

Cottage Health System Community Benefit Report 2013





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Executive Summary

This document provides an update of Cottage Health System's community benefit for 2013. Cottage Health System—located in Santa Barbara County, California and comprised of Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital, and Santa Ynez Valley Cottage Hospital—is committed both to serving the South Coast communities' acute care needs and, from a broader perspective, identifying and addressing community health needs.

Cottage Health System completed a Community Health Needs Assessment in 2013, which is available at www.cottagehealthsystem.org. The assessment identified 14 areas of opportunity:

- Access to Healthcare Services
- Cancer
- Dementias, Alzheimer's Disease
- Diabetes
- Disability & Activity Limitations
- Heart Disease & Stroke
- Housing & Homelessness
- Immunization & Infectious Diseases
- Infant Health & Family Planning
- Injury
- Mental Health & Mental Disorders
- Nutrition, Physical Activity & Weight
- Oral Health
- Substance Abuse

Cottage Health System provides resources to help address each of the identified needs through programs led either by Cottage Health System or through collaborations and funding for external organizations.

Funding for community benefit including charity care, government shortfalls, health education and research, and benefits for vulnerable populations and the broader community, which totaled more than \$144 million in 2013.

Overview of the Community & Cottage Health System

Santa Barbara Community

With a population of 435,697, Santa Barbara County encompasses 2,750 square miles of land and inland water area. Much of the county is mountainous. The Santa Ynez, San Rafael and Sierra Madre mountains extend in a predominately east-west direction. Within the county, there are numerous fertile agricultural areas, including the Santa Ynez, Lompoc, Santa Maria, and Cuyama Valleys, and the southeast coastal plain. These areas, which include most of the developed land, also accommodate the majority of the population. Los Padres National Forest, in the eastern part of the county, covers approximately 44% of the total county area. "North County" refers to the area west and north of Gaviota, and includes the Santa Ynez, Lompoc, Santa Maria, and Cuyama valleys. "South County" refers to the Goleta, Santa Barbara, and Carpinteria coastal plain.

- Santa Barbara County's median income is \$62,000, which is the same as the State of California. Within the tri-counties region, Santa Barbara County's median income is below Ventura County's (\$77,000), and higher than San Luis Obispo County's (\$59,000). Several small census tracts within southern Santa Barbara County are known to have twice the median household compared to the county as a whole.
- Out of a workforce of 197,400 residents, the six top employment sectors account for 71% of this population: Government (38,000); Leisure and Hospitality (22,000); Professional and Business Services (21,700); Educational and Health Services (20,900); Agriculture, Forestry, Fishing and Hunting (18,700); and Retail Trade (17,900).
- The poverty rate for Santa Barbara County is 14.4%, which is the same as the State of California. Within the tri-counties region, Santa Barbara County's poverty rate is slightly higher than San Luis Obispo County's (population 274,000, poverty rate 13.2%), and Ventura County's (population 840,000, poverty rate 9.9%). The 2013 Federal Poverty Level guidelines place the poverty threshold for a family of four at \$23,550 annual household income or lower.

Cottage Health System

Cottage Health System serves the South Coast and Santa Ynez Valley regions in Santa Barbara County, California and is comprised of three not-for-profit hospitals, whose mission and vision are the following:

Mission: To provide superior health care through a commitment to our communities and to our core values of excellence, integrity, and compassion.

Vision: Cottage Health System, in partnership with physicians, is recognized as a California leader in quality, safety, patient experience, transparency, and cost effective care.

Established in 1888, Santa Barbara Cottage Hospital today is an acute-care teaching hospital, licensed for 510 beds, and a level II trauma center for adults and pediatrics located in Santa Barbara city proper. It offers an array of inpatient and outpatient services, including but not limited to the areas of cardiology, orthopedics, neurology/neurosurgery, maternity care, pediatrics (Cottage Children's Hospital), oncology, outpatient surgery (including the MacDougall Eye Center), along with inpatient and outpatient rehabilitation services (Cottage Rehabilitation Hospital). Goleta Valley Cottage Hospital is a 122-bed facility located in the Goleta city limits, with services including medical/surgical and critical care units, emergency services and a wound management program. Santa Ynez Valley Cottage Hospital is an 11-bed critical access hospital in the Santa Ynez Valley that offers emergency services, a medical/surgical unit, and radiology and laboratory outpatient services. In 2003, the Santa Barbara Cottage Hospital Foundation purchased the property and assets of the closed St. Francis Medical Center in order to create workforce homes for Cottage Health System employees. In April 2013, the Bella Riviera development celebrated the completion of the project that includes 81 affordable condominium units exclusively for qualified Cottage Health System employees.

Community Health Needs Assessment

Santa Barbara Cottage Hospital, Santa Ynez Valley Cottage Hospital, and Goleta Valley Cottage Hospital each have a tradition of supporting community health needs since long before California Senate Bill 697 was enacted. In 1996, Cottage Health System was established as the parent company overseeing these three hospitals, which had joined forces over the previous two years. For decades, Santa Barbara Cottage Hospital's medical residents have participated in providing primary and acute care to the vulnerable populations of Santa Barbara County at the hospital and through Santa Barbara County health clinics. Our mission and practice have always been to provide emergency care to members of this community who are unable to pay, and the hospital has also been active in health education and outreach.

In 2009, Cottage Health System began an overhaul of its community benefit program. First, the organization reviewed focus areas of local, state, and national organizations to determine focus areas and then reviewed internal community outreach programs to ensure they aligned. Cottage Health System also evaluated its external community grants process. Funds were shifted from the Foundation to Operations and grant guidelines were developed around the identified focus areas.

Cottage Health System conducted a Community Health Needs Assessment in 2013, which included information from community members and leaders along with public health data. The full assessment is available at www.cottagehealthsystem.org, and Cottage Health System is encouraging community organizations to use the data to focus their efforts.

The results of the assessment include the following areas of opportunity:

- Access to Healthcare Services
- Cancer
- Dementias, Alzheimer's Disease
- Diabetes
- Disability & Activity Limitations
- Heart Disease & Stroke
- Housing & Homelessness
- Immunization & Infectious Diseases
- Infant Health & Family Planning
- Injury
- Mental Health & Mental Disorders
- Nutrition, Physical Activity & Weight
- Oral Health
- Substance Abuse

The identified needs drive internal programs as well as resources for community organizations. The Board of Directors approved implementation strategies for Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital, and Santa Ynez Valley Cottage Hospital on April 25, 2014.

Community Health Coordinating Committee

The Community Health Coordinating Committee (CHCC) has 14 members comprised clinical and nonclinical employees. One of the major functions of the committee is awarding community grants. The CHCC includes the following departments:

- Care Management
- Corporate Compliance
- Cottage Rehabilitation Hospital
- Education
- Finance
- Foundation for Santa Ynez Valley Cottage Hospital
- Nutrition
- Parish Nursing
- Psychiatric Services
- Public Affairs
- Trauma Program
- Volunteer Services

Financial Contribution Summary

Cottage Health System provides critical funding for community health, while also realizing shortfalls in Medicare, Medi-Cal, and indigent care reimbursement. Cottage Health System has provided charity care to the community for over 120 years, which further demonstrates Cottage Health System's commitment to increasing access to health care for residents of the Santa Barbara area. In addition, Cottage provides much needed funding for on-call physicians, medical supplies, and sponsorships for external organizations. In 2013, Cottage Health System spent more than \$144 million on these programs.

Program	Total Costs
Medical Care Services	
Santa Barbara Cottage Hospital Charity Care	\$12,015,663
Goleta Valley Cottage Hospital Charity Care	\$422,154
Santa Ynez Valley Cottage Hospital Charity Care	\$72,471
Santa Barbara Cottage Hospital Medicare short-fall	\$66,404,122
Santa Barbara Cottage Hospital Medi-Cal short-fall	\$26,205,551
Santa Barbara Cottage Hospital Medically Indigent Care	\$3,495,542
Santa Barbara Cottage Hospital Children's Care Service	\$4,251,635
Santa Barbara Cottage Hospital Other Government payers	\$2,295,040
Goleta Valley Cottage Hospital Government short-fall	\$13,787,381
Santa Ynez Valley Cottage Hospital Government short-fall	\$1,159,600
Subtotal M Care Services	\$130,109,160
Other Benefits for Vulnerable Populations	
On-Call stipends for Emergency & Trauma Physicians	\$7,223,354
Palliative Care	\$515,815
Parish Nursing	\$558,877
Patient Assistance for Discharge	\$2,124
Rehabilitation Recreational Therapy	\$283,381
American Indian Health & Services	\$95,000
Carpinteria Union School District	\$75,000
Casa Esperanza	\$124,081
Community Action Commission	\$20,000
Doctors without Walls	\$20,000
Family Services Agency	\$25,000
Foodbank of Santa Barbara	\$20,000
Jodi House	\$30,000
Santa Barbara County Education Office - Health Linkages	\$75,000
Santa Barbara Neighborhood Clinics	\$415,942

Program	Total Costs
Santa Ynez Valley People Helping People	\$20,000
Sarah House	\$30,000
Thresholds to Recovery	\$8,570
Willbridge of Santa Barbara	\$22,842
Subtotal for Vulnerable Populations	\$9,564,987
Benefits for the Broader Community	
Community Wellness Programs	\$297,679
Support for Community Events	\$108,429
Various Health Fairs	\$120,628
Friendship Adult Day Services	\$20,000
Hospital Hospitality Houses	\$10,000
Sansum Clinic - Patient Navigator	\$75,898
Santa Barbara County Education Office - Welcome Every Baby	\$100,000
Visiting Nurse & Hospice Care	\$25,000
Subtotal for the Broader Community	\$757,634
Health Education & Research	
Graduate Medical Education	\$2,763,993
Reeves Medical Library	\$458,255
California State University Channel Islands, BSN program	\$460,515
SBCC - Nursing Degree support & CSLA Higher Degree & Scholarships	\$663,000
UCSB Translational Research	\$50,000
Subtotal for Education & Research	\$4,395,763
Grand Total	\$144,827,545

Medical Care Services

Charity Care

Cottage Health System has always provided care to patients regardless of their ability to pay. When the Santa Barbara County General Hospital was closed, Santa Barbara Cottage Hospital made a commitment to provide hospital services to the County's indigent patients. This commitment lives on at the Cottage Health System hospitals through the Charity Care and Community Service Programs, which provide financial assistance to patients who meet income-eligibility requirements. Eligibility is based on Federal Poverty Level (FPL), and patients are eligible for 100% charity care coverage if their household income is less than or equal to 350% of the Federal Poverty Level. Patients that make up to 543% of the FPL are eligible to receive discounted services. The Charity Care program has been expanded to include underinsured patients and patients that have catastrophic illnesses but earn more than 543% of the FPL.

The Charity Care program offers free or reduced cost care to patients who access services through the Emergency Department. In 2013, 1,604 patients received assistance through the Charity Care program. Patients requesting assistance must complete an application to determine eligibility. All guidelines for charity care are consistent with California Assembly Bill 774.

The Community Service Program provides free or reduced cost care for non-emergent but medically necessary services to patients who meet income eligibility requirements based on medical necessity as determined by a medical panel. This program seeks to provide treatment to patients prior to the patient requiring emergency services. Patients have received free or reduced cost care to repair hernias, remove tumors to diagnose cancer and remove gallbladders. This service is limited in scope based on an annual budget amount; however, management may adjust this amount based on community need. In 2013, 350 patients received assistance through the Community Service Program.

Cottage Children's Hospital Family Assistance Fund

The purpose of the fund is to provide special assistance and support to children and families receiving medical care and support at Cottage Children's Hospital. These include patients being cared for in Neonatal Intensive Care, Acute Pediatrics, Pediatric Intensive Care, as well as in the Pediatric Hematology/Oncology program. The fund process begins with the Clinical Social Worker and medical staff completing an allocation request form, which includes a description of the circumstances leading to the request.

