

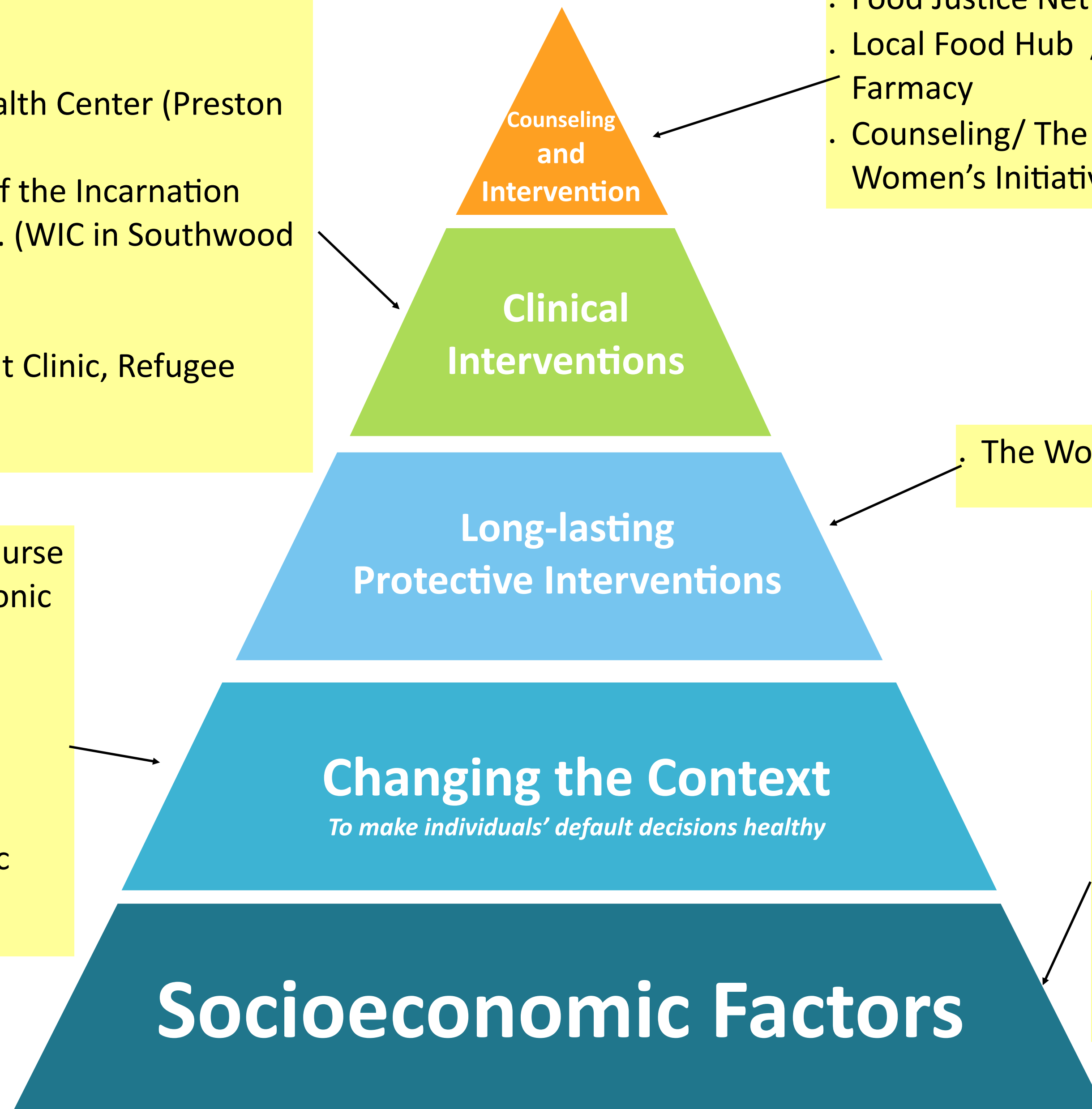
- . Emergency Dept (ED)
- . Free Clinic
- . Neighborhood Family Health Center (Preston Ave FQHC)
- . Clinica Latina @ Church of the Incarnation
- . TJHD: STD clinic, WIC, etc. (WIC in Southwood has capacity!)
- . Acupuncture
- . UVA Clinics (UMA Indigent Clinic, Refugee Clinic)

