

450

Horizon
Health And Wellness
W. ADAMSVILLE RD.
FLORENCE COMMUNITY HEALTH CENTER

Florence Community Health Center Open



L-R: Denise Shively, R.N., Nursing Supervisor, and
Brianna Salyers, Customer Service Representative

Horizon Health and Wellness (HHW) officially opened the Florence Community Health Center located at 450 W. Adamsville Road in Florence, Arizona on June 12th.

The Florence Community Health Center (FCHC) provides a 26 bed ~ Adult Stabilization and Observation Unit, the first of its kind in Pinal County. This will allow First Responders throughout Pinal County, who come into contact with individuals in need of emergency psychiatric services, the ability to bring them directly to the facility for evaluation and stabilization.

Norman E. Mudd, CEO of HHW said, "The Observation and Stabilization Unit will have a positive impact on law enforcement as police and sheriff officers will not have to stay extended periods of time as they do with the individuals needing psychiatric attention at local Emergency Rooms."

HHW also provides Integrated Healthcare Services (Behavioral Health and Primary Care). A walk-in Bridge Clinic for immediate psychiatric services (evaluation and medication) will open in the near future.

The second phase planned for the FCHC will have a 16 bed Psychiatric Inpatient Unit for adults and a Stabilization and Observation Unit for children - another first for Pinal County.



Joanna Jimenez ~ Customer Service Representative

Horizon Health and Wellness thanks the Town of Florence, Pinal County Government and the numerous provider agencies who have worked diligently to assist in opening this much needed facility. We also want to thank Cenpatco Integrated Care, Western State Bank, the architectural firm of Orcutt and Winslow, the construction firm of McGough, and Sunstate Mechanical Services.

HHW Cut Hospital Use in Half

By - Tom Reavis, Health Current



After the first week of having access to the Health Current portal, Dr. Fred Karst, Chief Operations Officer at Horizon Health and Wellness, knew that Health Current was going to change the way they operated. In fact, Health Current has already helped them cut hospital admissions in half for their highest users. Serving a patient base of 12,000 with over 600 staff members, Horizon Health and Wellness offers mental health, behavioral health, and primary care services in 10 Arizona locations. After participating two years in the health information exchange (HIE), Horizon has been able to incorporate the services that Health Current offers into their everyday work flow.

Dr. Karst recalled that he first realized the value of the HIE when an elderly woman came into the facility and needed blood work. As the staff including the chief nurse faced a difficult time finding a vein for a blood draw, Dr. Karst remembered his newly granted access to the HIE portal. After a few simple clicks, He realized that the staff could put their needles away because hospital records from the previous day including blood work were readily available in the HIE. As Dr. Karst recalled, this was just the beginning of Horizon Health and Wellness having success using the HIE. Beyond just using the portal, they now receive Alerts when needs patients are admitted, discharged, or transferred from a hospital.

Dr. Karst admits that he “was shocked to learn how many of our patients were spending so much time in hospitals. We knew we had to do something about it,” he said.

To address the high hospital utilization, Horizon Health and Wellness identified 30 of their top utilizers – those frequenting the hospital an average of three times or more a month. Using Alerts from the HIE, they developed a successful three-part strategy to decrease visits. First, they designated one person to receive and process all Alerts received from the HIE, forwarding patients’ information to specific care managers who could then follow up with the patient. Second, they developed an education pamphlet to better inform patients about the appropriate way to seek care from the hospital ED versus other alternatives for care. The pamphlet also identifies the services that Horizon Health and Wellness provides for each of their various locations. Third, they focused on the needs of their seriously mentally ill (SMI) population, providing more weekend hours and encouraging them to come in without an appointment. .

The results were very positive. Not only did they improve service and outcomes for their high-needs patients, they were able to reduce hospital emergency and inpatient visits. By receiving Alerts from the HIE on hospital admissions and discharges, their strategy that focused on these top utilizers saw a reduction in the average number of visits to the hospital fall from 3.1 to 1.5 visits per month.

Dr. Karst says that now he and his staff are big supporters of Health Current. “I am looking forward to watching Health Current grow” Dr. Karst said. “I am excited for more medical providers to connect to the HIE so we can provide the best universal care for our patients.”

Don’t Worry Be Happy!!!

By Gustavo McGrew

While there are volumes written on Wellness and its numerous definitions I think it best to keep it simple. By simple I mean the following ~ Wellness equals Happiness. Aristotle said, “Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

So what is happiness? The research suggests that happiness is a combination of how satisfied you are with your life (for example, finding meaning in your work and relationships) and how good you feel on a day-to-day basis. Though life continually seems to throw things at us to make us unhappy, you can make the decision to be a happy person.

