



## Rady Children's FY 2020-2022 Implementation Strategy

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In Support of the 2019 San Diego Community Health Needs Assessment



Rady Children's Hospital -- San Diego  
3020 Children's Way  
San Diego, CA 92123

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# Community Health Needs Assessment Implementation Strategy

Fiscal year 2020 - 2022

## Introduction

Rady Children’s Hospital and Health Center (Rady Children’s, RCHSD) has been meeting the health needs of San Diego County children and families since 1954. In response to a polio epidemic, Rady Children's officially opened its doors on August 19, 1954 to receive its first 12 patients. Today, Rady Children's is a non-profit, 554-bed pediatric-care facility dedicated to excellence in care, education, and research. Rady Children’s is the only hospital in the San Diego area dedicated exclusively to pediatric healthcare and the region’s only designated pediatric Trauma Center. In addition, Rady Children’s is the 6<sup>th</sup> largest pediatric hospital in the country, and the provider of care for 92% of the region’s children.

Rady Children’s is ranked in 10 pediatric specialties surveyed by *U.S. News & World Report* in 2019. In partnership with the University of California, San Diego School of Medicine, Rady Children’s is the region’s teaching hospital for the next generation of pediatric clinicians, and is a major pediatric clinical research center.

In 2015, Rady Children’s added the first pediatric genomics institute in the country, a groundbreaking pediatric research facility, joining talent, technology and resources to transform the diagnosis and treatment of childhood diseases. The Institute is developing an integrated approach to personalized medicine, bringing together world-class scientists and physicians to effectively translate the discoveries of genetic and genomic research from “bench to bedside.” Genomic sequencing has begun on critically ill infants with unknown conditions in the neonatal intensive care and pediatric intensive care units, where it is most urgently needed.

## Demographic Background

San Diego County (San Diego) is the second most populous of California's 58 counties, and the fifth largest county in the United States. Currently home to 3.4 million residents, San Diego is anticipated to grow to four million by 2050. The region is socially and ethnically diverse, with over 22% of the population under the age of eighteen. While the median household income is approximately \$70,000, over 13.8% of persons are living below poverty level; with children under age 18 disproportionately affected. In addition, 38% of persons speak a language other than English at home.<sup>1</sup>

## Approval from Governing Body

The Rady Children’s Board of Trustees (Board) must approve both the triennial 2019 Community Health Needs Assessment (CHNA) report and corresponding Implementation Strategy during its 2020 fiscal year. The 2020-2022 Implementation Strategy, as outlined in the remainder of this document, is updated annually with an outcome report to the Board.

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<sup>1</sup> United States Census Bureau <http://quickfacts.census.gov/qfd/states/06/06073.html>

## **Community Health Needs Assessment**

Continuing a longstanding commitment to address community health needs in San Diego, Rady Children's and six other healthcare systems reconvened in 2018-2019 through the Hospital Association of San Diego and Imperial Counties (HASD&IC), with the Institute of Public Health, to complete a 2019 triennial Community Health Needs Assessment (CHNA). The CHNA identifies and prioritizes the most critical health-related needs of San Diego County and includes feedback from community residents in vulnerable neighborhoods.

According to CHNA committee findings, the following health conditions and social determinants of health are considered top priorities for San Diego County for all age groups (list is in alphabetical order):

- 1) Access to Health Care;
- 2) Aging Concerns;
- 3) Behavioral Health;
- 4) Cancer;
- 5) Chronic Health Conditions (Obesity, Diabetes);
- 6) Community and Social Support;
- 7) Economic Security;
- 8) Education;
- 9) Housing and Homelessness;
- 10) Safety and Violence.

## **Top Community Health Needs – Child Focused Priorities**

Recognizing that children have unique healthcare needs, Rady Children's supplemented the findings of the CHNA with the [2017 San Diego County Report Card on Children & Families](#). Management and Clinical Leadership also considered other pediatric assessments.

Top health priorities identified for children include:

- 1) Behavioral and Mental Health;
- 2) Chronic Health Conditions (Obesity);
- 3) Other (Injury Prevention, Autism).