- . Westhaven community nurse (navigator + manage chronic conditions)
- . School nurses
- . PHA smoke-free policies
- . Quit Smoking classes
- . Acudetox
- . Smoke-free laws in public housing and restaurants

- . Move2Health Coalition
- . Food Justice Network
- . Local Food Hub / Fresh Farmacy
- . Counseling/ The Women's Initiative
- . C'ville Walks
- . Community garden
- . Bread and Roses

. The Women's Initiative

- . PACE
- . JAUNT
- . Doulas, Sisters Keeper, postpartum doulas,
- . Children: Ready Kids, CHiP (services in home)
- . Neighborhood network for seniors (in home senior support) (@minority business council)



Current Programming Brainstorm: Access to Care

Change Policies

- . If 50% of community uses one clinic, bring doctor to neighborhood
- . Medicaid Expansion
- . Gun control
- . Excise tobacco tax
- . Universal health insurance
- . Phone app—access to language options
- . Need more navigators (healthcare <—> community)
- . Individual working hours vs. available services (access)
- . Neighborhood focus for available services
- . Language Issues: @ providers whose English is too accented for patients

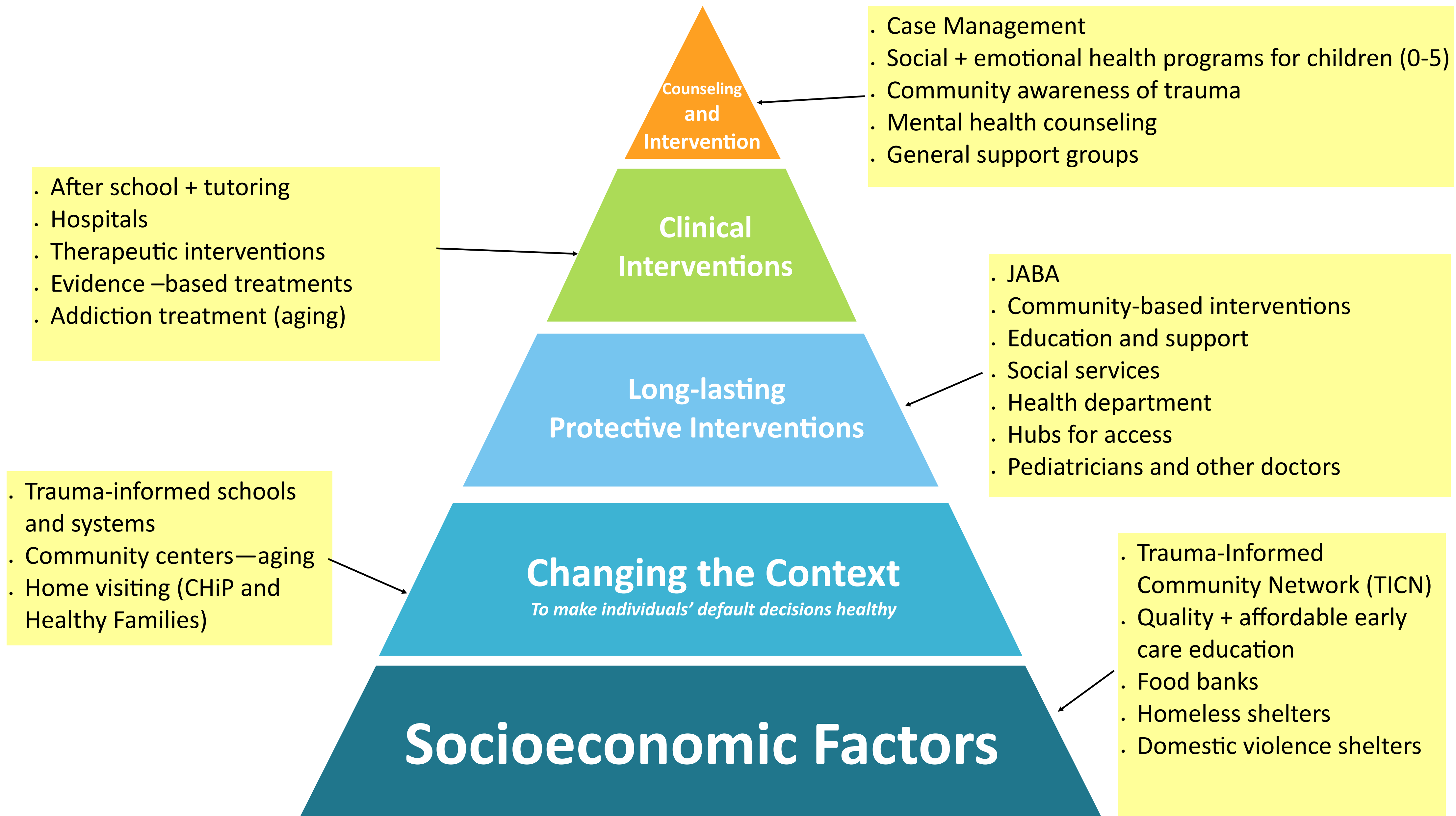
Change Systems and How They Work

- . ER link to community for discharge instructions
- . Need additional school nurses + school-based clinics
- . Community health workers who can transport
- . Telehealth
- . Flexible transportation services: better on demand, multiple stops (to pharmacy on the way home), Medicaid cabs

Change the Environment around You

- . Coordinated care approach
- . Referral system
- . Community health workers (CHWs)
- . Community-based nurses
- . Refundable services

Best Practices Brainstorm: Access to Care



Current Programming Brainstorm: A Healthy and Connected Community for All Ages (Youth/Families + Older Adults)

Change
Policies

Change
Systems and
How They Work

Change the
Environment
around You

- . Income inequalities
- . PTO, paid leave for families, childcare subsidy

- . Affordable and accessible addiction treatment
- . Improvement and funding for quality early care and education
- . Reentry, incarceration, diversion (inequity / lack of family support)
- . Smoke-free housing
- . Foster care prevention system
- . Trauma informed DSS/ courts/schools/medical setting
- . Improved transportation options
- . Improvement + funding for early childcare + education

- . Continuum of support for addiction
- . Affordable housing
- . Access to social activities
- . Insurance Incentives
- . Improved affordable + accessible afterschool programs