Being happy yourself is one of the best things you can do to help other people be happy, too! We’ve all had the experience of knowing someone who seems to lighten up the whole room when they enter it — the kind of person who makes other people feel happy, just by being around them. Happiness has a ripple effect far beyond a single individual — when you are happy, other people (your partner, your friends, your participants, etc.) notice and are themselves influenced by your mood. Happiness can’t be found in money, possessions or even artificial stimuli, because true and lasting happiness can come only from within. If you are searching for true happiness, you can start by following some simple guidelines to help achieve a happy life:

- 1) Eat healthy, relax and exercise as often as possible.
- 2) Find your purpose in life and walk in it.
- 3) Be Creative!!!
- 4) Surround yourself with happy vibes and with positive people.
- 5) Expand your horizon and set goals to accomplish things in life.
- 6) You're never fully dressed without a smile.
- 7) Have faith and believe in yourself.
- 8) Use gratitude magic.
- 9) Spending time with people we care about = HUGE happiness boost.
- 10) Help others, always.



The Amazing HHW Yuma Staff ~ L to R: Valeria Flores, Susanna Rubio, Arlene Gallardo, Bernice Carballo, Azucena Ramirez, Rhonda Leonard
Bottom Row: Michella Soto, Angela Roman

Recovery Palooza Winners

Horizon Health and Wellness (HHW) YUMA took part this past May 19th, in the RECOVERY PALOOZA.

This annual event is hosted by Health Net / Cenpatico Integrated Care and Transitional Living Center Recovery (TLCR) in support of National Mental Health Awareness Month.



HHW staff and participants took part in creating this year's fantasy theme of "CANDYLAND". We worked months in advance to create this amazing theme.



22 agencies participated in this event. HHW Yuma took the 1st place trophy for hard work and creativity. Most importantly this win gave our participants a sense of pride and accomplishment while seeing their amazing creativity appreciated and art displayed.

Apache Junction Homeless Coalition Wins Regional Honor ~ By Al Bravo, City of AJ

The Apache Junction Chronic Homeless Coalition on Wednesday, 6/26, received a public partnership award from the Maricopa Association of Governments.

HHW an active member of the Homeless Coalition and the Community Resource Center, which is housed at the Genesis Project, received the Desert Peaks award in ceremonies at the Sheraton Crescent Hotel in Phoenix along with other partners.

The Apache Junction Chronic Homeless Coalition, created in 2016, brings together local and regional public and non-profit organizations to support programs and services in the Apache Junction community.

"This collaboration has included all parts of the region to address a key issue as identified by our citizens," said Mayor Jeff Serdy. "We must pull resources together to raise all of our community."

The coalition, the first of its kind in Pinal County, identified six key strategies to help the chronically homeless: outreach, collaboration, policy, housing, employment and basic needs.

Along with the coalition was the development of the Community Resource Center, which connects services to those who need it most and covers the coalition's key strategies.

Pictured below L to R is: AJ Mayor, Jeff Serdy; AJ City Manager, Bryant Powell; AJ Councilperson, Robin Barker; HHW Dir. of Community Relations, Gustavo McGrew; United Way Executive Director, Manuela Bowler; AJ Councilperson, Chip Wilson and CAAFA Board Member, Sharon Stinard.



Youth Empowerment Partners



**Youth Matter Summer Session held at Apache Junction High School, June 16th.
Committed to Empowering Young People and Creating Positive Differences and Helping Grow
Healthier and Happier Schools and Communities.**

Upcoming Events

- Feliz Fourth of July!!!
- HHW Annual Diamondback Baseball Game
July 21st @ Chase Field
- Youth Empowerment Partners Leadership Retreat
August 17th and 18th at the White Stallion Ranch
- HHW Annual Employee Appreciation Dinner
September 15th at the CG Holiday Inn
- Earth Heart Park Artisan Markets
Starting first Saturday in October (10/06) and
continuing each first Saturday through March 2019

Contributors to Viewpoint

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Al Bravo, City of AJ

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Viewpoint Newsletter

The Viewpoint Newsletter is published quarterly to provide information on activities taking place within HHW and its many statewide programs. Please let us know what you think by sending us your feedback to:

gustavo.mcgreg@hhwaz.org

Thank You ~ Gracias!

Horizon
Health And Wellness



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