

NDBH: National Dialogues on Behavioral Health

New Orleans, LA November 6, 2019

CREATING GENERATIVE HEALTH AND HUMAN SERVICES ECOSYSTEMS TO LIVE WELL



**Nick Macchione, MS, MPH, FACHE
Agency Director and Deputy Chief
Administrative Officer
Health & Human Services Agency
County of San Diego, CA**

HOW DO WE HELP OVER 3M SAN DIEGO RESIDENTS LEAD HEALTHIER LIVES?

Collaborate. Integrate. Generate.

Seeking solutions was no simple or straightforward task. Complex problems require complex solutions and in order to create sustainable improvements across a diverse and geographically vast region, the Agency sought input representing a range of diverse perspectives in the process. S

OUR VISION



Shared vision for change



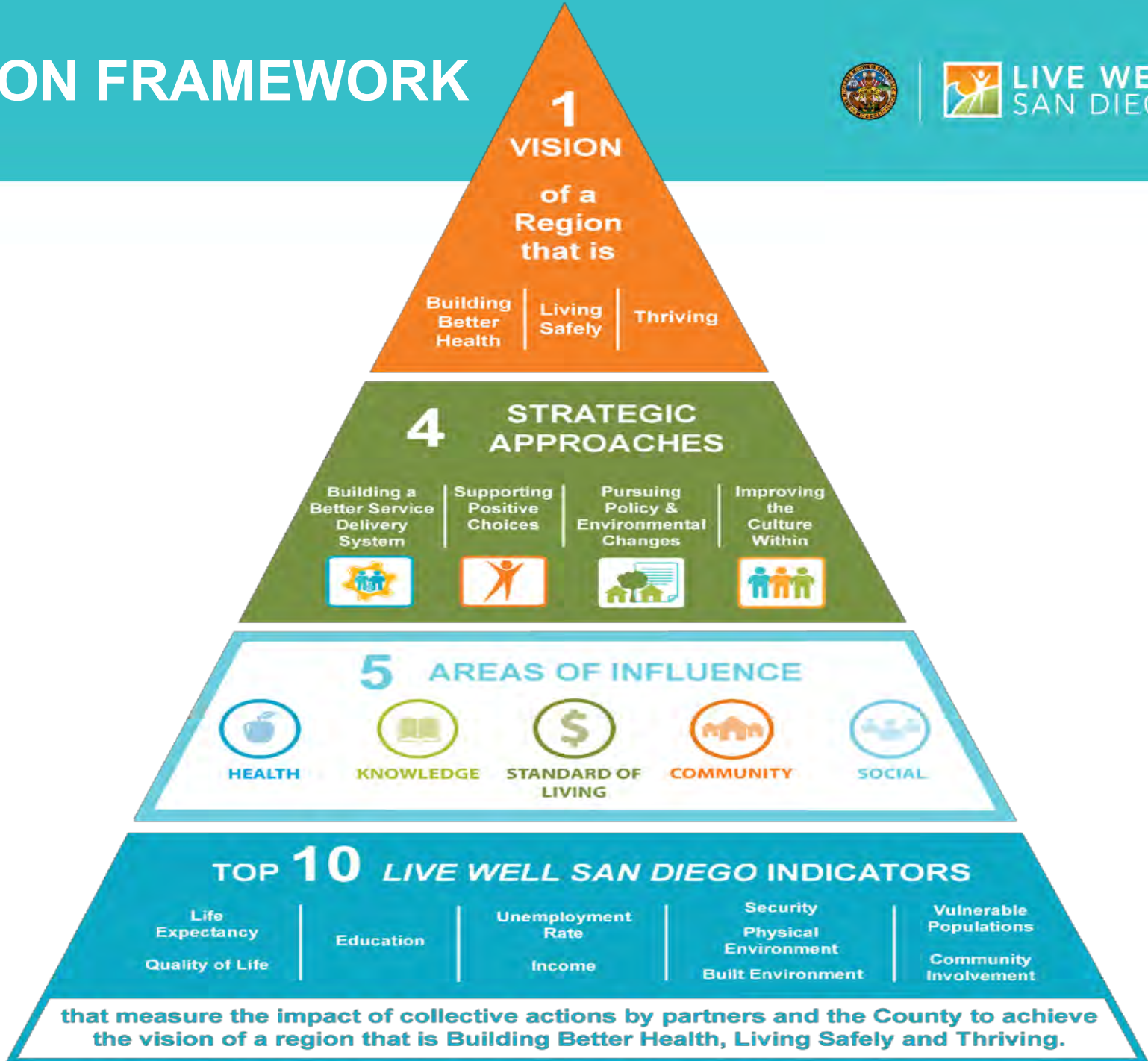
LIVE WELL
SAN DIEGO

Building
Better
Health

Living
Safely

Thriving

ACTION FRAMEWORK



1

VISION

of a Region that is

Building Better Health | Living Safely | Thriving

4

STRATEGIC APPROACHES

Building a Better Service Delivery System | Supporting Positive Choices | Pursuing Policy & Environmental Changes | Improving the Culture Within

5

AREAS OF INFLUENCE

HEALTH | KNOWLEDGE | STANDARD OF LIVING | COMMUNITY | SOCIAL

TOP 10 LIVE WELL SAN DIEGO INDICATORS

Life Expectancy | Education | Unemployment Rate | Security | Vulnerable Populations
Quality of Life | Income | Physical Environment | Built Environment | Community Involvement

that measure the impact of collective actions by partners and the County to achieve the vision of a region that is Building Better Health, Living Safely and Thriving.

STRATEGIC ALIGNMENT



Each partner uses their unique skills to do their part:
differentiated but coordinated activities