The funds are not intended to offset hospital expenses, but rather to support children and families who have special financial needs because of medical and health issues. Since the inception of the process, some very deserving families have received support. In most of the cases, the patients and families could not qualify for any other form of support from the government, which makes this fund even more significant.

Examples of support include funeral expenses, mortgage assistance, rental assistance, grocery gift card, and gasoline gift card for transportation to and from the hospital. In 2013, the Family Assistance Fund provided \$35,340 in support for 28 families.

Benefits for Vulnerable Populations & the Broader Community

Cottage Health System addresses all the needs identified in the Community Health Needs Assessment through internal programs as well as providing resources, including staff time, expertise, and funds, to external organizations' programs.

Summary of Programs Addressing Community Health Needs

Internal programs as well as collaborations are listed below along with the identified community need(s) being addressed. When viewing an electronic version of the document, press the Ctrl key and click the program name to go to the program description.

<u>Cottage Health System Program</u>	Access to Healthcare Services	Cancer	Dementias, Alzheimer's Disease	Diabetes	Disability & Activity Limitations	Heart Disease & Stroke	Housing & Homelessness	Immunization & Infectious Diseases	Infant Health & Family Planning	Injury	Mental Health & Mental Disorders	Nutrition, Physical Activity & Weight	Oral Health	Substance Abuse	Other Area
Adapted Cycling					x					x		x			
Adapted Driving					x					x		x			
Adapted Golf					x					x		x			
Annual Health Fair	x	x		x		x		x				x			
Aphasia Recovery Group					x	x				x					
Art for Healing Workshops					x					x					
Assistive Technology Center Community Tours					x					x					
Asthma Screening Fair	x														
Augmentative & Alternative Communication Group					x	x									
Birth & Parent Education Classes									x						
Cancer Prevention Fair	x	x										x			
Car Seat Safety									x	x					
Cardiac & Pulmonary Rehabilitation Program	x					x						x			

Cottage Health System Program	Access to Healthcare Services	Cancer	Dementias, Alzheimer's Disease	Diabetes	Disability & Activity Limitations	Heart Disease & Stroke	Housing & Homelessness	Immunization & Infectious Diseases	Infant Health & Family Planning	Injury	Mental Health & Mental Disorders	Nutrition, Physical Activity & Weight	Oral Health	Substance Abuse	Other Area
Stroke Education Series					x	x									
Think First Spinal Cord & Brain Injury Prevention Program										x					
Transportation	x														
Tuohy Foundation Aquatic Center					x	x				x		x			
Warm Line									x						
Wheelchair Sports Clinic					x							x			
Total	16	5	4	9	20	20	4	5	6	16	8	19	2	6	2

Community Collaboration	Access to Healthcare Services	Cancer	Dementias, Alzheimer's Disease	Diabetes	Disability & Activity Limitations	Heart Disease & Stroke	Housing & Homelessness	Immunization & Infectious Diseases	Infant Health & Family Planning	Injury	Mental Health & Mental Disorders	Nutrition, Physical Activity & Weight	Oral Health	Substance Abuse	Other Area
Alliance for Living & Dying Well's Advance Health Care Directives															x
Alzheimer's Association's Education Conference			x												
American Diabetes Association's Tour de Cure				x								x			

	Access to Healthcare Services	Cancer	Dementias, Alzheimer's Disease	Diabetes	Disability & Activity Limitations	Heart Disease & Stroke	Housing & Homelessness	Immunization & Infectious Diseases	Infant Health & Family Planning	Injury	Mental Health & Mental Disorders	Nutrition, Physical Activity & Weight	Oral Health	Substance Abuse	Other Area
Community Collaboration															
American Heart Association's Go Red for Women						x						x			
American Heart Association's Heart Walk						x						x			
American Indian Health & Services' Senior Dental Health Program													x		
Amgen Tour of California's Lifestyle Festival												x			
California Highway Patrol's Every 15 Minutes Program										x				x	
California Highway Patrol's Start Smart										x					
Cancer Center of Santa Barbara's Colon Cancer Screenings		x													
Cancer Center of Santa Barbara's Walk/Run		x										x			
Carpinteria Children's Project's Health Fair									x			x			
Carpinteria Union School District's Children's Collaborative Project	x								x			x			
Casa Esperanza							x				x			x	
CenCal Health's Kid Program	x														
City of Santa Barbara's Family Day & Health Fair	x	x		x		x					x	x	x	x	
Coalition for Community Wellness		x		x		x						x			

	Access to Healthcare Services	Cancer	Dementias, Alzheimer's Disease	Diabetes	Disability & Activity Limitations	Heart Disease & Stroke	Housing & Homelessness	Immunization & Infectious Diseases	Infant Health & Family Planning	Injury	Mental Health & Mental Disorders	Nutrition, Physical Activity & Weight	Oral Health	Substance Abuse	Other Area
Community Collaboration															
Community Action Commission's Healthy Senior Lunch	x											x			
Council on Alcoholism & Drug Abuse's Summit for Danny														x	
Doctors Without Walls	x						x	x			x			x	
Family Service Agency's Senior Services	x										x				
Foodbank's Children's Health Initiative												x			
Friendship Center's Help Elders At Risk Today	x		x												
Homeless Coalition							x								
Jodi House's Together in Brain Injury Support										x					
Lions Sight & Hearing Center's Glaucoma & Hearing Screening	x														
Parent Click's Kids & Teens Expo									x			x			
Santa Barbara County Department of Social Services' Adult & Aging Network	x	x	x			x		x		x	x	x	x	x	
Santa Barbara County Education Office's Inclusion Program					x										
Santa Barbara County Education Office's Health Linkages	x												x		

Community Collaboration																	
Total	16	6	4	4	2	6	4	3	4	5	5	16	6	8	7		
	Access to Healthcare Services	Cancer	Dementias, Alzheimer's Disease	Diabetes	Disability & Activity Limitations	Heart Disease & Stroke	Housing & Homelessness	Immunization & Infectious Diseases	Infant Health & Family Planning	Injury	Mental Health & Mental Disorders	Nutrition, Physical Activity & Weight	Oral Health	Substance Abuse	Other Area		

Cottage Health System Programs

Adapted Cycling

This program of Cottage Rehabilitation Hospital offers an introduction to hand-powered and adapted bikes, basic biking instruction, and safety. The program is held on the UCSB campus. Fourteen individuals participated in 24 visits in 2013.

Adapted Driving

Cottage Rehabilitation Hospital offers this service to individuals interested in returning to driving after a disabling injury, illness, or other health-related condition. The program includes two components under the expertise of an Occupational Therapist and a Certified Driving Instructor. There were 16 Pre-Driving Evaluations and 34 Behind the Wheel Evaluations conducted in 2013.

Adapted Golf

As a program of Cottage Rehabilitation Hospital, the Adapted Golf program's goal is to introduce or return people with disabilities to the game of golf. The program is open to current patients, as well as community members with physical, visual, and/or cognitive impairments. Lessons are weekly. An individualized golf program is designed for each participant by a golf professional and Cottage Rehabilitation Hospital recreation therapist. Golf clubs and special adaptive equipment are provided, with participants encouraged to bring any of their own equipment. The participants practice on the driving range and putting green, and progress to the golf course as appropriate. An adapted golf cart is used to facilitate participant success. Ocean Meadows Golf Course supports the Adapted Golf program through gifts to the Cottage Rehabilitation Hospital Foundation. There were 12 participants participating in 154 visits in 2013.

Annual Health Fair

The 31st Annual Santa Ynez Valley Cottage Hospital Health Fair was held on Saturday, October 5 at the Santa Ynez Valley Marriott Hotel in Buellton. Each year, the event is planned, coordinated and funded by Santa Ynez Valley Cottage Hospital Foundation, and staffed with volunteers from the Hospital's Auxiliary. More than 1,100 people of all ages attended the free event that featured more than 46 health-related booths from Cottage and community organizations. Free flu vaccines were given to 445 people, a large drawing took place with 31 giveaway bags, and refreshments were served.

Aphasia Recovery Group

This weekly class is offered by Cottage Rehabilitation Hospital Speech/Language Pathologists for those individuals needing assistance with word retrieval, understanding others, and in exploring creative ways to increase communication effectiveness. There were 14 participants in 2013.

Art for Healing Workshops

Art for Healing workshops offer an experience for those who love art to learn more about some projects and skills designed to support the healing process. Two workshops were held at Cottage Rehabilitation Hospital, and there were 18 participants in 34 visits in 2013.

Assistive Technology Center Community Tours

The Assistive Technology Center (ATC) offers individuals with physical and/or cognitive/linguistic impairments access to devices, which support maximum function, communication, and quality of life in their homes, at work and in the community. Highly trained and experienced therapists use a wide variety of state-of-the-art equipment to assess clients. The therapist works closely with the client and vendors to facilitate informed decisions when choosing devices that work best for each. Monitoring systems such as wheelchair and bed alarms may decrease the potential for falls and wandering.

Cottage Rehabilitation Hospital offers tours of its ATC. Participants may later choose to take advantage of what the ATC has to offer.

Asthma Screening Fair

On November 9, 2013, the Santa Barbara Cottage Hospital Pediatric Respiratory Department hosted an Asthma Screening Fair. Staff were able to do spirometry testing on children in the community that had not been seen by a physician for a long time and/or families that felt their child had breathing issues but never diagnosed. Dr. Vincent Tubiolo, Allergy, Asthma, and Immunology Specialist, was able to interpret the results for those children and have one-on-one discussions with the entire family. Cottage NeoPeds Respiratory Care Providers provided education and free tools to help control and manage asthma. Cottage Pediatric Nurses provided free influenza vaccinations to 50 people. There were 64 people in attendance and more than 20 referrals were made for children to seek further medical attention for asthma management.

Augmentative & Alternative Communication Group

The Augmentative & Alternative Communication (AAC) Group is designed to serve members in the community using speech-generating devices as their primary means of communication. The class offers a place to learn about AAC, meet with others in the community, and meet with representatives from AAC companies. Historically, monthly classes were offered by Cottage Rehabilitation Hospital's Speech Pathology Department. There were no classes held in 2013 due to lack of interested participants. Cottage Rehabilitation Hospital will consider holding classes in the future, per demand.

Birth & Parent Education Classes

Cottage Health System provides a variety of classes to support parents including:

- Breastfeeding
- Breathing Refresher
- Condensed Childbirth Series
- Prepared Childbirth Series
- Clases de Maternidad en Español
- Maternity Center Tours
- New Parent
- Siblings at Birth
- Grandparenting Class

Class	2013	2012	2011	2010	2009	2008	2007	2006
Breastfeeding	384	376	336	336	373	367	266	304
Breathing Refresher	34	18	16	20	16	18	36	20
CBE Series	746	738	659	688	654	728	516	550
Maternidad	52	50	60	80	96	77	122	70
Maternity Tours	1714	1787	1154	1175	1309	1168	1002	850
New Parent	293	291	227	239	167	193	189	222
Sibling Preparation	43	40	57	73	61	58	10	25
Grandparenting Class	63	NA						
Total Participants	3329	3300	2509	2611	2676	2609	2141	2041

Cancer Prevention Fair

Santa Barbara Cottage Hospital and Cancer Center of Santa Barbara with Sansum Clinic teamed up with the Santa Barbara Neighborhood Clinics and other community organizations to provide the annual Cancer Prevention Fair. Cottage Health System departments involved included 6C Adult Oncology, Nutrition, Parish Nursing, Public Affairs, and Volunteer Services.

The event was on Saturday, May 4 at the Eastside Neighborhood Clinic from 9:00 am to noon. This was the third time the event was held at this venue, and the second time the event was in May. Historically the fair has been in October. Free oral cancer screenings, clinical breast exams, skin cancer screenings, and colon cancer take-home kits were available.

In addition to the screenings, there was free information on mammograms, HPV, and Pap smears; hereditary cancer risk; lung cancer and stop smoking courses; community health assistance and education programs; cancer fighting foods, nutrition, stress reduction, and exercise; and Cancer Center Resource Library. The Santa Barbara Neighborhood Clinics provided follow-up physician appointments and registered people for health insurance when applicable.

