup> VUMC Implementation Strategy (“IS”) is a joint IS which covers the licensed hospital facilities of Vanderbilt University Hospitals and Stallworth. The 2016 VUMC IS accompanies the 2016 VUMC CHNA. The CHNA serves as a health profile for the community in which VUMC patients live. The CHNA describes significant health needs identified in collaboration with the community, as well as gaps between current and desired health status, and broad multi-sectorial perspectives on health and health care – with a focus on the underserved, low-income and minority populations. For the purposes of this CHNA and IS, and based on discharge data from its hospitals, VUMC considers the community to be nearby Davidson, Rutherford, and Williamson County.

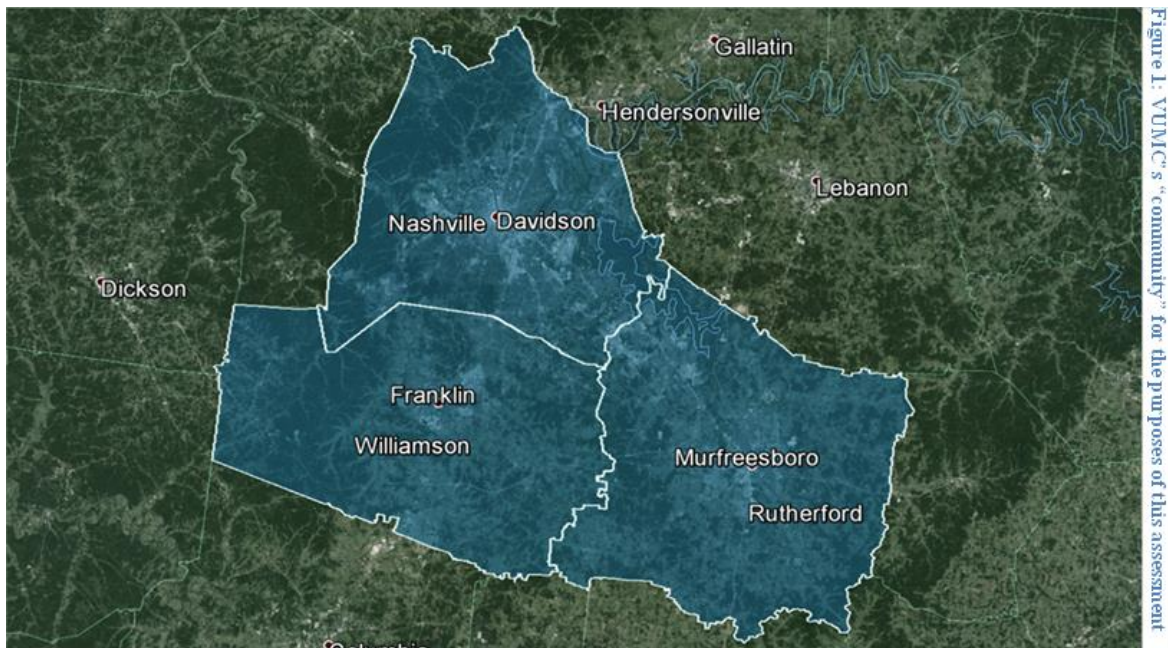


Figure 1: VUMC’s “community” for the purposes of this assessment

<sup>1</sup> This CHNA and IS were adopted on August 3, 2016 during VUMC’s FY 2017, which is tax year 2016 per Form 990, Return of Organization Exempt from Income Tax. To be consistent with CHNA/ IS reporting on Form 990, Schedule H, these documents are referred to as the “2016 CHNA” and “2016 IS.”

In the 2016 CHNA, VUMC worked with the community to identify and prioritize four major health needs: **Access to Care/Coordination of Care, Mental and Emotional Health/Substance Abuse, Social Determinants, and Wellness/Disease Prevention**. VUMC adopted all four needs that were identified and prioritized by the community. This IS describes how VUMC will address these needs.

The IS helps VUMC address these priority health issues in a way that builds upon the institution's clinical, educational and research strengths. VUMC is situated in a region that has many health and health care stakeholders including public health, community healthcare providers, schools, social service providers, faith based organizations, governmental agencies, and other entities. To achieve success in addressing any of the prioritized needs, collaboration with these organizations is critical. To move from planning to implementation over the next three years, VUMC will actively engage key community stakeholders, including local health departments, to further refine these strategies and work collaboratively to improve the health of the community.

## *Description of Hospitals*

Annually, the VUMC hospitals have roughly 62,000 discharges, 315,000 inpatient days, and 2.1 million outpatient visits. In FY2015, VUMC provided \$513 million in charity care and community benefits.

VUMC is a comprehensive 1,025-bed healthcare facility dedicated to patient care, research, and post-graduate medical education. Its reputation for excellence in each of these areas has made VUMC a major patient referral center for the Mid-South.

### **Vanderbilt University Adult Hospital (“VUAH”)**

Each year, people throughout Tennessee and the Southeast choose VUMC for their health care needs, not only because of its excellence in medical science, but also because the faculty and staff are dedicated to treating patients with dignity and compassion. VUMC's mission is to advance health and wellness through preeminent programs in patient care, post-graduate medical education, and research.

VUAH is home to the region's only Level 1 Trauma Center, the Vanderbilt Regional Burn Center, the National Cancer Institute's designated Comprehensive Cancer Center, and the Vanderbilt Transplant Center, the only transplant center in Tennessee to offer all major solid organ transplants. Last year, VUAH had more than 40,000 inpatient admissions, performed more than 37,000 surgeries and treated more than 66,000 patients in its Emergency Department. VUAH's outpatient clinics performed more than 1.6 million ambulatory visits.

### **Monroe Carell Jr. Children's Hospital (“Children's Hospital”)**

The Children's Hospital is nationally recognized as a leading provider of pediatric health care services. Providing the highest level of pediatric care, the Children's Hospital is a top-level teaching and research facility, yet the hospital also treats and helps prevent all health issues that affect children ranging from simple colds and broken bones. The Children's Hospital operates the region's only Level 1 Pediatric Trauma Unit and a neonatal intensive care unit with the highest designated level of care in Tennessee.

The Children's Hospital is dedicated to serving the children of Middle Tennessee and beyond. Annually, the Children's Hospital admits more than 14,500 patients, performs more than 16,000 surgeries and sees more than 250,000 outpatient clinic visits. No child who needs emergent services is denied care on the basis of limited ability to pay.

## **Vanderbilt Psychiatric Hospital (“VPH”)**

VPH provides an age-appropriate, restorative environment for mental health care. In addition to adult care, VPH is the only inpatient mental health provider for young children (ages 4-12) in Middle Tennessee and offers highly specialized services for children and teens (13-17). VPH serves patients with many conditions, including: depressive disorders, anxiety disorders, adjustment disorders, post-traumatic stress disorder (PTSD), bipolar affective disorder, attention deficit/hyperactivity disorder, schizophrenia and psychotic disorders. VPH has approximately 3,600 annual discharges and its clinics provide care through approximately 70,000 annual mental health visits. In addition to clinics on the main campus, Vanderbilt Behavioral Health– the programmatic umbrella for much of VUMC’s work on mental illness and substance abuse - collaborates with approximately 35 Davidson County schools to provide counseling services and provides mental health services to youth who are in state custody or at risk of a custodial situation.

## **Vanderbilt Stallworth Rehabilitation Hospital (“Stallworth”)**

Stallworth is an 80-bed inpatient rehabilitation hospital that offers comprehensive inpatient rehabilitation services designed to return patients to leading active and independent lives. Stallworth opened in November of 1993 and is a 50/50 joint venture between VUMC and HealthSouth Corp., one of the nation’s leading rehabilitation services providers.

In addition to caring for general rehabilitation diagnoses such as orthopedics, pulmonary and cardiac conditions, Stallworth has specialized inpatient programs for stroke, brain injury, spinal cord injury, amputations, hip fractures and neurological conditions. Not only has Stallworth achieved Center of Excellence status within the HealthSouth network of hospitals, the hospital has achieved Joint Commission disease-specific certification for stroke, spinal cord injury, and traumatic brain injury rehabilitation programs and was the first and only to achieve the spinal cord certification in the state. The largest number of patient discharges from Stallworth comes from Davidson and Williamson Counties.

For the purposes of this report, all four hospitals – Vanderbilt University Adult Hospital, Monroe Carell Jr. Children’s Hospital, Vanderbilt Psychiatric Hospital, and Vanderbilt Stallworth Rehabilitation Hospital will be referred to as “VUMC.”

## *Background*

As part of the 2010 Patient Protection and Affordable Care Act, non-profit hospital organizations such as VUMC are required to complete a Community Health Needs Assessment and an accompanying Implementation Strategy every three years.

Previously, Vanderbilt University (“VU”), a not-for-profit educational institution, operated an academic medical center (“the Medical Center”) as an operating unit within the University. The Medical Center housed healthcare activities, including the four hospitals – VUAH, the Children’s Hospital, VPH, and (50% ownership of) Stallworth. In the fall of 2014, VU announced its plan to split the Medical Center from the university as a separate, financially distinct, not-for-profit entity. On April 29, 2016, certain assets and operations of the Medical Center were transferred from VU to Vanderbilt University Medical Center, the newly formed not-for-profit corporation.

VU’s first CHNA/IS (“VU 2013 CHNA/IS”), which included VUAH, the Children’s Hospital and VPH, was adopted in April 2013. Vanderbilt University Medical Center is a newly formed entity, and the 2016 CHNA is its first CHNA as a legally independent entity. However, the hospital facilities included in this CHNA were previously included in the VU 2013 CHNA; therefore, this report makes reference to the VU 2013 CHNA/IS.