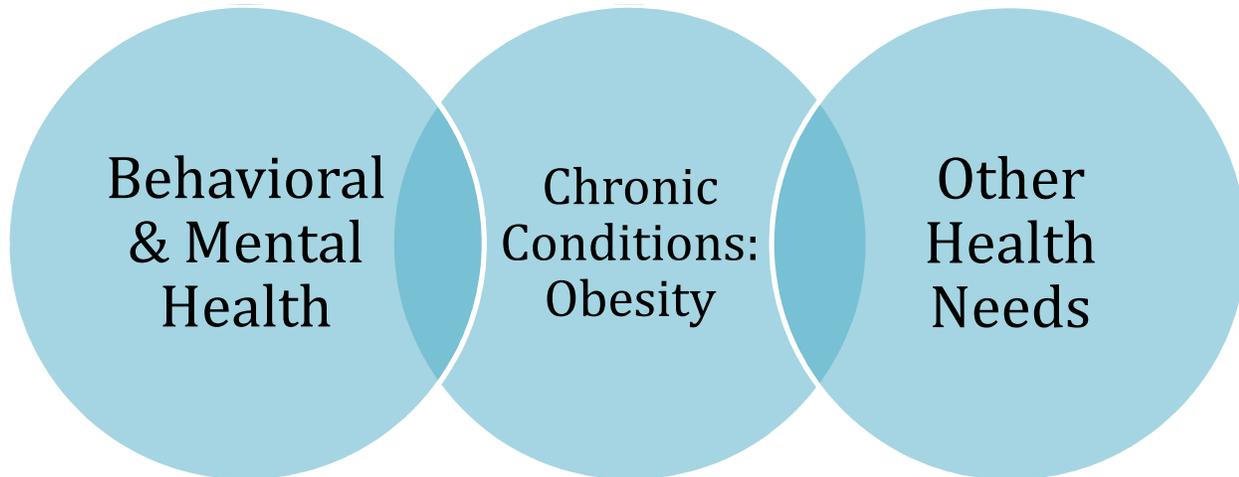
Many of our programs deal with social determinants of health including:

- 1) Access to Health Care
- 2) Education
- 3) Safety and Violence
- 4) Community and Social Support

Priorities not addressed in this report and the reasons include: Cancer (high incidence in the CHNA pertained to adults); Economic Security (not within the purview of a Children’s Hospital); Housing and Homelessness (not a major factor for a Children’s Hospital, although housing insecure patients are served).

### **Addressing Top Child Health Needs**

The findings from health needs assessments and surveys yield valuable information in helping Rady Children’s to provide programs that address the most pressing health conditions impacting children in the region. The following section provides a review of current programs and proposed new interventions.



## **I. BEHAVIORAL AND MENTAL HEALTH**

### **Depression and Suicide Screening Initiative**

Research reinforces that childhood and adolescence are the most critical periods in determining and improving lifetime mental and behavioral health outcomes. Children’s hospitals and associated programs have a unique opportunity to impact lifetime outcomes and trajectories for millions of children and adolescents by providing mental and behavioral health services as part of their dedicated integrated care strategy.

In April 2016, RCHSD instituted the Depression and Suicide Screening Initiative to provide Patient Health Questionnaire (PHQ-2) screenings, including PHQ9, a brief, 9-item self-report screening tool. The questionnaire is being used to identify youth with depression and suicide ideation regardless of whether they are seen in an ambulatory clinic, the emergency department, or admitted as an inpatient.

Depression and suicide ideation screening has been applied in a proactive and standardized manner to all youth over 12, regardless of the reason for their visit, their gender, ethnicity, or socioeconomic status. This comprehensive approach has helped to normalize behavioral health as a component of the routine whole person assessment and has proactively identified a significant number of youth struggling with depression or considering suicide.

The implementation of a comprehensive behavioral health screening and treatment program was conceived by the executive leadership at RCHSD in response to the behavioral health crisis impacting the youth of the San

Diego community and the nation. The program was enthusiastically endorsed by the organization's Board of Trustees, as evidenced by behavioral health program goals that have been included in the RCHSD operating plan every year since 2016.

The identification of at-risk youth (based on a high PHQ-9 score or answering yes to the question of whether the child/teen was considering suicide) allow actions to be taken to ensure that the youth are kept safe, receive immediate care, and are connected to follow-up care as needed. Through its depression and suicide screening program RCHSD reliably provides quality care for those in need and supports their resiliency and recovery.