**Best Practices Brainstorm: A Healthy and Connected Community for All
Ages (Youth/Families + Older Adults)**

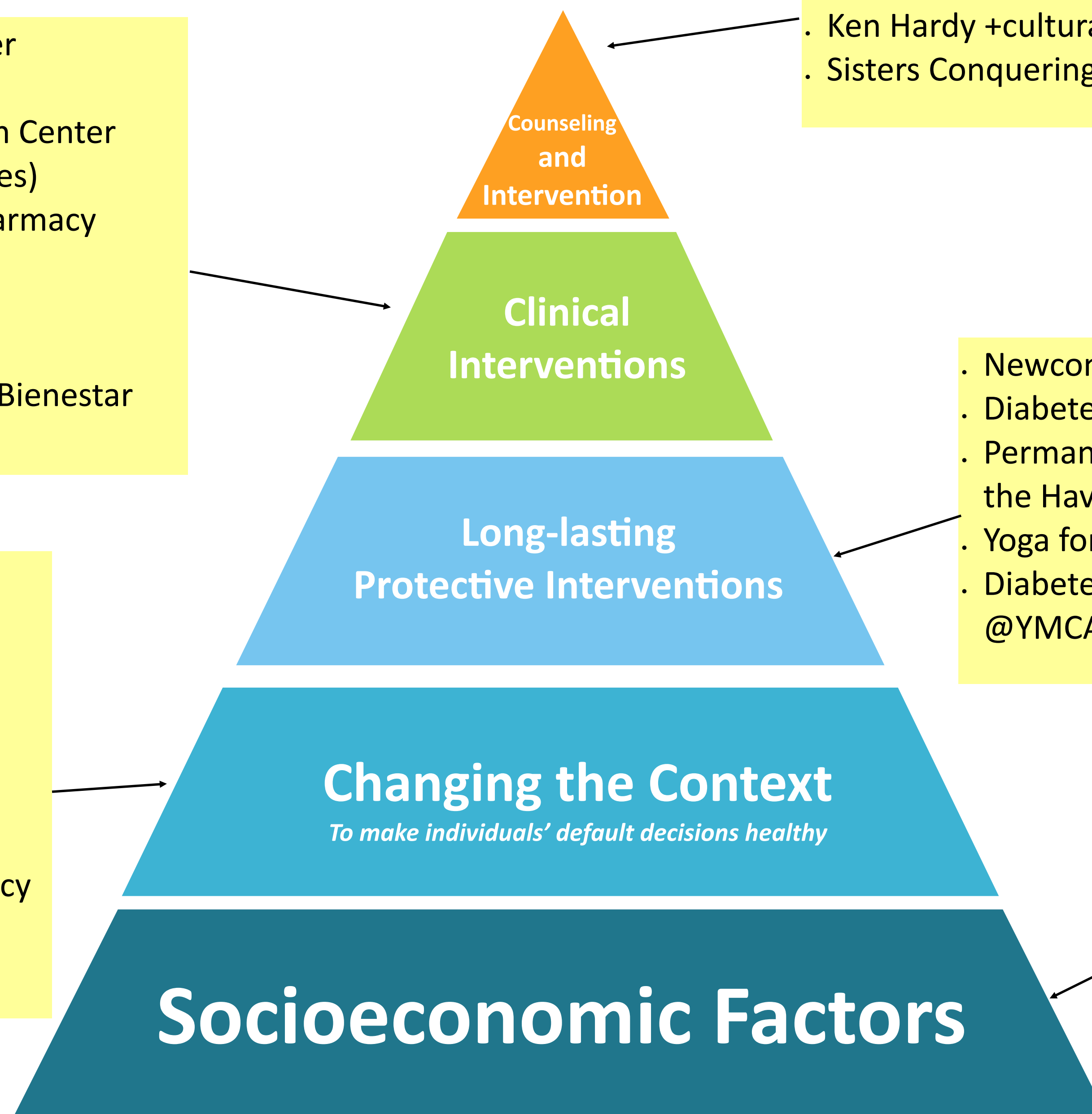
- . Blue Ridge Medical Center
- . Cville Free Clinic
- . Federally Qualified Health Center (Central VA Health Services)
- . Local Food Hub / Fresh Farmacy
- . Sister Circle
- . SHHC
- . Westhaven Clinic
- . The Women's Initiative / Bienestar Program

- . Cville Walks (UVA Cancer Center initiative)
- . Improving Pregnancy Outcomes Work Group
- . Ken Hardy +cultural humility trainings
- . Sisters Conquering Cancer

- . Smoking ban policy
- . School health advisory board (SHAB) wellness policies
- . Fluvanna County Public Schools Wellness Committee is reviewing their school wellness policy
- . City funding process for affordable housing

- . Newcomer health and refugee care
- . Diabetes Steering Committee
- . Permanent supportive housing (TJACH, the Haven)
- . Yoga for persons of color
- . Diabetes prevention on sliding scale @YMCA/ACAC