Approximately 77% of attendees were Spanish speaking and 61% were uninsured or under-insured.

	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004
Skin Exam	89	134	NA	NA	108	134	177	125	106	88
Breast Exam	36	69	40	85	73	64	50	77	60	NA
Oral Exam	65	81	25	95	85	108	118	61	NA	NA
PSA	NA	NA	NA	NA	77	88	78	63	75	36
DRE	NA	NA	NA	NA	NA	86	80	53	76	41
Colon Test	64	54	28	97	121	105	136	81	87	57
Total	254	338	93	277	464	585	639	460	404	222
Consents	125	176	59	204	221	286	279	246	222	150
Tests/Person	2	1.9	1.6	1.4	2.1	2	2.3	1.9	1.8	1.5

Car Seat Safety

Cottage Health System hosted the California Highway Patrol (CHP) for two car seat inspection stations in 2013. The CHP events in August and September were held at Goleta Valley Cottage Hospital in the main parking lot on two Saturday mornings. They were especially advertised in the local Hispanic community through the AVANCE program of the Santa Barbara Unified School District and with the Santa Barbara County Promotores Network, which is a program of the Santa Barbara County Education Office. The two events checked a combined number of 60 car seats and replaced 18 car seats for families whose seat was either broken or expired.

Cardiac & Pulmonary Rehabilitation Program

Santa Ynez Valley Cottage Hospital provides comprehensive cardiac rehabilitation programs for people with heart disease. The program is a medically prescribed, supervised program that helps heart patients return to healthy, active lives. The program is divided into three phases: inpatient, outpatient, and maintenance

The program focuses on healthy lifestyle changes, nutrition, physical conditioning, and education. Patients receive personal care and support from our specially trained experts. In 2013, there were 1,568 cardiac rehab visits.

Cardiopulmonary Resuscitation (CPR) Classes

Adult Course

This course is based on American Heart Association (AHA) guidelines designed for the general public. Participants receive a course completion card following an exam. At the end of this course, participants are able to:

- Describe the links in the AHA Chain of Survival, including the importance of dialing 9-1-1

- Describe and demonstrate the steps of CPR and relief of Foreign Body Airway Obstruction (FBAO)
- Describe and recognize the signs of four major emergencies in adults

Infant/Child Course

This course is based on American Heart Association guidelines and is designed for parents, babysitters, and friends who do not require certification for employment. Participants receive a course participation card and there is no exam.

At the end of this course, participants are able to:

- Describe the causes and prevention of injury and cardiopulmonary arrest in children
- Demonstrate how to administer CPR and first aid for choking infants and children

Historical participation in Community CPR Programs at Santa Barbara Cottage Hospital and Santa Ynez Valley Cottage Hospital:

2013	2012	2011	2010	2009	2008	2007	2006
171	189	158	145	175	189	188	164

Coast Caregiver Resource Center

Coast Caregiver Resource Center (CCRC), a program of Cottage Rehabilitation Hospital, is funded through grants and individual donations.

CCRC supports family and other informal (unpaid) caregivers of adults with cognitive disorders and other disabling conditions in Santa Barbara, San Luis Obispo, and Ventura counties. CCRC has helped thousands of families of those with adult onset brain impairment in the tri-counties for the past 27 years through assessment of caregiver strength and need, specialized information on brain impairments, family consultation, individual counseling, long-term care planning, educational programs, retreats, support groups, advocacy, legal consultations, and respite care.

In 2013, CCRC and Jodi House Brain Injury Support Center continued a collaborative project, Together In Brain Injury Support, to provide enhanced assistance to survivors of brain injury and their families, primarily in south Santa Barbara County.

CCRC provided the following services in 2013:

- 254 hours of specialized information and referral to 777 callers
- 179 new client intakes for a total of 377 clients receiving multiple services
- 148 assessments of caregiver strength and need for supportive services
- 816 hours of family consultation, problem solving, coaching and care planning
- 3,251 hours of respite (substitute care) to 92 caregivers
- 275 hours of counseling to 43 caregivers
- 295 hours of support group to 1,197 caregivers, including:

- 11 Family Support Groups each month for family caregivers of individuals with Alzheimer’s Disease or other dementia, Huntington’s Disease, Stroke or TBI, including the Stroke and Brain Injury Support Group for Family/Friend Caregivers held at Cottage Rehabilitation Hospital
- 34 hours of sponsored or co-sponsored education and training to 498 caregivers including topics such as “Taking of YOU: Powerful Tools for Caregivers” and “Building Caregiver Resilience”
- 25 hours of education to 273 professionals and paid caregivers, including topics such as “Stress, Depression and Caregiving” and “Caregiver Resources”.
- Co-sponsorship of Santa Barbara Caregiver Retreat for 22 family caregivers

Community Case Management

In 2013, Cottage Health System began preparing for a new Community Case Manager role. Community Case Management provides services for people with chronic illness who may require additional support to manage their health needs effectively as they transition from the inpatient to the outpatient setting. The program will go into effect in 2014.

Community Grants

Cottage Health System supports local organizations and their programs that improve the community’s health of priorities identified by the community health needs assessment. Programs must go through a competitive process, which are reviewed by the Community Health Coordinating Committee, Executive Management Committee, and Board of Directors. In 2013, 15 programs were awarded grant funds.

Community Sponsorships

Throughout 2013, Cottage Health System sponsored a number of community events by contributing both cash and gifts-in-kind totaling nearly \$90,000. Community events included educational workshops, walks/runs, galas, and luncheons.

Organization	Donation
Alzheimer's Association	\$3,000
American Cancer Society	\$2,500
American Diabetes Association	\$1,500
American Heart Association	\$5,250
Anti-Defamation League	\$2,500
Arthritis Foundation	\$2,500
Association of Fundraising Professionals	\$500
Breast Cancer Resource Center of Santa Barbara	\$1,000
Child Abuse Listening Mediation	\$1,500
Cancer Center of Santa Barbara	\$10,000

Organization	Donation
Central Coast Commission for Senior Citizens Area Agency on Aging	\$250
Coalition for Sustainable Transportation	\$750
Community Partners in Caring	\$500
Council on Alcoholism & Drug Abuse	\$3,500
Crohn's & Colitis Foundation of America	\$500
Easy Lift	\$3,000
Foodbank of Santa Barbara County	\$5,500
Foundation Fighting Blindness	\$5,000
Girls Inc. Carpinteria	\$70
Leukemia & Lymphoma Society	\$1,500
Mental Wellness Center	\$1,500
Montecito Family YMCA	\$500
National Health Foundation	\$3,000
National Multiple Sclerosis Society	\$1,000
New Beginnings Counseling Center	\$500
Pacific Pride Foundation	\$5,500
ParentClick Inc.	\$550
Parks and Recreation Community Foundation	\$1,000
Pulmonary Hypertension Association	\$1,000
Regents of UCSB	\$40
Sansum Clinic	\$500
Sansum Diabetes Research Institute	\$2,450
Santa Barbara Association of Health Underwriters	\$250
Santa Barbara County Deputy Sheriffs' Association	\$100
Santa Barbara Foundation	\$500
Santa Barbara Region Chamber of Commerce	\$600
Santa Barbara Rescue Mission	\$3,000
Special Olympics	\$2,000
Teddy Bear Cancer Foundation	\$1,000
Traffic Solutions	\$1,000
United Way of Santa Barbara County	\$4,600
Visiting Nurse & Hospice Care of Santa Barbara Foundation	\$2,500
Westmont Foundation	\$3,500
Total	\$87,410

Diabetes Outpatient Self-Management Education

The mission of the program is to educate on self-management of diabetes; in a collaborative manner promote improved health and quality of life for patients, families, and community consistent with the goals and objectives of Cottage Health System. The program is accredited by the American Diabetes Association. The committee includes the Director of Education, a Registered Nurse, and a Dietitian.

Those interested contact the program secretary at Santa Barbara Cottage Hospital who makes the appointment, which is currently a one to two week wait. The program hours are on Tuesdays and Thursdays from 1:00 to 4:00 pm. Referring physicians are sent progress note summarizing patient assessment, goals, and evaluation following every patient visit. In 2013, there were 47 outpatients, which is similar to the prior year.

Distracted Driving Awareness Campaign

This was the inaugural event for the Campaign. The idea was conceived by the Chief Nursing Officer of Cottage Health System and was operationalized by the Santa Barbara Cottage Hospital Trauma Services and Distracted Driving committee made up of nurses and other employees who were interested in the campaign from all of the Cottage Health System campuses. The 2013 campaign was particularly directed as an “in-reach” to the Cottage Health System employees. It was a one-week all-campus campaign that focused on the dangers of driving distracted and particularly on texting and driving. Public Affairs designed a unique illustration that is now identified as part of the Cottage Health System campaign to end distracted driving in our communities. This will become an annual event within the health system.

Farmers Market

Santa Barbara Cottage Hospital hosts a weekly farmers market in the central courtyard, which provides a variety of local, seasonal, organic produce. Started in 2009, it originally aimed to target employees, but has since become popular with patient’s visitors and the local community. Held every Wednesday, the market is open from 11:00 am to 3:00 pm and averages around 100 customers. The produce is purchased from John Givens Farm in Goleta and The Berryman, a local produce company that sources all of their seasonal organic produce locally within the tri counties. Un-sold produce is made into sides and salad bar offerings by the hospital’s creative staff and offered in the cafeteria.

Financial & Legal Community Workshops

Cottage Health System hosted a comprehensive community workshop focusing on advance care planning and related issues, including topics important to the senior population and their families. This workshop was held in collaboration with Visiting Nurse and Hospice Care of Santa Barbara. Speakers included physicians, attorneys, spiritual care leaders, psychologists, counselors, as well as Cottage Health System and Visiting Nurse and Hospice Care of Santa Barbara representatives. The workshop was open to the general public in 2013, which drew nearly 100 people.

Conversations Before the Crisis in October 2013 was a five-hour seminar about the medical, legal, and emotional components related to end-of-life choices. This class includes an interactive session where participants engage in role-playing and practicing challenging conversations.

Fit Stop

Fit Stop is a fall prevention program with the goal of becoming an ongoing fall assessment program that will be available for the active senior community in Santa Barbara County. This one stop fall assessment/education outreach will be offered in two formats: on a large scale at senior health fairs and using a one to one personalized service or "concierge style" when conducted in smaller groups throughout the County. Beginning in 2014 the program will be renamed the fallSTOP program.

In 2013, Fit Stop was a featured activity at the Santa Barbara Senior Expo where it provided comprehensive fall risk assessment to over 100 participants. The program was also offered at the Solvang Senior Center to 65 seniors.

Flu Shot Clinics

More than 2,500 influenza vaccinations were provided by Cottage Health System to the community. Cottage Health System held clinics in Carpinteria, Santa Barbara, Goleta, and Santa Ynez. People were charged \$20 at the clinics, but no one was turned away based on inability to pay.

The Santa Barbara Senior Expo provided 37% of vaccinations. Parish Nurses also provided 26% of vaccinations through multiple congregations, homeless shelters, low-income housing developments, and agriculture workers. Santa Ynez Valley Cottage Hospital provided 16%, predominantly at its annual health fair along with vaccinations provided through the Emergency Department and at the Los Olivos Rotary Club meeting. The remaining community clinics were held at farmers markets, YMCA, and Santa Barbara City College.

Gift Shop

Cottage Health System Gift Shops are located in Santa Barbara and Goleta Valley Cottage Hospitals. The goal is to achieve in making "Patients First" and providing customer service excellence. The identifying and projecting sale of sought out and quality merchandise for patients, employees, and the community is a top priority. The shop is also involved in charitable donations and service recovery. The ability for these two retail operations in achieving these goals is a joint weekly performance of 80 open hours and operating with a combined total of 18 dedicated volunteers, 3 part-time sales associates, and 1 full-time manager/buyer. Engaging customers with a positive and enjoyable buying experience brings joy to their daily operation.

