

Cottage Health Community Benefit Report 2014



GOLETA VALLEY | SANTA BARBARA | SANTA YNEZ VALLEY



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Executive Summary

This document provides an update of Cottage Health's community benefit for 2014. Cottage Health—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 completed a Community Health Needs Assessment in 2013, which is available at www.cottagehealth.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 provides resources to help address each of the identified needs through programs led either by Cottage Health or through collaborations and funding for external organizations.

Community benefit funding includes charity care, government shortfalls, health education and research, and benefits for vulnerable populations and the broader community, which totaled more than \$157 million in 2014.

Overview of the Community & Cottage Health

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 2014 Federal Poverty Level guidelines place the poverty threshold for a family of four at \$23,850 annual household income or lower.

Cottage Health

Cottage Health serves the South Coast and Santa Ynez Valley regions in Santa Barbara County 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, 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 429 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 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 employees.

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 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.

Community Health Needs Assessment

Cottage Health 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.cottagehealth.org, and Cottage Health 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 13 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
- Marketing
- Nutrition
- Parish Nursing
- Psychiatric Services
- Trauma Program
- Volunteer Services

Financial Contribution Summary

Program	Total Benefit
Medical Care Services	
Santa Barbara Cottage Hospital Charity Care	\$ 7,910,730
Goleta Valley Cottage Hospital Charity Care	435,510
Santa Ynez Valley Cottage Hospital Charity Care	78,117
Santa Barbara Cottage Hospital Medicare short-fall	71,069,482
Santa Barbara Cottage Hospital Medi-Cal short-fall	40,177,761
Santa Barbara Cottage Hospital Children's Care Service	3,765,263
Santa Barbara Cottage Hospital Other Government payers	1,109,399
Goleta Valley Cottage Hospital Government short-fall	14,669,187
Santa Ynez Valley Cottage Hospital Government short-fall	1,858,515
Subtotal Charity Care Services	141,073,964
Other Benefits for Vulnerable Populations	
Palliative Care	513,841
Parish Nursing	564,511
Rehabilitation Recreational Therapy	290,232
On-Call stipends for Emergency & Trauma Physicians	7,950,338
Patient Assistance for Discharge	12,801
Grants to External Organizations	1,474,480
Subtotal for Vulnerable Populations	10,806,202
Benefits for the Broader Community	
Community Wellness Programs	266,434
Health Fairs	61,248
Grants to External Organizations	220,349
Support for Community Events	117,942
Subtotal for the Broader Community	665,973
Health Education & Research	
Reeves Medical Library	455,603
Graduate Medical Education	2,998,569
California State University Channel Islands, BSN program	300,758
SBCC - Nursing Degree support & CSLA Higher Degree & Scholarships	758,000
UCSB Translational Research	36,869
Subtotal for Education & Research	4,549,799
Grand Total	\$ 157,095,938

Medical Care Services

Charity Care

Cottage Health 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 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. All guidelines for charity care are consistent with California Assembly Bill 774. In 2014, 1,248 unique patients received assistance through the Charity Care program. Patients requesting assistance must complete an application to determine eligibility.

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 2014, 157 unique patients received assistance through the Community Service Program.

Cottage Children's Hospital Family Assistance Fund

The purpose of this 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 2014, the Family Assistance Fund provided \$42,760 in support for 37 families.

Santa Barbara Cottage Hospital's Adult Family Assistance Fund

The purpose of this fund is to provide support to families receiving medical care at Santa Barbara Cottage Hospital. The funds are not intended to offset hospital expenses, but rather to provide special assistance to families experiencing financial difficulties due to a recent hospitalization or health issue. Assistance with housing, food, transportation, and funeral expenses are common needs for families dealing with a medical crisis.

The granting process begins with the medical social worker and/or clinical staff members completing an allocation request form, which includes a description of the circumstances leading to the request. In the majority of cases, the patients and families could not qualify for any other form of emergency support that makes this special assistance fund even more significant. In 2014, the Adult Family Assistance Fund provided \$5,432 in support for 12 families.

Cottage Health 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
Community Case Management	x			x	x	x	x				x	x		x	
Community Grants & Contracts	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
Community Sponsorships	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Diabetes Outpatient Self-Management Education				x											
Distracted Driving Awareness Campaign										x					
fallSTOP										x					
Farmers Market												x			
Flu Shot Clinics	x							x							
Gift Shop															x
Healthy Balance Weight-Management Clinic												x			
Heart Health Fair	x			x		x						x			
Heart Smart Lecture Series						x						x			
High Risk Elderly Coalition	x						x			x					
Hot On Life					x										
Interpreter Services	x														
Junior Wheelchair Sports Camp					x							x			
Lifeline	x														
Living Well with Diabetes				x								x			
Memory Mingle			x			x									
Mental Health Fair	x										x			x	
Mother's Circle									x						
Nutrition & Diabetes				x		x						x			

Cottage Health 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
Education Classes															
On-Call Specialty Physicians	x														
Outlook Group Physical Disabilities Peer Support					x										
Palliative Care Consultation Service															x
Parish Nursing	x	x	x	x		x	x	x			x	x		x	
Physicians' Clinic	x														
Project Re-Entry Stroke Socialization Group					x	x									
Psychiatric Grand Rounds											x			x	
Safety Helmets										x					
Skin Cancer Screenings	x	x													
Smoking Cessation		x													
Speech & Movement Enhancement Class					x										
Spinal Cord Injury Life Series					x					x					
Stroke Education						x									
Think First Spinal Cord & Brain Injury Prevention Program										x					
Transportation	x														
The Tuohy Foundation Aquatic Center					x	x				x		x			
Warm Line									x						
Wheelchair Sports Clinic					x							x			