### **Mid-City Behavioral Health Urgent Care (BHUC)**

#### **Social Determinants Needs Addressed: Access to Care, Behavior and Mental Health, Education, Safety and Violence Prevention, Community and Social Support**

*Mission: To support the emotional safety and well-being of children in the Mid-City region by providing prompt access to assessment, crisis intervention and linkage to resources in collaboration with community partners.*

In 2016, the Department of Psychiatry at Rady Children's, with support from philanthropy, opened a Behavioral Health Urgent Care (BHUC) in a high risk-community to help promote access to children, teens and their families struggling with urgent emotional and/or behavioral concerns that pose a risk to either their own safety or the safety of others, or significantly impair their daily lives.

The Mid-City Behavioral Health Urgent Care Clinic addresses the need for immediate access to mental health services for families concerned about their child or adolescent's urgent mental health or behavioral symptoms. These families also experience numerous barriers to accessing care, including reliance on public transportation or the inconsistent availability of family or neighbors for transportation; language limitations; and issues of acculturation. The Mid-City facility addresses this community's unmet mental health needs by making services directly available to children and families in their own neighborhood. The comprehensive behavioral health program includes a range of high-quality behavioral health services, including assessment, crisis intervention, medication evaluation, case management and referral to on-going treatment, if needed. The services are available on a "walk-in", no appointment required basis.

The BHUC serves children and teens ages 5 to 17 in the Mid-City community and surrounding areas, accepts Medi-Cal and is able to provide services to the uninsured. After receiving services at the BHUC, Rady Children's staff connects patients with referrals to follow-up services with community providers and partners.

For patients requiring follow-up services, referral criteria are tailored to meet particular patient and family needs. Some criteria considered in the process includes identifying and referring to community providers and partners that offer: 1) specialized services based on symptomatology; 2) culture specific treatment options; 3) family-preferred treatment options; 4) geographic accessible options; 5) language preferences; and 6) coverage type (as needed). BHUC continues to provide short-term care to ensure patients are stable while finding appropriate long-term providers.

BHUC enhances quality of care for patients and families in crisis, accelerated access and, most essentially, a pathway to the right care for the patient and their families. Providing this community access to such a crucial resource has the potential to improve lifetime outcomes for the children in Mid-City and beyond.

## Suicide Prevention

Rady Children's Center for Healthier Communities (CHC) is working collaboratively with the 9th District PTA and Quality Department to host annual symposiums to educate parents in suicide prevention. In addition, CHC staff attends Suicide Prevention Coalition meetings monthly.

### *DEVELOPING BEHAVIORAL AND MENTAL HEALTH PROGRAMS*

## Mental and Behavioral Health Psychiatric Emergency Department

Rady Children's will establish a fully-functioning, 6-bed Psychiatric Emergency Department in Spring 2020, dedicated to responding to mental and behavioral health emergencies of children and adolescents. As part of a free-standing Children's Hospital, the psychiatric emergency department will be one of the first of its kind in the nation. The Psychiatric Emergency Department has the potential to help thousands of children, adolescents and their families in crisis by providing a safe, customized environment and integrated care teams. Rady Children's also will provide patients and their families referrals to appropriate care and care coordination services through a behavioral health care connection center launched as part of the Psychiatric Emergency Department.

## II. CHRONIC CONDITIONS - OBESITY

### Childhood Obesity Initiative

#### **Social Determinants Needs Addressed: Education**

The San Diego County Childhood Obesity Initiative (COI) is a public-private partnership with the mission of reducing and preventing childhood obesity through policy, systems and environmental change. To fulfill its mission, the COI creates, supports and mobilizes partners from multiple domains (i.e., sectors: government, healthcare, schools & after school, early childhood, community, media and business), provides leadership and vision, and coordinates county-wide efforts in the prevention and reduction of childhood obesity.

The Director of the Center for Healthier Communities chairs the Healthcare Domain sub-committee, which brings together Healthcare systems, plans and providers to enhance care and resources for the prevention and reduction of childhood obesity. The Center for Healthier Communities has participated in, and provided leadership for, the COI Health Domain since its inception in 2006.

The Healthcare Domain subcommittee is guided by a strategic plan which seeks provider input, implements provider training every year, and develops campaigns. For example, last year during September, the YMCA of San Diego County and other San Diego Childhood Obesity Initiative partners promoted the 5-2-1-0 Every Day! Campaign, which represents a set of simple suggestions children and families can take to improve health and prevent obesity. 5-2-1-0 Every Day! promotes the following nationally recognized and evidence-based strategies:

- 5 or more servings of fruits and vegetables,
- 2 hours or less of recreational screen time,
- 1 hour or more of physical activity, and
- 0 sugary beverages

### Safe Routes to School (SRTS)

#### **Social Determinant of Health Addressed: Education; Safety & Violence**

Safe Routes to School (SRTS) is a collaboration between Rady Children's, local government and school districts to make biking and walking to school safe and healthy alternatives to driving. A majority of elementary and middle schoolers arrive to school in a family car. SRTS is a series of strategies that will move parents away from driving their students to school and instead, walk them either part or the entire way, or drop them in a secure location with adults (walking school bus) so the kids can all walk together.

