

ELEVATE

COMMUNITY WELLNESS & PERFORMANCE

MAMMOTH HOSPITAL

"ELEVATE YOUR HEALTH"

OUR VISION

MAMMOTH HOSPITAL WILL BE A LEADING SOURCE OF HEALTH AND WELLNESS INFORMATION AND SUPPORT FOR ALL COMMUNITIES THROUGH INCLUSIVE EDUCATION, ACTIVITY PARTICIPATION, AND SOCIAL ENGAGEMENT THAT IS ACCESSIBLE TO ALL.

OUR MISSION

TO IMPROVE THE HEALTH OF OUR COMMUNITY THROUGH PROMOTING POSITIVE LIFESTYLE CHOICES, CULTIVATING PROACTIVITY, RESILIENCE & GROWTH, AND EMPOWERING AMBASSADORS TO ENGAGE THEIR OWN FAMILIES AND CIRCLES OF IMPACT.



CHANGING PERCEPTIONS OF HEALTHCARE

"HOSPITALS ARE WHERE YOU GO WHEN YOU ARE SICK OR INJURED" - MHS STUDENT

By offering disease and injury prevention, wellness, and performance services, we can empower individuals to take ownership of and responsibility for their bodies and lifestyle choices. We can promote the concept of health as a spectrum and remove the long-standing stigma of seeking or receiving care as a sign of deficiency or illness. This has potential for profound societal and cultural impact particularly in the context of mental health.

Health care professionals including physical, occupational, and behavioral health therapists, dietitians, and certified athletic trainers are well positioned in their scopes of practice to come alongside community members to provide the needed knowledge and practical training to create meaningful positive change in lifestyle factors to impact community and global health issues. These providers are trained to appreciate health from a holistic and integrative perspective.

Implementation of a wellness team comprised of these providers has the potential to economically and efficiently reach otherwise underserved populations and to provide long-term health changes in our community, and it can create greater job satisfaction and engagement for these providers.



DECREASE PROVIDER BURNOUT AND INCREASE RESOURCE AWARENESS

PRIMARY PROVIDERS DO NOT HAVE THE TIME OR THE FINANCIAL INCENTIVE WITHIN OUR SYSTEM TO EFFECTIVELY ADDRESS THESE LIFESTYLE FACTORS WITH PATIENTS, AND ACCESS TO THESE PROVIDERS IS ALREADY PERCEIVED AS A LIMITATION IN THE COMMUNITY.

Primary care providers recognize and regularly educate patients on the role of lifestyle factors in prevention and management of chronic disease; however, without established multidisciplinary, coordinated referral resources and programs to support patients in lifestyle changes, patients often return to primary care providers in declining state. This can lead to a sense of futility for providers and can contribute to burnout and decreased job satisfaction.

Implementation of these referral resources and programs may increase communication and relationships within our own Mammoth Hospital community to be better resources to our patients, and it may decrease provider burnout by keeping providers engaged, connected, and in sight of a larger and more integrated health picture.

INCREASED PREVENTION & WELLNESS SUPPORTED BY COMMUNITY HEALTH NEEDS ASSESSMENT

MAIN HEALTH CONCERNS WITHIN OUR COMMUNITY ARE MODIFIABLE THROUGH LIFESTYLE FACTORS.

Top 5 health concerns for adults in Mono County identified by the recent Community Health Needs Assessment (CHNA) community survey were mental health, alcohol use, cancer, illegal drug use, and diabetes. Top 5 health concerns in the community survey for children in Mono County were mental health, vaping, dental health, overweight/obesity, and alcohol use.

MANY COMMUNITY MEMBERS MAY NOT FEEL EMPOWERED TO ADDRESS THESE HEALTH CONCERNS DUE TO LACK OF PRACTICAL AND AFFORDABLE RESOURCES, KNOWLEDGE, AND SKILLS.

Top 5 reasons identified by the community survey as to why people do not get the medical services they need were financial hardship, only seeking medical care when in pain or very sick, high cost of medical services, high insurance premiums and co-payments, and not understanding what services are available or how to access them.

THROUGH BUILDING AND IMPLEMENTING A COLLABORATIVE, MULTIDISCIPLINARY WELLNESS AND PREVENTION TEAM AT MAMMOTH HOSPITAL, WE WILL ALIGN OURSELVES WITH COMMUNITY HEALTH NEEDS ASSESSMENT OBJECTIVES.

Objective 1: Provide education and services focused on prevention and promotion of a healthy lifestyle.

Strategy 1: Increase number of community classes or events focused on wellness that are culturally inclusive.
Strategy 2: Develop a comprehensive calendar to promote community classes or events focused on wellness. Evaluate the potential of sharing such events on our social media platform or utilize currently existing media accounts.

Objective 2: Increase access to primary care and preventive services.

Strategy 1: Identify barriers for accessing primary care and preventive services, and develop community solutions including transportation, use of telemedicine, and providing community education regarding sources of care.

"WE DON'T NEED TO REMAKE OUR HEALTHCARE SYSTEM OR REBUILD IT FROM THE GROUND UP. WE DON'T NEED TO DO VERY MUCH. IT'S PRETTY SIMPLE, QUITE ATTAINABLE. JUST AN ADDED PERSPECTIVE AND A CHANGE OF PACE." - DR. VICTORIA SWEET, "SLOW MEDICINE"

Mammoth Hospital has already initiated several programs that shift the focus toward prevention and wellness, and the success of these programs is evidence of the continued need and greater opportunity of impact available in this realm.

Programs including chronic care coordination, providing athletic training services in the schools, joint replacement multidisciplinary committee, incorporation of behavioral health into the family medicine clinic, and outreach education and classes offered by dietary and physical therapy are all examples of this.

With numerous examples of the need and benefits of these types of programs, we now need to put forward the resources to create greater cohesiveness and coordination for improved accessibility and user-friendliness.

"THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT." -MARTIN LUTHER KING JR.

OUR CHALLENGE

Healthcare system finance is based on the "sick model" of reimbursement. Medicare, Medicaid, and private insurance pay for diagnosis and treatment of injury and illness. However, only very minor resources are dedicated to health maintenance and prevention of injury and disease. We are seeking philanthropic investment from grant agencies and corporate and private donors to support the start up and further development of health programs for the community focused on health education, activity classes, and social engagement to promote healthy lifestyle habits. Additionally we want to expand and strengthen our array of support groups to increase their reach and effectiveness for those recovering from and adapting to new health challenges. Our goal in the next year is to raise \$100,000.00 to:

- 1) expand live health class offerings led by health professionals in the areas of behavioral health, women's health, exercise, and nutrition.
- 2) develop and acquire culturally appropriate education materials in both English and Spanish in multimedia format available 24/7.
- 3) expand and strengthen support groups for those dealing with grief and loss, cancer, multiple sclerosis, diabetes, addiction, and parenting issues.

YOU CAN HELP!

The Mammoth Hospital Foundation is a not-for-profit 501-c-3 corporation established to support Mammoth Hospital initiatives. Your donation to the Elevate Program can have a meaningful impact on moving the needle of health in our entire community in a positive direction.

Contact Mammoth Hospital Foundation Director Gardiner Miller at Gardiner.Miller@mammothhospital.com to make a donation.