Both Gift Shops provide many charitable contributions. This is accomplished by donating merchandise to specialty community events as the Children's Miracle Network, Care for Kids, Family Fitness & Baby Fair, Cancer Prevention Fair, Spiritual Care and volunteer appreciation, holiday and special banquets. Merchandise is also donated to Santa Ynez Valley Cottage Hospital's Thrift shop to aid in helping them

bring in additional revenue. Monetary discounts and Gift Shop Gift Card distributions occur throughout the year with special sales and enjoyable contests for both employees and volunteers. Some of the most rewarding pleasures are gained with participation in the annual in-hospital children's Trick or Treating and Elementary school children's holiday musical programs.

Due to health considerations, latex balloons may not be brought to patient floors by visitors; therefore, the Gift Shop provides a Mylar balloon replacement. This then adheres to Cottage hospitals latex-free policy. Any floral arrangements that remain prior to any holiday observance following shop closure are sent to specifically identified patients that have no family members or just need some special cheering up. All staff and volunteers of both Gift Shops take pride in being able to help provide the best possible service to all of their customers.

Healthy Balance Weight-Management Clinic

Healthy Balance is an eight-week weight-management program, featuring:

- Individualized, exercise-based weight loss
- On-site exercise in a comfortable environment
- Comprehensive fitness and lifestyle assessment
- BodyGem calorimeter to monitor metabolism
- Custom meal planning
- Instruction by professional clinical staff
- Competitive rates

Since 2002, the program has grown 200% in participant visits. More than 400 participants have completed the Healthy Balance program since its inception.

Heart Health Fair

The Heart Health Fair provides information, consultations, and services related to maintaining cardiac health and preventing stroke and diabetes. The 2013 events were held on Saturday, February 23 at Santa Barbara Cottage Hospital and Saturday, March 9 at Goleta Valley Cottage Hospital. This was the first time that two Heart Health Fair events were offered.

Departments involved included Cardiac Rehabilitation, Cardiology, Community Wellness, Education, Laboratory, Nutrition, Parish Nursing, Physical Therapy, Public Affairs, and Volunteer Services. Attendees to the Fair could have their blood screened for \$25, and they were provided results for 17 different blood tests including cholesterol, glucose, triglycerides, and hemoglobin A1C. Test results were mailed to participants within one week. Included with the person's results was an explanation of each screening along with reference values. Participants' results outside the reference values were highlighted and they were asked to see their physician. A list of local federally qualified health centers (FQHCs) is also included with the results for those without a medical home.

In addition to the blood work, participants could take advantage of free height/weight testing and heart-healthy nutritious recipes. Registered nurses were available to answer questions about heart health.

Attendees had the opportunity to complete a participant survey, and approximately 82% of the surveys at Santa Barbara and 62% of the surveys at Goleta were returned from people who received lab work. The majority of attendees were Spanish-speaking individuals at 73% at Santa Barbara and 67% at Goleta. The event targeted the uninsured or under-insured, and there was significant difference between Whites and Hispanics/Latinos who had health insurance. Overall, 72% of attendees at Santa Barbara and 79% of attendees at Goleta stated that they did not have insurance.

	2013 SBCH	2013 Goleta	2012	2011	2010	2009	2008	2007
Packets Distributed Total	440	297	449	535	684	600	487	569
Labs Drawn	439	289	448	488	621	545	484	528
Free Screenings	38	28	38	32	44	27	33	29
Average Age	NA	NA	48.3	48.3	48.9	49.9		
Body Composition Profiles	NA	NA	87	56	106	110	105	126
Kids' Bags	47	25	35	47	59	75		

Do you have health insurance coverage?	2013 SBCH	2013 Goleta	2012	2011	2010	2009
Deductible under \$1,000	4%	6%	6%	3%	0%	0%
Deductible between \$1,000 and \$5,000	5%	3%	5%	8%	0%	0%
Deductible over \$5,000	5%	1%	4%	3%	0%	0%
No	72%	79%	78%	65%	91%	68%
Don't know/Not sure/Refuse	2%	3%	3%	4%	1%	3%
Blank	3%	4%	2%	2%	1%	2%
Yes (no or left blank, but then marked had insurance)	10%	4%	2%	8%	43%	46%

Heart Smart Lecture Series

Cardiac Rehabilitation patients and their family members are invited to attend a free lecture series called Heart Smart: Risk Reduction for Life. The series is held on Wednesday mornings from 10:00 to 11:00 am at Santa Barbara Cottage Hospital and is based on the American Heart Association Guidelines. The eight-week series is held five times per year with approximately 10-15 people attending each lecture.

Topic	Speaker
How Your Heart Works and Treatments for Heart Disease	Karen Bradbury, RN
Risk Factors and Coronary Artery Disease: An Overview	Lynn Tabor, RN
Emotions & Heart Disease	Luisa McLoughlin, MSW
The Heart Healthy Diet: Making the Right Choices	Sharon Smith, MS, RD
Exercise: Staying Fit for the Health of Your Heart	Michelle Smith, PT
Developing a Heart Healthy Lifestyle	Bob Huhn, PT

Hot on Life

Hot on Life is an annual, one-day Recreation, Sport and Health Workshop for people of all abilities and all ages. The event, which was first held in 1991, promotes active lifestyles for people with disabilities and their families. Attendees include people with disabilities (e.g. stroke, spinal cord injury, brain injury, amputations, chronic pain, and other physically limiting conditions); family, friends, and/or caregivers; and industry professionals. The workshop was held at UCSB Recreation Center and had 20 participants in 2013.

Interpreter Services

Cottage Health System fully complies with Joint Commission and government guidelines for assisting Limited-English Proficient (LEP) patients and family members in understanding medical information and services. Interpreter Services provides oral and sign language interpretation, translation of documents, conversational medical Spanish courses, cultural competence, and language access training to staff and assistance with community health fairs. Cottage Interpreter Services also collaborated with organizations within the community to better understand the needs and improve access for deaf, hard of hearing and Mixteco patients.

All interpreter candidates, including interpreters, bilingual staff and volunteers, are thoroughly screened by the Interpreter Services Coordinator, for their level of expertise in English and Spanish medical terminology as well as interpreting skills. Only individuals with Interpreter II or III designations may help with clinical encounters. Persons designated as Interpreter I give directions, make phone calls, and answer non-medical questions.

Surveys of peer hospitals consistently show that LEP patients and their relatives receive a superior level of service in Cottage Health System. This is in large part due to the ratio of live interpreters (as opposed to over-the-phone and video interpreting). Face-to-face interpreters help reduce the length of hospital stays and the number of repeat visits for care.

Junior Wheelchair Sports Camp

The annual Junior Wheelchair Sports Camp is designed for individuals between the ages of 6 and 19 years who use a wheelchair to participate in sports. The camp, held on the UCSB campus, features

tennis, rock-wall climbing, kayaking, wheelchair dancing, swimming, and many other activities tailored to individuals' abilities. There were 44 campers in 2013.

Lifeline

Lifeline keeps seniors independent in their own home. It assists people of all ages who may need reassurance that help will arrive in an emergency or situation that requires the help of another. The new Auto Alert pendant provides an added layer of protection by automatically placing a call for help if a fall is detected. This enhanced service option provides greater peace of mind and confidence. It gives many family members peace of mind when they are working, vacationing or just going through their daily routine, knowing their loved ones will receive the help they need with a push of a button.

Lifeline brochures are continuously distributed throughout Cottage Health System, doctor's offices, along with clinics in Carpinteria, Santa Barbara, and Solvang. Visiting Nurse and Hospice Care of Santa Barbara provide Lifeline through referrals for their clients. The Lifeline Coordinator promoted, displayed, and demonstrated Lifeline capabilities at health fairs throughout the county, including Mended Hearts Annual Luncheon, Encina Royale, Santa Ynez, and Santa Barbara Senior Expo.

Santa Barbara Cottage Hospital Lifeline Program area is from Carpinteria to Santa Ynez Valley, Los Olivos, Los Alamos, Solvang, and Buellton. There are currently 800 subscribers.

The Goleta Valley Cottage Hospital Lifeline program is a community outreach program and is run by volunteers as part of the Goleta Valley Cottage Hospital Auxiliary and concentrate on the Goleta area. There are currently 200 subscribers.

The Santa Ynez Valley Cottage Hospital Lifeline program is run by Santa Barbara Cottage Hospital Lifeline program in Santa Barbara. There are currently 125 subscribers in the Santa Ynez Valley and surrounding areas.

Living Well with Diabetes

Goleta Valley Cottage Hospital offers Living Well with Diabetes nutrition classes twice each month in English. These one-hour classes are free of charge to the community and include topics such as label reading, portion control, blood pressure, wound healing, and physical activity. In 2013, 30 classes were offered with an average of three attendees at each session.

Meet the Doctors Seminars

The Heart and Vascular Center at Santa Barbara Cottage Hospital offered a distinct educational series designed to meet the lifestyle and medical educational needs of the Santa Barbara Communities: "Meet the Doctors". These seminars provided information on the prevention and treatment of the county's number-one killer, heart disease, and in-serviced over 150 community members with four-lecture series dates. Sessions in 2013 had 20 to 65 attendees each.

Caring for your heart-from prevention to intervention.

Interventional Cardiologist, Tom Watson, MD, and Michael Shenoda, MD

Does your heart race, flutter or skip a beat? We can help.

Cardiac Electrophysiologist, Brett Gidney, MD

Does your heart race, flutter or skip a beat? We can help.

Cardiac Electrophysiologist, Claudio Bonometti, MD

When surgery is the only option, your heart is in our hands.

Cardiothoracic Surgeon, Ben Taylor, MD and Vascular Surgeon, Mazen Hashisho, MD

Memory Mingle

In July 2013, Cottage Health System began the Monday Memory Mingle program, which was a continuation of the Memory Matinee class offered by Cognitive Fitness & Innovative Therapies (CFIT). The program is a monthly series with changing topics to increase awareness about sustaining brain fitness and the role of cognitive and physical exercise in fighting dementia and Alzheimer's disease. In 2013, 60 people participated.

Mental Health Fair

The Mental Health Fair is an annual event that takes place each year around the month of May to commemorate National Mental Health Month. The 2013 event was held on Saturday, May 4 at Santa Barbara Cottage Hospital. The Mental Health Fair was hosted by the staff of the inpatient psychiatric unit at Santa Barbara Cottage Hospital and included 28 non-profit community agencies as participants in the event. The primary goal of the event was to provide education to the community about services available for those affected by mental illness -- both consumers and their friends and family members. Each agency hosted a table that included information about their programs and services, educational information about various types of mental illness and substance abuse, self-assessment tools, reference books, and other community resource information.

The Mental Health Fair also included a speaker series featuring local psychologists and psychiatrists. The topics of the presentations included, new developments in bipolar disorder, opioid prescription misuse and dependence, and young adults with trauma and substance abuse.

The Mental Health Fair was attended by approximately 240 community members. In addition to being a valuable resource for community members, the event provided a venue for mental health and medical professionals to network and learn more about the work of various agencies in the community.

Mother's Circle

Free drop-in support and breastfeeding information for expectant mothers who have questions and concerns about breastfeeding, for new mothers just getting started, and ongoing support for nursing

are offered weekly on Tuesdays from 3:30 to 4:30 pm by The Lactation Center. Approximately 350 mother-baby couples, as well as many fathers and several grandmothers, joined the group. Attendance continues to increase since moving into our new Women's Services Conference Room in the Junipero Pavilion.

Nutrition & Diabetes Education Classes

Santa Ynez Valley Cottage Hospital hosts weekly free nutrition classes every Wednesday from noon to 1:00 pm. Various topics are discussed that relate to general health as well as disease conditions such as heart disease and diabetes. The classes are open to staff as well as the community. In 2013, approximately 41 classes were held, with an average of 8 to 10 people per class.