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
Alzheimer's Association's Education Conference			x												
American Cancer Society's Making Strides		x													
American Heart Association's Go Red for Women						x						x			
American Heart Association's Heart Walk						x						x			
California Highway Patrol's Every 15 Minutes Program										x				x	
California Highway Patrol's Start Smart										x					
Carpinteria Union School District's Children's Collaborative Project	x								x			x			
Casa Esperanza	x						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			
Coalition for Sustainable Transportation's Open Streets										x		x			
Community Action Commission's Healthy Senior Lunch	x											x			

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
Council on Alcoholism & Drug Abuse's Summit for Danny												X		X	
Doctors without Walls	X						X	X			X			X	
Easy Lift's Dial-A-Ride	X														
Family Service Agency's Senior Services	X										X				
Friendship Center's Help Elders At Risk Today	X		X												
Homeless Coalition							X								
Hospital Hospitality House's The Little Cottages	X						X								
Lions Sight & Hearing Center's Glaucoma & Hearing Screening	X														
Parent Click's Kids & Teens Expo									X	X		X			
Parkinson's Society Group	X				X							X			
Sansum Clinic's Camp Wheeze									X			X			
Santa Barbara City College Foundation's Impact Sensors										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 Health	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
Linkages															
Santa Barbara County Education Office's Welcome Every Baby	x								x						
Santa Barbara Kindergarten Readiness Network															x
Santa Barbara Neighborhood Clinics	x			x							x	x			
Santa Ynez Valley People Helping People's Adult Dental Fund	x												x		
Sarah House	x						x								
Senior Expo Lompoc	x		x		x										
Senior Expo Santa Barbara	x							x							
Thresholds to Recovery's Sobering Center	x										x			x	
United Way of Santa Barbara County															x
Visiting Nurse & Hospice Care's Serenity House	x						x								
WillBridge	x						x				x			x	

Cottage Health 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, and ten individuals participated in 20 visits in 2014.

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 seven pre-driving evaluations and 29 behind the wheel evaluations conducted in 2014.

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 at Santa Barbara Municipal Golf Course. 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. There were 16 participants with 259 visits in 2014.

Annual Health Fair

The 32nd Annual Santa Ynez Valley Cottage Hospital Health Fair was held on Saturday, October 4 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 45 health-related booths from Cottage Health and community organizations. Free flu vaccines were given to 445 people, a large drawing took place with 32 giveaway bags, and refreshments were served. Staff performed more than 60 free blood pressure checks, and 50 vouchers were given out for free cholesterol and diabetic laboratory screenings. New this year, the Trauma Department fitted and sold 85 low-cost safety helmets to all ages.

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 12 participants in 2014.

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. Monitoring systems such as wheelchair and bed alarms may decrease the potential for falls and wandering. Cottage Rehabilitation Hospital offers tours of its ATC, and participants may later choose to take advantage of what the ATC has to offer.

Birth & Parent Education Classes

Cottage Health provides a variety of classes to support parents.

Class	2014	2013	2012	2011	2010	2009	2008	2007	2006
Breastfeeding	354	384	376	336	336	373	367	266	304
Breathing Refresher	48	34	18	16	20	16	18	36	20
Childbirth Education Series	712	746	738	659	688	654	728	516	550
Maternidad	60	52	50	60	80	96	77	122	70
Maternity Tours	1526	1714	1787	1154	1175	1309	1168	1002	850
New Parent	218	293	291	227	239	167	193	189	222
Sibling Preparation	30	43	40	57	73	61	58	10	25
Grandparenting Class	25	63	NA						
Total Participants	3089	3329	3300	2509	2611	2676	2609	2141	2041

Car Seat Safety

As part of the Childbirth Education Series, Santa Barbara Cottage Hospitals hosts a monthly Car Seat Safety Class. This class is taught by a certified car seat technician who reviews child passenger safety information and legislation in addition to demonstrating proper car seat installation.

Cardiac & Pulmonary Rehabilitation Program

Santa Ynez Valley Cottage Hospital provides comprehensive Cardiac and Pulmonary Rehabilitation programs for people with heart and lung disease. These medically prescribed and supervised outpatient programs are designed to help patients return to healthy, active lives. Adult Fitness classes are also offered.

The programs focus on supporting healthy lifestyle choices such as exercise, nutrition, and stress management. Education is provided to improve understanding and management of these chronic diseases. Patients receive personal care and support from specially trained experts. In 2014, there were 3695 cardiac rehab visits.