CITIES & GOVERNMENTS



BUSINESS & MEDIA



COMMUNITY & FAITH-BASED
ORGANIZATIONS



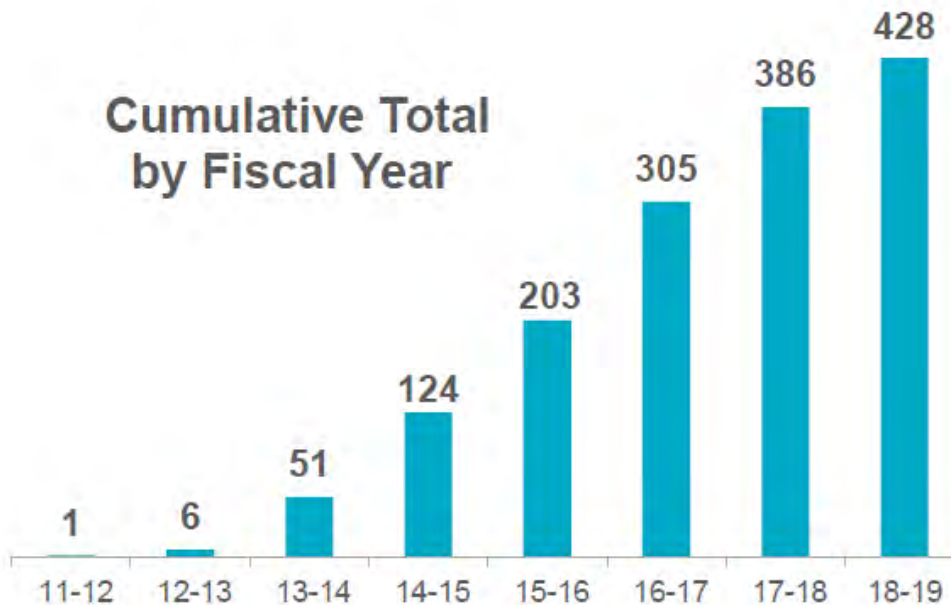
SCHOOLS & EDUCATION

ALIGNING STRATEGIES ACROSS ALL SECTORS

PARTNERSHIPS FOR PROGRESS



Cumulative Total
by Fiscal Year

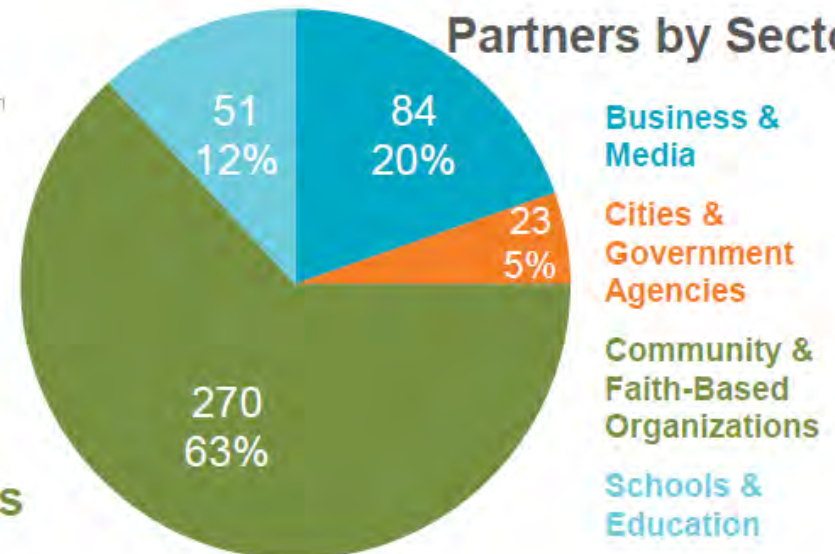


16 Cities and Unincorporated- over 3.1 million Residents

37 School Districts - over 457,000 Students

428
Recognized Partners
and 2 International Partners
as of 2/20/2019

Partners by Sector



OPTIMAL HEALTH AND WELLNESS



ACHIEVING HEALTH & MENTAL HEALTH
EQUITY AT EVERY LEVEL

Transforming the conditions in which people are
BORN, GROW, LIVE, WORK and AGE
for optimal health, mental health & well-being.



Our First Use Case “3-4-50”



THAT THREE NUMBERS AFFECT US ALL:



LOVE YOUR HEART



HEALTHY, SAFE AND THRIVING COMMUNITIES IN SAN DIEGO COUNTY

ABOUT | NEWS & EVENTS | PARTNERS | LIVE WELL EVERY DAY | COMMUNITY | DATA & RESULTS | CONTACT

HOME | LOVE YOUR HEART

LOVE YOUR HEART

Love Your Heart is an annual event that will take place on February 14, 2017, during which the County of San Diego and its partners will provide free blood pressure screenings to the public at select sites throughout the San Diego region and Mexico. The goal of Love Your Heart is to activate residents to “know their numbers” and take charge of their own heart health.

Love Your Heart is a program under the *Live Well San Diego* vision. To learn more about *Live Well San Diego*, click on the page tabs above.

[Find a Screening Site Near You](#)

2017 Report Coming Soon!

[2017 Data Report Slides](#)

[2017 Partner List](#)

[Amé tu Corazón en Español](#)

[Contact Us](#)



REGISTER YOUR SITE

COMING SOON! If you have any questions about registration, please contact us at loveyourheart@sdcounty.ca.gov.



VOLUNTEER

We need volunteers who can perform blood pressure screenings or assist with logistics and education.



PROMOTE LOVE YOUR HEART

2019 Materials Coming Soon! Spread the word about Love Your Heart Day at your workplace, or among your neighbors and community groups. Check out the Digital Toolkit for general materials.



FIND A SCREENING SITE

COMING SOON! Screening sites are located throughout San Diego County, the U.S. and Mexico. Locate one near you.



LOVE YOUR HEART
FREE BLOOD PRESSURE SCREENINGS HERE!
February 14th

“Join the Heart Health Movement” at locations across the U.S. and Mexico. Celebrate Love Your Heart Day!