VUMC’s 2016 CHNA and IS are available at the Vanderbilt [Community Health Improvement Website](http://www.vanderbilthealth.com/main/38766) (<http://www.vanderbilthealth.com/main/38766>), where public comment on the CHNA/IS can also be provided. The portal for comments is regularly monitored so comments can be addressed. Any comments provided will be reviewed by VUMC’s CHNA/IS Advisory Committee which consists of VUMC and Vanderbilt Stallworth Rehabilitation Hospital senior leaders. Comments will also be taken into account during the next CHNA/IS cycle.

## *Collaborations and Resources*

### **Planned Collaborations**

Recognizing that collaboration is essential in community health improvement, VUMC has built relationships with individuals, communities and organizations from across the communities served. In order to address health needs in the community, VUMC plans to continue building a collaboration with Saint Thomas Health and will grow existing relationships with local health departments, more specifically with the Metro Nashville Public Health Department as well as the Rutherford and Williamson County Health Departments (collectively, “VUMC Collaborators”). As described in detail below, VUMC is also working with organizations such as the Williamson County Health Council on targeted projects related to childhood nutrition and physical activity, with the Healthy Nashville Leadership Council on health equity and mental health and with other non-profit and local government entities across the communities served. Additional collaborations are listed in the programs below, including working relationships with regional community hospitals, the Tennessee Department of Children’s Services, The Tennessee Developmental Disabilities Network, Interfaith Dental Clinic, Meharry Medical College, Catholic Charities of Tennessee, World Relief Nashville, Nashville International Center for Empowerment, the Nashville Public Library among many other non-profit, governmental and advocacy agencies. These collaborations are described in more detail below.

### **Resources to Address Health Needs**

In addition to VUMC’s commitment to charity care and community benefit, VUMC will address the significant needs identified by the community with institutional resources - including staff time and financial support - for (but not limited to) the programs and resources described in this document. In addition, VUMC will continue to support a Community Health Improvement team as well as various initiatives focused on community engagement and to expand population health activities that address many of the priority areas outlined below.



# Identifying and Prioritizing Needs: Overview

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## Community Summits

Primary and secondary data were collected in the spring and summer of 2015, culminating in three community summits held in September of 2015. Primary data collection included community interviews and community listening sessions with individuals and community leaders representing or working with medically underserved, low-income, and minority populations. Results of the community interviews, community listening sessions, and secondary data analysis were presented in three separate Community Health Summits – one in each of Davidson, Rutherford, and Williamson counties. Summit invitees included all participants in interviews and community listening sessions, as well as community members with expertise in public health or who work with medically under-served, minority, or low income populations. Leadership from VUMC and VUMC’s Collaborators on the needs assessment were also present. The purpose of the Summits was to solicit input and take into account the broad interests of the community in identifying and prioritizing the community’s health needs. In Davidson County, the Summit was facilitated jointly by VUMC and Saint Thomas Health. In Rutherford County, the Summit was facilitated by VUMC, Saint Thomas Health, and the Rutherford County Health Department. In Williamson County, the Summit was facilitated by VUMC in collaboration with the Williamson County Health Department.

After being presented with primary and secondary data on a number of needs, Summit attendees provided input into prioritizing the most important health needs within the community. Each individual selected three health issues, which were grouped into categories by the Summit facilitators and shared with Summit attendees. The health needs prioritized by Summit participants for Davidson and Rutherford Counties were:

- **Access to Care / Coordination of Care**
- **Mental and Emotional Health / Substance Abuse**
- **Social Determinants**
- **Wellness and Disease Prevention**

In Williamson County, participants selected the first three health needs, but did not prioritize social determinants as a health need in Williamson County. Following this exercise, participants in each county provided further insight regarding each prioritized need by working in groups to answer questions such as; “What would a healthy community look like regarding this issue?”; “Who is already working on this issue?”; “What are potential goals related to the issue?” and “What are potential barriers regarding this issue?”

Following the Summits, VUMC consulted the “Community Health Improvement Working Group”, a group of internal VUMC program managers and directors who interface with the community to review the needs the community prioritized. The Working Group was tasked with making a recommendation to VUMC’s CHNA/IS Advisory Committee--a group of senior leaders responsible for high-level guidance on the CHNA/IS--on the needs that VUMC should adopt. The Working Group considered criteria such as the scope, severity, and the ability of VUMC to impact an issue and recommended that VUMC adopt all four identified needs. Prioritized needs are considered of equal importance, and are listed in this report in alphabetical order. The Advisory Committee chose to adopt all four identified needs and these needs guided development of VUMC’s Implementation Strategy.

The CHNA / IS were adopted by the Board of Directors of Vanderbilt Stallworth Rehabilitation Hospital in July of 2016, and by the VUMC Board of Directors in August of 2016.

# Addressing Prioritized Needs

## Access to Care / Coordination of Care - Summary

“Access to Care/Coordination of Care” represents a broad category of issues relating to accessing, utilizing, and navigating the health system. Common themes in the data included access to medical care, access to insurance, access to a medical home, access to primary care, and coordination of care.

Both the primary and secondary data pointed to challenges in accessing care for the community. Although health insurance rates have been improving (as in Davidson and Rutherford) or stable (as in Williamson County, which already has low rates of uninsured individuals), there are frustrations that come with accessing insurance, utilizing insurance, and affording quality insurance. Davidson County – as of 2014 – had a higher uninsured rate (14.9%) than Rutherford County (10.7%), Williamson County (6.5%), Tennessee (12%), or the nation as a whole (11.7%). Ongoing discussions about Tennessee’s potential expansion of Medicaid impact how individuals, hospitals, and other Tennesseans consider their options related to insurance.

Whether insured or not, the primary and secondary data highlighted many challenges to accessing medical care in the region, including long waits for appointment times, affordability, the coordination of care, and access to mental health care. Interviewees named “health insurance coverage” the third most important socio-economic factor in Williamson County, the second

most important in Davidson, and first in Rutherford. Interviewees in Rutherford and Williamson County cited “affordability” as the greatest barrier within the health system. Increasing access to care and insurance was seen as a key solution for both interviewees and listening session participants in all three counties.

Secondary data indicate that one in six adults in Davidson County could not visit a doctor within the last year due to cost; while one in five doesn’t have a usual source of care in the county. On the positive side, Davidson and Williamson Counties tend to have patient-to provider ratios that are better

“Any door [into the health system] should be the right door to get you where you need to be to receive the correct care.”

- *Community summit participant*

than most other areas in Tennessee.

Coordination of care can be difficult, particularly with individuals who face complex conditions, need multiple medications, and who require multiple caretakers.

A more comprehensive listing of resources to address the community identified need of “Access to Care /Coordination of Care” in the community can be found in this Implementation Strategy, as well as Appendix E of VUMC’s 2016 CHNA.

## Examples of VUMC Programs to address Access to Care / Coordination of Care

VUMC will address the significant need of Access to Care / Coordination of Care with institutional resources- including staff time and financial support - for (but not limited to) the following programs, which are described briefly in the program descriptions beginning on page 20. Some programs address multiple needs and may be listed more than once.

- ❖ Clinic at Mercury Courts
- ❖ Shade Tree Clinic
- ❖ School Health Clinics
- ❖ Vanderbilt Health Walk-in Clinics
- ❖ Vanderbilt Health Affiliated Network (VHAN)
- ❖ Children's Hospital Primary Care Clinic
- ❖ Specialty Clinics
- ❖ Level II and Level III Community NICUs
- ❖ Collaboration with Regional Community Hospitals
- ❖ Vanderbilt Behavioral Health Adolescent and Adult Partial Hospitalization Programs
- ❖ Social Workers in the Pediatric Emergency Department
- ❖ Vanderbilt Children's After-Hours Clinics and Specialty Care Clinics
- ❖ Patient Transport Teams
- ❖ Vanderbilt Behavioral Health Patient and Family Advisory Council
- ❖ Group Prenatal Care
- ❖ Center Of Excellence for Children
- ❖ Tennessee Disability Pathfinder
- ❖ Vanderbilt Kennedy Center for Excellence in Developmental Disabilities
- ❖ Vanderbilt Comprehensive Care Clinic
- ❖ Vanderbilt's Interpreter Services Office
- ❖ MyHealth Team
- ❖ Center of Excellence in Sickle Cell Disease
- ❖ Regional Perinatal Center
- ❖ Self-Management Education Program

- ❖ StarPanel
- ❖ Tennessee Immunization Information System
- ❖ Collaborative Relationships with Mental Health Advocacy Organizations
- ❖ Transition Management Office
- ❖ Find-A-Doctor
- ❖ Vanderbilt Child and Family Center
- ❖ The Nashville Interfaith Dental Clinic
- ❖ School-based Mental Health Clinics
- ❖ Street Medicine Program
- ❖ Pediatric Complex Care Team
- ❖ Adult Complex Care Team
- ❖ Vanderbilt University Adult Hospital Patient and Family Advisory Council
- ❖ Community Health Improvement Team
- ❖ Emergency Department Referral Service
- ❖ Children's Hospital Advisory Councils
- ❖ Advise Vanderbilt
- ❖ Vanderbilt Ingram Cancer Center (VICC) Community Outreach Initiatives
- ❖ Reducing Cancer Health Disparities (VICC)
- ❖ Patient and Family Centered Care (VICC)
- ❖ VICC Patient Advocacy Partnering to Improve Diabetes Education
- ❖ Monthly Grand Rounds (Stallworth Rehabilitation Hospital)
- ❖ Training for Case Managers and Discharge Planners (Stallworth Rehabilitation Hospital)
- ❖ Support Groups for Patients and Caregivers (Stallworth Rehabilitation Hospital)
- ❖ Support for Community Organizations (Stallworth Rehabilitation Hospital)
- ❖ Collaboration with Trauma Survivors Network (Stallworth Rehabilitation Hospital)

## Mental & Emotional Health / Substance Abuse - Summary

Mental and emotional health was seen as a major issue in this needs assessment process. Both the primary and secondary data indicate extremely high levels of chronic stress, emotional strain, and mental illness in the community.