Cardiopulmonary Resuscitation (CPR) Classes

Adult Course

This course is based on American Heart Association (AHA) guidelines designed for the 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:

2014	2013	2012	2011	2010	2009	2008	2007	2006
116	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 28 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 2014, 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 2014:

- 187 hours of specialized information and referral to 635 callers
- 182 new client intakes for a total of 381 clients receiving multiple services
- 166 assessments of caregiver strength and need for supportive services
- 703 hours of family consultation, problem solving, coaching and care planning
- 4,129 hours of respite (substitute care) to 94 caregivers
- 243 hours of counseling to 48 caregivers
- 304 hours of support group to 1,388 caregivers, including:
 - 10 Family Support Groups each month for family caregivers of individuals with Alzheimer’s Disease or other dementia, Huntington’s Disease, Stroke or Traumatic Brain Injury, including the Stroke and Brain Injury Support Group for Family/Friend Caregivers held at Cottage Rehabilitation Hospital
- 9 hours of sponsored or co-sponsored education and training to 329 caregivers including topics such a “Caregiver Grief and Self Care”
- 12 hours of education to 120 professionals and paid caregivers, including topics such as “Long Term Care Services and Supports”

Colon Cancer Screenings

Cottage Health and the Cancer Center of Santa Barbara with Sansum Clinic collaborated to host colon cancer screening events. Santa Barbara Cottage Hospital Endoscopy staff members provided education to community members about take home colon cancer Fecal Immunochemical Test (FIT) screening kits. Attendees aged 50 and older were able to receive 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.

Date	Location	Kits Distributed	Kits Returned	% Returned	Positives
3/23/2014	Holy Cross Church	79	61	77%	2
3/26/2014	Cancer Center of Santa Barbara	48	31	65%	1
3/29/2014	Goleta Valley Cottage Hospital	22	18	82%	1
10/1/2014	Senior Expo	12	8	61%	1
Various	Parish Nurses	22	4	18%	1
	Total	183	122	67%	6

Community Case Management

Cottage Health has two Community Case Managers who are following high risk patients discharged from the hospital to the community. They provide resources and services for these patients, as well as take them to their Primary Care Physician appointments as needed. The first visit is always a “home” visit and then weekly follow-up phone calls or continued home visits for up to a year if needed.

In place, as part of the Community Home Health program, is PATH (Post-Acute Telephone Help) which follows “rising risk” patients from the hospital to the community. This program consists of four weeks of telephone contact with patients, reviewing their discharge plans, providing resources, medication management, and assisting with primary care physician follow-up. Patients enrolled in the program who are not able to graduate after four weeks are referred to the Community Case Manager for enrollment into the High Risk program.

Community Grants & Contracts

Cottage Health provides grants to 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, and Board of Directors. In 2014, 11 programs were awarded grant funds. In addition, contracts are awarded to organizations that provided much needed beds for transitional patients along with programs that provide beds to people who have family in the hospital. In 2014, six organizations received funding.

Community Sponsorships

Throughout 2014, Cottage Health sponsored a number of community events by contributing both cash and gifts-in-kind to more than 40 organizations. Community events included educational workshops, walks/runs, galas, and luncheons.

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. 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 2014, there were approximately 50 outpatients, which is similar to the prior year.

Distracted Driving Awareness Campaign

For the second year, the distracted driving committee, comprised of nursing staff from several units as well as CSUCI BSN students, planned and executed a system-wide one-day campaign that focused on an increasingly concerning phenomenon known as “inattention blindness” while talking hands free on a cell phone. For a second year, a survey was conducted and the results were presented as a poster at the Magnet Quality Presentation. The survey results showed a significant increase in awareness of the dangers of driving distracted. A community component of the campaign included participation with the

California Highway Patrol and Santa Barbara Union School District high schools to conduct education about distracted driving.

fallSTOP

fallSTOP is a fall prevention program that provides community assessments, education classes, support groups, and referrals to community-based services specialized in improving the health of older adults. The goal of fallSTOP is to reduce risk factors by combining education with other risk reduction approaches such as medication review and management, physical assessment, vision screening and correction, foot care, nutrition education, and creating safer living environments.

In 2014, fallSTOP was a featured activity at the Santa Barbara Senior Expo where it provided comprehensive fall risk assessment to more than 200 participants. fallSTOP also conducts monthly Senior Strong Empowerment groups that are educational, but also informal to foster a sharing environment. These are conducted by the Injury Prevention Coordinator and occasional guest speakers such as the trauma nurse practitioner. fallSTOP empowers active seniors with information and encourages fitness and safety.

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 patients' visitors and the local community. Held every Wednesday, the market is open from 11:00 am to 3:00 pm and averages 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 in the cafeteria.

Flu Shot Clinics

More than 1,600 influenza vaccinations were provided by Cottage Health to the community. Cottage Health 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.

Parish Nurses provided 44% of vaccinations through multiple congregations, homeless shelters, low-income housing developments, and agriculture workers. Santa Ynez Valley Cottage Hospital provided 28% at its annual health fair. The remaining community clinics were held at farmers markets, YMCA, and California Avocado Festival.

Gift Shop

Gift Shops are located in Santa Barbara Cottage Hospital and Goleta Valley Cottage Hospital. The goal is making "Patients First" and providing customer service excellence. Providing quality merchandise for patients, employees, and the community is the top priority. The ability for these two retail operations to be successful is by weekly staff and volunteer service performance of 68 operational hours with a

total of 14 dedicated volunteers, 3 part-time sales associates, and 1 full-time manager/buyer. Engaging customers with a positive and enjoyable buying experience brings satisfaction to their daily operational goals.