On-Call Specialty Physicians

Due to the high rate of uninsured patients and low payments from Medicare and Medi-Cal, it has been difficult to find specialty physicians to provide services to patients in the Emergency Department. Cottage Health System arranges for the provision of emergency on-call coverage with qualified specialty physicians in order to ensure that all patients who seek treatment at Cottage Health System have access to all necessary services. This program helps Cottage Health System to assure proper diagnosis and treatment of all patients in the Emergency Department, regardless of their ability to pay.

Outlook Group Physical Disabilities Peer Support

Outlook is a group of persons with physical disabilities who share information and support at monthly meetings that include a potluck dinner and community presenter on various topics of interest. . The program is held at Louise Lowry Davis Center and is supported in part by the City of Santa Barbara Parks and Recreation Adapted Programs. In 2013, 41 participants had 181 visits.

Palliative Care Consultation Service

The Palliative Care Consultation Service (PCCS) is an interdisciplinary team of professionals with advanced training and skills in palliative care. Their mission is to alleviate suffering, improve quality of life, and facilitate healing for patients and families facing advanced and terminal illness. The service is staffed seven days a week and a clinician is available twenty-four hours a day.

Bereavement support was provided to family members and patients who died in hospital while on the Palliative Care service. The 12-month bereavement program includes a bereavement card signed by PCCS team members and phone call at the time of death; a 1-month initial bereavement mailing/packet; a 3-month follow up phone call; a 6-month follow up phone call and mailing; a 9-month mailing; and finally a 12-month follow-up phone call and anniversary card. Family members are referred to appropriate counseling and support resources as needed.

Parish Nursing

Parish Nursing's mission is to empower men, women, and children to seek health in mind, body, and spirit, by expanding their knowledge about whole person wellness, assisting in identifying methods of disease prevention, and increasing access to health and community resources.

In 2013, Parish Nursing provided service to more than 14,000 community members. Community outreach venues include congregations, homeless and transition outreach, PathPoint Mental Health clients, Carpinteria and Isla Vista food banks, Catholic Charities, St. Vincent's, and Garden Court senior housing.

Collaborating Agencies and Committees with Parish Nursing include:

- Alliance for Living and Dying Well Five Wishes Trainings
- American Heart Association
- Cancer Center of Santa Barbara
- Casa Esperanza Homeless shelter
- Casa Serena Woman's Recovery Home
- Catholic Charities
- Dart Dental Team
- Direct Relief
- Doctors Without Walls/Santa Barbara Street Medicine Women's Clinic at Transition House
- Gatekeeper and Friendship Center Adult Day Care Program
- Health Ministries Association
- Homeless Coalition
- Hospice of Santa Barbara
- Isla Vista Food Bank
- Jodi House Professional Advisory Committee
- PathPoint Mental Health Program
- Phoenix House Professional Advisory Committee
- Santa Barbara City College Nursing Program
- Santa Barbara Neighborhood Clinics
- St. Cecilia Society
- Visiting Nurse & Hospice Care Professional Advisory Board

Miscellaneous Community Events

Parish nurses help to plan and staff many community events annually including:

- Common Ground homeless census project
- Cottage Health System's Heart Health Fair
- Cottage Health System's Cancer Prevention Fair
- Cottage Health System's Circle of Remembrance
- Cottage Health System's Mental Health Fair
- Five Wishes Advance Care Directives Program at multiple locations
- First Aid booth at the 3-day Fiesta celebration
- La Diabetes Spanish Speaking diabetes education latest trends

- Santa Barbara Senior Expo - blood pressures, flu vaccines and stress management
- Santa Barbara Junior High Health Fair
- Project Healthy Neighbors homeless outreach
- Providing flu shots throughout the community including senior housing units, schools, libraries, farmers markets, food banks and churches & the YMCA

Congregations

Cottage Health System's Parish Nurses work at multiple congregations during the week, which include Trinity Episcopal (four to eight hours/week), Trinity Lutheran (ten hours), Our Lady of Guadalupe (twenty hours), First Presbyterian (ten hours), Goleta Presbyterian (six to eight hours), and St. Joseph's (four hours). Parish Nursing is also done on a consultant basis for the First Baptist & Unity churches, St Mark's Parish in IV, and the local community of Tibetan monks at their annual gathering.

Homeless/Transitional Housing Outreach

Three Parish Nurses participate in homeless outreach and provided health assessments, basic wound care, education, referrals, screenings, and vaccinations each week in various locations. They provided more than 30 hours a week, and provided more than 2,200 client visits.

- Casa Esperanza and the homeless camps: 24-26 hours of care a week is provided by 2 nurses
- Transition House: three hours a week plus the bi-monthly Homeless Women's Clinic, flu and pneumonia vaccines, as well as health education and emotional and spiritual support
- Faulding Hotel and Hotel De Riviera: visits are for the medically challenged and dual diagnosis clients at four hours a week
- Project Healthy Neighbors: annual two-day community collaboration and large-scale health screening. Parish Nursing co-sponsored the event with the Public Health Department, Direct Relief, Sansum Clinic, and several other agencies reaching more than 400 homeless individuals, with flu and pneumonia vaccines, tuberculosis tests, HIV tests, blood pressure checks, and skin examinations. Backpacks and shoes were also provided.

Catholic Charities

Catholic Charities has a wide range of services that cater to families and individuals in need that serves their mission of preventing homelessness and advancing self-sufficiency. The organization provides food distribution, case management, life skills planning, counseling services, medical treatment referrals, emergency shelter assistance, diabetes education, older adult services, and holiday programs.

Cottage Health System's Parish Nurses provide five to six hours each week at Catholic Charities. The nurses provide health education and assessments including blood pressure check, glucose check, and flu vaccination. In addition, the nurse are advocates for low-income individuals and families, and they work to connect these people with community resources, such as access to food, dental treatments, and mental health support. More than 1,300 clients were served during the last year.

Saint Vincent's

The Parish Nurses provided four to five hours per week of nursing care to seniors and low-income families at this residential facility. The nurse provided personal assessments and health screenings, educational classes including fall prevention, stroke and heart disease, diabetes management, fraud prevention as well as wellness education and walking groups. In 2013, 388 people were served.

In addition, Saint Vincent held a summer education program that served 15 children and provided education on bullying prevention.

Saint Joseph's Food Bank/Main Family Center

A Parish Nurse provided services for low-income families at St. Joseph's Parish Food Bank. The nurse provided health education, individual assessments, flu vaccinations, and health screenings for more than 1,200 clients.

Isla Vista Food Bank

Parish Nursing continues to serve the low-income Isla Vista community by providing flu vaccinations at the Isla Vista Food Bank for homeless individuals and low-income Latino families.

Garden Court

Parish Nursing provides health education such as fall prevention, heart health and stroke prevention, cold and flu prevention, flu vaccines as well as blood pressure screenings for Garden Court's senior residents. Parish Nurses were on site three to five hours per month, and more than 160 clients were seen in 2013.

PathPoint

This nonprofit organization is dedicated to helping people with disabilities or disadvantages reach their fullest potential. Cottage Health System's Parish Nurses provided nursing care and medication management for housed, mentally ill adults. Three Parish Nurses worked with case managers, social workers, and physicians to provide services for this at-risk population. They worked with 130 mental health clients, for a total of 72 hours a week and nearly 5,500 visits for 2013.

Parkinson's Society Group

This Cottage Rehabilitation Hospital program provides a monthly class for individuals with Parkinson's disease. The class addresses a variety of practical topics including exercises and strategies for better speech, voice, postural support, and respiratory strengthening. The classes ranged from 25-35 participants in 2013.

Physicians' Clinic

Santa Ynez Valley Cottage Hospital physicians' clinic is a medical office program that provides access to care by leasing office space to medical specialty physicians that do not have a presence in the community. The hospital provides four treatment rooms and two physicians' offices, an office manager/scheduler and basic equipment and supplies that allow for a maximum of two physicians to hold office hours in the clinic. This allows the physician to establish clinic hours from four hours per week to up to once a week. The space is leased through a contractual agreement at a fair market value rate that is competitive.

Project Re-Entry Stroke Socialization Group

As a Cottage Rehabilitation Hospital program, Project Re-Entry offers a weekly socialization and recreation program for people who have had strokes or other disabling conditions that limit their community participation. The group meets at Cottage Rehabilitation Hospital. There were 28 individuals who participated in 328 visits in 2013.

Psychiatric Grand Rounds

Santa Barbara Cottage Hospital Center for Psychiatry and Behavioral Healthcare has presentations for the healthcare community once a month from noon to 1:30 pm at Santa Barbara Cottage Hospital. There were 14 sessions at Santa Barbara Cottage Hospital with approximately 80 people at each meeting.

Grand Rounds program at Santa Barbara Cottage Hospital in 2013 were:

1. It's A Fat World: Obesity What it Is and What to Do
2. Practices for Self-Forgiveness
3. The Longing Within: What We Really Want Past Midlife
4. Mythological Stories as Metaphors for the Individuation Process
5. Psychology of Creativity
6. Cyberbullying and Adult Responsibility
7. Helping Couples with the Crisis of Infidelity
8. Developing Skills to Manage Interpersonal Reactivity
9. Suicide Prevention: What Mental Health Professionals Need to Know
10. The Shared Death Experience: The New Frontier in End of Life Care
11. Issues in Prescription Opiate Misuse and Dependence
12. Transgender Client Care

Safety Helmets

Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital, and Santa Ynez Valley Cottage Hospital all provide no-cost or low-cost donation safety helmets through their Emergency Departments in addition to the Santa Barbara Cottage Hospital Trauma Service Department. The helmets, purchased through the Santa Barbara County Emergency Medical Services and Coalition for Sustainable

Transportation (COAST), are sold at cost or provided at no cost. In 2013, 30 helmets plus education was provided at no cost through collaboration with the Parish Nursing Department to children in faith-based organizations. Other helmet-fitting opportunities include ongoing fitting for inpatient children and adults for whom the need for a new helmet has been identified. Approximately 12 helmets were provided to trauma patients. Staff members of Cottage Health System are also encouraged to purchase the helmets at cost and approximately eight did so in 2013. Nurses representing Cottage Hospital Trauma Services provided helmet information and education at Santa Barbara Open Streets and the Santa Barbara skate park with the cooperation of the Goleta Skateboarding Movement. Cards were provided to skaters, which were eligible to be exchanged for helmets. Three skaters obtained helmets in that manner in 2013. Trauma Services has been asked to expand their program to the Goleta Skate Movement in 2014.

Smoking Cessation

The Smoking Cessation Program consists of seven evening classes that provide group support as well as a comprehensive approach to the problem of smoking. The quarterly program emphasizes behavior changes as well as improvement in nutrition and self-esteem. A donation of \$20 is suggested to help cover the cost of materials, and free nicotine replacement therapy is available to individuals meeting income qualifications. In addition, Cottage Health System has a smoking relapse support program. Every Monday, former students can join a group to have continued support from their peers and instructor.

	2013	2012	2011	2010	2009	2008	2007
Registered	72	102	70	84	65	71	57
First Class	58	71	66	64	46	44	33
Graduates	46	42	48	43	36	28	23
Registrants to First Class	81%	70%	94%	76%	71%	62%	58%
First Class to Graduation	79%	59%	73%	67%	78%	64%	70%

Speech & Movement Enhancement Class

This Cottage Rehabilitation Hospital program provides a weekly, one-hour class for individuals with Parkinson's, stroke, and brain injury. The class focuses on exercise for articulation, respiratory drive, vocal volume, flexibility, and postural alignment. The class is offered by a Speech-Language Pathologist and a Physical Therapist. There were 11 participants in 2013.

Spinal Cord Injury Life Series

Monthly support and education group for people with Spinal Cord Injury and anyone affected by Spinal Cord Injury. The group meets at Cottage Rehabilitation Hospital and began in March 2013. There were 32 participants in 60 visits in 2013.

Stroke Education Series

Strokes: Prevention, Rehabilitation, and Possibilities is an annual educational course for former stroke patients, family caregivers, and healthcare professionals to learn current stroke information and caregiving skills from healthcare specialists. The series is offered in collaboration with Santa Barbara City College Adult Education and is held at Cottage Rehabilitation Hospital. There were 26 participants in 2013.

