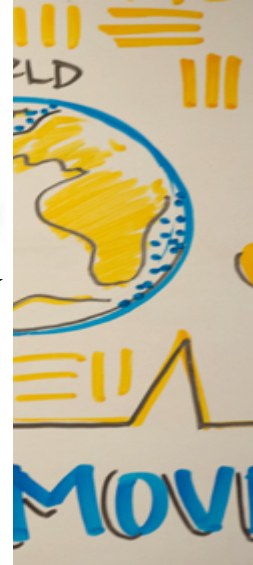




Building Community Transformation & Resilience

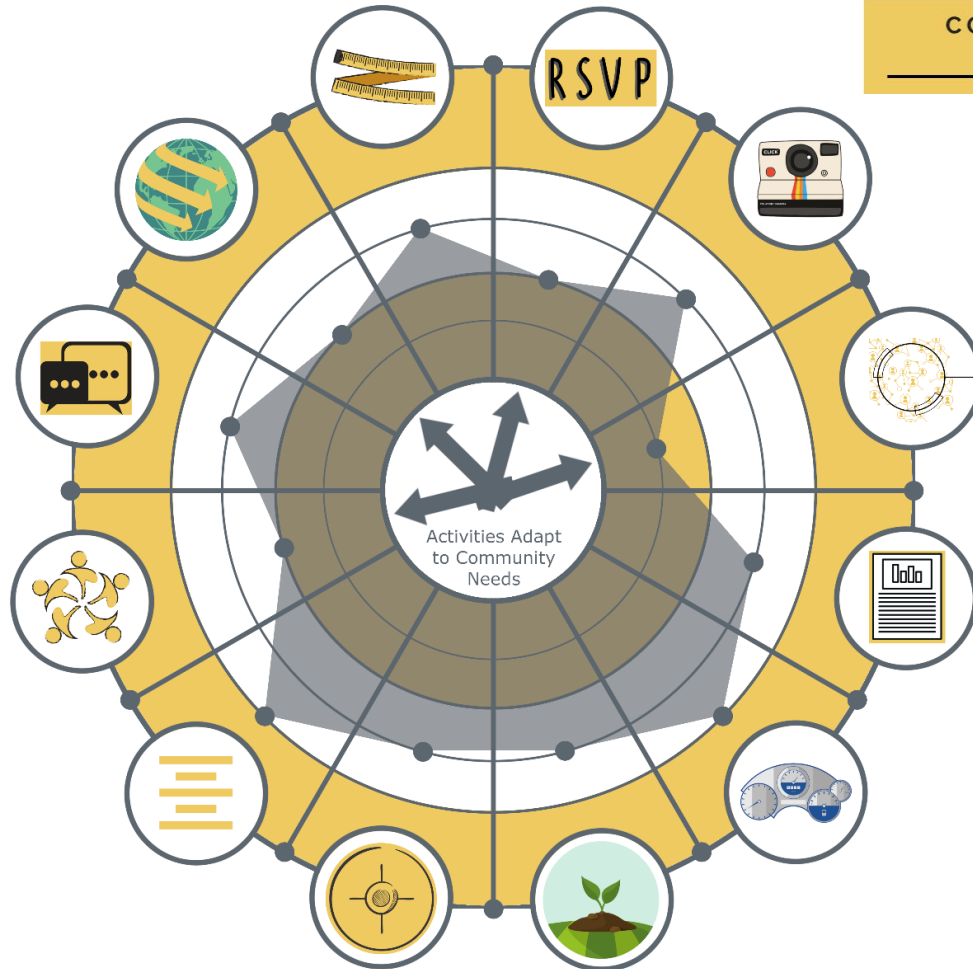
Teal VanLanen

Director of Improvement & Community Engagement – Algoma School District



Institute for
Healthcare
Improvement

COMMUNITY BUILDING ROADMAP



I have more emotional
feelings because I deal with this
all the time hunger no food

my mom cries to me about
it all the time.

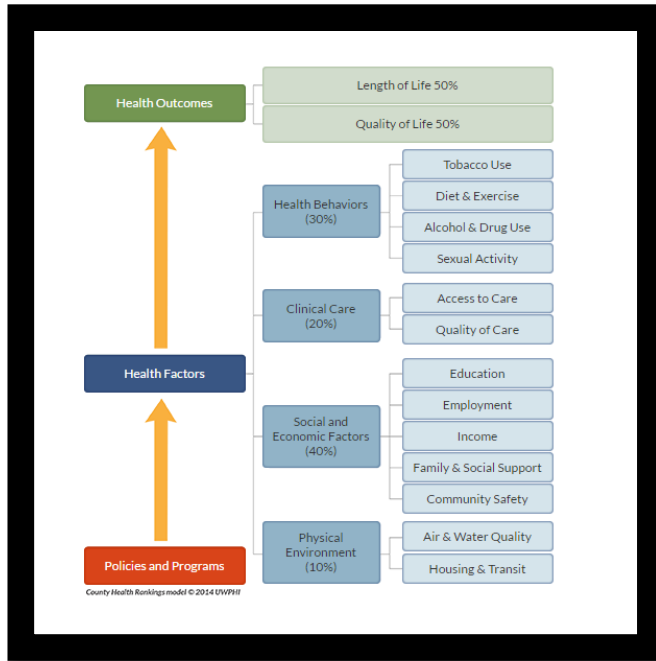
I have very emotional
feelings because I deal with this
all the time, hunger no food.
My mom cries to me about
it all the time.