In interviews and community listening sessions, it was observed that mental and emotional health have an enormous impact on physical health. When interviewees were asked “*What conditions and diseases are causing illness and death in your community?*” more chose “mental and emotional health” than any other response. In other words, mental health was ranked above heart disease, cancer, obesity, diabetes, chronic disease, and a number of other illnesses and risky behaviors for its impact on illness and death. Additionally, when interviewees were asked about the greatest health and/or healthcare concerns in their community, mental and emotional health was the top response.

Davidson and Rutherford County residents reported having around three poor mental health days in the last 30 days, similar to the state and national average of four. In addition, one in five individuals in each of Davidson, Rutherford, and Williamson County has lived with diagnosable mental illness within the previous year. Nearly one in twenty-five has lived with Serious Mental Illness (SMI) in the previous year, adding up to roughly 30,000 individuals who face daily battles with debilitating ailments such as schizophrenia, bipolar disorder, or major depressive disorders.

Substance abuse was also raised as an issue, often co-occurring with mental illness. In Rutherford and Williamson Counties, interviewees saw “alcohol and drug abuse” as the *behavior* having the greatest negative impact on health, while tobacco use ranked fourth in both counties. Listening session participants also raised substance use/abuse as a top health concern in Davidson and Rutherford Counties, particularly with prescription drugs. Whereas Williamson County – which frequently ranks at the top of the state in health outcomes, ranked poorly at second to bottom for binge drinking, according to County Health Rankings in 2015.

A more comprehensive listing of resources to address the community identified need of “mental & emotional health and substance abuse” in the community can be found in this Implementation Strategy, as well as Appendix E of VUMC’s 2016 CHNA.

More than one in five Tennesseans have been diagnosed with a mental illness in the last year.

[TDMHSAS: 2014 Tennessee Behavioral Health County Data Book](#)

## Examples of VUMC Programs that address Mental and Emotional Health / Substance Abuse

VUMC will address the significant need of Mental and Emotional Health / Substance Abuse with institutional resources- including staff time and financial support - for (but not limited to) the following programs, which are described briefly in the program descriptions beginning on page 20. Some programs address multiple needs and may be listed more than once.

- ❖ Clinic at Mercury Courts
- ❖ Vanderbilt Behavioral Health Adolescent and Adult Partial Hospitalization Programs
- ❖ Social Workers in the Pediatric Emergency Department
- ❖ Vanderbilt Behavioral Health Patient and Family Advisory Council
- ❖ Center of Excellence (COE) for Children
- ❖ Vanderbilt Comprehensive Care Clinic
- ❖ Collaborative Relationships with Mental Health Advocacy Organizations
- ❖ The Vanderbilt Addiction Center
- ❖ The Vanderbilt Center for Professional Health
- ❖ Vanderbilt Behavioral Health School-Based Mental Health Services
- ❖ Prevention of Child Abuse and Neglect
- ❖ Street Medicine Program
- ❖ Collaboration with Renewal House
- ❖ Collaboration with Room in the Inn
- ❖ Pediatric Complex Care Team
- ❖ Adult Complex Care Team
- ❖ Inpatient Tobacco Treatment Service
- ❖ Community Health Improvement Team
- ❖ Vanderbilt Kennedy Center - IDD Toolkit Project
- ❖ Vanderbilt Ingram Cancer Center (VICC) Community Outreach Initiatives
- ❖ Support Groups for Patients and Caregivers (Stallworth Rehabilitation Hospital)
- ❖ Spinal Cord Injury Peer Mentor Program (Stallworth Rehabilitation Hospital)
- ❖ Housing Evaluation (Stallworth Rehabilitation Hospital)

## Social Determinants - Summary

Researchers point to social and economic factors as the most important determinants of health. The World Health Organization (WHO) describes poverty as “the single largest determinant of health.” According to the Center for Health and Learning, social and economic factors contribute 40%, health behaviors 30%, genetics 10%, the physical environment 10% and clinical care 10% to overall health. Disparities in health are striking in communities with [poor social determinants of health](#) such as unstable housing, low income, unsafe neighborhoods, or substandard education.

The primary and secondary data point to significant challenges faced by many in the community when it comes to meeting basic needs, facing the daily stress of poverty, and securing adequate affordable housing, food, transportation, and even basic safety. In all, there are more than 180,000 individuals living in poverty in Davidson, Rutherford, and Williamson Counties – including roughly 63,000 children. Poverty rates are highest for children, those without a high-school degree, and minority populations. Davidson County is 94<sup>th</sup> of 95 Tennessee counties (ranked from best to worst) for both its high violent crime and low high school graduation rates. Meanwhile, many across the region face chronic homelessness or are cost-burdened by housing.

Interviewees described poverty as the third most important health concern, and the biggest socioeconomic/demographic factor impacting health in Davidson County. Affordable housing / homelessness emerged as either the first or second most important environmental factor impacting health in each county. Listening sessions highlighted challenges such as the cost of living, housing availability and affordability, lack of basic needs, and chronic stress associated with poverty, as well as concerns about violence, crime, neighborhood safety, and safe spaces for youth.

A more comprehensive listing of resources to address the community identified need of “social determinants” in the community can be found in this Implementation Strategy, as well as Appendix E of VUMC’s 2016 CHNA.

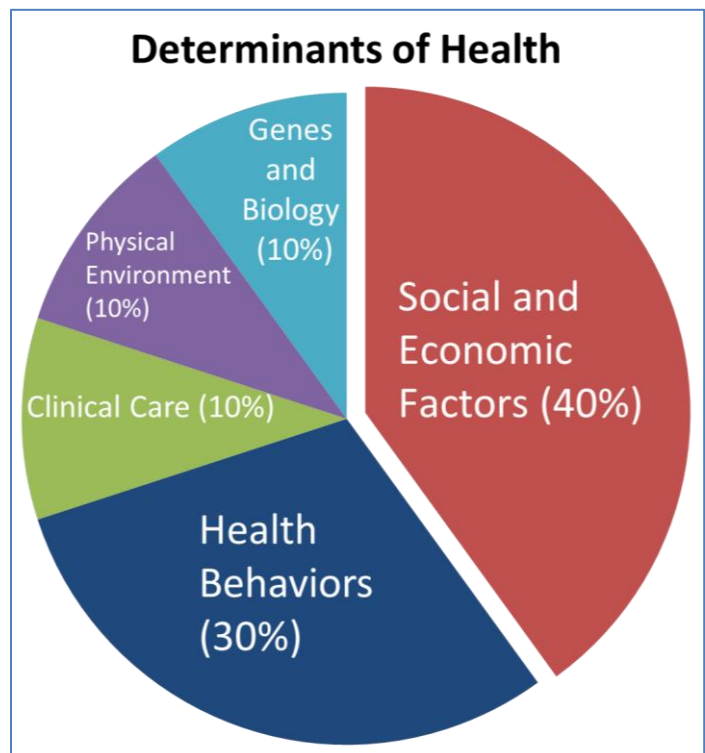


Figure 1: Determinants of Health, [Center for Health and Learning](#)



## Examples of VUMC Programs that address Social Determinants

VUMC will address the significant need of Social Determinants with institutional resources- including staff time and financial support - for (but not limited to) the following programs, which are described briefly in the program descriptions beginning on page 20. Some programs address multiple needs and may be listed more than once.

- ❖ Clinic at Mercury Courts
- ❖ Social Workers in the Pediatric Emergency Department
- ❖ Vanderbilt Comprehensive Care Clinic
- ❖ The Vanderbilt Child and Family Center
- ❖ The Pediatric Trauma Injury Prevention Program
- ❖ Play Nicely
- ❖ Meharry-Vanderbilt Alliance
- ❖ Prevention of Child Abuse and Neglect
- ❖ Street Medicine Program
- ❖ Collaboration with Renewal House
- ❖ Pediatric Complex Care Team
- ❖ Adult Complex Care Team
- ❖ Community Health Improvement Team
- ❖ Reducing Cancer Health Disparities (VICC)
- ❖ Spinal Cord Injury Peer Mentor Program (Stallworth Rehabilitation Hospital)
- ❖ Housing Evaluation (Stallworth Rehabilitation Hospital)

## Wellness & Disease Prevention - Summary

Promoting health and preventing disease begins far beyond the hospital walls. As in the VU 2013 CHNA, the primary and secondary data pointed to many challenges associated with the broad category of “wellness and disease prevention” in the community. These ranged from obesity, to the access to and consumption of fresh and healthy food, or getting recommended amounts of physical activity. In addition, health education and literacy, and infant/child health ranked high on the list of challenges and concerns, along with prevention of chronic diseases.

When asked “*what are the greatest health/healthcare concerns in your community?*” interviewees in Rutherford County listed “obesity” as second, and interviewees in Williamson County cited “obesity” as the greatest health /healthcare concern, tied with mental health. In Davidson County, interviewees said that healthy food access was the second most important environmental factor impacting health, while Rutherford County interviewees called healthy food access the top environmental factor impacting health. “Nutrition” and “physical activity” tied for second in Rutherford County, and tied for first in Davidson County when interviewees were asked “*what behaviors have the most negative impact on health in your community?*” Additionally, when asked about “priority actions” the county should focus on, interviewees and listening session participants in all three counties raised the need to build-upon or renew health education / literacy efforts, generally by improving or building upon existing collaborative relationships.

Secondary data point to tobacco use as the leading cause of preventable death both nationwide and here in Tennessee. Only Williamson County (11%) does better than the Healthy People 2020 target of 12% for rates of tobacco use. Chronic diseases such cancer, heart disease, and chronic lung disease cause more than half of the deaths across the three counties discussed in this needs assessment. Nearly two thirds of individuals in the community are overweight or obese, while rates of physical activity in the area fall far short of the national average.