Both Gift Shops provide many charitable contributions. This is achieved by donating merchandise to specialty community events as the Children's Miracle Network, Care for Kids, Spiritual Care and volunteer appreciation, holiday and special banquets. Merchandise is also donated to Santa Ynez Valley Cottage Hospital Thrift Shop, which aids 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. The most rewarding pleasure is when participating in the annual in-hospital pediatric patient trick-or-treating and a selected local elementary school child's holiday musical program.

Due to health considerations, visitors may not bring latex balloons to patient floors; therefore, the Gift Shop and Hospitality Services provide a Mylar balloon replacement, which adheres to Cottage Health's latex-free policy. Floral arrangements remaining prior to any holiday observance shop closure are sent to specifically identified patients that have no family members or just need some special cheering up. All Gift Shop staff and volunteers take pride in being able to 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 2014 events were held on Saturday, February 8 at Santa Barbara Cottage Hospital and Saturday, March 1 at Goleta Valley Community Center. This was the second year that two Heart Health Fair events were offered.

Departments involved included Cardiac Rehabilitation, Cardiology, Community Wellness, Education, Laboratory, Nutrition, Parish Nursing, Physical Therapy, Marketing, and Volunteer Services. Attendees to the Fair could have their blood screened for \$25, which provided results for 17 different blood tests including cholesterol, glucose, triglycerides, and hemoglobin A1C. Test results were mailed to

participants within one week. 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 included with the results.

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 94% of the surveys at Santa Barbara and 85% of the surveys at Goleta were returned from people who received lab work. The majority of attendees were Spanish-speaking individuals with 73% at Santa Barbara and 75% 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, 33% of White attendees reported not having insurance, and 85% of Hispanics/Latinos reported not having insurance.

	2014 SBCH	2014 Goleta	2013 SBCH	2013 Goleta	2012	2011	2010	2009	2008	2007
Packets Distributed Total	431	225	440	297	449	535	684	600	487	569
Labs Drawn	411	240	439	289	448	488	621	545	484	528
Free Screenings	61	27	38	28	38	32	44	27	33	29
Average Age	47	46	NA	NA	48.3	48.3	48.9	49.9		
Kids' Bags	37	24	47	25	35	47	59	75		

Do you have health insurance coverage?	2014 SBCH	2014 Goleta	2013 SBCH	2013 Goleta	2012	2011	2010	2009
Deductible under \$1,000	4%	5%	4%	6%	6%	3%	0%	0%
Deductible between \$1,000 and \$5,000	2%	2%	5%	3%	5%	8%	0%	0%
Deductible over \$5,000	2%	5%	5%	1%	4%	3%	0%	0%
No	73%	78%	72%	79%	78%	65%	91%	68%
Don't know/Not sure/Refuse	3%	4%	2%	3%	3%	4%	1%	3%
Blank	8%	2%	3%	4%	2%	2%	1%	2%
Yes (no or left blank, but then marked had insurance)	9%	3%	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

High Risk Elderly Coalition

In September 2014, a new coalition formed to focus on the elderly and vulnerable. The program began when Care Management realized elderly at-risk patient needed more attention than what the hospital could provide alone. The coalition focuses on abuse issues, mainly self-neglect, but does so with the mission of preventing homelessness, increasing medical compliance, improving support at home and decrease inappropriate hospitalizations. The coalition is composed of members from Adult Protective Services, Housing Authority, DASH, Great Beginnings, Public Guardian, and Cottage Health's Care Management.

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 16 participants in 2014.

Interpreter Services

Cottage Health 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 Health's 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 medical terminology in English and Spanish or other language of service, 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. 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 and improve health outcomes.

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 40 campers in 2014.

Lifeline

Lifeline now has a button called the GoSafe, which enables people to get help in and out of their homes with the ability to speak with Lifeline in addition to GPS. Lifeline also has wireless Lifeline units, so landlines are no longer needed, thus reducing costs for the client.

The new Auto Alert pendant is also provided within the GoSafe button, which 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.

The Lifeline Program covers the area in Santa Barbara County from Carpinteria to Santa Ynez Valley, Los Olivos, Los Alamos, Solvang, and Buellton. Cottage Health installs the Lifeline Units and maintains the equipment and the Personal Help Buttons once installed.

Living Well with Diabetes

Goleta Valley Cottage Hospital offered 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 2014, 24 classes were offered with an average of two attendees at each session.

Memory Mingle

In 2013, Cottage Health 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 2014, 11 classes were held with an average of seven people at each session.

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 2014 event was held on Saturday, May 3 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 25 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 psychiatrists and therapists. The topics of the presentations included the connection between sleep and good mental health, emerging trends in the youth drug culture, and emotional reactivity in relationships.

The Mental Health Fair was attended by approximately 250 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 mothers - offered weekly on Tuesdays from 3:30 to 4:30 pm by The Lactation Center. Attendance continues to increase since moving into the new Women's Services Conference Room in the Junipero Pavilion. Approximately 390 mother-baby couples, as well as many fathers and several grandmothers, joined the group in 2014.

Nutrition & Diabetes Education Classes

Santa Ynez Valley Cottage Hospital hosted weekly free nutrition classes every Friday from noon to 1:00 pm. Various topics were 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 2014, 48 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 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 have access to all necessary services. This program helps Cottage Health 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 Pilgrim Terrace Cooperative Homes' Activity Center, and is supported in part by Cottage Rehabilitation Hospital and Cottage Rehabilitation Hospital Foundation. In 2014, 23 participants had 144 visits.