We always have canned vegetables and it is
a treat if we have frozen it is
a treat if we have fresh vegetables sometimes
we go a few weeks without fresh fruit
and if we have a whole cantaloupe or
pineapple, or watermelon that is a big treat
and it only happens twice if we're
lucky once for a treat in one month.

This is sad. It makes me sad that
the richest and most powerful country
in the world has these problems.

County Health Rankings

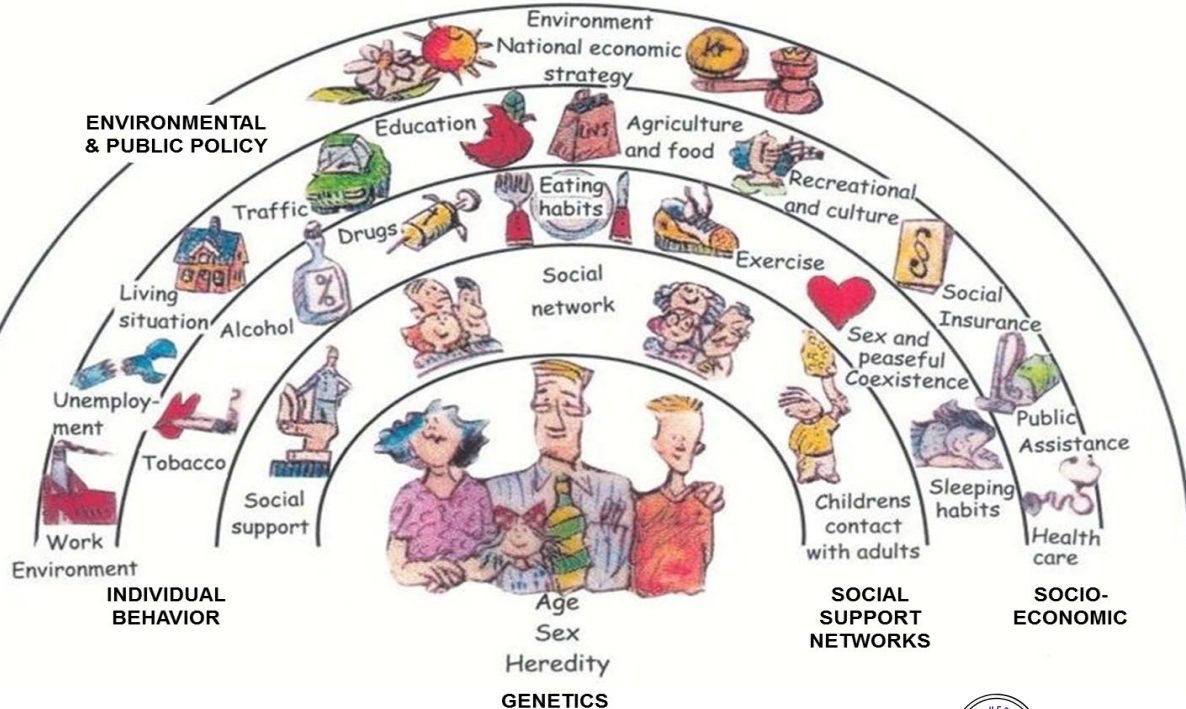
Rural Health Disparities



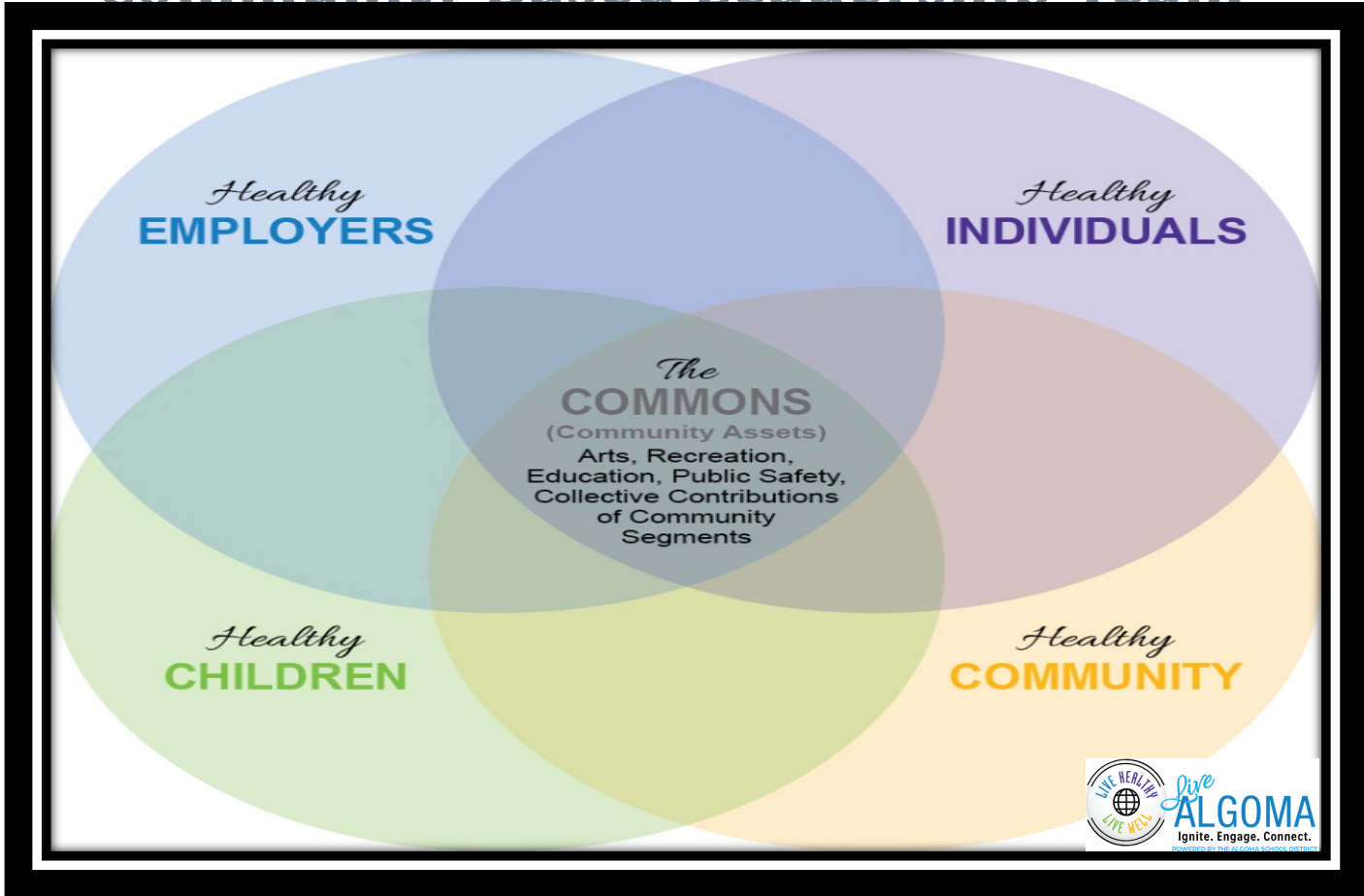
	2016
Primary Care Providers	2,560 : 1
Mental Health Providers	2,270 : 1
Dentists	2,920 : 1
Uninsured Adults	12%
Uninsured Children	5%
Obesity	35%
Physical Inactivity	30%
Access to Exercise	55%
Children in Poverty	12%
Unemployment	5.1%
Excessive Drinking	24%
Smoking	14%

Issue: Medical care only accounts for a small portion (10-20%) of a population's health.