Stroke Education & Risk Assessment

This free 1-1/2 hour class is offered to the public on the third Wednesday of each month at Cottage Rehabilitation Hospital. The class focuses on stroke prevention and education and is taught by registered nurses who have expertise in caring for the stroke population. The class is a multi-media program that includes screen presentation, discussion, lecture, and handouts. There is a brief personal risk factor assessment and vital signs check at the conclusion of the class. This program did not occur in 2013, but has resumed in 2014.

Think First Spinal Cord & Brain Injury Prevention Program

Think First's mission is to educate young people about personal vulnerability and risk taking. The central message is that you can have a fun, exciting life without risking injury if you think first and use your mind to protect your body. The 45-50 minute presentation is offered in an assembly or classroom format given by a member of the Cottage Rehabilitation Hospital clinical team and a young person, called a VIP "Voice for Injury Prevention," who has experienced a traumatic injury that could have been prevented. In 2013, there were 10 presentations to 1,230 students in grades 7 through 12, and 8 exhibitor booth for 1,775 students age 5 to 18.

Transportation

Santa Ynez Valley residents who are ambulatory, can receive a free ride to medical appointments at Santa Barbara Cottage Hospital or in Lompoc, Santa Maria, and the Santa Ynez Valley area at no charge to the patient. The Santa Ynez Valley Cottage Hospital Auxiliary supports the program by paying for the gasoline and providing van drivers. Donations are also accepted to help with the fuel cost.

Tuohy Foundation Aquatic Center

The Tuohy Foundation Aquatic Center at Cottage Rehabilitation Hospital features an outdoor, warm-water (92°) therapy pool. In addition to inpatient and physician-ordered outpatient aquatic therapy, the pool is used for a variety of programs that are open to the community, including personal training, independent exercise and swim, Arthritis Foundation Aquatic Program, Fibromyalgia exercise class, aerobic conditioning class, Youth Adapted Swim Program, and Aquatic Volunteer "Buddy" Program. There were 501 participants in 2013.

Warm Line

The Lactation Center's Warm Line allows clients to leave a message with non-urgent breastfeeding questions and concerns. A Lactation Consultant returns their phone call from Monday through Friday, 2:00 to 4:00 pm. Approximately 250 calls were placed in 2013.

Wheelchair Sports Clinic

Wheelchair sports clinics for children and adults was offered at UCSB to learn and practice wheelchair basketball, wheelchair rugby, wheelchair tennis, wheelchair racquetball, adapted swimming, and adapted SCUBA. There were seven clinics with 16 participants in 45 visits in 2013.

Community Collaborations

Alliance for Living & Dying Well's Advance Health Care Directives

The Five Wishes advance healthcare booklet is an easy-to-complete and comprehensive form that allows an individual to document exactly how they wish to be treated if they become seriously ill and unable to communicate their wishes. Crafted with the help of the American Bar Association, it is a legally binding living will, valid in 42 states and available in more than 20 languages. It is unique among all other living will and health agent forms because it addresses all of a person's needs: medical, personal, emotional, and spiritual. Five Wishes encourages discussion among family members and helps patients and doctors talk to one another in a meaningful way about end-of-life healthcare issues. It lets family and doctors know who has been selected as the healthcare agent as well as the kind of medical treatment an individual wants, or does not want.

Having a current completed Advanced Health Care Directive available when needed, is an essential way to insure that one receives the quality of health care desired. Program coordinates with local employers to include the Five Wishes document in their employee benefit packets and to hold family/friends events at places of employment. Cottage Health System provided a community grant in support of these services.

Cottage Health System, in collaboration with the Alliance for Living and Dying Well, participate in a three-year employee campaign in 2013 to encourage all employees to complete this important document.

The Parish Nursing Manager is a master trainer for the Alliance of Living and Dying Well and participated in several "Train the Trainer" and Friends and Family events at Hospice of Santa Barbara, Center for Successful Aging, and the Unitarian Society. Their nurses are equipped to give trainings at Catholic Charities and Goleta Presbyterian.

Cottage Health System is a community leader in promoting advance healthcare directives. Clinical and counseling personnel are encouraged to inquire if patients have an advance directive and, if appropriate, to counsel patients and their families regarding provisions in the document.

Alzheimer's Association's Education Conference

The annual, daylong conference features keynote speakers and workshop presentations about all aspects of dementia including estate planning; progress in state and national public policy; behaviors; caregiving; and end-of-life decision making, among others. Created especially to meet the needs of professionals caring for those with Alzheimer's, the conference is open to anyone who wants to learn more about Alzheimer's and dementia. Professionals attending are eligible for continuing education credits. The 2013 conference was held on April 18 at the Montecito Country Club and attended by Coast Caregiver Resource Center who provided information on services available to attendees.

American Diabetes Association's Tour de Cure

The Tour de Cure is a series of fundraising cycling events held in 44 states nationwide to benefit the American Diabetes Association. The Tour is a ride, not a race, with routes designed for everyone from the occasional rider to the experienced cyclist.

In 2013, more than 65,000 cyclists in 89 events raised more than \$26 million to support the mission of the American Diabetes Association: to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Santa Barbara's event was on October 26, and employees staffed first aid and rest stops for more than 500 attendees.

American Heart Association's Go Red for Women

Go Red for Women is the American Heart Association's solution to save women's lives. With one out of three women still dying from heart disease, the American Heart Association is committed to fighting the number one killer that is preventable. GoRedForWomen.org, a premier source of information and education, connects millions of women of all ages and gives them tangible resources to turn personal choices into life-saving actions.

An annual luncheon was held in Santa Barbara on Friday, February 8, 2013 at the Bacara Resort and Spa. The event begins with a health fair and breakout session followed by lunch with inspirational speakers. Santa Barbara Cottage Hospital provided staff and equipment to provide echocardiograms to attendees and served approximately 45 people.

American Heart Association's Heart Walk

The Heart Walk is the American Heart Association's premiere event for raising funds to save lives from this country's number 1 and number 4 killers - heart disease and stroke. Designed to promote physical activity and heart-healthy living, the Heart Walk creates an environment that is fun and rewarding for the entire family.

On Saturday, September 21, 2013, Cottage Health System's teams of walkers participated in the event, which was organized by Human Resources.

American Indian Health & Services' Senior Dental Health Program

The Senior Dental Program provides services for low-income, uninsured seniors. Poor oral health can contribute to poor nutritional intake, pain and isolation, and oral manifestations can be an initial sign of disease. Services include dentures, crowns, fillings, and extractions. Cottage Health System provided a community grant in support of these services.

Amgen Tour of California's Lifestyle Festival

The largest cycling event in America, the 2013 Amgen Tour of California is a Tour de France-style cycling road race, created and presented by AEG, that challenges the world's top professional cycling teams to compete along a demanding course from May 12-19, 2013. The Tour returned to Santa Barbara and held a Lifestyle Festival in conjunction with the bike race. Health related nonprofits and businesses lined Cabrillo Boulevard providing education, goods, and services.

California Highway Patrol's Every 15 Minutes Program

The Every 15 Minutes program is a two-day program focusing on high school juniors and seniors. The program challenges the participants to think about drinking, driving, personal safety, responsibility of making mature decisions and the impact their decisions make on family, friends, and many others.

The program's name was derived from the fact that in the early 1990's, every 15 minutes, someone in the United States died in an alcohol-related traffic collision. However, with the implementation of new laws, grass roots programs like MADD, SADD, Friday Night Live, and Every 15 Minutes, the death rate is now every 30 minutes, a figure that continues to be unacceptable.

An accident is staged at school and the victims are transported to the hospital or coroner's office. The "Grim Reaper" removes a student from a classroom every 15 minutes and they become the "living dead". An officer or counselor comes in the room and reads the student's obituary. Later in the day, they must place their tombstones in a temporary cemetery on campus. The following day there is an assembly to mourn the dead and guest speakers talk about experiences with drinking and driving. It is a very intense program with retreats and much planning. The accident along with hospital and jail and court scenes are filmed and shown at the assembly.

The Santa Barbara County Sheriff's Department and the California Highway Patrol have brought this program to Dos Pueblos High School, San Marcos High School, and Carpinteria High School. This is the tenth year Goleta Valley Cottage Hospital's Emergency Department has participated.

California Highway Patrol's Start Smart

The Start Smart program is a cooperative effort between the California Highway Patrol (CHP), teen drivers, their parents, and Santa Barbara Cottage Hospital Trauma Services. Trauma Services initially approached the CHP and offered to host the monthly class on Cottage Health System campus's after hearing that the CHP was not able to accommodate all those seeking to attend the class due to the lack of a proper location. By meeting at Santa Barbara Cottage Hospital and Goleta Valley Cottage Hospital, the class size has tripled and there are no longer teens and their parents being turned away due to lack of space. The CHP's goals for this program include helping young drivers and their parents/guardians understand the responsibilities associated with driving a motor vehicle. The program seeks to reduce the number of teen-related injuries and deaths due to collisions.

Cancer Center of Santa Barbara's Colon Cancer Screenings

The Endoscopy Department of Santa Barbara Cottage Hospital collaborated with the Cancer Center of Santa Barbara with Sansum Clinic in hosting colon cancer screening events. Endoscopy staff members volunteered their time to educate community members about take home colon cancer FIT screening kits. Attendees aged 50 and older received the kit free. Local gastroenterologists were available at the events for one-on-one question and answer sessions.

Four screening events were hosted throughout the community. Patients with positive results were contacted and referred for a colonoscopy.

<u>Date</u>	<u>Location</u>	<u>Kits Distributed</u>	<u>Kits Returned</u>	<u>% Returned</u>	<u>Positives</u>
3/1/2013	Cancer Center of Santa Barbara	25	24	96%	1
4/14/2013	Our Lady of Guadalupe	79	65	82%	1
4/14/2013	St. Joseph's Church	45	32	71%	0
5/4/2013	Cancer Prevention Fair	64	49	77%	2
	Total	213	170	80%	4

Cancer Center of Santa Barbara's Walk/Run

More than 1,000 runners and walkers participated in the annual Cancer Center Walk/Run in October. Money raised from the event supports their clinical research program. Cottage Health System's Oncology Department, "Team 6C", was led by team captains Kristi Alderson and Rhonda Bernstein, and included 23 members of the Oncology department and their family members.

Carpinteria Children's Project's Health Fair

The Carpinteria Children's Project hosted a health fair at Main to promote school readiness on Friday, May 3. The event included free height and weight screenings, beverage sugar content education, kids' farmers market, physical activities, and kid friendly health tips. Respiratory Therapy provided asthma education at the event.

Carpinteria Union School District's Children's Collaborative Project

The prenatal months and the first eight years of life are crucially important to laying the foundation for healthy habits. Because children do not develop and live in silos, it is essential that both the cognitive and physical needs of the child be addressed before and after birth. Funding goes towards two desired program results: 1) children entering Kindergarten have a healthy BMI, and 2) children entering Kindergarten have had at least one developmental screening. Cottage Health System provided a community grant in support of these services.

Casa Esperanza

Casa Esperanza provides a 100-day program to help homeless residents access the tools and services needed to build necessary life skills fundamental to self-sufficiency. Casa Esperanza also provides 48,000 bed nights and serves up to 144,000 meals per year to homeless residents. Care Management provided funding in support of these services to assist patients discharged from the hospital.

CenCal Health's Kid Program

Cottage Health System has collaborated with CenCal Health to assist children and adults in obtaining appropriate non-emergent care. Care management and education is reviewed with the families to assist in the needs of the children at the time of the Emergency Department visit. CenCal Health then follows up with the families to get them in touch with physicians or clinics in the community. The program recently expanded to include immediate phone contact with a CenCal appointed caseworker while they are in the Emergency Department to assist with follow-up appointments, which can be made at the time of their Emergency Department visit.