Palliative Care Consultation Service

Palliative care is specialized medical care for people with serious illnesses. It focuses on providing patients with relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family. The Palliative Care Consultation Service (PCCS) is a team of professionals with advanced training and skills in palliative care.

Palliative care is provided by a team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment. The service is staffed seven days a week and a clinician is available to hospitalized patients 24 hours a day.

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 2014, Parish Nursing provided service to more than 14,000 community members. Community outreach venues include a variety of faith communities and congregations, homeless and transition housing outreach, PathPoint mental health clients, Carpinteria and Isla Vista food banks, Catholic Charities, St. Vincent's, Garden Court, Presidio Springs, and Villa Santa Fe senior housing facilities, and Casa Serena women's recovery home, as well as numerous community health screenings, flu clinics, and health fairs.

Collaborating agencies and committees 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
- Life Chronicles
- PathPoint Mental Health Program
- Phoenix House Professional Advisory Committee
- Santa Barbara City College Nursing Program
- Santa Barbara Neighborhood Clinics
- St. Cecilia Society
- United Blood Services Blood Drives
- Visiting Nurse & Hospice Care Professional Advisory Board

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

- Bike safety and injury prevention education programs
- Common Ground homeless census project
- Cottage Health's Heart Health Fair
- Cottage Health's Skin Cancer Screenings
- Cottage Health's Circle of Remembrance
- Cottage Health's Mental Health Fair
- Covered California Care Enrollment Seminars
- Colorectal Spanish Speaking Education Program
- Five Wishes Advance Care Directives Program at multiple locations
- First Aid booth at the 3-day Fiesta celebration at Our Lady of Guadalupe
- 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
- Tai Chi for seniors
- Providing flu shots throughout the community including senior housing units, schools, libraries, farmers markets, food banks and churches & the YMCA

Congregations

Cottage Health'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), and St. Joseph's (four hours). Parish Nursing is also available on a consultant basis for other community congregations including former clients like the Unity Church, St Mark's Parish in Isla Vista, and the local community of Tibetan monks.

Homeless/Transitional Housing Outreach

Two 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, with nearly 2,000 client visits in 2014.

- Casa Esperanza and the homeless camps: 20 hours of care a week
- Transition House: 1.5 hours a week to families plus participation in the Homeless Women's Clinic, providing flu vaccines and cholesterol screening, family packs and medical supplies, 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
- Two Parish Nurses participated in the annual foot washing for the homeless, sponsored by WillBridge, by providing nursing assessment and support for the event

Casa Serena Women's Recovery Home

A Parish Nurse is onsite once a month for two to three hours to provide medical information, blood pressure screening, referrals, and emotional support during this transition period.

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 and dental treatment referrals, emergency shelter assistance, diabetes education, older adult services, and holiday programs.

Cottage Health'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, cholesterol screenings, 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 and Bereavement group support. More than 1,400 clients were served during the last year.

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 two to three hours per month, and 95 clients were seen in 2014.

Isla Vista Food Bank

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

PathPoint

This nonprofit organization is dedicated to helping people with disabilities or disadvantages reach their fullest potential. Cottage Health'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 4,119 visits for 2014.

Presido Springs Senior Housing

A Parish Nurse provides health education, flu vaccines, as well as blood pressure screenings. The nurse is on site once a month for two to three hours.

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 1,600 clients.

Saint Vincent's

The Parish Nurses provided two to four hours per month 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 2014, 151 people were served. In addition, Saint Vincent held a summer education program that served 15 children and provided education on bullying prevention.

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. 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. Thirty-five individuals participated in 363 visits in 2014.

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. In 2014, there were 11 sessions at Santa Barbara Cottage Hospital with approximately 80 people at each meeting.

Grand Rounds program at Santa Barbara Cottage Hospital included:

1. How Clinicians Often Misdiagnose or Overlook Eating Disorders in Their Patients
2. The Life Forces Waiting for the Therapist's Own Work During Psychotherapy: Where are They and How do They Appear
3. Families on the Fault Line: Why Today's Kids are in Trouble and What We Can Do About It
4. How to Assess Patients with Chronic Pain, Transition Them Off of Opioid Analgesic Agents and Utilize Evidence Based Psycho-Social Interventions for Relapse Prevention
5. Preventing and Reversing Age Related Cognitive Decline
6. Life Chronicles
7. The Nurses' Health Study: What We Learned
8. How To Heal Sexual (And Other Childhood) Trauma And Its Impact On The Nervous System
9. Contemporary Dream Interpretation
10. Multicultural Supervision: The Joy of Embracing Each Other's Worldviews
11. Stand Tall Against Bullying

Safety Helmets

Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital, and Santa Ynez Valley Cottage Hospital 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. The program provides fitting for inpatient children and adults for whom the need for a new helmet has been identified. Staff members of Cottage Health are also encouraged to purchase the helmets. At the 2014 annual Cottage Health employee summer picnic, 210 low-cost safety helmets were sold to staff and family members. Lastly, nurses representing Trauma Services provided helmet information and education at the following health fairs: Parent Click's Kids & Teen Expo, Santa Barbara Family Day & Health Fair, Santa Ynez Valley Cottage Hospital's Annual Health Fair, and Santa Barbara Open Streets.