Determinants of health



Community Based Leadership Team



Activation Teams

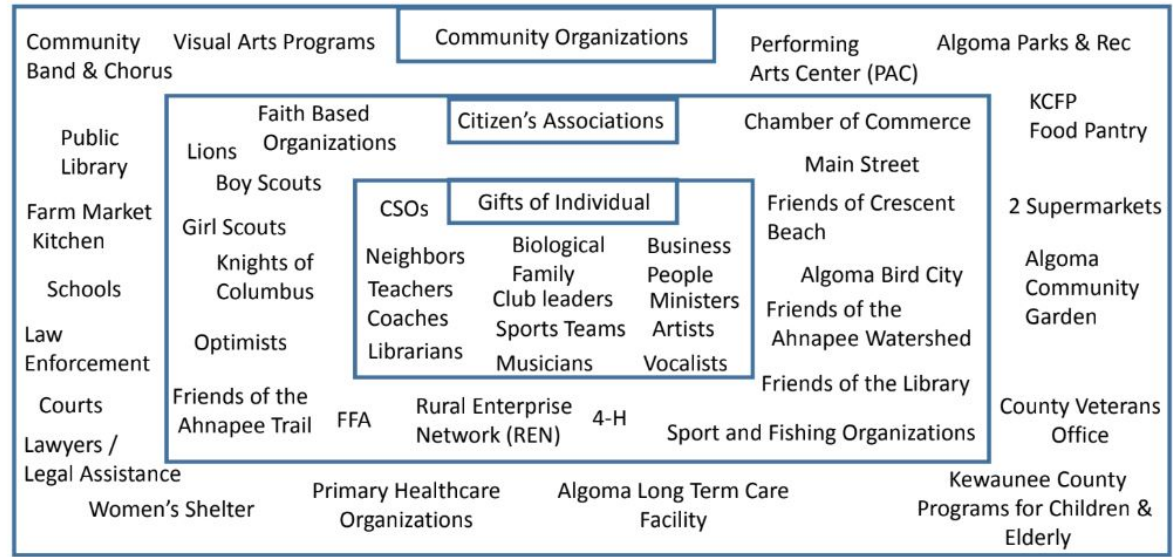
HEALTHY INDIVIDUALS

- Chet Ward**
United Methodist
Church Member
- Katie Horn**
Director of Special
Education
- Hayley Vaske**
School Psychologist
- Linda Wehausen**
Program Manager,
East Shore Industries
- Mary Breitlow**
Food Service Director
- Hedi Jacobson**
HS Student Helper
- Bonnie Kenny**
Retired Community
Member
- Adam Peronto**
Exercise Physiologist,
Door County Medical
- Jodi Wautlet**
Owner,
Denny's Super Valu
- Zach Blahnik**
Operations Manager,
Wellness Center

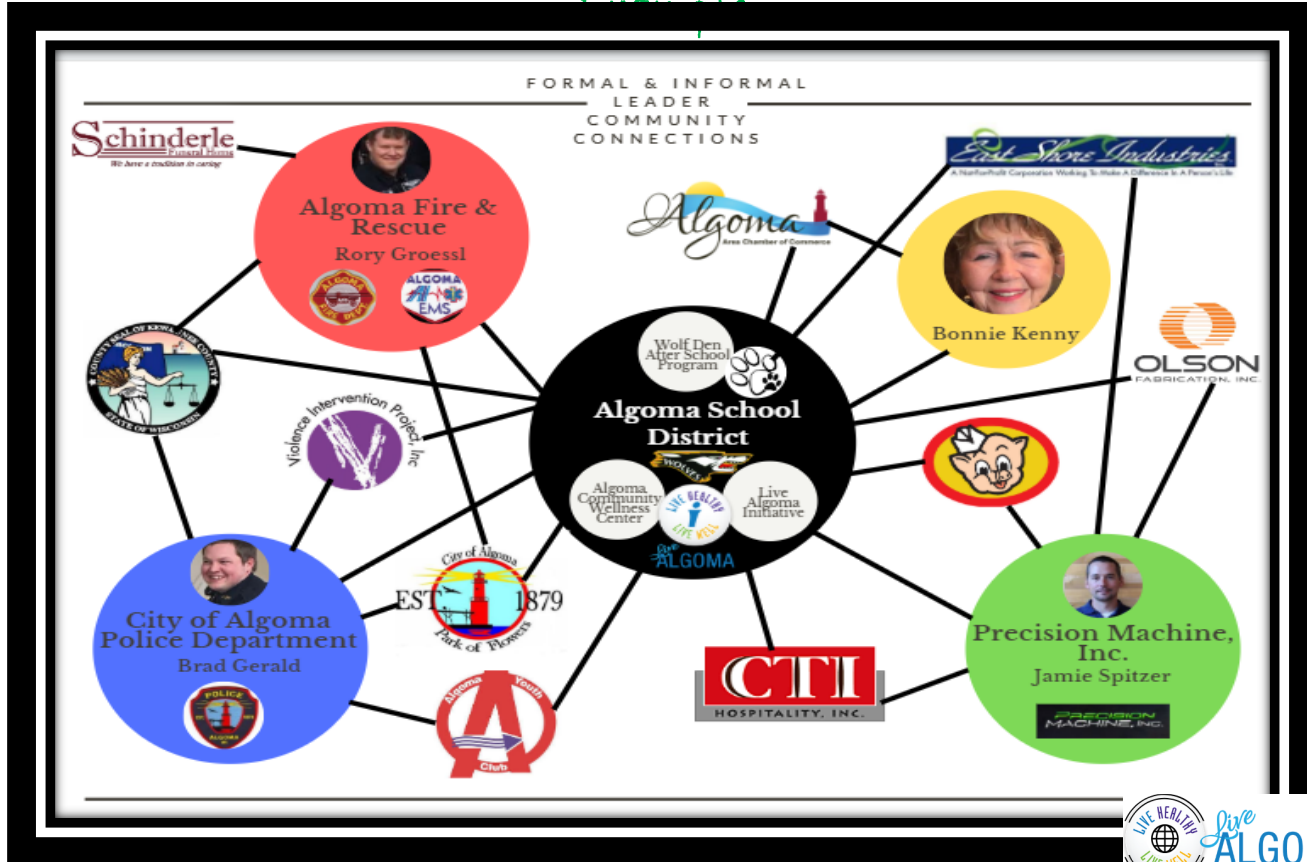
Community Assets

Having an Abundant Mindset is Crucial

Algoma Assets Diagram



How do these assets connect together?



