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Key Themes and Discussion Summary (Minutes)

Community Strategic Health Plan
Initial Planning Meeting

Lead Agency: San Ysidro Health Center

January 26, 2010

Vision of Strategic Health Plan

- ▶ Vision for health and well-being
 - ▶ Expanded to include Alternative Healing & Prevention
 - ▶ In addition to bio-medical approaches to care and well-being
- ▶ Agreed that the focus must encompass the entire continuum of care
 - ▶ Mind, Body and Spirit (identify respective needs and resources for each within the community)
 - ▶ “Attainment of optimal health and well-being for the entire community”
 - ▶ Needs assessment and final product should offer solutions.

Key Discussion Points I

▶ Defining Southeastern San Diego

- ▶ To best leverage currently available information and coordinate with other resources, the boundaries defined by the City (4th District) will be used to define Southeastern San Diego; map available at:
 - ▶ <http://www.sandiego.gov/citycouncil/cd4/communities/>
- ▶ These boundaries will not be exclusive when developing asset maps and the strategic plan, but will provide a bounded area for data collection and information gathering.
 - ▶ This geographic region will serve as a representative focus area for the region

Key Discussion Points II

- ▶ Need to engage youth in discussion and solution
 - ▶ Workforce opportunities, mentoring and outreach opportunities
- ▶ Need to collaborate and coordinate with County and other community organization efforts
 - ▶ Continually bring the focus back to the community, specific needs of residents
 - ▶ Recognize and address ethnic and socio-economic disparities

Key Discussion Points III

- ▶ Committees (work groups) should be formed based on natural groupings and expertise of stakeholders
- ▶ Consider expansion of focus areas to include key areas identified by stakeholders:
 - ▶ Asset mapping (Resources)
 - ▶ Community Outreach & Education
 - ▶ Data & Reports
 - ▶ Health & Wellness (Seniors, adolescents, mental health, etc.)
 - ▶ Racial/Ethnic disparities
 - ▶ Health Careers & Youth
 - ▶ Cultural-socio barriers to care
 - ▶ Socio-economic determinants to health
 - ▶ Prevention & Alternative Healing
 - ▶ Solutions

Key Discussion Points IV

- ▶ Collaborate and share best practices with City Heights project and Jacobs Center
 - ▶ How to engage residents and establish ownership?
- ▶ In-home support services and patients should also be included in this process
- ▶ Discussed the value of establishing a community infrastructure for community-based research that will empower community members

Key Discussion Points V

- ▶ Prevention v. curative care; we need to shift the paradigm to true prevention
- ▶ Need to address the economic issues of well-being (community level)
- ▶ How to address and change lifestyle paradigms (culture)
 - ▶ Recognizing that health care is only a fraction of the true determinants of health/well-being
- ▶ Allow the community to develop its vision for a culturally proficient model of care that meets their needs
 - ▶ Define needs and develop vision = ownership and effectiveness

Key Discussion Points VI

- ▶ Need to define boundaries that are appropriate to represent true community of focus
- ▶ Ensure that African-Americans and other underserved or traditionally underrepresented groups are at the forefront of our plan and process
- ▶ Need to develop pro-active approach to overcome barriers to culturally proficient care
- ▶ Identify best practices for the specific populations of focus
 - ▶ To include individuals with backgrounds in African-American, Chicano or Latin American Studies

Key Discussion Points VII

- ▶ We must develop a model of empowerment – Build trust and find trust
- ▶ Think of the process as: Needs Assessment and Solutions from the community perspective
- ▶ When framing community need, very important to highlight strengths of the community (assets)
- ▶ The bio-medical model is insufficient to address the community health needs
- ▶ Need to ensure the plan reflects the specific needs of the target ethnic populations (specific data and specific plan)

Project Coordination and Communication

- ▶ A web-page will be developed to post pertinent materials, updates and planning documents
- ▶ Communication with stakeholders and residents will include:
 - ▶ Email, mailings, web-page, attendance at community meetings/events
- ▶ Details will be provided regarding:
 - ▶ Upcoming Community Advisory Committee meetings
 - ▶ Community Forums
 - ▶ Committee/Work Group participation
 - ▶ Currently available reports & information
- ▶ Elizabeth Bustos will serve as liaison between San Ysidro Health Center and Community Stakeholders
 - ▶ (619) 231-9300 ext 3104 or ebustos@syhc.org

Upcoming Activities & Meetings

- ▶ **Community Strategic Health Plan Advisory Committee meetings:**
 - ▶ Tuesday, April 27th 5:30pm
 - ▶ Tuesday, July 27th 5:30pm
 - ▶ Tuesday, October 26th 5:30pm
- ▶ Meetings will be held at the Joe & Vi Jacobs Center
 - 404 Euclid Ave., San Diego, CA, 92114
- ▶ Meeting invites will be sent separately in advance

Upcoming Activities & Meetings

▶ Committees

- ▶ Stakeholders will be invited to join committees during the month of March

▶ Key Informant Interviews

- ▶ Key Informant Interview sessions will be scheduled and invites will be sent to interviewees beginning in March