Skin Cancer Screenings

Santa Barbara Cottage Hospital and the Cancer Center of Santa Barbara with Sansum Clinic teamed up to provide the Skin Cancer Screening event. The event was on Saturday, May 10 at Santa Barbara Cottage Hospital from 9:00 am to noon. Designed for those who otherwise would not have access to medical services, the event offered free skin cancer screenings as well as skin cancer prevention education.

The event attracted more than 150 attendees, and volunteer physicians provided 148 screenings. Approximately 54% of attendees were uninsured or under-insured. Of those who received screenings, 65 participants needed follow-up. Several community organizations, including the American Cancer Society, Los Promotoras, Santa Barbara Neighborhood Clinics, and Santa Barbara County Health Centers, offered educational information on how to prevent skin cancer and access community healthcare services.

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 has a smoking relapse support program. Every Monday, former students can join a group to have continued support from their peers and instructor.

Annual Summary	2014	2013	2012	2011	2010	2009	2008	2007
Registered	52	72	102	70	84	65	71	57
First Class	42	58	71	66	64	46	44	33
Graduates	29	46	42	48	43	36	28	23
Registrants to First Class	81%	81%	70%	94%	76%	71%	62%	58%
First Class to Graduation	69%	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 Disease. 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 12 participants in 2014.

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 74 visits in 2014.

Stroke Education

This free one-hour class is offered to the public on the second Thursday 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.

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 2014, there were seven presentations to 800 students in grades 7 and 8 in addition to 9 exhibitor booths for 1,250 students, parents, and seniors.

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 accepted to help with the fuel cost.

The 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 533 participants in 2014.

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 2014.

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 14 participants in 35 visits in 2014.

Community Collaborations

Alzheimer's Association's Education Conference

The annual, daylong conference features keynote speakers and workshop presentations about dementia. The 2014 conference included keynote speakers and workshop presentations about many aspects of dementia, including recognizing when someone transitions from mild cognitive impairment to early stage dementia; the most important things families need to know about dementia behaviors; strategies in working with challenging behaviors; evaluation and non-drug management of neuropsychiatric symptoms; neuropsychology testing and its role in the diagnosis and treatment of dementia. 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 conference was held on April 23 at the Montecito Country Club and was attended by 160 participants, including staff of Coast Caregiver Resource Center who provided information on services available to attendees.

American Cancer Society's Making Strides

Making Strides Against Breast Cancer walks are the largest network of breast cancer awareness events in the nation, uniting nearly 300 communities with a shared determination to finish the fight. Participants take part in one of the noncompetitive, three- to five-mile walks, to raise funds and awareness. On Saturday, October 18 Cottage Health's teams of walkers participated in the event, which was organized by Human Resources.

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 14 at the Fess Parker's DoubleTree Resort. The event began 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 one and number four 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 27, 2014, Cottage Health's teams of walkers participated in the event, which was organized by Human Resources.

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, 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 eleventh 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 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.

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 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 medical respite beds.

CenCal Health's Kid Program

Cottage Health 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 third annual Family Day & Health Fair was held at the Westside Boys & Girls Club on Saturday, September 13. Health screenings by community organizations were provided to 315 adults and children and included hearing, vision, oral, asthma, body mass index, glucose, mental health, and HPV. Cottage Health had multiple departments involved with the event.

Marketing provided funding and served on the planning committee along with the Public Health Department, County Education Office, American Indian Health & Services, in addition to County and City representatives.

Trauma Services provided education with Spot-the-Tot. This initiative teaches families about preventable injuries that occur in driveways and parking lots when drivers are unaware that children are near vehicles. It also provides tips on how to spot kids and avoid an unintentional front over or back over incident.

Parish Nursing had educational materials on a variety of topics and was a reference to various resources available in the community.

Respiratory Therapy worked in the asthma screening area. Attendees received questionnaires for asthma and allergy symptoms, and spirometry tests were available for attendees over 5 years old. Doctors Tubiolo and Presser-Belkin, Asthma, Allergy, and Clinical Immunology Specialists, read the results of the spirometry tests and discussed asthma with families. Educational materials were given and referrals were made by the physicians.

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 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 December 1, 2011, the City Council adopted the Plan Santa Barbara General Plan update document. The plan includes public health as a policy driver. The Coalition continues to support the City as needed regarding implementation.

Coalition for Sustainable Transportation's Open Streets

The second annual Santa Barbara Open Streets event was held Saturday, October 25, 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, sustainable transportation.

Santa Barbara Cottage Hospital Trauma Services showcased pediatric programs, including safety helmet program, car seat inspections, 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 pediatric trauma center designation.

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 Community Action Commission's Energy Services. Drivers delivering meals ensure the seniors' welfare and connect them with resources when necessary. Cottage Health 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 25. Depending on fitness level, participants choose the climb that best suits their ability. All climbs begin and conclude from

Manning Park in Montecito, which includes a celebration following the hike. Cottage Health 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 provided a community grant in support of these services.

Easy Lift's Dial-A-Ride

Each year Easy Lift schedules tens of thousands of rides for people with limited mobility. To be eligible, clients must be physically or cognitively unable to ride the public bus system. Dial-A-Ride trips are scheduled on a first call, first served basis. No program or person may be given priority on Dial-A-Ride. No priority is given based on trip purpose. The program is subsidized through donations, grants, and public transit monies and passengers pay only \$3.50 for each one-way ride. Cottage Health provided a community grant in support of these services.