Our Measurements

Local & County Data

Data	Community	Healthy Individuals	Healthy Children	Healthy Employers	Commons	Value	Local Metric	County Metric	Benchmark	Source	Last Time Obtained	Notes
Dental Hygiene Program - Middle School						72	Yes			ASD		
# Local Dentists						7		Yes		County Health Rankings and Roadmap		Cty Avg 2,691:1; WI State Avg 1,590:1 3 dentists provide MA service, but none are accepting new pts.
3rd Grade Students with Dental Sealants						46%	Yes			Community Health Assessment 2015		
Dentist - No Alignment (Teal)												
PCP - No Alignment (Teal)												
Dentist or PCP Alignment (Teal)												
# of non-traditional health and wellness care (chiro, etc) - Claire												
Substance Abuse Service Consumers						161		Yes		Wisconsin Department of Health Services		
Substance Abuse Service Consumers (per capita)						7.83		Yes		Wisconsin Department of Health Services		
Excessive Drinking						24%		Yes	8%	Behavioral Risk Factor Surveillance System		
IHI Well Being Survey						3.3/5	Yes			IHI Well Being Survey/ Q8: In general how would you rate your physical health?		
Number of Active Members at Wellness Center						274	Yes					
Farmer markets						1	Yes					
Testimonials - Sam to develop template/ determine where store/ track												
Social												
# of Pledges						214	Yes					
IHI Well Being Survey						3.7/5	Yes			IHI Well Being Survey/ Q10: I get the social emotional support I need		
Number of Non - Profits (Claire)												
Food Pantry # of Families Served/ Individuals (Jody)						143/403	Yes	Yes		Ken Marquardt	Aug-16	
Violence Intervention Project (VIP) Advocacy statistics (Jody)						183	Yes	Yes		VIP service statistics for 2015	2015	119 women, 16 men, 48 children
#VIP Domestic Violence Issues						116	Yes	Yes			2015	92 women, 7 men, 17 children
#VIP Sexual Assault Issues						44	Yes	Yes			2015	21 women, 6 men, 17 children
#VIP Child Abuse Issues						14	Yes	Yes			2015	12 women, 2 children
Volunteering						47	Yes			Local Survey (Shanty Days)	Aug-15	# of people that indicated they would be willing to volunteer
Engagement						3.92/5	Yes			Gallup Student Poll (ASD/ St Pauls)	Fall 2015	Grades 5-12 # of families: Indica

Activation Team Leads pulled data from all of our existing resources and grouped the data within the seven dimensions of our wellbeing.