### Health Stars

#### **Social Determinant of Health Addressed: Education, Access to Care, Safety & Violence**

The Health Stars literacy program holds education sessions for low-income and homeless parents with children ages 0-5. These families may live in affordable housing complexes or homeless shelters.

Health Stars brings volunteer pediatricians into the communities they serve to engage with families in their own neighborhoods. This is done to better understand the challenges these families face in achieving a healthy lifestyle.

Families learn healthy habits during a series of reading and play sessions, each focused on a specific health topic. The program addresses key child health issues, including discipline, nutrition, safety, sleep and oral health, providing families with children's books to reinforce healthy behaviors and encourage daily reading with children.

Clinicians lead interactive discussions in a fun, engaging environment with the goal of building parents' trust as well as their confidence with their own child interactions and parenting skills. Health Stars also works to connect families with local resources to meet their health, social and behavioral needs.

## **III. OTHER HEALTH NEEDS**

### Autistic Spectrum Disorder (ASD)

#### **Social Determinant of Health Addressed: Education, Access to Care**

The Developmental Services department at Rady Children's provides a continuum of integrated services across various disciplines and community partners to support early brain development, social/emotional development, and the needs of the whole child through every aspect of care delivery. Emphasizing early identification, diagnosis and intervention, a variety of programs are provided, including programs focused on Autism and ADHD. Autism is a developmental disorder that affects multiple aspects of a child's functioning, characterized by difficulties in communication, impairment in social interactions, and behavioral symptoms. The prevalence of ASD appears to be on the rise and is the third most prevalent developmental disorder, occurring in approximately 1 in 59 births.

Attachment A

**Implementation Strategy Programs  
for  
FY 2020-2022**

**Identified Community Need: Behavioral/Mental Health**

<b>Program Name</b>	<b>Goals and Objectives</b>	<b>Description</b>	<b>Strategies and Approaches</b>	<b>Evaluation Methods and Measurable Targets through 2018</b>
<p><b>Depression and Suicide Screening Initiative</b></p>	<p>1) Screen all youth over 12 for depression or the risk for self-harm.</p> <p>2) Keep identified at-risk adolescents safe, while obtaining a secondary evaluation by mental health professionals to determine an appropriate disposition.</p> <p>3) Ensure patients are discharged with a defined plan of care, including available resources, and appropriate referrals.</p> <p>4) Confirm that identified at-risk patients are connected to appropriate services after discharge.</p>	<p>Implementation of a comprehensive behavioral health screening and treatment program for adolescents that significantly addresses the growing problem of depression and suicide in youth.</p> <p>The Depression and Suicide Screening Initiative transforms how patients with behavioral health needs are recognized and taken care of.</p>	<p>Administer short, standardized screenings to all youth over age 12, and proceed to a second stage standardized screening when indicated, regardless of department or medical diagnosis.</p> <p>Take actions to keep youth with high screening scores safe, provide immediate care, implement and ensure connections to follow-up care.</p> <p>Screen every child within the Rady Children’s health system, regardless of department or diagnosis, and employ individualized strategies for every single patient.</p>	<p>Screening initiated in April 2016; number of encounters tracked</p> <p>RCHSD Customer Service team reaches out to families of teens at risk for self-harm and confirms connectedness to care.</p> <p>Results:</p> <p>Over 62,000 encounters in FY 2019</p> <p>100% of encounters resulting in a high risk score for serious depression or self-harm were contacted and connected to appropriate services.</p> <p>87% of all encounters were able to be confirmed as connected to care, regardless of severity.</p> <p>Target:</p> <p>A 10% annual increase in encounters annually between 2020 and 2022.</p> <p>100% connection rates for high risk youth 85-90% confirmed connected to care regardless of severity.</p>