A more comprehensive listing of resources to address the community identified need of “wellness and disease prevention” in the community can be found in this Implementation Strategy, as well as Appendix E of VUMC’s 2016 CHNA.

## Examples of VUMC Programs that address Wellness / Disease Prevention

VUMC will address the significant need of Wellness / Disease Prevention with institutional resources- including staff time and financial support - for (but not limited to) the following programs, which are described briefly in the program descriptions beginning on page 20. Some programs address multiple needs and may be listed more than once.

- ❖ Clinic at Mercury Courts
- ❖ School Health Clinics
- ❖ Group Prenatal Care
- ❖ Vanderbilt Comprehensive Care Clinic
- ❖ Self-Management Education Program
- ❖ Vanderbilt Institute for Global Health
- ❖ Go for the Gold
- ❖ Team Vanderbilt
- ❖ Nashville Collaborative
- ❖ Online Guide to School Health
- ❖ Champ Educational Boards
- ❖ Office of Inclusion and Health Equity
- ❖ Community Pediatrician and Family Practice Office Preparedness
- ❖ Comprehensive Regional Pediatric Center
- ❖ Tennessee Initiative for Perinatal Quality Care
- ❖ Health Literacy Initiatives
- ❖ Corporate, Executive, and Mariner Health at Vanderbilt
- ❖ The Pediatric Trauma Injury Prevention Program
- ❖ The Vanderbilt Addiction Center
- ❖ The Vanderbilt Center for Professional Health
- ❖ Vanderbilt Tuberculosis Center
- ❖ The Nashville Interfaith Dental Clinic
- ❖ Play Nicely
- ❖ Flulapalooza

- ❖ The Meharry-Vanderbilt Alliance
- ❖ Vanderbilt Behavioral Health School-Based Mental Health Services
- ❖ Prevention of Childhood Abuse and Neglect
- ❖ Street Medicine Program
- ❖ Family Resource Center
- ❖ Pediatric Complex Care Team
- ❖ Adult Complex Care Team
- ❖ Inpatient Tobacco Treatment Service
- ❖ Vanderbilt University Adult Hospital Patient and Family Advisory Council
- ❖ Community Health Improvement Team
- ❖ Vanderbilt Kennedy Center - IDD Toolkit Project
- ❖ Children's Hospital Advisory Councils
- ❖ Advise Vanderbilt
- ❖ My Southern Health
- ❖ Vanderbilt Ingram Cancer Center (VICC) Community Outreach Initiatives
- ❖ Reducing Cancer Health Disparities (VICC)
- ❖ Patient and Family Centered Care (VICC)
- ❖ VICC Patient Advocacy
- ❖ Partnering to Improve Diabetes Education
- ❖ Program for Injury Prevention in Youth Sports
- ❖ Vanderbilt Farmers' Market
- ❖ Training for Case Managers and Discharge Planners (Stallworth Rehabilitation Hospital)
- ❖ Support of Community Organizations (Stallworth Rehabilitation Hospital)
- ❖ Collaboration with Trauma Survivors Network (Stallworth Rehabilitation Hospital)
- ❖ Housing Evaluation (Stallworth Rehabilitation Hospital)

# Program Descriptions

Colored shading of blue, orange, green, and red indicates that a program is addressing a significant health need prioritized by the community and adopted by VUMC. As indicated, many programs address multiple needs.

## **1. Clinic at Mercury Courts**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The School of Nursing developed the Clinic at Mercury Courts, which provides high quality healthcare to more than 1,200 under-served individuals each year. The clinic provides medical and some social services to individuals in transitional or low-income housing as well as those experiencing homelessness and/or poverty. Preventive health, pharmacy assistance, and chronic disease management are among the services provided. In addition, the Clinic at Mercury Courts serves as a major inter-professional training site for nursing, pharmacy, social work, and some medical students.

## **2. Shade Tree Clinic**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
-------------------------------------	----------------------------------	--------------------------------	---------------------

Shade Tree Clinic provides primary, subspecialty and urgent care to roughly 350 uninsured Spanish and English-speaking residents of Davidson County every year, totaling 1,300 annual visits. Vanderbilt medical students manage and staff the clinic, which is located in East Nashville, under the supervision of VUMC faculty. VUMC provides laboratory and pharmacy services, as well as follow up inpatient and outpatient care free of charge.

## **3. School Health Clinics**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
-------------------------------------	----------------------------------	--------------------------------	---------------------

VUMC nurses are on-site at three Metro Nashville elementary schools in low-income neighborhoods. The school health nurses help children with chronic health conditions manage their complex health needs, and spend time in the classroom teaching children about nutrition, hygiene and dental care.

#### **4. Vanderbilt Health Walk-in Clinics**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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VUMC offers Walk-in clinics in Brentwood, Franklin, Belle Meade, and Spring Hill (Williamson County Walk-In Clinics are a joint venture with Williamson Medical Center). Expert medical care clinics are staffed with VUMC physicians and nurse practitioners that take care of everything from flu to colds to coughs, fevers rashes and injuries. Some physicals and vaccinations are also available as well as EKG and X-Ray. The clinics are open seven days a week and most holidays.

#### **5. Vanderbilt Health Affiliated Network (VHAN)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Health Affiliated Network (VHAN) is an alliance of leading hospitals and clinicians who share a common vision of excellence in health care. The network enables health care providers of all kinds to be successful in delivering population health care by providing the capabilities, professional expertise, legal framework, IT and support resources that enable more cost-effective, coordinated patient care that is truly “health” care, not “sick” care. The network is at the forefront of health care transformation, providing the incentives, structure, and knowledge that can offer significant, sustainable cost control to employers.

#### **6. Children's Hospital Primary Care Clinic**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Children's Hospital Primary Care Clinic provides complete sick and well-child care to children from birth through the teen years. The clinic is a medical home for patients in the practice. The clinic has served more than 16,000 unique patients for well child visits over the past 3 years of which 74% are insured by TennCare (Medicaid) and 5% are uninsured.

#### **7. Specialty Clinics**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Children’s Hospital currently manages specialty clinics in Williamson County (Edward Curd Lane), Rutherford County (Kennedy Drive), and Jackson Madison County (Ayer’s Pediatric Clinics), five days a week. Subspecialty clinic expansion is underway at Cookeville (Putnam County), Spring Hill (Maury County) and Hendersonville (Sumner County). Services vary by location, but include cardiology, gastroenterology, and urology among others.

## **8. Level II and Level III Community NICUs**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Children’s Hospital has three community neonatal intensive care units (NICUs), two Level II and one Level III, all of which are managed by VUMC Neonatology faculty physicians.

## **9. Collaboration with Regional Community Hospitals**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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VUMC collaborates with regional community hospitals to operate the following additional NICUs: Tennova Healthcare--Clarksville (Montgomery County) – 12 Level II beds; Maury Regional Medical Center (Maury County) - 8 Level II beds, and Jackson Madison County General Hospital (Madison County) - 28 Level III beds. This collaboration enables the delivery of high quality perinatal/neonatal care as well as implementation of programs designed to improve infant outcomes and mortality.

## **10. Adolescent and Adult Partial Hospitalization Programs**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Behavioral Health (VBH) provides Partial Hospitalization Programs for adolescents and adults. The adolescent program is designed to provide comprehensive evaluation and treatment services for adolescents, ages 13 to 17, who are struggling with emotional, behavioral and social difficulties. The program provides intensive therapy and medication evaluation services weekdays from 8 a.m. to 2 p.m. in a warm, therapeutic environment that does not require an overnight stay. The program works collaboratively to provide individualized care for each teen, while working with the family as integral members of the team. The goals of the program include reducing or eliminating self-harming behaviors, shortening or avoiding hospital stays, and improving coping skills. Participants take part in groups designed to introduce specific skills, as well as therapeutic groups where they are encouraged to give and receive feedback from peers while working on their own issues. The treatment team is comprised of a multi-disciplinary group of individuals including a psychologist, psychiatrist, social worker, nurse, and mental health specialist. Participants will receive care from a combination of all members of the treatment team, allowing a diverse perspective and multi-systemic approach.

The adult program helps patients renew and rebuild their mental health, using both individual and group sessions to help patients attain a healthier lifestyle. This program accepts TennCare and is led by a licensed clinical social worker and a registered nurse. It is designed for individuals who have symptoms that are not responding to current outpatient therapy and/or medicine, a recent or past inpatient psychiatric hospitalization with new symptoms, or trouble dealing with past crisis situations, but do not meet the criteria for inpatient psychiatric treatment.

## **11. Social Workers in the Pediatric Emergency Department**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Children’s Hospital has added social workers in the Pediatric Emergency Department with the objective of improving access to care for patients and their families. Among other things, social workers develop guidelines for transfers, facilitate communication across teams, and guide appropriate disposition for mental health services for children and adolescent patients.

## **12. Vanderbilt Children’s After-Hours Clinics and Specialty Care Clinics**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Children’s Hospital has established after-hours clinics in Brentwood (Williamson County), Hendersonville (Sumner County), Mt. Juliet (Wilson County), and Spring Hill (Williamson/Maury County.) Services offered at these clinics will enable Children’s Hospital to strengthen its relationships with community pediatricians and family practice physicians while improving patient outcomes by expanding the continuum of care closer to patients’ homes with physician-provided services.

## **13. Patient Transport Teams**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Children’s Hospital supports two patient transport teams, serving primarily the Middle Tennessee region, but also capable of transporting from the entire state, Southern and Western KY and North Alabama: Neonatal Transport Service; and Pediatric Transport Service. Both services provide subspecialty expertise and bring the specialized care to the patient, thereby contributing to overall improved outcomes. In addition, these teams provide ongoing outreach education to the community hospitals and emergency medical services in these counties.

## **14. Vanderbilt Behavioral Health Patient and Family Advisory Council**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Behavioral Health (VBH) has established a Patient and Family Advisory Council. This important group of individuals will help to ensure that the needs of the community are understood and that we, as a mental health system, are addressing issues as they arise.