Our Measurements

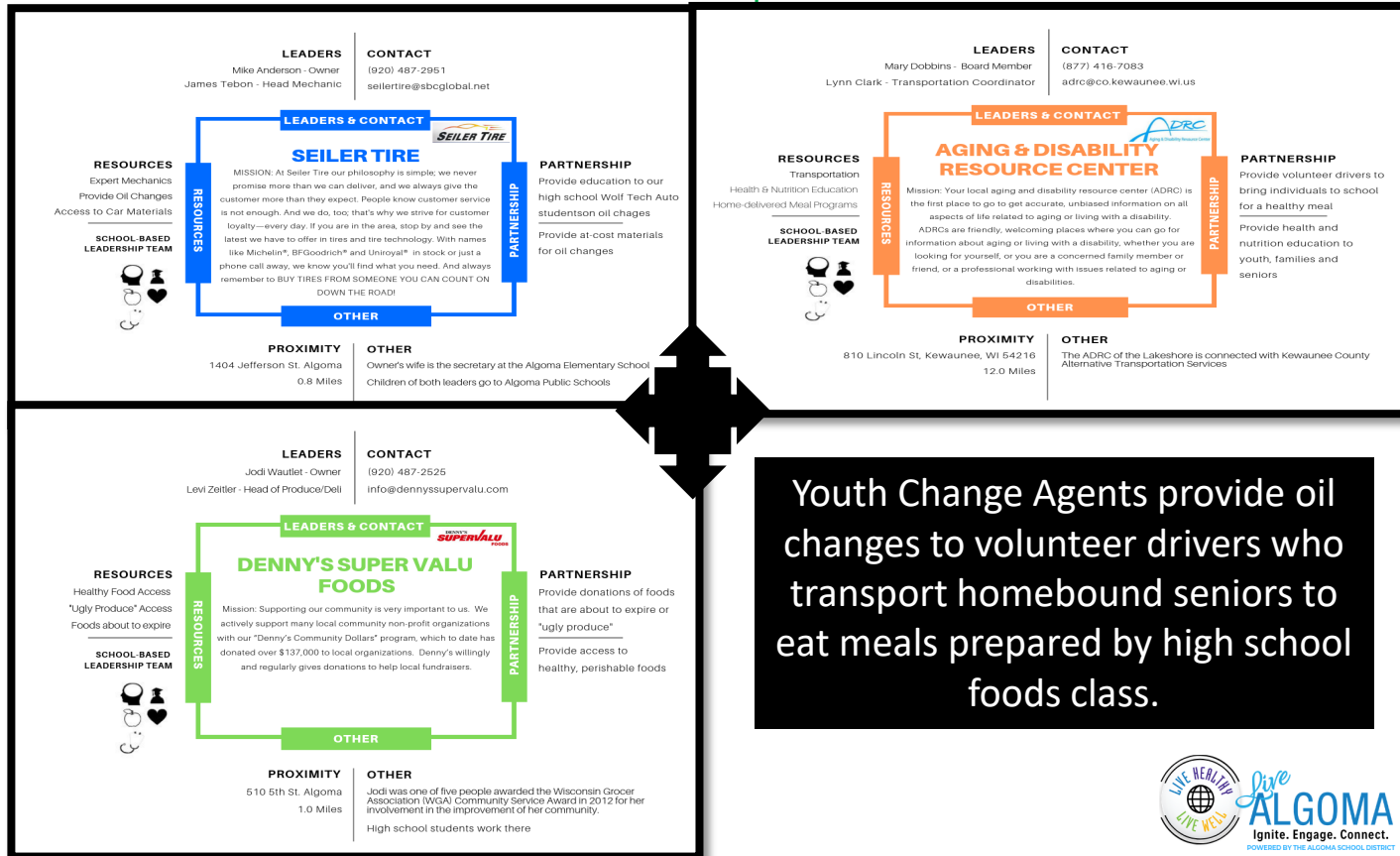
Community Scorecard

Indicator	Baseline*	Current Performance	Baseline date	Current date
Healthy Employer				
Employer Wellness Programs	?	?		
Average HRA score	69.2	70.2	2014	2015
Community Give Back	\$9,790	\$9,790		
Healthy Children				
High School Graduation	100%	94%?	2014	2016
Students Trained in Hands only CPR	0	753		
Students who Completed Harvard Training	0	12?		
Improvement Science (Children) - # of PDSAs Implemented	0	9		
Healthy Community				
Unemployment Rate	5%	3%		
Title 1 Funding/ Children in Poverty	12%	14%		
Free/ Reduced Lunch	?	63%	15/16 school year	
Community Pledges Completed	0	721		
# of Signed Volunteers	0	47		
Food Pantry-Number of Families/ Individuals Served	?	143/403		Sep-16
Healthy Individuals				
Adult Obese/ Overweight	81%	78%	Jun-16	Nov-16 Excluding individuals with
Adult Smokers	14%	14%		
Community Pledges - Individuals	0	60%(432)		
Improvement Science (Adults) - # of PDSAs Implemented	0	12		
Commons				
Total Dollars Contributed (grants, awards)	\$96,000	\$110,000		
Community Developments/ Initiatives	0	5		Wellness center, Ahnapee trail, performing arts center, Ice rink, soar on the shore
# of Organizational and Business Partnerships	0	23		
Annual Wellness Center - # Visits	13000	7809?	March-December 2015	Sam
Annual Wellness Center - Active Members	274	?	Jun-15	
Adults Well Being Assessment - Annual	NA	NA		

Team members reviewed the data grouped by dimensions and chose data points that would pertain to their area of focus.

Cross-Sector Collaborations

Example



The Impact – Take a Look!

93% Utilization of our New
Community Nurse Activator
at the Algoma Community
Wellness Center.



Patient Continuum of Care

25 % Discount on Memberships

Movement is key to optimal living and quality of life for all people. If you are currently recovering from an injury and have already completed your physical or occupational therapy, you might be left wondering what the next step is. After a serious or reoccurring injury, an effective fitness program will help maintain any progress in range of motion, strength, and stability that was gained. Continue your therapy exercises at the Algoma Community Wellness Center and continue to take care of yourself.

Algoma Community Wellness Center
1715 Division St. / Algoma, WI 54201 / *North Entrance
(920) 487-7001 ext. 4000
www.algomaschools.org

Physical
Therapists bring
their patients to
the Algoma
Community
Wellness Center
for their last
appointment.
The PTs show
them how to
independently
continue their
care and they sign
up for a
membership at a
discounted rate.
To date, 24
people have
completed this
program.

The Impact – Take a Look!

What began as an initiative at a high school basketball game, was scaled up to teaching Hands Only CPR to well over 4,000 individuals at local businesses, NFL Packer game, and within the Hispanic community.



473 Active Community Members at the Algoma Community Wellness Center



Invest in a change process which is dynamic and grows engagement, relationship, capacity, and the will for change.

The Impact – Take a Look!



Using the Switch Thinking Framework, which helps people to make hard choices more easily, three of the largest employers have implemented healthy snacks initiatives, and the local grocery stores have created recipes highlighting nutrient dense foods that are on sale.

Over 300 people have been educated on the nutritional principles of eating more fruits and vegetables, cutting out processed foods, eating healthy proteins and fats, and avoiding sugary beverages. In a pre- and post-survey of participants in the program, 100% of the individuals reported improvements in at least one nutritional principle.