**Identified Community Need: Behavioral/Mental Health**

<b>Program Name</b>	<b>Goals and Objectives</b>	<b>Description</b>	<b>Strategies and Approaches</b>	<b>Evaluation Methods and Measurable Targets To-Date</b>
<p><b>Mid-City Behavioral Health Urgent Care (BHUC)</b></p>	<p>To support the emotional safety and well-being of children ages 5 - 17 in the Mid-City region of San Diego and surrounding areas.</p> <p>To avert behavioral health crises and visits to the hospital emergency department (ED), allowing many children and their families to be safely sent home, while also ensuring they receive ongoing behavioral health treatment and support.</p>	<p>Opened a Behavioral Health Urgent Care with philanthropic support in Mid-City to promote access to children, teens and their families struggling with urgent emotional and/or behavioral concerns that pose a risk to either their own safety or the safety of others.</p> <p>The BHUC, accepts Medi-Cal and is able to provide services to the uninsured. After receiving services at the BHUC, RCHSD staff connects children and teens with referrals to follow-up services with community providers and partners.</p>	<p>Provide prompt access to assessment, crisis intervention and linkage to resources.</p> <p>Collaborate with community partners that offer, via referral:</p> <ol style="list-style-type: none"> <li>1) specialized services based on symptomatology;</li> <li>2) culture specific treatment options;</li> <li>3) family-preferred treatment options;</li> <li>4) geographic accessible options;</li> <li>5) language preferences;</li> <li>6) coverage types.</li> </ol> <p>As a public health intervention, BHUC visits improve access to behavioral/mental health services.</p>	<p>Estimate number of Emergency Department visits avoided.</p> <p>Track number of unique patients served.</p> <p>Target:</p> <p>Increase number of ED visits avoided by 5% per year (from 677 base year)</p> <p>Increase number of unique patients served by 10% per year (from 715 base year)</p>

**Identified Community Need: Behavioral/Mental Health; Safety and Violence**

<b>Program Name</b>	<b>Goals and Objectives</b>	<b>Description</b>	<b>Strategies and Approaches</b>	<b>Evaluation Methods and Measurable Targets 2018-2019</b>
<b>Trauma Counseling</b>	Provide specialty trauma care and treatment to address the harmful psychological after-effects and long term physical effects of trauma for children and families.	<p>The Chadwick Center for Children and Families provides trauma-informed counseling for child abuse, domestic violence and other forms of trauma.</p> <p>Collaboration with the County of San Diego.</p>	Provide evidence based therapy services to treat the after-effects of traumatic events experienced by a child.	<p>Ensure access to specialty care for all children in San Diego county with child abuse or trauma needs.</p> <p><i>Measures:</i> Tracking of number of children served for each program and satisfaction.</p> <p><i>Target:</i></p> <ul style="list-style-type: none"> <li>• A 10% increase in the number of individual children and parents to be provided trauma counseling services by 2022.</li> <li>• Over 90% of caregivers endorse the question, “Overall, I am satisfied with the services my child received” as “Agree” or “Strongly Agree” (n=85-100)</li> <li>• Approximately 90% of youth endorse the question, “Overall, I am satisfied with the services I received” as “Agree” or “Strongly Agree” (n=8-9)</li> </ul>

**Identified Community Need: Obesity Prevention**

<b>Program Name</b>	<b>Goals and Objectives</b>	<b>Description</b>	<b>Strategies and Approaches</b>	<b>Evaluation Methods and Measurable Targets</b>
<p><b>San Diego County Child Obesity Initiative (COI)</b></p>	<p>Enhance care and resources for the prevention and reduction of childhood obesity.</p>	<p>Public-private partnership to reduce child obesity.</p> <p>Health Domain and Nutrition in Healthcare Leadership Team (NHLT).</p>	<p>Rady Children’s Director of the Center for Healthier Communities (CHC) serves on the COI Leadership Council and participates on NHLT initiatives.</p> <p>Collaboration between healthcare systems, plans and providers.</p> <p>Plan provider workshop presentations to be attended by physicians; provide education and materials on obesity prevention messages for physician’s to incorporate in well child visits.</p> <p>Prepare COI Supplemental Report on Obesity.</p>	<p>Track continued representation at COI collaborative meetings</p> <p><i>Results:</i></p> <p>Director of CHC attended and contributed to monthly Health Domain meetings.</p> <p>COI Supplemental Report on Obesity prepared for San Diego, showing 3% reduction in obesity for children.</p> <p><i>Target:</i></p> <p>Continued participation on COI committees</p> <p>2022 Supplemental Report on Obesity</p>