## **15. Group Prenatal Care**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Women's Health is developing an innovative approach to group prenatal care that incorporates evidence-based practice with a personalized approach and bioinformatics. Group prenatal care has been shown to reduce preterm births in vulnerable populations and 97% of women report preferring this approach to traditional care. With this type of prenatal care, a group of women meet with a physician, nurse midwife or nurse practitioner in a larger room. Each group meets 10 times for 2 hours throughout pregnancy until their babies are born for routine prenatal care and extra education about health and pregnancy. VUMC is building on this concept to develop a system that is more easily implemented in a variety of settings.

## **16. Center of Excellence for Children**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Center of Excellence (COE) for Children ensures that some of the most vulnerable children and adolescents in the COE service area receive mental health services. VUMC is one of the sites working with the Tennessee’s Department of Children’s Services to provide this care and ensure that the network of COEs remains strong. In addition to providing direct clinical care, VUMC runs a number of educational programs through the COE, including coordinating a learning collaborative on trauma-focused cognitive behavioral therapy and a youth behavioral learning collaborative to increase the use of an evidence-based program for adolescents, improving community health by enhancing the quality of services provided to children in or at-risk of entering the Tennessee child welfare or juvenile justice systems. Children and families involved with these child-serving systems are more likely to have developmental, physical or psychiatric disabilities, and to have had adverse childhood experiences such as abuse, neglect and household dysfunction.

## **17. Tennessee Disability Pathfinder**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The [Tennessee Disability Pathfinder](#), a project of the Vanderbilt Kennedy Center for Excellence in Developmental Disabilities and staffed by VUMC employees, is a statewide clearinghouse of disability-related resources available on the web, which is in English and Spanish, and by phone, with multilingual staff (Spanish, Kurdish and Farsi).

## **18. Vanderbilt Kennedy Center for Excellence in Developmental Disabilities**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Kennedy Center for Excellence in Developmental Disabilities at VUMC provides a wide range of research, training and services to individuals with developmental disabilities, including support for education, early intervention, employment, health and mental health, and quality of life. The Center is also a key partner of the Tennessee Developmental Disabilities Network. In addition, the Vanderbilt Kennedy Center's *Treatment and Research Institute for Autism Spectrum Disorders (TRIAD)* offers training, assessment and treatment services for children and young adults with ASD, support for parents, and training to school personnel, community professionals and pediatric care providers.

## **19. Vanderbilt Comprehensive Care Clinic (VCCC)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Comprehensive Care Clinic (VCCC) serves more than 3,200 HIV infected patients and logs more than 19,000 visits each year. Approximately 34% of patients are uninsured. The VCCC provides care for approximately 85% of all HIV infected patients living in the 13 county Middle Tennessee area who are receiving care for their HIV-related disease. VUMC faculty staff two rural satellite clinics in Cookeville and Columbia Tennessee. VCCC provides holistic care and a range of educational and support activities for individuals living with HIV. It collaborates with a large network of organizations to provide a comprehensive center of excellence for HIV treatment. 86% of the patients at the VCCC are virally suppressed and at a low risk to pass on the disease. The National average is only 30%.

In addition, the VCCC runs Southeast AIDS Training and Education Center (SEATEC) – an eight-state consortium founded in 1987 by the Health Resources Services Administration (HRSA) to train healthcare providers and disseminate rapidly changing information about HIV/AIDS. VUMC faculty and staff provide training in prevention and treatment of HIV infection to healthcare providers statewide through the SEATEC. In the first ten months of FY16 over 16,000 providers were trained.

## **20. Vanderbilt Interpreter Services Office**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt's Interpreter Services Office at VUMC helps patients with limited English proficiency, as well as those who are deaf and hard of hearing, and visually impaired. Services include access to a qualified interpreter in a variety of languages, American Sign Language interpreters, and readers or Braille documents for visually impaired patients.

## **21. MyHealth Team**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt University Adult Hospital, in collaboration with the Center for Medicare & Medicaid Services (CMS), supports MyHealth Team, a patient-centered medical home that deploys a new model of care to provide better coordination of care among the primary care providers, specialty providers, patients and families with Medicare Advantage or Aetna plans. Care will focus on patients with hypertension, diabetes, congestive heart failure, smoking (targeted at cessation) and complex care.

## **22.Center of Excellence in Sickle Cell Disease**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt-Meharry-Matthew Walker Center of Excellence in Sickle Cell Disease provides a medical home for underserved children, adolescents and adults with sickle cell disease and children with asthma at Matthew Walker Comprehensive Medical Center (a federal qualified health center). Medical care includes subspecialty sickle cell disease and asthma care in a community health center. The Center provides a full pulmonary function test laboratory where lung assessments are given to low-income children and adults who otherwise would not have access to this resource in a community health center. Community providers, pediatricians and internists are equal partners in the management of children and adults with chronic diseases and we are expanding our efforts to other federal qualified health centers in the Nashville Metropolitan area. The Center is funded in part by the Junior League of Nashville.

## **23.Regional Perinatal Center**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Children’s Hospital serves as a Regional Perinatal Center, one of five in the State of Tennessee. As such, Children’s Hospital has educational agreements with approximately 45 community hospitals to provide education in neonatal resuscitation and stabilization, site visits for consultations on equipment and facilities, and outreach education seminars for community providers regarding strategies to improve neonatal and infant outcomes. The program sponsored by Children’s Hospital benefits not only Children’s Hospital patients and families but also impacts the safety and health of neonates across the state. One of the services provided is the NICU neurodevelopmental follow-up clinic established to follow high risk infants following NICU discharge. This is a non-billing clinic supported by the Department of Pediatrics and Children’s Hospital.

## **24. Self-Management Education Program**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Diabetes Center provides the Self-Management Education Program to help newly diagnosed and long-term diabetics better manage their condition. The ADA recognized program is offered in Davidson and Williamson Counties.

## **25. StarPanel**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Community pediatricians and family practice physicians across Middle Tennessee who are credentialed at Children’s Hospital can access their patients’ healthcare information when and as needed through StarPanel, VUMC’s electronic medical records system. This access facilitates the continuum of care for patients. Community physicians have direct access to their patients’ records through StarPanel, which VUMC has developed to ensure and support continuity of care.

## **26. Tennessee Immunization Information System (TennIS)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Children’s Hospital Outpatient Clinics leadership and the VUMC Department of Biomedical Informatics, have developed a link between StarPanel and Tennessee Web Immunization System (TWIS), which is the State’s immunization registry. The system enables VUMC faculty and staff to view TWIS within StarPanel and upload immunizations given in clinics directly into TWIS. VUMC is now spreading this capability to all areas of VUMC that give immunizations. VUMC is one of the first institutions in the State to have this capability. This work has ensured accuracy of immunization status, thereby improving quality of care.

## **27. Collaborative Relationships with Mental Health Advocacy Organizations**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Behavioral Health (VBH) has strong relationships with mental health advocacy organizations across Tennessee, focused on fostering collaboration and patient and provider education throughout the community. These growing relationships enhance access and outreach for individuals and stakeholders across the community. VBH collaborates with organizations such as the National Alliance on Mental Illness (NAMI) through event sponsorships and support of the annual NAMI Walk, as well as providing monthly support groups and education series for the public. VBH supports the work of Park Center through collaboration and sponsorship of events. VBH works collaboratively with groups ranging from the Mental Health America - Middle Tennessee, the Tennessee Hospital Association, the Tennessee Suicide Prevention Network and Davidson County Suicide Prevention Task Force, to the Tennessee Department of Children’s Services. In addition, VBH works with Alignment Nashville on projects such as the “Social and Emotional Learning” conferences, to support the development of strong mental health in children, while supporting the work Tennessee Voices for Children through collaboration and a presence on their Board of Directors.

## **28. Transition Management Office**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Transition Management Office (TMO) is a team of over 100 professionals consisting of case managers, social workers, and utilization review specialists. Case managers and social workers in combination with the primary team create a care plan and the TMO is then responsible for execution of that care plan while the patient is in the hospital. Once the patient is discharged from the hospital responsibility for care plan adherence resides with a post-acute care team, a team charged with creating a coordinated care plan for post-acute care for all patients with a more complex diagnosis who require continuing post-acute care after discharge.

## **29. Find-A-Doctor**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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[Find-A-Doctor](#) is a web portal available to the community that facilitates identification and access to providers across all specialties at VUMC.

### **30. Vanderbilt Child and Family Center**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Child and Family Center at VUMC offers broad assistance to VUMC faculty staff and students in balancing family needs with work life, including resources and links to services in the areas of adult care, summer camps, before and after school care, and tutorial services. These include daily child care, as well as a sitter service and a collaboration with www.Care.com. Links to audio and video "wellcasts" are available to the community to provide information.

### **31. Vanderbilt Institute for Global Health (VIGH)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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While the primary focus of the Vanderbilt Institute for Global Health at VUMC (VIGH) is international in scope, local issues related to the health and well-being of Nashville's "at risk" populations remain a core concern. Among other projects, VIGH is currently planning a symposium that will engage a broad spectrum of experienced providers in identifying themes and common factors for successes, as well as challenges in improving the quality of life for vulnerable populations in the community. Results will be reflected in a white paper and disseminated among community stakeholders.

### **32. Go for the Gold**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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VUMC's award winning Go for the Gold program is a comprehensive health promotion program designed to help faculty and staff and their families lead healthier and more productive lives by identifying health risks and taking action to reduce those risks. A wellness credit is available to faculty and staff paying for Vanderbilt Health Plan benefits. As one of the largest employers in the area, this program touches many individuals who also receive their care with us.

### **33. Team Vanderbilt**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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VUMC sponsors many walks, runs, and rides to improve community well-being. [Team Vanderbilt](#) was created to combine all VUMC-sponsored walks, runs and rides in one place to make participation easier. The website enables VUMC to promote participation for each event equally and not overwhelm employees with multiple requests.