- . Rural transportation initiatives (i.e. Medicaid transportation)
- . Housing (affordable) efforts
- . Improved employment training



Current Programming Brainstorm: Health Disparities & Health Equity

Change Policies

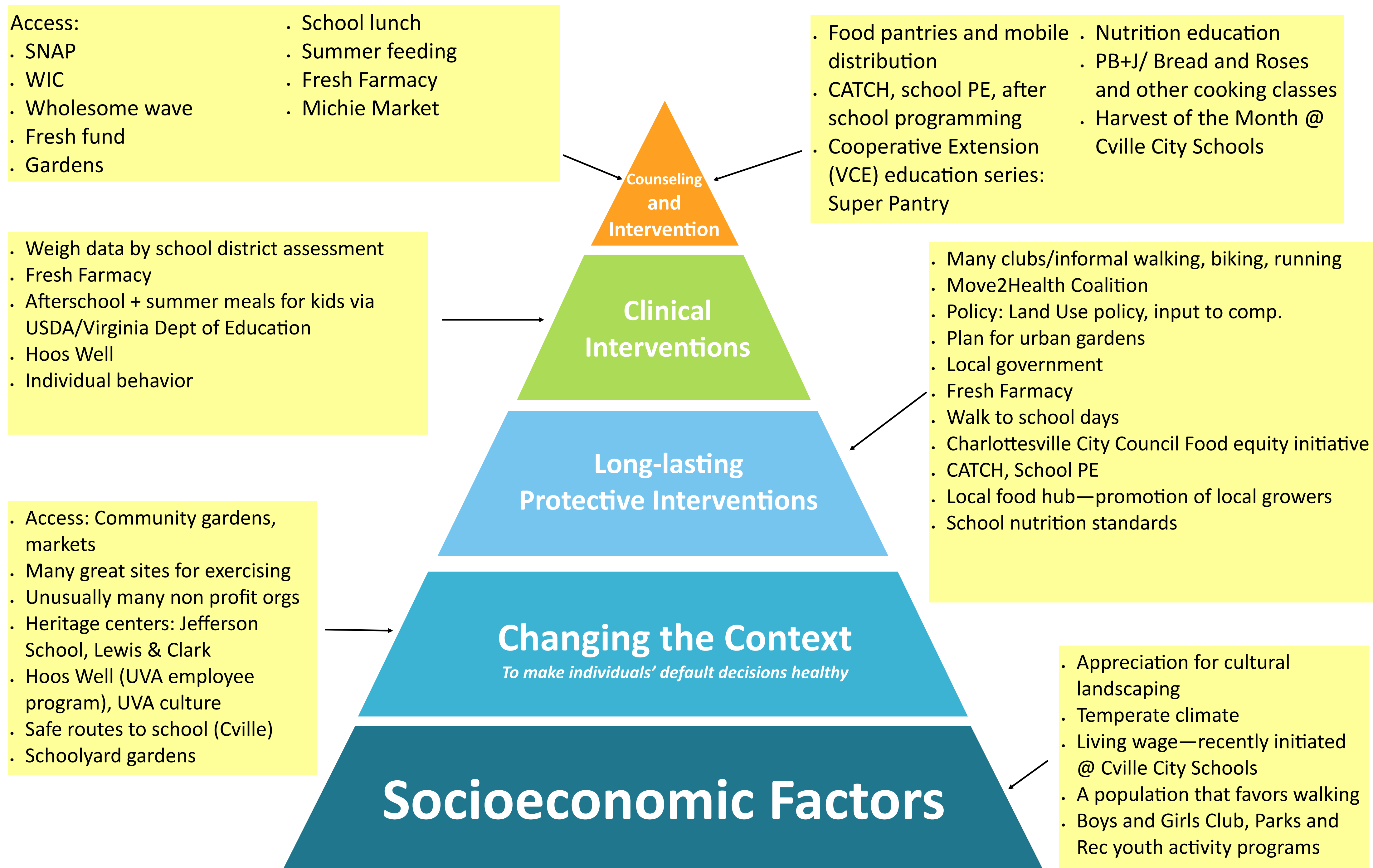
- . Rural access to recreation
- . Making public spaces open for health / wellness (Fluvanna Track)
- . Rental assistance program
- . Requiring cultural humility, implicit bias, and other trainings
- . Tax policy to decrease income inequality
- . Higher wages
- . Mixed income (as long as there is enough affordable housing)
- . Increase diversity in health + education workforce
- . Free access to culturally responsive healthcare (mental, dental, ALL)