Spread & Scale Example

Example



THE ROLE OF SPREAD AND SCALE IN BUILDING SUSTAINABILITY

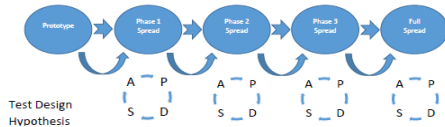
Creating a different desired future requires innovation and an intentional approach to spread and scale of the new system. Simply, the new way of being will only be sustainable on a new chassis or platform. The new underpinnings support, nurture and enable sustainability.

A quick example may be helpful. While the concepts of innovation, spread, and scale require application to the broader community building work, the specific example relates to an initiative in the Live Algoma work.

LIVE ALGOMA HANDS ONLY CPR

Project: Students teach hands only CPR through innovative channels to create a healthier safer community.

Innovation Cycle Spread



In the Innovation Spread Model the students started modestly with a prototype designed to reach and train 130 people. As the students began to think about spread the scope and reach went from 1,000 in phase 1, 5,000 in phase 2, 10,000 in phase 3, and international in full spread.

Big thinkers are the students. Not only big thinkers but big doers as well. Organizations with traditional approaches were failing to spread the CPR training while the students through new innovative approaches were being successful.

To be sustainable the students must face the reality of scale.

SCALE:

Investment on fixed costs and creating fixed infrastructure that can serve the larger scope with diminishing marginal costs over time.

Simply the infrastructure required to train 130 people is not the same infrastructure required for expanded phases of spread. Sustainability requires thinking about the new infrastructure requirements.



The Merging of Innovation, Spread and Scale

Hands only CPR

Spread Plan	Prototype	Phase 1 1,000	Phase 2 5,000	Phase 3 10,000	Full Spread International
Infrastructure					
Resources					
• Intrinsic	Small Group - Joy	Small Group - Joy	Expanded Team	National Team	International Team
• Extrinsic	None Necessary	None Necessary	Consider Payment	Payment	Payment
• Assets	Several local CPR Models	Several Local CPR Models	Travel and Additional CPR Models	IT, Website Additional CPR Models	IT, Website 1000's of CPR Models
Environment					
• Physical	Local facilities	Local employers community events	Outside locations	Regional / National locations	International locations
• Political	School	Local coalitions	Regional coalitions	National coalitions	International coalitions
• Social/Cultural	Fun – close group	Fun – close group	Manage a broader group	Build coalitions nationally	Build coalitions internationally
• Financial	Minimal	\$500 – 1000	\$1000 – 5000	\$5000 – 10,000	>\$10,000
• Technology	Minimal	Minimal	IT – For trainer learning communities	IT – For trainer learning communities	IT – For trainer learning communities
People					
• Leadership	Informal	Semi-informal	Formal Structure	Formal Structure	Formal Structure
• Workplace	Small Informal	Small Informal	Web of Student and teachers	Web of Student and teachers	Web of Student and teachers
• Relationships	Internal	Community	Statewide	National	International
Change					
• Programs	Direct	Direct	On-line	Multiple methods	Multiple methods
• Process	Face to face	Face to face	Train the trainer	On line learning	On line learning community
• Outcomes	Pass test	Pass test	Proficiency of trainers	Proficiency of trainers	Proficiency of trainers

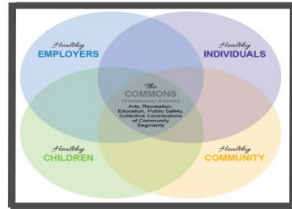
Can the student be successful in building a sustainable model v reach? The answer is yes. They will be required, however, to i and plan for spread and scale.



Our Theory of Improvement

EXECUTION STRATEGY

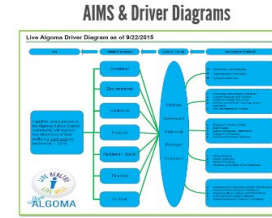
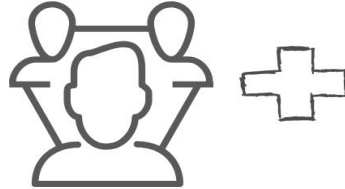
How we activate, co-design and engage community members in improvement strategies.



COMMUNITY MODEL



Invite Community Members with Lived Experience to the Table



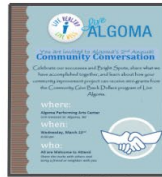
ACTIVATION TEAMS



BrightSpot Celebrations



Community Conversations



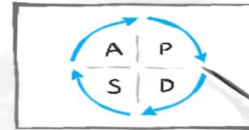
On-going Invitations



REPORT OUT



PDSA CYCLES



Alignment to Community Outcome Measures



COMMUNITY MEMBER



Ignite. Engage. Connect.