**Identified Community Need: Obesity Prevention and Safety and Violence**

<b>Program Name</b>	<b>Goals and Objectives</b>	<b>Description</b>	<b>Evaluation Methods and Measurable Targets</b>
<p><b>Safe Routes to School (SRTS)</b></p>	<p>Reduce high incidence of child pedestrian and bicycle injuries in high risk neighborhoods in San Diego County.</p> <p>Make biking and walking to school safe alternatives to driving and increase physical fitness of children and their families.</p>	<p>Partner and collaborate with other agencies.</p> <p>Implement a comprehensive Safe Routes to School program in elementary and middle schools in high-risk neighborhoods.</p>	<p>Classroom Tally</p> <p>Obtain focus group feedback from middle schoolers.</p> <p>Enlarge scope of SRTS programming by deploying in 3 elementary schools (Chase Elementary , Magnolia Elementary, Johnson Elementary) ; and one middle school (Emerald Middle School).</p> <p>Existing number of children walking to Chase Elementary School (30%), Magnolia Elementary School(26%), Johnson Elementary School(25%) and Emerald Middle School (25%)</p> <p>Target:                      Implement SRTS in 4 new schools and achieve 10% improvement in walking and biking participation by 2022.</p> <p>Chase – 40%                      Magnolia – 36%                      Johnson – 35%                      Emerald – 35%</p>

**Identified Community Need: Other Health Conditions (Autism)**

<b>Program Name</b>	<b>Goals and Objectives</b>	<b>Description</b>	<b>Strategies and Approaches</b>	<b>Evaluation Methods and Measurable Targets 2018-2019</b>
<p><b>Autism Discovery Institute (ADI)</b></p>	<p>The goal of ADI is to help children with autism spectrum disorders (ASD) develop to their full potential, by increasing access to specialized developmental services and to expand research.</p>	<p>The ADI brings together many of Developmental Services experts and multidisciplinary programs on autism under one roof.</p> <p>Part of the ADI is Alexa’s Playful Learning Academy for Young Children (Alexa’s PLAYC), a unique early education program for typically developing children and children with or at risk for an autism spectrum disorder.</p>	<p>Provide ASD children with a tailored developmental environment to treat the whole child - physical, social, intellectual and emotional aspects.</p> <p>Alexa’s PLAYC stimulates physical, social, intellectual and emotional growth. The curriculum focuses on teaching developmentally appropriate communication, cognitive skills and social skills, while fostering independence.</p>	<p>Number of children utilizing the ADI annually.</p> <p>Number of children with ASD attending Alexa’s PLAYC</p> <p>Percentage of children graduating from Alexa’s PLAYC who are mainstreamed to a general education setting</p> <p>Targets: Between 450 and 500 children utilize the Autism Discovery Institute annually.</p> <p>Between 220 – 250 children attend Alexa’s PLAYC annually.</p> <p>A minimum of 80% of Alexa’s PLAYC graduates mainstreamed to a general education setting.</p>

### **The Autism Discovery Institute (ADI)**

The Autism Discovery Institute is a state-of-the-art facility that serves children with Autistic Spectrum Disorders through a multidisciplinary approach, as well as provides a forum for research, to improve the lives of children with ASD. The goal of the ADI is to provide comprehensive care that will improve the lives of children with autism spectrum disorders. Rady Children's collaborates with a myriad of community-based agencies and providers.

A variety of intervention strategies are provided in naturalistic settings. The multidisciplinary team includes Occupational Therapists, Speech and Language Pathologists, Audiologists, Neurologists and other specialties, Developmental Specialists, and Psychologists. The ADI provides one of the nation's only research and clinical collaborations that fosters knowledge exchange to enhance treatment for children on the autism spectrum. Rady Children's also provides training for professionals working with children with ASD. The ADI is bringing together many of Developmental Services' multidisciplinary programs on autism, including developmental evaluations and an inclusive educational program – Alexa's Playful Learning Academy for Young Children (Alexa's PLAYC).

### **Developmental Evaluation Clinic (DEC)**

The Developmental Evaluation Clinic provides diagnostic developmental evaluations for infants, preschoolers, and school-age children to identify developmental, learning and social delays and determine the need for further intervention. Children are referred for evaluation due to premature birth and other neonatal complications, slow development, kindergarten readiness, behavioral problems, Autistic Spectrum Disorders, or family history of learning disabilities. Once delays have been identified, referrals are made to a variety of public education programs, as well as public and private therapy programs.