City of Santa Barbara's Family Day & Health Fair

The second annual Family Day & Health Fair was held at Santa Barbara Junior High School on September 14, 2013. Cottage Health System provided demonstrations for Spot the Tot along with education from Parish Nursing. Health screenings by community organizations include hearing, vision, oral, asthmas, body mass index, glucose, mental health, and HPV were provided to 242 people.

Coalition for Community Wellness

In early 2007, the idea for was formed to have health organizations be involved with the general plan update process (*Plan Santa Barbara*) with the City of Santa Barbara. The Coalition for Community Wellness formed to help policy makers understand the health impacts of their decisions leading to lower rates of injury, obesity, and chronic diseases such as cardiovascular disease, diabetes, and asthma.

Cottage Health System along with Santa Barbara County Public Health Department, Sansum Clinic, and Sansum Diabetes Research Institute have been working to educate policy makers and the public on the relationship between urban planning and public health. On Thursday, December 1, 2011, the City Council adopted the Plan Santa Barbara (Plan SB) General Plan update document. The plan includes public health as a policy driver. In 2013, the Coalition worked with City staff to support implementation.

Community Action Commission's Healthy Senior Lunch

Health Senior Lunch program provides hot, nutritious meals to low-income seniors through community centers and home delivery. Meals delivered to homes include two frozen meals on Fridays for the weekend. If the person does not have a microwave or stove, they are connected with CAC Energy Services. Drivers delivering meals ensure the seniors' welfare and connect them with resources when necessary. Cottage Health System provided a community grant in support of these services.

Council on Alcoholism & Drug Abuse's Summit for Danny

Each year in October, all ages hike the trails of local mountains to raise funds for the Daniel Bryant Youth and Family Treatment Center, the first outpatient treatment center for teens in Santa Barbara. The event was inspired by local executive, Bob Bryant, who wanted to turn tragedy into hope after the loss of his son Danny to a drug overdose.

The 13th Annual Summit for Danny Local Climb was on Saturday, October 26, 2013. Depending on fitness level, participants choose the climb that best suits their ability, from easy to advanced. All climbs leave from Manning Park in Montecito. After the hike, participants celebrate in Manning Park.

Cottage Health System sponsored the event and teams of employees participated.

Doctors Without Walls

Two of Doctors Without Walls' programs are the Women's Free Homeless Clinic and Street Medicine. The Women's Clinic occurs bi-monthly at Transition House. Women are offered free services including medical care, gynecological services, podiatry, health education, counseling, lunch, showers, laundry, and companionship. Street Medicine uses volunteer teams to provide in-person treatment, referrals to other local free services, and psychosocial care to homeless and vulnerable populations. Cottage Health System provided a community grant in support of these services.

Family Service Agency's Senior Services

Offers at-risk seniors case management, counseling, and companionship to prevent physical, emotional, and social programs while ensuring seniors will have the opportunity to age at home safely while maintaining their dignity and independence. Cottage Health System provided a community grant in support of these services.

Foodbank's Children's Health Initiative

The lack of nutritious food (under-nutrition) and over-nutrition (consumption of foods beyond daily caloric and nutritional requirements) have been shown to lead to chronic health conditions such as obesity, heart disease, type 2 diabetes and diet-related cancers. Through four programs for children, the Foodbank seeks to improve food security, improve food literacy, and increase healthy behaviors and weight. Cottage Health System provided a community grant in support of these services.

Friendship Center's Help Elders At Risk Today

The Friendship Center is the only full-service supervised non-profit adult day services program in south Santa Barbara County. One location in Montecito and another in Goleta, and both are open Monday through Friday from 8:00 am to 5:00 pm. Psychosocial activities include music, gardening, discussions,

walks, along with arts and crafts. Funding for scholarships for is available to low-income people. Cottage Health System provided a community grant in support of these services.

Homeless Coalition

The Homeless Coalition is a group of community services organizations that meet every Monday at Santa Barbara Cottage Hospital to discuss and collaborate on how to serve the homeless individuals with medical challenges in our community. Care Management and Parish Nursing serve on the coalition.

Jodi House's Together in Brain Injury Support

Collaborative project with Cottage Health System's Coast Caregiver Resource Center designed to assist survivors of traumatic brain injury (TBI) and acquired brain injury (ABI), their families, and caregivers find solutions, resources, and support throughout south Santa Barbara County with a particular emphasis on assisting those discharged from Cottage Rehabilitation Hospital and throughout Cottage Health System. Cottage Health System provided a community grant in support of these services.

Lions Sight & Hearing Center's Glaucoma & Hearing Screening

The MacDougall Eye Center is the home base for Santa Barbara Lions Club International and the Lions Sight and Hearing Center. Besides the collection of used eyeglasses for worldwide distribution, the group also conducts vision and hearing screening on Mondays and Thursdays at the MacDougall Eye Center and in local schools and community centers. They help to find and/or fund services needed by individuals unable to afford these services.

Throughout the year, the MacDougall Eye Center provided surgical services at reduced fees to individuals unable to pay for their surgery. Some of these individuals have benefited from ongoing association with SEE International, a Santa Barbara-based philanthropic ophthalmic organization.

Parent Click's Kids & Teens Expo

ParentClick's Kids and Teens Expo was held at La Cumbre Plaza on Saturday, March 16 from 9:30 am to 1:30 pm. Approximately 1,500 people attended the event. Cottage Health System sponsored the Baby Zone and had five booths. Representatives from Therapy Services, Nutrition, Cottage Rehabilitation Hospital, and Cottage Children's Hospital offered education and interactive children's activities. Cottage Rehabilitation Hospital had a large canvas brain display with holes cut out on each section of the brain. Kids were given beanbags and asked to throw them through the holes. Therapists then explained what would happen if they injured that part of the brain. Therapy services offered fine motor skills testing as kids made beaded bracelets. Nutrition provided healthy living tips and recipes. The booth for Cottage Children's Hospital shared awareness information and had a game for children to toss a hula-hoop around a stuffed giraffe.

Santa Barbara County Department of Social Services' Adult & Aging Network

The Adult and Aging Network (AAN) collaborates, informs and recommends services to older adults, disabled adults, their families and caregivers in Santa Barbara County. The AAN is a countywide committee that is chaired by one of the Board of Supervisors. The Network meets quarterly and includes Cottage Health System representation from Public Affairs and Trauma Services.

Santa Barbara County Education Office's Inclusion Program

The Santa Barbara County Education Office contracts with various child care centers in Santa Barbara County to provide special day classes for children who have special needs. In contracting with the County, the Orfalea Children's Center at Santa Barbara Cottage Hospital provides space for two children who may have a range of special needs. These children are able to join in with regular classroom activities. The County provides instructors who also work within the classroom and support the children in the special day class so that they are able to experience a typical childcare setting and socialize with a larger group of children.

Santa Barbara County Education Office's Health Linkages

Program creates awareness of the importance of oral health and improves access to dental treatment and prevention services for children in low income, underserved and disenfranchised populations. Dental disease affects more school age children than any other chronic health condition. Funding supported coordination, oral health education, dental screenings, restorative treatment, and health case management. Cottage Health System provided a community grant in support of these services.

Santa Barbara County Education Office's Welcome Every Baby

Welcome Every Baby is a free service available to all newborns and their families in Santa Barbara County. Families requesting the service receive home visit(s) that include education and screenings. Program indicators include infant breastfeeding, nutritional needs of infant being met, periodic well baby visits being completed, infant free of exposure to tobacco smoke in home, positive infant/mother relationship, social isolation/lack of support for role as mother, symptoms of post-partum depression in mother, and developmental concerns present. Cottage Health System provided a community grant in support of these services.

Santa Barbara County Public Health Department's Tattoo Removal Program

Tattoos often prevent people from entering the job market, pursuing educational opportunities, or reaching their full potential. The Liberty Program offers individuals a new start by providing laser tattoo removal in exchange for community service. Cottage Health System provided a community grant to the Santa Barbara Public Health Department for these services.

Santa Barbara Kindergarten Readiness Network

The Orfalea Children's Center in collaboration with the Santa Barbara Unified School District and other network members is working in partnership in order to support families and the growth and development of children entering Santa Barbara Unified School District so that they enter kindergarten both academically and socio-emotionally ready and experience success in the school. The Network is comprised of Orfalea Children's Center in collaboration with the Santa Barbara Unified School District and other network members.

Santa Barbara Neighborhood Clinics' Care for Every Child

This program targets low-income, homeless, uninsured, and underserved children. The program provides free and sliding-scale comprehensive healthcare services to children ages 0-19 including well and sick child visits, immunizations, mental health services, chronic care services (asthma, diabetes, obesity, etc.), and case management. Cottage Health System provided a community grant in support of these services.

Santa Barbara Neighborhood Clinics' Eastside Family Dental Clinic

The Eastside Family Dental Clinic provides services to the low-income, uninsured, and homeless population. Primarily serves children, but also offers adult pain and swelling care. The clinic works to change unhealthy behaviors through oral hygiene and nutrition education to every single child patient and their families. Cottage Health System provided a community grant in support of these services.

Santa Barbara YMCA's Senior Health & Fitness Day

Cottage Health System participated in the annual Senior Health & Fitness Day on Wednesday, May 29 from 9:00 am to noon pm at the Santa Barbara YMCA. Several hundred seniors and other from the community attended the event. Cottage Health System had representatives from Nutrition providing education.

Santa Ynez Valley People Helping People's Adult Dental Fund

Through Family Resource Centers, connect low-income people with local doctors, dentists, counselors, pharmacies, hospitals, and labs that furnish free or pre-negotiated low cost services. Clients are also assisted with registering for health insurance, and transportation is provided when needed. Cottage Health System provided a community grant in support of these services.

Sarah House

Sarah House provides a home and end-of-life care for people with low income in addition to providing care to those living with AIDS. Services include private bedrooms in a shared living environment, nutritious, home cooked meals, and assistance in an atmosphere of unconditional kindness and comfort. Sarah House collaborates with local hospice providers, integrating high-quality medical care

into a warm home setting. Care Management provided funding in support of these services to assist patients discharged from the hospital.

Senior Expo Lompoc

Cottage Health System participated in the annual Senior Expo in Lompoc. Coast Caregiver Resource Center and Therapy Services provided education and information on services available.

Senior Expo Santa Barbara

The Senior Expo was on Wednesday, October 2 from 9:00 am to noon at Earl Warren Showgrounds in Santa Barbara. Cottage Health System along with RSVP, DASH, Our Gang, and Sansum Clinic coordinated this annual event. For \$5, seniors received a flu shot, lunch, fitness/balance testing, and access to more than 90 community agencies, organizations, and businesses who present a variety of products and services geared towards senior interests.

Cottage Health System donated the flu shot vaccine, supplies, and provided staff for the event as well. In 2013, 1,068 vaccinations were provided to event attendees, volunteers, and exhibitors. Trauma Services lead the efforts for Fit Stop, a fall prevention program. Approximately 100 people received evaluation and education for vision, hearing, blood pressure, feet, home safety, and balance. Cottage Health System departments with information tables included Parish Nursing, Nutrition, Lifeline, Volunteer Services, Cottage Center for Orthopedics, Cottage Rehabilitation Hospital, Coast Caregiver Resource Center, and Cottage Center for Wound Management.

Solvang Business Expo

On June 13 at the Solvang Veteran's Memorial Hall, Santa Ynez Valley Cottage Hospital and Foundation attended the Solvang Business Expo distributing information on the hospital and its services, and giving away free health-related items.

Thresholds to Recovery

Thresholds to Recovery operates the Sobering Center at the Faulding Hotel since its inception in 1994. The purpose of the Sobering Center is to provide an opportunity for public inebriates to get sober in a safe, alcohol-free environment voluntarily. Care Management provided funding in support of these services to assist patients discharged from the hospital.

Traffic Solutions' Open Streets

The first-ever Santa Barbara Open Streets event was held Saturday, November 2, 2013, from 10:00 am to 4:00 pm. Visitors and residents alike were invited to come out and play on 2.5 miles of scenic beachfront Cabrillo Boulevard and part of the adjacent "Funk Zone" streets which were closed to cars, but open for all forms of people-powered movement-to promote clean air, public health and fun, sustainable transportation.