### **34. Nashville Collaborative**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Nashville Collaborative is a community-academic partnership to develop and test programs to measurably reduce pediatric obesity in the community.

### **35. Online Guide to School Health**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Online Guide to School Health is a tool for parents, educators, caregivers, and medical professionals to remain up-to-date on today's problems and solutions related to children's health and wellness. VUMC aims to provide engaging learning opportunities and expert resources to help connect the dots between children's health and academic achievement.

### **36. Champ Educational Boards**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Champ Educational Boards provide tools to supplement anticipatory guidance given by community pediatrician or family practice physicians on topics ranging from nutrition to car seat safety to preventing television tip overs. More than 130 community physician practices and clinics in 42 Middle Tennessee counties receive Champ Board materials 3-4 times per year that include take home cards and a waiting room poster targeted to adults as well as a child-focused activity sheet. All materials are in Spanish, in addition to English.

### **37. Office of Inclusion and Health Equity**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Office of Inclusion and Health Equity was established at Children's Hospital to promote inclusion and equity for all children and families who receive care at Children's Hospital and Clinics. The goal is to ensure that faculty, staff, and learners receive appropriate education and training to deliver effective, high quality health care in a culturally sensitive manner.

### **38. Community Pediatrician and Family Practice Office Preparedness**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The goal of the Community Pediatrician and Family Practice Office Preparedness program is to train both providers and office personnel to respond to in-office emergencies, familiarizing themselves with equipment and supplies not frequently utilized, and stabilize the patient until local EMS arrives. This program ensures that every member of the office team knows his or her role during an office emergency.

### **39. Comprehensive Regional Pediatric Center (CRPC)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Comprehensive Regional Pediatric Center at Children’s Hospital (CRPC) serves as one of four CRPCs in the State of Tennessee. As such, the Children’s Hospital team is responsible for modeling safety and injury prevention practices for regional hospitals and emergency medical services (EMS) agencies throughout the state. As a CRPC, Children’s Hospital has educational agreements with approximately 48 community hospitals and 68 EMS agencies to provide pediatric education and injury prevention. We also share injury prevention programs with other CRPC hospitals, adult trauma centers, and the Tennessee Department of Health Injury Prevention Task Force. The program sponsored by Children’s Hospital benefits not only CRPC patients and families but also impacts the safety and health of children across the state.

### **40. Tennessee Initiative for Perinatal Quality Care (TIPQC)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Tennessee Initiative for Perinatal Quality Care (TIPQC) is a statewide effort supported by the Children’s Hospital, which seeks to improve health outcomes for mothers and infants in Tennessee by engaging key stakeholders in a perinatal quality collaborative that will identify opportunities to optimize birth outcomes and implement data-driven provider- and community-based performance improvement initiatives.



### **41. Health Literacy Initiatives**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Children’s Hospital has multiple activities to help parents and caregivers improve the health and safety of their children. These include Health Literacy Initiatives aimed at families, including Jo’s Reach Out and Read Book Club (JROR) which distributes 4,000 books to patients each year; and the Family Resource Center, which give parents tools to improve language and literacy development in their preschool children; Smart Starts, which provides safety, wellness and health literacy education for preschool age children; and a partnership with the Nashville Public Library to develop a program for early learning, parental literacy, and parental advocacy for children in the school system.

### **42. Corporate, Executive, and Mariner Health at Vanderbilt**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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These programs, housed within the Dayani Center at VUMC, support VUMC’s care model and strategy through Population Health due to their preventative focus, early detection of disease, care coordination and comprehensive/efficient delivery model.

- **Corporate Health** provides biometric assessments, screenings, immunization management, risk appraisals and health coaching for employers to ensure proper health management of their employees. This team also provides management of various employer wellness programs across the State of Tennessee.
- **Executive & Mariner Health** provides executive physicals, comprehensive wellness and preventative services to company executives referred by their employer. They also work directly with Ingram Barge to provide physical evaluations for their barge Captains and pilots that help them meet US Coast Guard testing requirements as well as facilitate their wellness and return-to-work programs.

### **43. The Pediatric Trauma Injury Prevention Program**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Injury Prevention Program strives to reduce unintentional injuries among children and to promote safe behaviors in the community by collaborating at the [local](#), [state](#), and [national](#) levels to promote programs and policies that protect children. The program offers a wide variety of programs that focus on child passenger safety, home safety, ATV safety, teen driver safety and many others. The program is also the lead in Safe Kids Cumberland Valley. Safe Kids Cumberland Valley includes representatives of public safety, children's health agencies, public policy servants, community organizations, businesses and community members who work together to keep kids safe across 41 counties in Middle Tennessee. The program also provides injury prevention education to patient families that are admitted to the hospital.

## **44. The Vanderbilt Addiction Center**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Addiction Center at VUMC provides prevention and treatment programs for alcohol and/or other drug use. As part of this center, inpatient and outpatient services at VPH offer a variety of services designed to help people start or resume a life of recovery from addiction to alcohol or other drugs. Services include inpatient detoxification and outpatient treatment that includes group therapy, education about addiction and recovery, relapse prevention, medical supervision and dual diagnosis management.

## **45. The Vanderbilt Center for Professional Health**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Center for Professional Health at VUMC (CPH) was organized in 1998 to address the issues of physician health at VUMC and within the larger physician community. CPH's mission is to provide education and training to physicians and other healthcare professionals and to promote professionalism and professional health and wellness. The Center supports the wellness of healthcare providers and their patients through two major initiatives: CME approved professional development programs (PDP) and the Faculty Physician Wellness Committee (FPWC). Each PDP offers participants remediation focused training and education to promote physician wellness, understanding of the professions' rules and guidelines, and professional behaviors. The FPWC implements programs aimed at the prevention and early identification of stress, burnout, and impairment in physicians and other healthcare providers through promoting wellness, resiliency, stress management, burnout prevention and risk reduction for substance use disorders. CPH collaborates with regulatory boards, state physician health programs (SPHP), academic health centers, and other community resources. Educational programs reach providers throughout the community, region, state and nation.

## **46. Vanderbilt Tuberculosis Center**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Tuberculosis Center at VUMC provides physician consultation at the Tuberculosis clinic and the weekly case conference at the Lentz Public Health Center, managed by the Health Department of the Metro Government of Nashville and Davidson County. Consultation is provided for difficult cases, including patients co-infected with HIV and tuberculosis and patients with drug resistant TB, drug intolerance or difficult diagnoses. Along with keeping an active research portfolio, Center faculty provide consultation with community physicians to assist with diagnosis and treatment of patients with suspected or confirmed tuberculosis.

### **47. The Nashville Interfaith Dental Clinic**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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VUMC oral surgery faculty and residents provide oral surgical services at the Nashville Interfaith Dental Clinic, a comprehensive dental service for middle Tennessee's indigent workers, staffed by volunteer faculty.

### **48. Play Nicely**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Play Nicely is a 50-minute multimedia program offered by the Children’s Hospital that teaches healthy options to discipline young children. Studies demonstrate positive effects with less than 10 minutes of viewing.

### **49. Flulapalooza**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Flulapalooza is an annual event that provides free flu vaccines to all VUMC employees and students. In 2015, 14,498 vaccines were given.

### **50. Meharry-Vanderbilt Alliance**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Meharry-Vanderbilt Alliance (MVA) is supported by VUMC and Meharry Medical College and focuses on three areas: Research, Inter-professional Education and Community Engagement. MVA supports a multitude of community-engaged initiatives focused on various topics and populations such as faith leaders, safety net providers and engagement of stakeholders in research. MVA develops programs to eliminate health disparities and improve the delivery and outcomes of care to disadvantaged populations.

## **51. VBH School-Based Mental Health Services**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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VUMC has provided evidence-based mental health treatment in school based clinics across Davidson County. In the 2014-15 academic year, VUMC had 31 full time clinicians serving nearly 1,000 children and families in 35 elementary and middle school sites across Davidson County including 6 charter schools. VUMC recognizes that many youths with mental health needs do not access needed care, and for those that do schools have increasingly become the main site for the provision of treatment. School based services consistently serve youth and families who are may be unable to participate in traditional clinic-based care. Services provided include individual, family and group therapy for individuals enrolled in TennCare, provided by master’s level or licensed clinicians. In addition, psychiatric services including medication assessment and management are provided by Child and Adolescent Psychiatry fellows and a Nurse Practitioner.

## **52. Prevention of Child Abuse and Neglect**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Children’s Hospital works collaboratively with community based organizations to prevent child abuse and neglect. These activities include awareness campaigns such as Child Abuse Awareness Month and a program to prevent Shaken Baby Syndrome with Prevent Child Abuse Tennessee. Members of the Center for Child Protection & Well-Being work in close collaboration and attend frequent meetings regarding child abuse recognition and prevention with the Department of Children’s Services, law enforcement agencies, child advocacy centers, and attorneys.

## **53. Street Medicine Program**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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This service partners with several local non-profits to provide psychiatric outreach and assessment services as well as extended services such as receipt of ID’s, birth certificates, obtainment of housing, and application for disability benefits to the homeless. To date, evaluations have helped to secure disability income for 29 homeless individuals and housing for approximately the same number. We see individuals wherever they are; at a shelter, fast food restaurant, under a bridge, or at a campsite. The Street Medicine program goal is to provide comprehensive psychiatric services and basic medical care to the unsheltered homeless at point of contact on the street and teach community outreach through this unique consultative model. Additionally, a full-time homeless navigator is responsible for obtaining permanent housing for this population

## **54. Collaboration with Renewal House**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Behavioral Health staff provide psychoeducational groups for the residents at Renewal House in Nashville on a monthly basis. Renewal House is a residential recovery program for addicted women and their children. The content is focused on such topics as women's issues and addiction, coping skills, parenting skills, pregnancy and addiction, etc. Staff also provides education for their staff as well as TB skin testing.