The goal of DEC is to provide early identification and developmental evaluation services by specially-trained clinical and developmental psychologists and other specialists for children presenting with potential delays. Children identified with special needs are referred and linked to the appropriate services. Several process measures are tracked. Of note, 90% of children referred were identified as having developmental or behavioral needs, and nearly 20% were diagnosed with an Autism Spectrum Disorder. A Developmental Services multidisciplinary team and leadership are dedicated to DEC. Rady Children's collaborates with a myriad of community-based agencies and providers to implement this program.

### **How Rady Children's Meets Other Health Needs of the Community**

In addition to the top health needs, Rady Children's also addresses the following physical, mental and social health needs of children through numerous hospital departments and community-based settings and serves as the region's safety net provider for all pediatric services.

Other unique community programs include:

### **The Center for Healthier Communities (CHC)**

**Social Determinants of Health Addressed: Safety and Violence, Education, Access to Care, Community Support**

## **Childhood Injury Prevention**

The CHC plays a primary leadership role in the community in childhood injury prevention. Data from the Rady Children's Trauma Center and other sources is reviewed to determine priorities and focus efforts. Information is brought forward to communities to raise awareness, problem solve, and advocate for public policy changes and safety regulations. Programs include:

**Safety Store:** Providing products to keep families safe.

**Safe Kids San Diego:** Addressing drowning prevention, safe sleep practices, child passenger safety, pedestrian and bicycle safety, and other prevalent injury areas through a local coalition, in which Rady Children's is the lead organization.

**Injury-Free Coalition for Kids:** Preventing injuries as part of a national program of the Robert Wood Johnson Foundation.

**Safe Routes to School:** Increasing the number of children who walk or bike to school safely as part of a national initiative.

## **Maternal and Child Health**

**Immunizations:** Ensures the safety of children in the community by increasing numbers of fully-immunized children through information and resources provided to parents.

## **Health and Lifestyle Programs**

**FACES for the Future** is an enhanced Health Career Pathway that provides students in socio-economically diverse high schools with increased access to education, community and social support, and future economic security. This three year program provides support, guidance and exposure to positive role models in relevant workforce settings to encourage students to enter higher education in health related professions. This program directly impacts social determinants of health including education, and community and social support.

**Juvenile Hall Wellness Team** Provides health and wellness information and counseling for incarcerated youth. A Wellness Team works in conjunction with medical, mental health and probation staff to promote healthier lifestyles and assist minors in avoiding high-risk behaviors through increasing the incarcerated minors' knowledge of pertinent health issues, connecting them to outside health services, and encouraging minors and/or their families to obtain health insurance coverage.

## **Oral Health**

**The Anderson Center for Oral Health**, housed in the Center for Healthier Communities, is improving access to oral health care for young children by encouraging dentists to accept children under the age of 1, thereby preventing early dental caries. The Center is also providing training and materials to local dentists to incorporate messages from the Rethink Your Drink Campaign, Tobacco Cessation guidelines and healthy bedtime routines in their practice.

## **The Chadwick Center for Children and Families**

**Social Determinants of Health Addressed: Safety and Violence, Education, Access to Care, Community Support**

The primary focus of the Chadwick Center for Children and Families at Rady Children's is the prevention, detection and treatment of child abuse and neglect, domestic violence, and post-traumatic stress in children. The

Center staff is composed of a variety of professional disciplines from medicine and nursing to child development, social work, and psychology. In addition, the Chadwick Center provides professional education to providers. The Center served more than 9,000 children, parents and professionals in fiscal year 2019.

The Chadwick Center, one of the largest hospital-based child advocacy and trauma treatment centers in the nation, is staffed with more than 100 professionals in the field of medicine, social work, psychology, psychiatry, child development, nursing, and education technology. The staff is committed to family-centered care and a multidisciplinary approach to child abuse and family violence prevention and treatment. Services are accessible to underserved families and children in the Child Welfare system.

### **The Trauma Counseling Program**

The Trauma Counseling Program has been committed to treating the after-effects of a child's traumatic experience. In addition, the Program has worked to support the recovery of family members and to improve their ability to support the child. Interventions include individual, group, and family therapy. The staff of the Trauma Counseling Program is primarily composed of Licensed Clinical Social Workers, Marriage and Family Therapists, and Psychologists. The staff's expertise is in treating childhood traumatic events, including neglect; physical and sexual abuse; sexual assault; domestic, school, and community violence; and natural disasters. Treatment for the psychological aspects of medical trauma and chronic pain is also available. A short summary of programs provided by the Chadwick Center includes:

### **Forensic & Medical Services**

This program provides services to children who may have been sexually or physically abused or witnesses to violence. San Diego County law enforcement agencies and the County Department of Health and Human Services regularly refer these children to this program. The aim of the Forensic and Medical Services program is to assist the children to provide verbal or physical evidence of the possible abuse they suffered or witnessed. There are two main types of Forensic and Medical Services offered by the Chadwick Center, forensic interviews and forensic medical exams.