Love Your Heart

Search by ZIP County





Be There San Diego

Preventing Heart Attacks & Strokes



News / Health

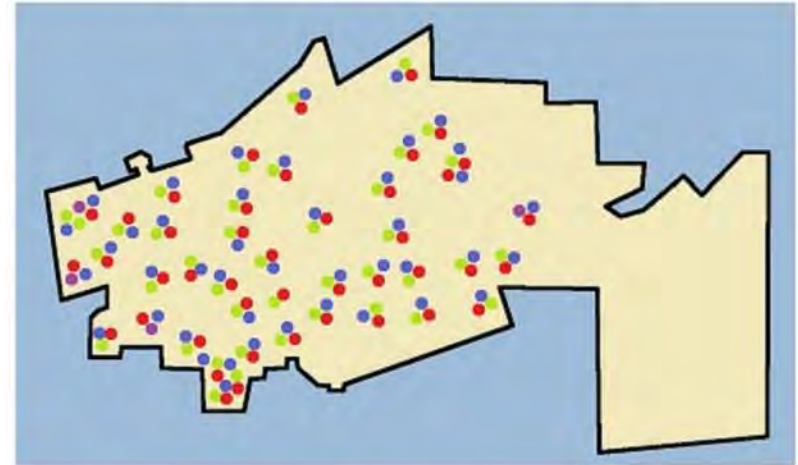
Why is San Diego's heart attack rate 14 percent lower than the rest of the state?



SCHOOL BASED PROGRAMS TO INCREASE PHYSICAL ACTIVITY



HHSA Collaboration with Chula Vista Elementary School District



South Region

- Chula Vista Promise Neighborhood
- Chula Vista Community Collaborative
- Communities of Excellence 2026
- District Wellness Committee
- School Attendance Review Board (SARB)
- Foster Family Agency Stabilization and Treatment
- Friday Night Live and Club Live
- South Teen Recovery Center
- Wraparound Services
- South Bay Community Services
- Nueva Vista Family Services

Behavioral Health Services

- Psychiatric Emergency Services
- Smartcare
- Prevention and Early Intervention
- Therapeutic Behavioral Services
- Survivors of Torture International

Eligibility

- Calfresh

Aging and Independence Services

- Five & Fit
- Intergenerational Games

RESOURCES FOR SCHOOL DISTRICTS



Body Mass Index (BMI) Surveillance Kit

Developed by the Chula Vista Elementary School District



To support **healthy**, **safe** and **thriving** communities in San Diego County



Coast2CoastRx

Funded in part by San Diego County's Coast2Coast Rx discount prescription card program



"Tools for Schools" Toolkit



Live Well San Diego:
Partnering with Schools to Reduce
Childhood Obesity and Improve Student Health



April 2015



WELL-BEING

is more than just physical and public health, it's about...