## **55. Collaboration with Room in the Inn**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Members of Vanderbilt Behavioral Health staff provide psychoeducational groups for the female residents at Room at the Inn in Nashville – a local non-profit providing resources, services, and shelter to individuals experiencing homelessness. These groups occur two times a month October through March each year and focus on issues related to mental health, substance abuse, coping skills, matters related to homelessness, etc. Additionally at least two times a year, staff provide a foot clinic for residents of this program.

## **56. Family Resource Center**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt's Junior League Family Resource Center, free and open to the public, is a place to get information about a child's medical condition or disability. Services include a family health library and family business center.

## **57. Pediatric Complex Care Team**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The pediatric complex care team at Children's Hospital handles care and coordination of care for children with severe complex medical conditions by supporting and supplementing the work being done by primary care physicians. Children with severe complex medical conditions take up almost half of children's hospital beds, and have a larger than average impact on healthcare costs. In addition, the burden on families can be disproportionately high, with coordination between multiple sub-specialists a necessity for successful care. The pediatric complex care team helps to provide management for these children, to insure that they are provided the correct resources and services between providers, and will see them as either inpatient or outpatients.

## **58. Adult Complex Care Team**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Complex Care Team serves as a resource for highly complex patients with both medical and social needs, who comprise 2% of the entire patient population. Its mission is to identify and support a population of vulnerable patients who are at high risk for readmission or poor outcome. This team is responsible for assessment of clinical conditions, addressing psychosocial challenges, eliminating financial barriers, developing a plan of care, and executing appropriate interventions.

This team is composed of highly specialized individuals including physicians, nurse practitioners, pharmacists, registered nurses, social workers, financial counselors, discharge coordinators, ethicists, attorneys, consultants, an SSI/SSDI Outreach Action Recovery (SOAR) coordinator, and outreach workers. The team specializes in subpopulations of patients including: the homeless, the indigent, the undocumented, and patients with a previous criminal background.

## **59. Inpatient Tobacco Treatment Service**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Tobacco Treatment Service (TTS) is a clinical inpatient service that provides evidence-based care to tobacco users who are hospitalized. The TTS employs Certified Tobacco Treatment Specialists who proactively visit patients identified from the Electronic Health Record (EHR) as current or recently former smokers (quit within past month and at high risk of relapse). The TTS Specialists assess patients’ tobacco use patterns and then counsel and recommend smoking cessation pharmacotherapy to manage nicotine withdrawal and promote long term cessation. The TTS expects to encounter approximately 3,000 unique tobacco users annually.

## **60. VUAH Patient and Family Advisory Council**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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VUAH supports a Patient and Family Advisory Council, which plays an important role in communicating patient recommendations to VUAH leadership. Leadership may then implement policies and procedures in consideration of these recommendations which provide patients with a higher quality of care.

## **61. Community Health Improvement Team**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Community Health Improvement team works in partnership with the community to address the needs identified in the CHNA process. The CHI team works with individuals, local health departments, non-profits, foundations and health system collaborators to build collaborative relationships, connect VUMC’s resources to the community and build capacity to address the prioritized needs and ultimately improve community health. The CHI team convenes internal groups such as the VUMC Community Health Improvement Working Group and VUMC’s CHNA / IS Advisory Committee to coordinate efforts focused on community health and link these to VUMC’s population health priorities. In addition to local work on issues such as nutrition, childhood obesity and mental and emotional health, the CHI Team runs VUMC’s [Community Health Improvement website](#), supporting analysis and use of community health data. The CHI Team is supported by the Institute for Medicine and Public Health (IMPH).

## **62. Emergency Department Referral Service**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Emergency Department of VUAH offers referrals to local care providers, FQHCs, and safety net clinics for patients who come to the Emergency Department, do not need emergency medical care, and are uninsured or whose insurance does not cover their care at VUMC. Staff in the department collaborate with clinics to connect these patients to medical services offered by other community providers.

## **63. Vanderbilt Kennedy Center – IDD Toolkit Project**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Kennedy Center’s “Intellectual and Developmental Disability” (IDD) toolkit includes a number of preventive tools to use for adults with IDD, including a website, an Autism Health Watch Table, fillable forms, an Advisory Committee of US Physicians and other Stakeholders, and many additional resources for US Providers and families with members who have IDD. The project also includes an on-line training series on the VUMC “Continuing Medical Education” (CME) website, a family and provider training component on the Vanderbilt Kennedy Center website, and a telehealth Grand Round Series. The goal is that virtually every US primary care provider will have electronic access to best practice tools, and thus will enable each physician to more readily serve adults with intellectual or other developmental disabilities.

## **64. Children’s Hospital Advisory Councils**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Children’s Hospital supports a [Family Advisory Council](#), which includes parents and hospital staff who identify family concerns and priorities, promote family-centered care, offer input in planning programs and policies, and create education and support resources for families and health care providers. Joining the Family Advisory Council is one way to help improve the quality of care and services for all children and their families. The Council provides families with an opportunity to make a significant impact. Members of the Council play an important role in sharing patient recommendations to hospital leaders.

In addition, the Children’s Hospital supports a [Pediatric Advisory Council \(PAC\)](#), consisting mostly of teens with either inpatient or outpatient experiences. The PAC was a major voice in the design of the Children’s Hospital building, and has participated in activities ranging from creating “thank you” gifts for special donors to music videos filmed at the hospital.

Finally, there are additional sub-councils for the NICU and Pediatric Primary Care.

## **65. Advise Vanderbilt**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Advise Vanderbilt is an online platform which allows VUMC patients, family of patients, and community members to provide feedback and ideas that might help VUMC provide better care to the communities VUMC serves. Currently with more than 5500 members, Advise Vanderbilt members’ feedback may be used to develop new services, consider new locations, and help improve the patient experience.

## **66. My Southern Health**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Through [MySouthernHealth.com](#), VUMC experts offer insight on health, wellness, parenting and more. Patients and community members can connect to this content on [Facebook](#), [Twitter](#), [Instagram](#), or [Pinterest](#).



## **67. Community Outreach (VICC)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Vanderbilt Ingram Cancer Center's (VICC) *Office of Patient and Community Education (OPACE)* provides cancer patient education, advocacy, and community outreach and wellness activities to empower health care consumers to make informed decisions along the cancer care. The VICC's community outreach initiatives focus on educating the public/targeted communities on cancer prevention, risk reduction and early detection messages. Examples of VICC programs include:

- A) *Oral, Head and Neck Cancer Awareness Week*, in collaboration with the Department of Otolaryngology, which conducts annual oral screenings.
- B) Sponsored runs/walks in collaboration with the Colon Cancer Alliance, Melanoma Research Foundation, Leukemia/Lymphoma Society, National Brain Tumor Society, United Against Lung Cancer, CureSearch, Susan G. Komen, Pancreatic Cancer Action Network, Bladder Cancer Action Network and LUNGevity Foundation to raise support and awareness. In addition, VICC works to mobilize "Team Vanderbilt" teams to be involved in the events.
- C) Collaboration with the VUMC Office of Corporate Relations to provide employee health fairs for several large employers in the area, including information on clinical trials, cancer prevention and risk reduction, smoking cessation, cancer screening and early detection, physical activity and healthy weight. From 2010-2016, VICC reached over 25,000 individuals through the fairs.
- D) To improve community access to the highest quality cancer care, the Vanderbilt-Ingram Cancer Center provides services to patients in the outlying counties. This also permits other institutions to access VICC's clinical trials for their patient populations, thereby allowing participation in research in the community setting. Vanderbilt-Ingram Cancer Center and VUMC affiliations that provide cancer care, research and quality improvement with community institutions include: Robertson County - NorthCrest Medical Center (a satellite clinic location), Shelby County – Baptist Memorial Health System, Williamson County – Williamson Medical Center, Madison County – Jackson Madison County General Medical Center, Maury County – Maury Regional Medical Center, and Putnam County – Cookeville Regional Medical Center

## **68. Reducing Cancer Health Disparities (VICC)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The VICC offers many services and programs seeking to reduce the disparities in Cancer outcomes, including;

- A) National Community Oncology Research Program (NCORP) is a collaboration with the Baptist Center-Memphis and Meharry Medical College to expand reach of clinical trials to under-served populations in urban Memphis and Nashville areas as well as surrounding rural communities.
- B) Support of community organizations including the Nashville Latino Health Coalition, by supporting the Nashville Bilingual Health Guide financially and by providing key cancer prevention and awareness messaging and programming.; Progreso Community Center by providing expert speakers and resources for the HealthWatch radio program; and Sisters Network Nashville by supporting the Sisters Network Survivorship Gala; Sisters Network First Ladies Brunch. VICC medical oncologists speak at both events about breast cancers that impact African-American population.

In 2016, VICC hired a bilingual Community Health Educator's (CHE) funded via the NCI National Outreach Network whose scope of work is focused on enhancing the use of evidence-based strategies to increase cancer screening and prevention activities as well as understanding of cancer clinical trials in order to reduce cancer risk and cancer disparities among African American and Latino communities in the VICC service area. Group and individual educational engagement efforts take place at community centers, churches, libraries, health centers, schools and malls as well as through social media campaigns.

## **69. Patient and Family Centered Care (VICC)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The VICC strives to address and treat the physical, emotional and practical needs of cancer patients and their caregivers through educational and support programs and services. Patient and family-centered care services include: social work; supportive care clinic; lodging coordination; financial counseling; music therapy; pet therapy; patient education and cancer wellness initiatives. Additional programs include;

- A) The VICC Patient and Family Resource Center, staffed by a full-time manager and housed in the Henry Joyce Cancer Clinic, provides over 2,000 patients and caregivers

annually with free, comprehensive, culturally competent cancer-related education and support resources, such as brochures, books, and Internet access.