Santa Barbara Cottage Hospital Trauma Services showcased all of the pediatric programs that were underway: helmet program, car seat inspections station, distracted driving awareness, teen driver safety, Spot the Tot back over injury demonstration, and the kids left in cars: heatstroke demonstration. Approximately 150 to 200 people were educated by Trauma Services and learned about the new pediatric trauma center designation.

United Way of Santa Barbara County

Day of Caring

On Saturday, September 28, United Way of Santa Barbara County held its annual Day of Caring to raise pledges to support a local network of health, human, and community building services at the Annual Day of Caring. Over 1,600 volunteers came together to help local non-profit agencies with hands-on work assignments from 9:00 am to 1:00 pm. In 2013, Cottage Health System had a team of employees from departments throughout the health system along with their family members and friends.

Financial Support

Cottage Health System supports United Way of Santa Barbara through one of the largest employee campaigns in the County. In 2013, the Employee Campaign went “green” with an online campaign and raised \$149,966 from 520 donors. The average gift increased from \$236.25 per donor in 2012 to \$288.40 in 2013.

Fun in the Sun

In 2013, approximately 180 at-risk 3rd to 6th graders from the Fun in the Sun (FITS) program visited Santa Barbara Cottage Hospital. The children received a tour of the Nutrition Department (including a healthy snack), Diagnostic Imaging, and Emergency Department, after which the kids listened to a talk by a pet therapist and Security Department. The tour ended with a delicious meal and reading time with hospital staff.

FITS has been working with low-income families in Santa Barbara County, collaborating with organizations like Cottage Health System to address the long-standing issues of summer learning loss, and the achievement gap that a majority of underserved and behaviorally at-risk children ages 6-18 experience. In addition, FITS new focus areas, science and math, have been adopted as part of the visits in order to encourage learning in these areas.

Various Community Presentations

On October 24, La Patera Elementary School had its Science Night for 435 students. Ian McLelland, Stroke Coordinator, attended and provided education on the human brain.

Cottage Health System staff provide education to community members at various presentations. In observance of National Colorectal Cancer Awareness Month, Santa Ynez Valley Cottage Hospital sponsored a free talk in March at Los Olivos Rotary given by Thomas V. Aguirre, MD, on “How Colonoscopies Can Save Your Life”. The public was invited and 45 attended. Dr. Aguirre also gave a talk on “How Colonoscopies Can Save Your Life” at the free annual Cottage Associates event with 55 in attendance.

William J. Alton, MD, gave a free talk about heart care in February to the Los Olivos Rotary with 40 in attendance.

Willbridge

WillBridge’s program focus is on rebuilding self-confidence, self-esteem, and self-respect for the homeless and mentally ill. Structure, discipline, peer accountability, and self-accountability aid in reintroducing people to interactive and fruitful daily lives. Care Management provided funding in support of these services to assist patients discharged from the hospital.

Health Education & Research

Santa Barbara County Education Office's Partners in Education

Partners in Education is a non-profit organization with members from business, industry, government, elementary and secondary schools, community colleges, and four-year colleges. The mission of Partners in Education is to develop outstanding graduates in the Santa Barbara area. Efforts began in 1977 and core programs include Computers for Families, Career Education, Workforce Development, Technology Innovation in Education, Volunteer Recruitment, and Coordination, and the Student Internship programs. Cottage Health System's President and CEO is on Partners in Education's Board of Directors. Volunteer Services represents Cottage Health System on the Career Education committee.

Partners in Education sponsors three breakfast meetings per year for members, fall, winter and spring. The spring breakfast is an awards meeting, honoring students from Santa Barbara and Carpinteria High Schools for outstanding accomplishments.

San Marcos High School's Health Careers Academy

San Marcos High School's Health Careers Academy began in 2001, and has been a vital program in the community educating students who have a desire to go into the medical field. The Health Careers Academy is a three-year program that offers courses at San Marcos High School and Santa Barbara City College. The students have hands-on experience at nursing homes, assisted living facilities, and conclude the course with a nine-week internship at Santa Barbara Cottage Hospital in the third and fourth quarter of their senior year.

Every year since 2001, 15 students, who have received their CNA's, volunteer in the hospital in two-hour shifts over a nine-week period. Students rotate between several Santa Barbara Cottage Hospital units, including Orthopedics, Oncology, NICU, Mother Infant Care, Neurology, and Surgical Trauma. Because the students have their CNA degrees, they are able to take vitals and assist with hands-on patient care.

In 2012, San Marcos High School added a hands-on classroom for the students. Santa Barbara Cottage Hospital assisted them in acquiring hospital equipment including; hospital beds, wheelchairs, patient lifts and many other miscellaneous items. This has been a great help in educating the students on learning the proper use of various medical equipment prior to working with patients.

As of December 2013, the Health Careers Academy Program graduates number 328 students. Students have gone into nursing programs, medical schools, United States Armed Forces, and various areas of other medical service. At this time, 22 students are now employed at Cottage Health System. As students continue to receive their degrees, Cottage Health System looks forward to more returning as employees.

Volunteer Services has the privilege of seeing students begin as volunteers, become a Health Careers Academy student, and return to Cottage Health System as Registered Nurses, Licensed Vocational

Nurses, and Certified Nursing Assistants. It is rewarding to watch the students mature over the years as they work towards their goals.

Cottage Health System continues to support the Health Careers Academy program together with Santa Barbara City College and San Marcos High School, and 2013 marked 12 years of participation for Santa Barbara Cottage Hospital.

Scholarships for Medical Education

Four candidates were selected for 2013 and each received a \$3,000 scholarship during the Auxiliary's annual luncheon held at the Santa Ynez Valley Historical Museum.

Melissa Aldecoa is currently attending California State University-Sacramento, has already completed one semester toward her Bachelor of Science in Nursing (BSN) and anticipates graduating in spring 2014. She graduated with honors from Santa Ynez Valley Union High School (SYVUHS) and has volunteered in the emergency room at Santa Ynez Valley Cottage Hospital and in the mother/infant unit at Santa Barbara Cottage Hospital.

Manon Ambrico will graduate this month from SYVUHS where she is a member of the Red Cross Club, National Charity League and involved in many other activities. She has been admitted to Azusa Pacific University to study applied health and nursing and is interested in working with children.

Olivia Brents has been admitted to the pre-nursing program at California State University-East Bay where she will focus on her life goal of becoming a nurse. She was influenced by her aunt who is a labor and delivery nurse. Olivia will graduate this month from SYVUHS where she has been active in cheerleading and community service.

Kathryn Guenther, after graduating this month from SYVUHS, will attend Santa Barbara City College to pursue her goal of becoming an occupational or physical therapist. She is motivated in part by helping her grandfather recover from a heart attack and stroke and seeing the care he received at Cottage Rehabilitation Hospital. Currently, she is an intern at a Solvang occupational therapy office.

Santa Barbara City College's Nursing Program Support

Students at Santa Barbara City College in the Vocational Nursing Program (LVN) and Associate Degree in Nursing (ADN) Program collaborate with Cottage Health System to help their education. Students provide education and services for Cottage's outreach programs. Students assist at the Cancer Prevention Fair and Heart Health Fair by providing education to fair attendees and by practicing their training by taking blood pressures. Students provided flu shots at Cottage Health System's community clinics with professor oversight.

California State University Channel Islands Nursing Program at Cottage Health System

The CSU Channel Islands Nursing Program at Cottage Health System (CI Nursing Program at Cottage) is the first Bachelor of Science in Nursing (BSN) program in Santa Barbara County. The program will help prevent a future nursing shortage in Santa Barbara County, and it will enhance Cottage Health System's ability to recruit and retain the highest quality-nursing workforce. With curriculum and clinical rotations developed on the principal of evidence-based practice, graduates will be prepared to collaborate as members and leaders of healthcare teams in the planning, implementation and improvement of healthcare services consistent with the health needs of a diverse and multicultural society.

Cottage is fortunate to have CI as a partner in the creation of a robust nursing pipeline. The 23-campus CSU system confers 60% of the nursing BSN degrees in the state, and is the state's leader in high quality, accessible baccalaureate-level degrees. The CSU system is also known as the largest, most diverse, and one of the most affordable university systems in the country.

Cottage Health System and Channel Islands have committed to a 10-year partnership (2010 – 2020), and CI has committed to making every effort to transition the program to state funding after the 10-year agreement is completed.

Each semester, classroom lectures and simulation lab training support clinical rotations. For the clinical rotations, students are supervised on site by a CI instructor, and they work with the floor nurse assigned to the patient. With the exceptions of the first and last semesters, clinical rotations are completed at Santa Barbara Cottage Hospital.

Graduates will meet the eligibility requirements successfully to pass the California nursing licensure exam (NCLEX). They will be prepared to function within the professional nursing roles as providers and coordinators of care; as health educators; as advocates; and as members of the nursing profession in a variety of institutional settings. They will also be prepared to follow the nursing process by assisting patients, families, and communities in promoting an optimum level of wellness, sustain life, and recover from disease or injury in acute, long-term care, institutional and community settings.

In the long term, Cottage Health System's goal is that BSN-trained nurses who make career commitments to the health system will then pursue certifications in specialized service lines and/or become nurse educators. In the future, some of these nurses would seek Masters- and even Doctoral-level training, and serve as the region's nursing professors. All of these steps are critical underpinnings of Cottage Health System's nursing vision.

The program is now operating at capacity with 60 students. Cottage Health System continues to focus on enrolling local students and there are 150 applicants every year for each class of 25. Currently, first-year students are completing their clinical rotations in Santa Barbara Cottage Hospital's six adult patient care units, and second-year students are working in the Birth Center. Third year students are conducting research projects focusing on an assessment of one caregiving process in a unit. The completed projects are presented to the unit's Clinical Manager. At times, the unit will adopt the recommended change in nursing practice.

The pinning (graduation) ceremony for third-year students will be with the main campus students in Camarillo on May 9, 2014. Herb Geary, Cottage's Vice President, Patient Care Services and Chief Nursing Officer, was the featured speaker. In preparation for graduation, third-year students are taking a leadership course that includes extensive career counseling. Students review sample applications and hospital profiles of employment standards; work on their resumes; and undergo mock interviews. They are encouraged to complete a four-day Kaplan review course immediately after graduation, and then take complete NCLEX exams immediately after completion of the review course. The main campus instructional team believes this has contributed to the 100% NCLEX pass rate in the main campus program.

Graduate Medical Education

Santa Barbara Cottage Hospital is the largest private hospital on the California coast between Los Angeles and San Francisco and our diverse range of cases and venues provides incredible opportunities for learning. While residents take on significant responsibilities for patient care, they are always supported by attending physicians. Internal medicine and surgery residents staff a county-operated ambulatory care facility with primary care and referral clinics to accommodate the needs of indigent patients. Any patient who is seen at this facility and requires hospitalization is admitted to Santa Barbara Cottage Hospital and cared for by residents. The diverse student body is recruited from prestigious medical schools in the United States and abroad. The program offers the flexibility to meet the individual needs and interests of every resident.

Reeves Medical Library

Reeves Medical Library is the largest medical library between Los Angeles and San Francisco – and the only one open to the public. It serves the entire Santa Barbara community including physicians, hospital staff, patients, students, medical researchers, and the general public. The Reeves Library collection includes 14,000 bound periodicals and medical texts, 300 subscriptions to medical journals, and access to many online medical databases.

Future Direction

Cottage Health System will strive to improve the health of our community through direct programs and services as well as collaborations with local organizations. The Community Health Needs Assessment in 2013 provided baseline information, and future years will provide data for the health system to analyze community trends. This information will be made widely available to the public for use by philanthropic foundations, health and human service nonprofits, and other interested community members. In addition, national healthcare reform policies will be carefully monitored to ensure Cottage Health System is following appropriate regulations regarding community benefit.