Family Service Agency's Senior Services

Family Service Agency 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 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 with 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 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 the community. Care Management and Parish Nursing serve on the coalition.

Hospital Hospitality House's The Little Cottages

The Little Cottage provides overnight accommodations in a supportive and home-like environment to out-of-the-area families of patients who are hospitalized or receiving medical services in Cottage Health facilities. Most visitors come from communities in and near Santa Barbara County, and others come from other states and countries. Care Management provided funding in support of these services.

Lions Sight & Hearing Center's Glaucoma & Hearing Screening

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

Parent Click's Kids & Teens Expo

ParentClick's Kids and Teens Expo was held at La Cumbre Plaza on Saturday, March 15 from 9:30 am to 1:30 pm, and approximately 1,500 people attended the event. Cottage Health sponsored the Baby Zone and had five booths. Representatives from Therapy Services, Trauma Services, 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. Trauma Services offered low-cost helmets with a helmet fitting demonstration. The booth for Cottage Children's Hospital shared awareness information and had a photo booth for children to take a photo with a stuffed giraffe.

Parkinson's Society Group

This Cottage Rehabilitation Hospital program presents a class at the monthly Parkinson's Association meeting. 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 25-50 participants in 2014.

Sansum Clinic's Camp Wheeze

Respiratory Care Practitioners (RCP) from the Pediatric Respiratory Care Department at Cottage Children's Hospital assisted at Camp Wheeze in August. More than 60 children attended the weeklong day camp. The RCPs helped teach the children grades 1 – 6, with chronic asthma, in the lung lab. The lung lab provides the children with information about asthma as well as how to maintain the disease daily. Medication and peak flow meters, a tool used to assess an asthma exacerbation, were demonstrated to the kids. The children have fun at the camp, which teaches them they can live normal lives despite their lung issues.

Santa Barbara City College Foundation's Impact Sensors

As researchers look for connections between impact sports and brain injuries, Cottage Health and Santa Barbara City College have partnered to better protect student athletes from harm. The effort involves using Triax Smart Impact Monitors, which athletes will wear during practice and competition for the SBCC football, men's and women's basketball, and men's and women's soccer teams.

Triax Smart Impact Monitors measures head impacts during games and practices. The pressure sensors, which fit like a sweatband, are expected to provide a significant amount of data. The athletes will be examined at the beginning and end of the sports season to compare any changes, with visual and motor tests as well as MRIs conducted at UCSB's Psychological and Brain Sciences Department. A concussion management plan will also include information about injury prevention and protocols on when athletes should be removed from and returned to the playing fields.

Cottage Health provided most of the funds to purchase 160 sensors. In addition, Dr. Stephen Kaminski, Cottage Health's trauma services director, will be leading a research project with student athletes who have undergone significant sports-related impacts.

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 two County Supervisors. The Network meets quarterly and includes Cottage Health representation from Marketing, Trauma Services, and Coast Caregiver Resource Center.

Santa Barbara County Education Office's Health Linkages

This 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. Cottage Health provided a community grant in support of these services. Funding supported coordination, oral health education, dental screenings, restorative treatment, and health case management.

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 provided a community grant in support of these services.

Santa Barbara Kindergarten Readiness Network

The Orfalea Children's Center at Santa Barbara Cottage Hospital 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

The Care for Every Child program with the Santa Barbara Neighborhood Clinics 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.

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.

Besides providing funding to support general operating expenses, Cottage Health provides grants for both the Care for Every Child program and Eastside Family Dental Clinic.

Santa Ynez Valley People Helping People's Adult Dental Fund

Through Family Resource Centers, low-income people are connected 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 provided a community grant in support of adult dental 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 medical respite beds for the indigent population.

Senior Expo Lompoc

The annual Lompoc Senior Health Expo at DeWees Community & Senior Center was held on Friday, May 16 from 9:00 am to noon. The Expo was free of charge and open to the community. Health screenings were provided by professionals including blood pressure, cholesterol and blood sugar, fall prevention, skin cancer, and vision checks. In addition, CarFit, helped mature drivers find their perfect fit to keep driving safely for as long as possible. Other services at the Expo included information on diabetes and nutrition and a wide variety of community resource information. Participants received a free BBQ lunch courtesy of the Kiwanis along with hourly prize drawings. Free transportation throughout the morning was provided by COLT (City of Lompoc Transit) for travel to and from the Expo. The Lompoc Senior Health Expo was presented by Area Agency on Aging, Cottage Health, Dignity Health, Lompoc Recreation, Lompoc Valley Medical Center, Sansum Clinic, Santa Barbara Foundation, and Visiting Nurse & Hospice Care. Cottage Health departments represented included the Center for Wound Management and Trauma Services, who provided fall prevention information.

Senior Expo Santa Barbara

The Senior Expo was on Wednesday, October 1 from 9:00 am to noon at Earl Warren Showgrounds in Santa Barbara. Cottage Health 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 provided volunteers to help at the event in addition to the Cottage Health exhibitors. Trauma Services lead the efforts for fallSTOP, a fall prevention program. Approximately 100 people received evaluation and education for vision, hearing, blood pressure, feet, home safety, and balance. Cottage Health departments with information tables included Psychiatric Services, Parish Nursing, Cottage Rehabilitation Hospital, Coast Caregiver Resource Center, Lifeline, and Volunteer Services.