Change Systems and How They Work

- . School based health centers
- . More schools /support of school wellness policies
- . High school completion programs
- . Culturally specific healthcare settings

Change the Environment around You

- . Create walking groups
- . Make public housing safer, accessible
- . Out of school time
- . Academic program
- . Making paths, safe routes (+rural!)
- . More transportation for rural people



Current Programming Brainstorm: Healthy Eating / Active Living

- . Inter jurisdictional cooperation
- . Living wage
- . Physical education
- . Recess in school
- . Comprehensive plan engagement: transportation, food justice
- . Consider affordable housing development discussions as connected to physical exercise & healthy food access

- . Parks & nature where people live
- . Schoolyard gardens, urban agriculture, community gardens
- . Fresh fund
- . Emergency fund services (food banks, soup kitchens)
- . Public Education

Change Policies

Change the Environment around You

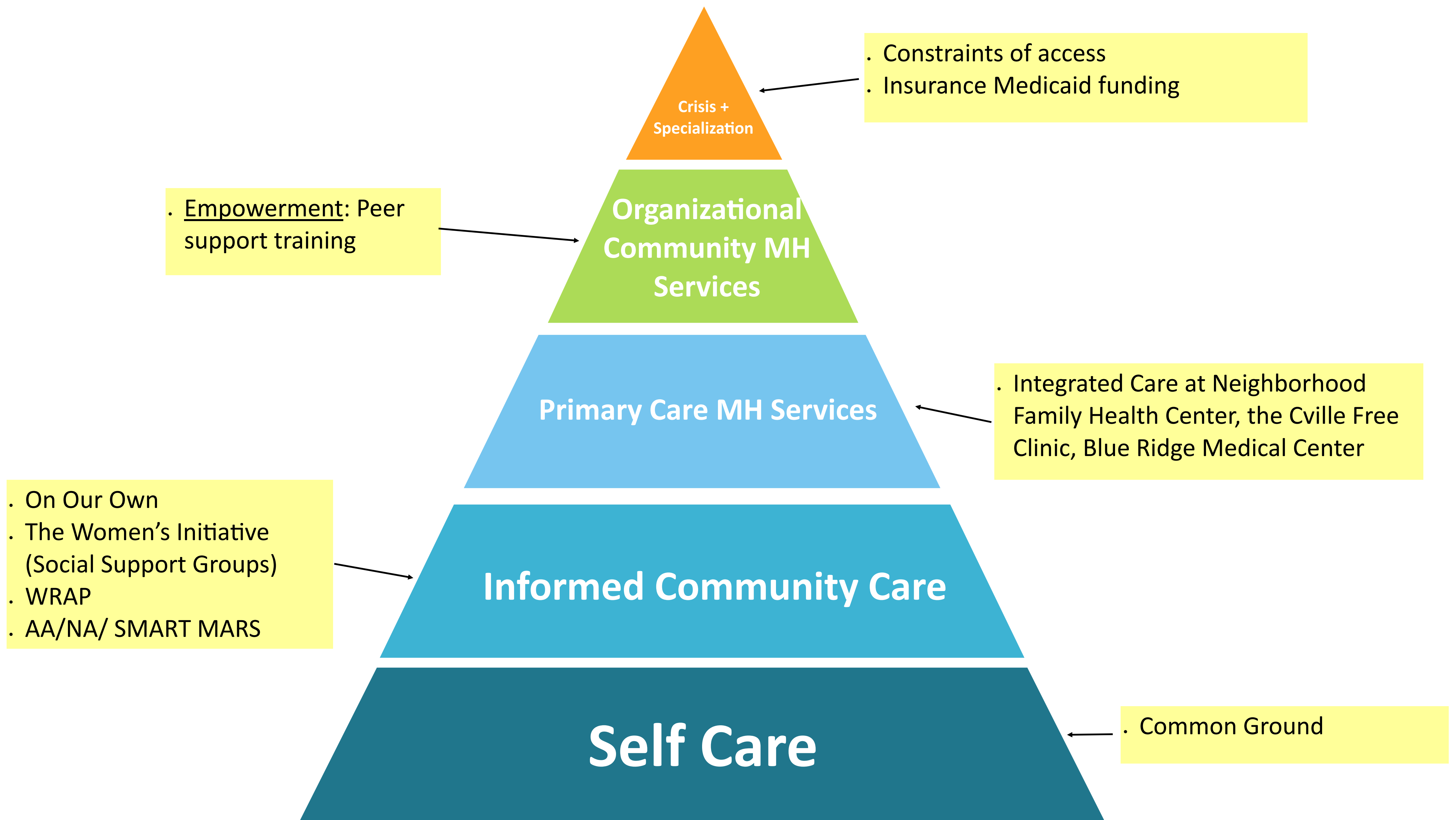
Change Systems and How They Work

- . City Council food equity initiative
- . Affordable & safe childcare
- . Daycare policies that include exercise & healthy food
- . Employee wellness initiatives (gym memberships, nutrition education, activity break, health benefits for part-time)
- . Vision zero

- . Connect communities with bike/pedestrian infrastructure
- . Finish neighborhood sidewalk network
- . Land use supportive transit, walking, food access
- . Making streets safer + access to safe green spaces

- . Transit use (free)
- . Regional mobility coalition
- . SHABs
- . People can afford to live work play
- . Universal health care
- . Living wage
- . Charlottesville City equity initiative
- . Healthy school lunches from scratch food