EMOTIONAL WELL-BEING

HOPEFULNESS

HOUSING STATUS

FINANCIAL STABILITY

SOCIAL CONNECTIVITY

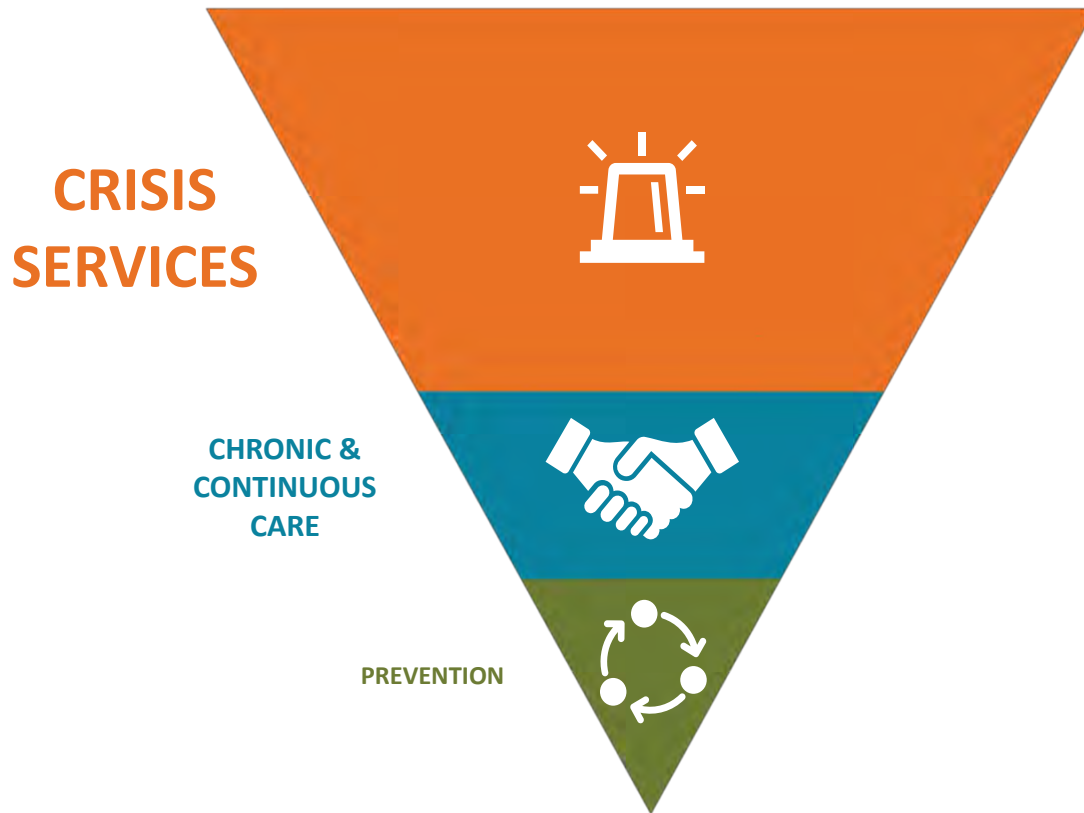
STATE OF AND SENSE OF SAFETY

ECONOMIC VITALITY

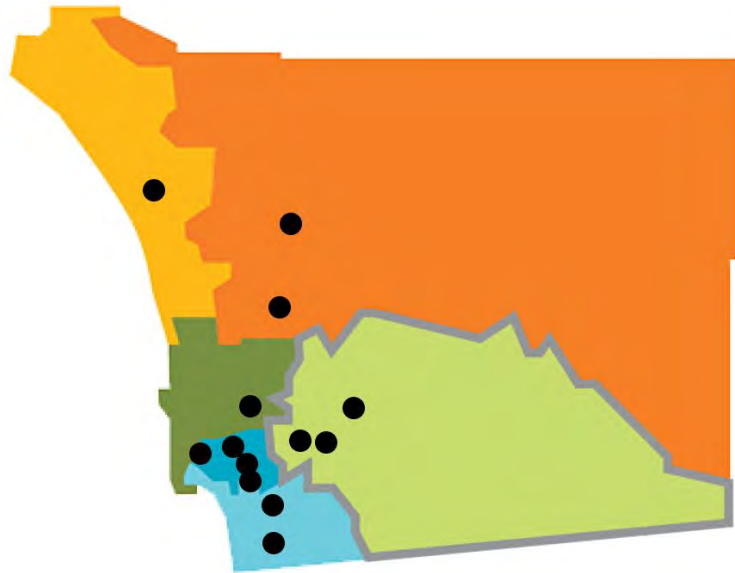
SPIRITUAL WELL-BEING

Behavioral Health Today