### **Failure to Thrive Clinic**

This program provides care to pediatric patients in an outpatient setting. The clinic specializes in treatment of patients who are not gaining weight or growing due to an unknown reason.

### **Options Foster Parent Training**

This program provides child development and parenting classes to foster parents and potential foster parents.

### **Polinsky Center**

This program provides assessments and medical evaluations for abused, abandoned, and neglected children. Services are administered at the Polinsky Center and staffed by Chadwick Center physicians. The Polinsky Center offers a temporary sanctuary for children before being placed in the care of a foster parent.

### **Professional Education**

The Chadwick Center offers accredited professional education to those involved in fields of prevention, investigation, diagnosis, treatment, and prosecution of child abuse and family violence. Since its beginning in 1976, the Chadwick Center has trained more than 100,000 professionals from all fifty states and over forty countries. Major educational activities include the annual San Diego International Conference on Child and Family Maltreatment, the Clinical Training Program for visiting professionals, the weekly

multidisciplinary Child Protection Team Case Conference, and various local, county, and state trainings funded through contracts.

### **Mandated Reporter Training**

Funded by the California Department of Social Services and Office of Child Abuse Prevention, the goal of this project is to make web-based training available for mandated child abuse reporters so they may carry out their responsibilities properly.

### **Support Groups and Services**

#### **Social Determinants of Health Addressed: Education, Access to Care, Community Support**

#### **Cancer Support**

The groups are led by facilitators from the Peckham Center for Cancer and Blood Disorders' Families Helping Families program. These groups include:

- Some of My Best Friends are Bald - For cancer patients ages 13 older and their teen siblings
- Families Supporting Families - For parents of children with cancer
- Sibling Support Group - For siblings of children with cancer
- CHAMPS - For children with cancer ages 6 to 12
- Kites of Hope Group - For bereaved parents of children who had cancer
- Grupo Papalotes de Esperanza

#### **Cardiac Support Group**

A parent support group for families of children with congenital heart disease.

#### **Child Life Services**

Offers a variety of services to help patients and families cope with the hospital experience. Based on the child's individual needs and developmental level, Child Life Specialists can provide:

- Psychological preparation for surgery, procedures and medical tests
- Pre-operative tours and education to help patients and siblings understand and cope with upcoming medical events
- Emotional support and coping techniques, such as relaxation, diversion and deep breathing
- Medical and therapeutic play to help patients become more familiar with medical equipment and procedures and encourage expression of feelings
- Activity Room programming to promote healing, creativity, peer interaction and independence, all which are all vital to normal growth and development
- School visits or consultations to promote classmates' understanding of illness and healthcare
- Resources on child development

### [The Helen Bernardy Center for Medically Fragile Children \(the Center\) Parent-to-Parent Support](#)

The Helen Bernardy Center for Medically Fragile Children is a skilled nursing and subacute facility for children and adolescents with multiple medical, physical and developmental delays. The Parent-to-Parent Support program established at Rady Children's is a program in which parents of children currently residing at the Center provide support to parents of newly-admitted children. This support system provides new parents with an opportunity to gain insight from a parent's perspective on what they may expect during their child's stay and how to seek or gain resources to help support their child. Most importantly, the program provides the parent with a liaison/advocate in working with the multiple agencies and healthcare systems designed to meet their medically-fragile child's ongoing needs.

### **BOARD ACTION**

Rady Children's 2019 CHNA and Implementation Strategy summarize significant community benefit activities that are responsive to top child health needs identified in the assessments. Going forward, planning and strategies developed will continue to be adjusted based on the most current information provided by our Community Health Needs Assessment and Implementation Strategy findings and other reports that provide guidance on how child health status and population health in the community can be improved. This report and accompanying SBAR were prepared for the November 2019 meeting of the Rady Children's Hospital and Health Center Board of Trustees and Rady Children's Hospital – San Diego Board of Directors Executive and Strategic Planning Committees.