Thresholds to Recovery's Sobering Center

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.

United Way of Santa Barbara County

Day of Caring

On Saturday, September 20, 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. More than 1,600 volunteers came together to help local non-profit agencies with hands-on work assignments from 9:00 am to 1:00 pm. Cottage Health had a team of employees from departments throughout the health system along with their family members and friends.

Financial Support

Cottage Health supports United Way of Santa Barbara through one of the largest employee campaigns in the County. In 2014, the Employee Campaign raised \$169,385 from 590 donors with an average gift of \$287.

Fun in the Sun

The Fun in the Sun / Lunch Bunch program is a highly specialized summer enrichment program for at-risk children. The goals are to build positive self-esteem, behavior choices and provide quality educational enrichment with an emphasis in reading achievement. The children who attend Fun in the Sun are from the neediest families in the Santa Barbara Community. Lunch Bunch is an intentional time for volunteers to be a positive role model for the Fun in the Sun children. Usually, the volunteers attend lunch bunch at the campus where Fun in the Sun is taking place. Cottage Health has developed a special program that brings Fun in the Sun to Santa Barbara Cottage Hospital.

A tour and lunch were provided for 180 children. The children arrived at the hospital at 9:30 am and they toured the hospital Kitchen, Radiology Department, Security / K 9 unit visit and were engaged in activities heightening their awareness of safety from the Trauma Services Department. This was followed by a meal in the Oak Park Gardens where employees "Lunch Buddies" read to the children after they had eaten.

Each employee was asked to donate a book that is appropriate for a first through sixth graders. The children were encouraged to read aloud and were given the book to share with their families.

This year Cottage Health expanded the program from 3 days to 4 days, which was highly successful for both the children involved and the 60 employees and volunteers who participated.

Visiting Nurse & Hospice Care's Serenity House

Serenity House is an 18-bed inpatient hospice house that provides care for hospice patients whose needs cannot be met at home. Serenity House provides round-the-clock medical care from a team of specially trained doctors, a nurse practitioner, nurses, social workers, spiritual counselors, hospice aides, and volunteers that support emotional, spiritual, and practical concerns. Care Management provided funding in support of these services for indigent and non-funded patients.

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 transitional beds for indigent / homeless seeking recovery and community reentry.

Health Education & Research

California State University Channel Islands Nursing Program at Cottage Health

The CSU Channel Islands Nursing Program at Cottage Health (CI Nursing Program at Cottage) was 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's ability to recruit and retain the highest quality-nursing workforce.

Cottage Health 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.

In the long term, Cottage Health'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's nursing vision.

The program is now operating at capacity with 60 students. Cottage Health 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.

Graduate Medical Education

Santa Barbara Cottage Hospital's 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.

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 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.

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.

The program includes a hands-on classroom for the students, and 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.

Each year, 15 students, who have received their Certified Nursing Assistant degree, will 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. In 2014, two additional units were added to include Pulmonary, Renal & Infectious Diseases (PRI), and Endoscopy. Because the students have their CNA degrees, they are able to take vitals and assist with hands-on patient care.

As of December 2014, the Health Careers Academy Program graduated 361 students and 185 of those students graduated as Certified Nursing Assistants. Students have gone into nursing programs, medical schools, United States Armed Forces, and various areas of other medical service. At this time, 23 students are now employed at Cottage Health. As students continue to receive their degrees, Cottage Health looks forward to more returning as employees.

Santa Barbara City College’s Nursing Program

Students at Santa Barbara City College in the Vocational Nursing Program (LVN) and Associate Degree in Nursing (ADN) Program collaborate with Cottage Health to help their education. Students provide education and services for Cottage Health’s outreach programs. Students assist at the Skin Cancer Screenings 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’s community clinics with professor oversight.

Scholarships for Medical Education

Four exceptional candidates were awarded scholarships at the 2014 Auxiliary's annual luncheon held at the Santa Ynez Valley Historical Museum. The students each received \$3,000 to continue their education in the medical field.

UCSB Translational Medicine Research Laboratories

In 2008, the Translational Medicine Research Laboratories initial vision was to create a program that, outside of the traditional medical school model, would provide the same benefits of an academic medical environment while leveraging UCSB's global precedent for collaboration among the sciences and engineering and its track record of medical innovations.

Originally focused on a narrow sub-discipline of medicine, the TMRL partnered with Santa Barbara Cottage Hospital, major research institutions, and academic medical centers from around the world to create a network and methodology capable of addressing all aspects of healthcare.

The mission of the Translational Medicine Research Laboratories (TMRL) is to redefine biomedical research by partnering with academic and community hospitals and medical researchers from around the world in executing a novel "systems approach" to medical research with a patient-centric model in order to develop solutions and expedite their application to advance patient care, disease prediction, prevention, diagnosis, treatment, and cures.

The vision of the TMRL is to expedite the application of medical research for disease identification, prediction, prevention and treatment, and to improve the delivery of healthcare. The TMRL launched a unique, multi-disciplinary "bench to bedside" initiative that utilizes contractual access to a community hospital patient base, clinical practitioners, clinical practice, and medical, radiology and surgical residents. This collaboration has the combined resources equal to a major medical research and teaching hospital.

Future Direction

Cottage Health 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 is following appropriate regulations regarding community benefit.