Emergency Crisis Care System



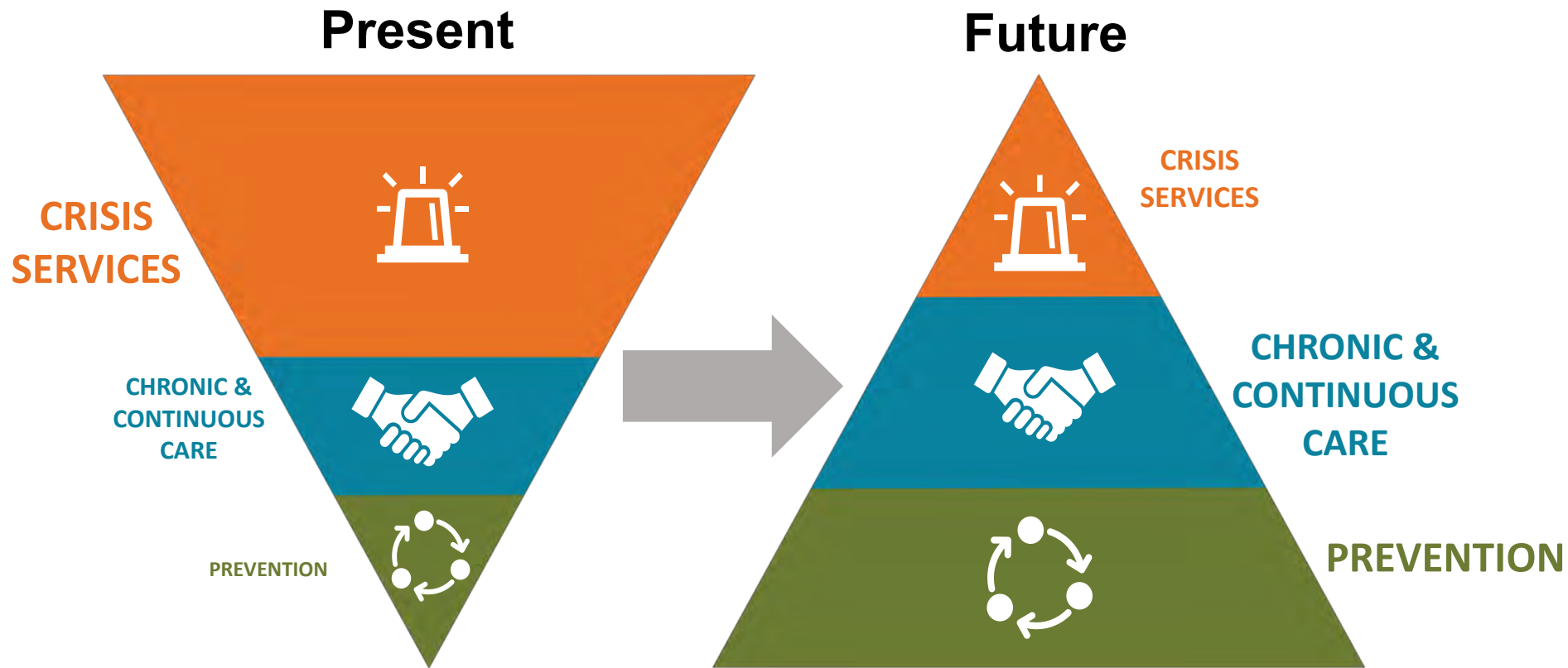
Shorter Lives, Poorer Health, and Higher Cost



5X Higher rate
of
hospitalization

3X Higher rate
of ED visit

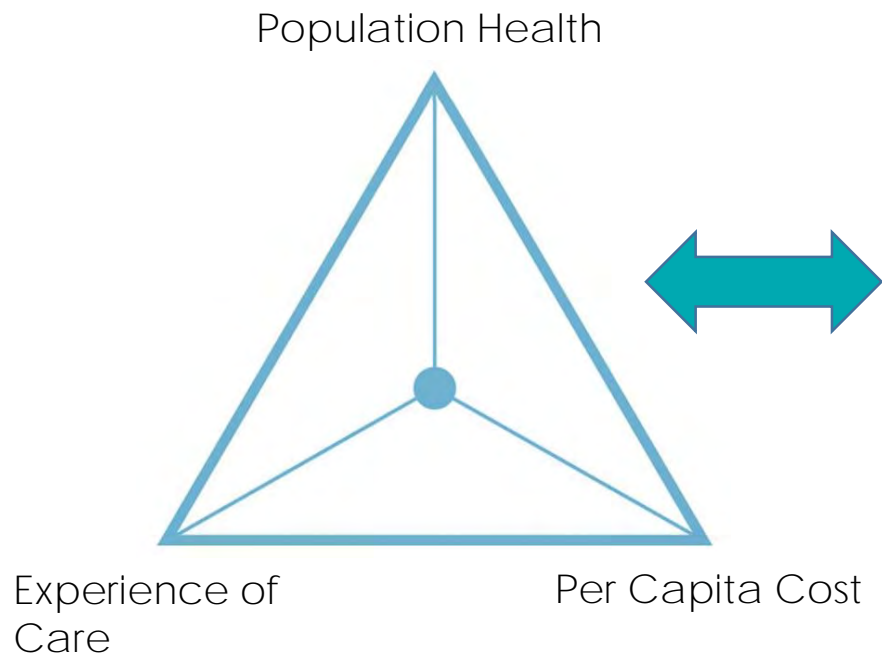
Population-Based Behavioral Health From Crisis to Chronic Care



San Diego County Chronic Care Model: Regionally distributed *Hubs* and *Networks*



Hub and Network Model: Outcomes in support of the Triple-Aim



Long-term reduction in:

- Jail stays
- Homelessness

Near-term reductions in:

- Emergency department visits
- Inpatient bed stays

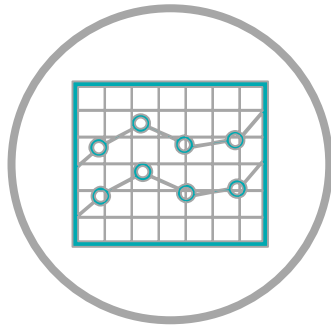


Chronic Care Model: Regionally distributed partnerships

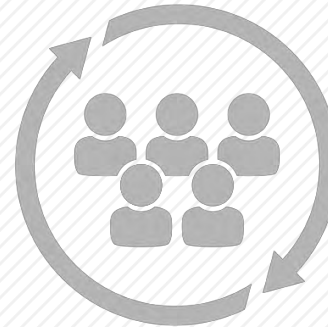


Care Coordination

Data Integration



Workforce Development

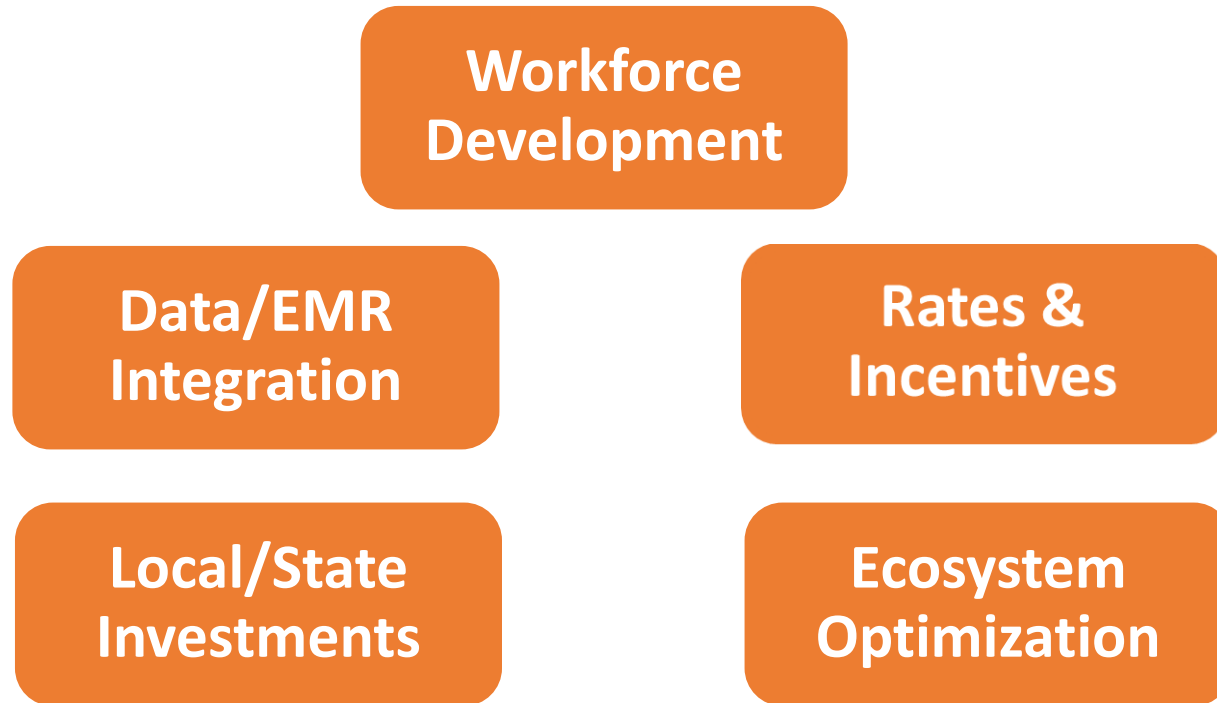


Activities to Support Creation of Network Services

- Crisis Stabilization Units
- Integrated Outpatient Care with FQHC
- Supportive Housing
- Home and Community based supports
- Care Coordination



Looking Ahead: Creating Value-Based BHS in Pop Health Setting



From Emergency Crisis Care → Chronic Health Care → Population Primary Care



For more information, visit:

LiveWellSD.org!