Best Practices Brainstorm: Healthy Eating / Active Living



Current Programming Brainstorm: Mental Health/Substance Use

Change
Policies

Change
Systems and
How They Work

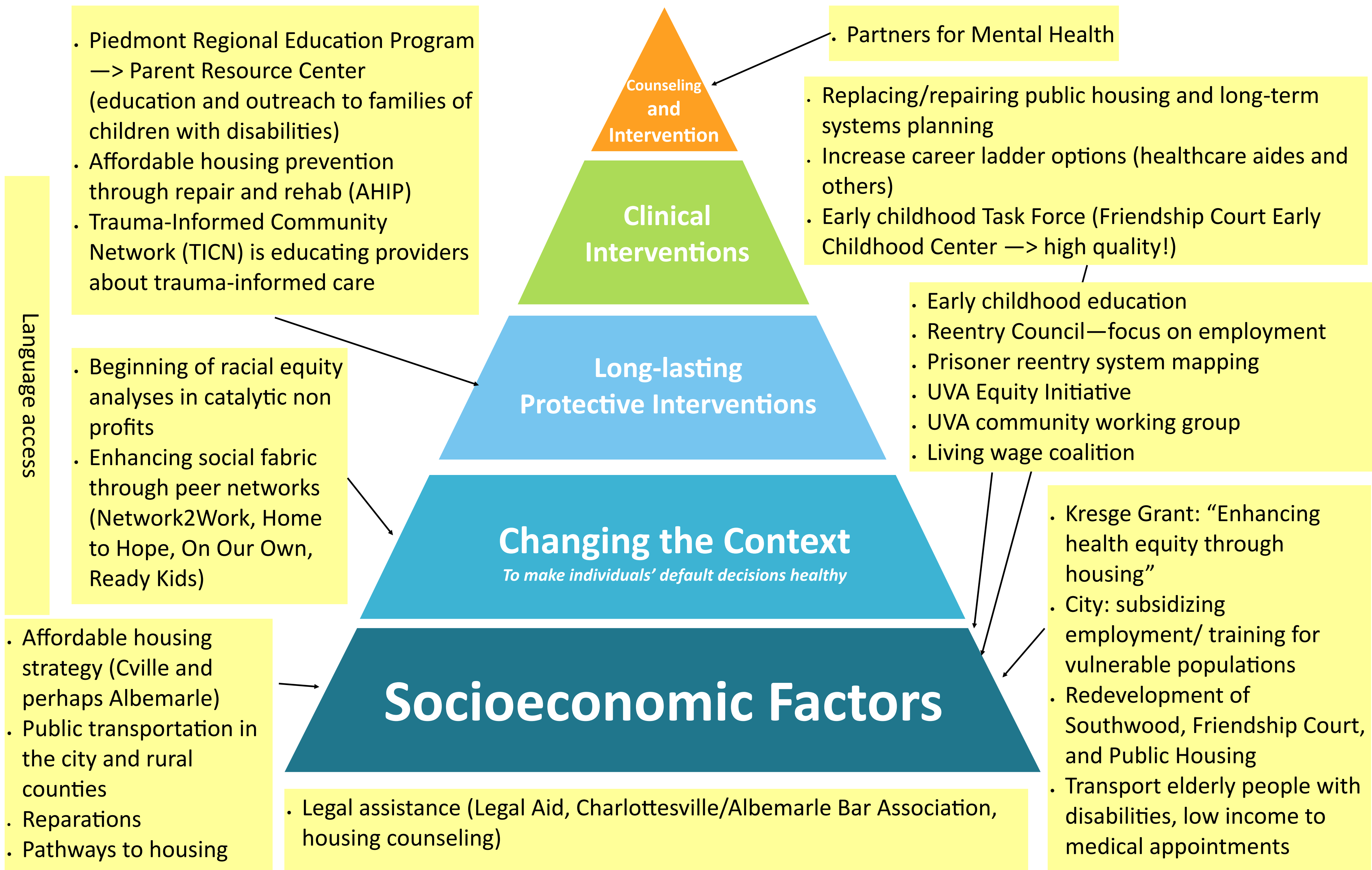
Change the
Environment
around You

- . Medicaid expansion
- . Medicaid billing for peers
- . Parity issues MH = Health
- . Barrier crimes

- . Administrative burdens
- . Culturally responsive care
- . Increased peer support
- . Trauma-informed care

- . Staff development
- . Workforce shortage

Best Practices Brainstorm: Mental Health/Substance Use



Current Programming Brainstorm: Social Determinants of Health

Change Policies

- . State level tax credits
- . Earned Income Tax Credits (EITC)
- . Childcare
- . Minimum wage
- . (Refundable) childcare tax credit (state and federal)
- . Create career cohorts at community college
- . Inclusionary zoning (to require affordable housing everywhere)
- . Strategic housing plan + comp plan + re-zoning

Change Systems and How They Work

- . UVA recognizing their impact on housing and wealth and making substantive change to be a game changer by participating (e.g. investing in housing, early ed., etc.)
- . Open hiring
- . Synchronize housing and career ladders
- . UVA treated employees with same care and compassion as patients
- . Increase access to wealth creation and asset building and preservation through home-ownership and entrepreneurship
- . Deconcentrating wealth (in addition to deconcentrating poverty)

Change the Environment around You

- . Bike and pedestrian access
- . Improving representation: most affected people sitting at table
- . Food deserts

Best Practices Brainstorm: Social Determinants of Health