- B) Tools for learning – a patient handbook with specific disease/treatment information. Approximately 6,000 handbooks are disseminated annually to newly diagnosed patients.
- C) Patient Education Programming: VICC offers numerous educational programs for patients and caregivers focused on treatment advances, coping, cancer wellness/survivorship, precision medicine, etc.
- D) Cancer Wellness Program: Comprehensive services for patients including rehabilitation, lymphedema therapy, integrative health, survivorship clinic.
- E) The VICC Patient Education Committee aligns with and supports the VUMC Patient Education Oversight Committee by assessing current inventory of patient education resources and practices; identifying gaps and barriers; coordinating cancer patient education; acquiring resources; and measure the impact of patient education on outcomes. This committee currently includes physicians, nurses, social workers, nutritionists, pharmacists, radiation therapists, health educators and patient advocates representing all inpatient and outpatient oncology clinics/units.

## **70. VICC Patient Advocacy**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The VICC supports a number of patient advocacy programs, including;

- A) The research advocacy program, which is made up of cancer survivors and caregivers who help bring the best science to those who are affected by cancer. The VICC Advocacy Program has paired advocates with 17 faculty and fellows (June 2015-July 2016) for contributions to their grants and other projects (2010-2014).
- B) *C-TALK: Understanding Cancer through the Eyes of the Community* is a special needs assessment researching what communities in Tennessee know about cancer and how they best learn about the disease. Led by VICC’s Research Advocacy Program and in partnership with the Tennessee Primary Care Association (TPCA), the assessment collected information from focus groups at community health centers in five high-risk counties (50 participants) to identify misconceptions (particularly around research and clinical trials), determine what communities want to learn more about regarding the disease, and understand methods for how exactly they prefer to learn.

## **71. Partnering to Improve Diabetes Education (PRIDE)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The aim of the PRIDE study was to assess the efficacy of a low-literacy/numeracy-oriented intervention to improve diabetes care in under-resourced communities. The study took place in Tennessee Department of Health “safety net” primary care clinics in Tennessee. These primary care clinics provide diabetes care for a predominantly uninsured population at high risk for poor diabetes-related health. The study represented a novel partnership between the Tennessee Department of Health and the NIDDK funded Vanderbilt Center for Diabetes Translational Research to improve care for a vulnerable population of diabetes patients. The results of the study informed the creation of the PRIDE Toolkit.

The PRIDE Toolkit is designed to be used interactively between a health professional and a patient with an added focus on shared goal setting and addressing the needs of Spanish-speaking patients. This toolkit includes a comprehensive set of 32 iterative education modules in English and Spanish to support diabetes self-management activities.

## **72. Program for Injury Prevention in Youth Sports (PIPYS)**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Program for Injury Prevention in Youth Sports (PIPYS) encourages children to get the exercise they need, build strength and learn teamwork. While the benefits outweigh the risks, sports can sometimes lead to injuries. Every year, more than 3.5 million children and teens in the U.S. are treated for a sports-related injury. We believe that reducing injuries enables athletes to reach their potential and stay on a lifetime path to better health.

The focus of PIPYS is to empower parents and coaches with the latest fact-based information for keeping young athletes healthy and injury free.

## **73. Vanderbilt Farmers’ Market**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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The Nashville Farmers’ Market at [VUMC](#) is generally held in campus during Summer and Fall months. The market is located on the Medical Center plaza near Eskin Library. Students, staff, and members of the public are encouraged to come by and shop for local fruits and vegetables, dairy products such as goat cheese, milk and yogurt, grass-fed beef, free-range chicken, honey, flowers, and more. Cash is accepted at all vendors, while credit cards and debit cards are also accepted at some. The Vanderbilt Farmers’ Market is a Health Plus and Nashville Farmers’ Market collaboration.

# Vanderbilt Stallworth Rehabilitation Hospital Program Descriptions

## **74. Monthly Grand Rounds**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Stallworth Rehabilitation Hospital provides Monthly Grand Rounds for the medical community to discuss topics that have an impact on rehabilitation and post-acute care. Grand Rounds programs are open to any member of the medical community with a practice focused on rehabilitation and post-acute care services. Recent grand round topics have included *Lower Limb Amputee Walking Performance*, *ICU Survivorship*, and *Mirror Therapy for Neurologic and Orthopaedic Problems* among many other subjects.

## **75. Training for Case Managers and Discharge Planners**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Stallworth Rehabilitation Hospital provides training for case managers and discharge planners from hospitals and other health care facilities in the region that refer patients to Vanderbilt Stallworth Rehabilitation Hospital.

## **76. Support Groups for Patients and Caregivers**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Stallworth Rehabilitation Hospital offers numerous support groups for patients and caregivers focused on specific medical conditions which include monthly speakers, networking opportunities for information and emotional support. Support groups include:

- Stroke Support Group
- Spinal Cord Injury Support Group
- Brain Injury Support Group
- Amputee Support Group
- VAD (Ventricular Assistive Device) Support Group

### **77. Support for Community Organizations**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Community organizations are supported through sponsorships of events by Stallworth Rehabilitation Hospital, including: Arthritis Foundation, Shoot for the Future, Harold Jobe Bernard Stroke and Neurosciences Stroke Symposium, and American Stroke Association. The events provide stroke screenings and education to the community about rehabilitation and other specific services.

### **78. Collaboration with Trauma Survivors Network**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Stallworth Rehabilitation Hospital collaborates closely with and supports the Trauma Survivors Network at Vanderbilt, which provides a host of free resources to help patients and families cope with the challenges of trauma recovery.

### **79. Spinal Cord Injury Peer Mentor Program**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Stallworth Rehabilitation Hospital runs a peer mentor program to assist patients who are recovering from traumatic injury and to support them as they make significant life changes after leaving the hospital. The program includes training for peer mentor volunteers.

### **80. Housing Evaluation**

Access to / Coordination of Care	Wellness / Disease Prevention	Mental and Emotional Health	Social Determinants
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Vanderbilt Stallworth Rehabilitation Hospital assists patient with a housing evaluation questionnaire to help assess home-readiness after a traumatic injury. In order to ensure a safe transition back from the hospital back to the home, Stallworth staff will help assess the needs of a patient and what alterations – such as adding ramps or widening door frames – might be necessary to assure the patient is able to go home safely. When necessary, Stallworth staff connect patients with community resources to assist in the transition.

## VUMC: Evaluation/ Anticipated Impact

In the following section, VUMC outlines the anticipated impact and key metrics that will be used to evaluate the effectiveness of VUMC programs in meeting the need prioritized by the community.

<b>Priority Health Need: Access to Care, Coordination of Care</b>		
<b>Examples of Programs to Address Need</b>	<b>Anticipated Impact</b>	<b>Key Metrics</b>
Clinic at Mercury Courts	Increased access to care and improved care coordination across the health care system	<ul style="list-style-type: none"> <li>- # individuals served by Shade Tree Clinic</li> <li>- # TennCare/uninsured served by Children's Hospital Primary Care Clinic</li> <li>- # patients served by VCCC</li> <li>- StarPanel statistics for Davidson, Rutherford and Williamson counties</li> <li>- # of training sessions per month for case managers [Stallworth]</li> </ul>
Shade Tree Clinic		
Vanderbilt Health Walk-in Clinics		
Training for Case Managers and Discharge Planners [Stallworth]		

<b>Priority Health Need: Mental &amp; Emotional Health, Substance Abuse</b>		
<b>Examples of Programs to Address Need</b>	<b>Anticipated Impact</b>	<b>Key Metrics</b>
School-based Mental Health Services	Increased access to quality mental health care for children and adults	<ul style="list-style-type: none"> <li>- # of patients seen at VBH Adolescent Partial Hospitalization Program</li> <li>- # of patients seen in school based clinics</li> <li>- # of schools served by school-based mental health teams</li> <li>- # of speakers/meetings and number of members in support groups [Stallworth]</li> </ul>
The Vanderbilt Addiction Center		
VBH Adolescent and Adult Partial Hospitalization Programs		
Support Groups for Patients and Caregivers [Stallworth]		

Priority Health Need: Social Determinants		
Examples of Programs to Address Need	Anticipated Impact	Key Metrics
Adult Complex Care Team	Increased support for programs that address social determinants of health	<ul style="list-style-type: none"> <li>- # of individuals served by Street Medicine program</li> <li>- # of individuals served by Adult Complex Care team</li> <li>- # of individuals seen at the Clinic at Mercury Courts</li> <li>- # of patients signed up for Spinal Cord Peer Mentor Program [Stallworth]</li> </ul>
Clinic at Mercury Courts		
Street Medicine Program		
Spinal Cord Injury Peer Mentor Program [Stallworth]		

Priority Health Need: Wellness and Disease Prevention		
Examples of Programs to Address Need	Anticipated Impact	Key Metrics
Health Literacy Initiatives	Increased support for evidence-based preventive health services and preventive health behaviors	<ul style="list-style-type: none"> <li>- % of HIV patients virally suppressed at VCCC</li> <li>- # of annual VICC cancer screenings</li> <li>- # of patients served by Inpatient Tobacco Treatment service</li> <li>- # of vaccines provided at Flulapalooza</li> <li>- # of nutritional consultation visits to Clinical Nutrition Services</li> <li>- # of screening and educational events sponsored [Stallworth]</li> </ul>
VICC’s Office of Patient and Community Education		
Nashville Collaborative		
Sponsorship of Events [Stallworth]		

### Plan to Evaluate Impact

Key metrics will be evaluated annually by VUMC’s Community Health Improvement Working Group using program specific data. As needed, the Working Group will review publicly available data and other relevant data sources that provide a window in to VUMC’s success in meeting the prioritized needs. Publicly available data will be tracked and mapped using tools such as VUMC’s Community Health Improvement [website](#) and the website [HealthyNashville.org](#), with a focus on health disparities, and the needs of the uninsured, low-income, and minority populations.