POWERED BY THE ALGOMA SOURCE PARTNER

Community Conversations



Vive
ALGOMA

Uds. están invitados a
**la Segunda Conversación Anual
de la Comunidad**

Celebremos nuestros logros y Bright Spots, compartamos lo que hemos logrado juntos, y aprenden Uds. como su proyecto de mejorar la comunidad puede recibir las donaciones pequeñas del programa de Community Give Back Dollars de Vive Algoma.

dónde:

Algoma Performing Arts Center
514 Fremont St. Algoma, WI

cuándo:

Miércoles, el 22 de marzo
6:00 pm

quiénes:

Todos son bienvenidos.
Compartan Uds. lo invierten con otros y lleven a un amigo con Uds.

Los estudiantes de Algoma High School que hablan español quieren oír sus voces. Vengan a compartir sus ideas después de la



Vive
ALGOMA

*You are invited to Algoma's 2nd Annual
Community Conversation*

Celebrate our successes and Bright Spots, share what we have accomplished together, and learn about how your community improvement project can receive mini-grants from the Community Give Back Dollars program of Live Algoma.

where:

Algoma Performing Arts Center
514 Fremont St. Algoma, WI

when:

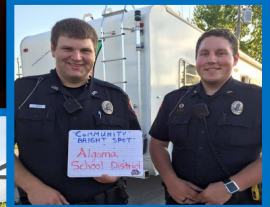
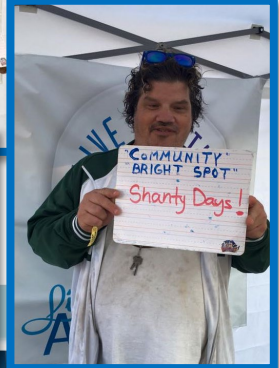
Wednesday, March 22nd
6:00 pm

who:

All are Welcome to Attend
Share the invite with others and
bring a friend or neighbor with you



Vive
ALGOMA
Ignite. Engage. Connect.
POWERED BY THE ALGOMA SCHOOL DISTRICT



Leverage Bright Spots and approach challenges as opportunities.



Live Algoma Bright Spot Celebration

The Live Algoma Team recognizes you as a Bright Spot in our community and invite you to celebrate with others on our journey of improving health and wellbeing.

where:

Farm Market Kitchen
520 Parkway St. Algoma

when:

Wednesday, February 17th
6 - 8 pm

r.s.v.p.
487-7001 ext. 4001
Regrets only please



Critical Conversations

Who isn't thriving?

Looking at our Accomplishments Through a Social Justice and Equity Lens				
Accomplishment Name	Critical Questions		Primary Health Factor Area	School-Based Leadership Team Individual Assets
Committing to Social and Economic Health and Wellbeing	<p>Who isn't thriving? Wellness Center - those that do not know it exists (those not connected to the school or those who are not part of mainstream communication) Wolf Tech Job Training - parents without jobs from low-income households Ice Rink - those who do not have access to skates</p>	<p>What would it take for that to change? Wellness Center - partnering with agricultural farms/employees, translation, culturally responsive offerings Wolf Tech Job Training - collaboration across sectors of Wolf Tech/school, local employers and parents from low-income homes Ice Rink - collaboration between nonprofits and the City Youth Club to provide skates</p>	<ul style="list-style-type: none"> Health Behaviors Clinical Care Social & Economic Physical Environment 	
Developing Youth Leadership Capacities	<p>Blueprint for Youth Engagement - students labeled with disabilities Pathfinder Academy - students not connected to their community or who don't feel a sense of belonging or purpose</p>	<p>Blueprint for Youth Engagement - create enabling conditions that promote success Pathfinder Academy - connect Pathfinder to the community by developing new mindsets to unlock the capability of both community members and students (proximity + empathy = equity)</p>	<ul style="list-style-type: none"> Health Behaviors Clinical Care Social & Economic Physical Environment 	
Spreading and Scaling the Use of Improvement Science	<p>Trauma Informed Climate - religious organizations, clubs, some local for-profit businesses Hands Only CPR - those who speak English as a second language and those individuals 65 and older</p>	<p>Trauma Informed Climate - co-design and build bridges across sectors, learn with and from one another, utilize each others' assests Hands Only CPR - train trainers in another language or build the capacity of those they are trying to reach so they can teach the skills in their population</p>	<ul style="list-style-type: none"> Health Behaviors Clinical Care Social & Economic Physical Environment 	
Improving Nutrition and Local Food Consumption	<p>Culture of Food: Healthy Choices - those that do not have access to healthy foods (live in food deserts, need transportation due to independent living, or limited on cost)</p>	<p>Culture of Food - create peer-to-peer approaches to be responsible for one another's health and access, provide transportation, create enabling conditions</p>	<ul style="list-style-type: none"> Health Behaviors Clinical Care Social & Economic Physical Environment 	



Addressing Our Vital Conditions

TOGETHER



<https://www.livealgoma.org/addressing-vital-conditions>





KANSAS HEALTH INSTITUTE

Informing Policy. Improving Health.