- . 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
- . School nurses

conditions)

- . PHA smoke-free policies
- Quit Smoking classes
- . Acudetox
- Smoke-free laws in public housing and restaurants

Counseling and Intervention

Counseling/ The Women's Initiative

Farmacy

Clinical Interventions

Long-lasting
Protective Interventions

Changing the Context

To make individuals' default decisions healthy

Socioeconomic Factors

The Women's Initiative

. Move2Health Coalition . C'ville Walks

Food Justice Network
 Community garden

. Local Food Hub / Fresh . Bread and Roses

- . 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 Systems and How They Work

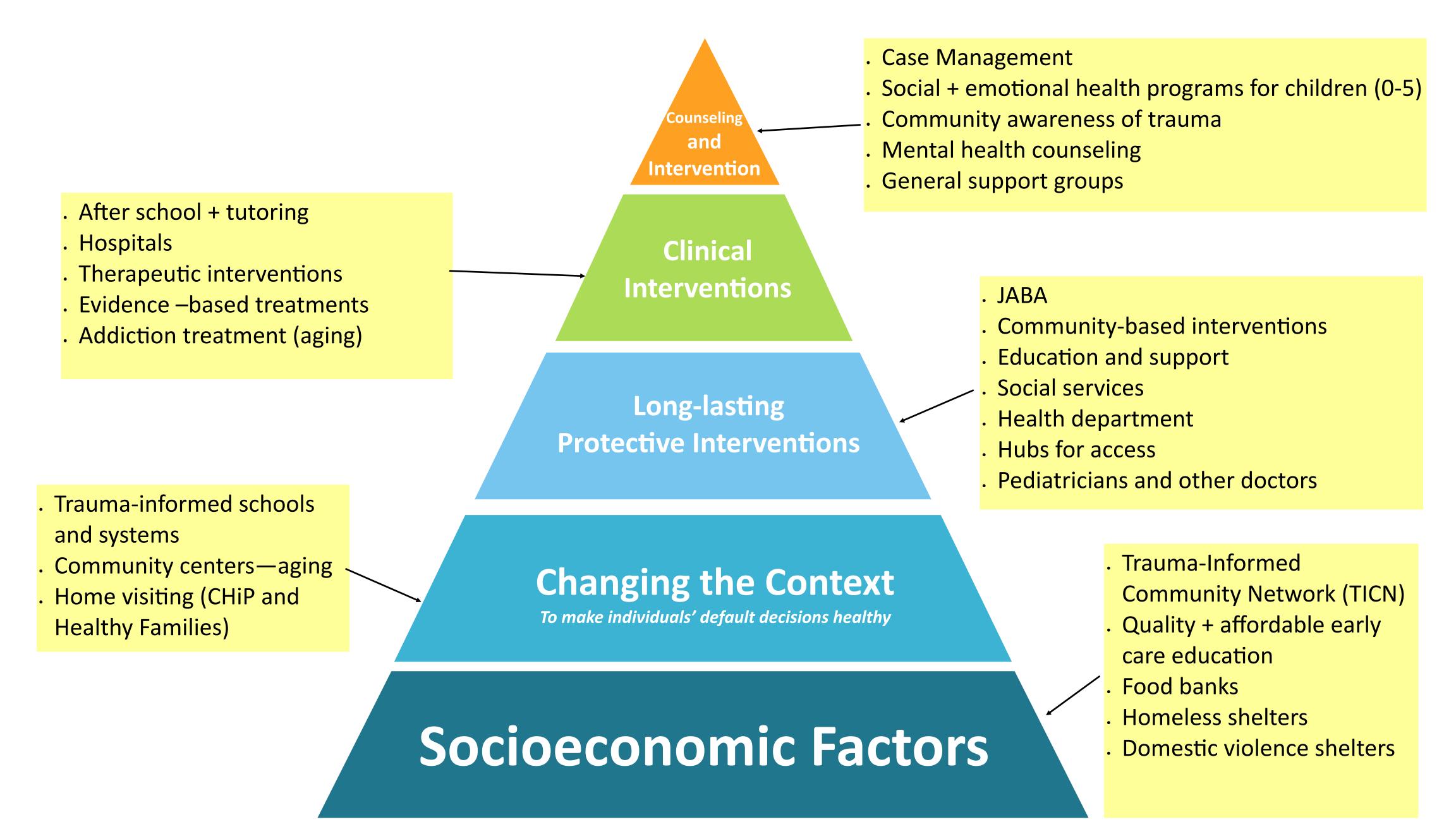
Change the Environment around You

- . 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 workings hours vs. available services (access)
- . Neighborhood focus for available services
- Language Issues: @ providers whose English is too accented for patients

- . 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

- . 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 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
- . 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

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

Clinical Interventions

Counseling

and

Intervention

Long-lasting
Protective Interventions

- . 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

Changing the Context

To make individuals' default decisions healthy

Socioeconomic Factors

- Rural transportation

 initiatives (i.e. Medicaid
 transportation)

 Housing (affordable) efforts
- Improved employment training

Current Programming Brainstorm: Health Disparities & Health Equity

Change Systems and How They Work

Change the Environment around You

- . 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)

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

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

Best Practices Brainstorm: Health Disparities & Health Equity

Access: . SNAP . WIC . Wholesome wave . Gardens

- . School lunch
- . Summer feeding
- Fresh Farmacy
- . Michie Market

- Fresh fund
- . Weigh data by school district assessment
- Fresh Farmacy
- Afterschool + summer meals for kids via USDA/Virginia Dept of Education
- . Hoos Well
- . Individual behavior

- Access: Community gardens, markets
- Many great sites for exercising
- Unusually many non profit orgs
- Heritage centers: Jefferson School, Lewis & Clark
- Hoos Well (UVA employee program), UVA culture
- Safe routes to school (Cville)
- Schoolyard gardens

- . Food pantries and mobile . Nutrition education distribution
- . CATCH, school PE, after school programming
- **Cooperative Extension** (VCE) education series: Super Pantry
- . PB+J/ Bread and Roses and other cooking classes
- . Harvest of the Month @ **Cville City Schools**

. Many clubs/informal walking, biking, running Move2Health Coalition Clinical

- Policy: Land Use policy, input to comp.
- Plan for urban gardens
- Local government
- Fresh Farmacy
- Walk to school days
- Charlottesville City Council Food equity initiative
- . CATCH, School PE
- Local food hub—promotion of local growers
- School nutrition standards

Long-lasting Protective Interventions

Counseling

and

Intervention

Interventions

Changing the Context

To make individuals' default decisions healthy

Socioeconomic Factors

- Appreciation for cultural landscaping
- Temperate climate
- Living wage—recently initiated @ Cville City Schools
- A population that favors walking
- Boys and Girls Club, Parks and Rec youth activity programs

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 the Environment around You

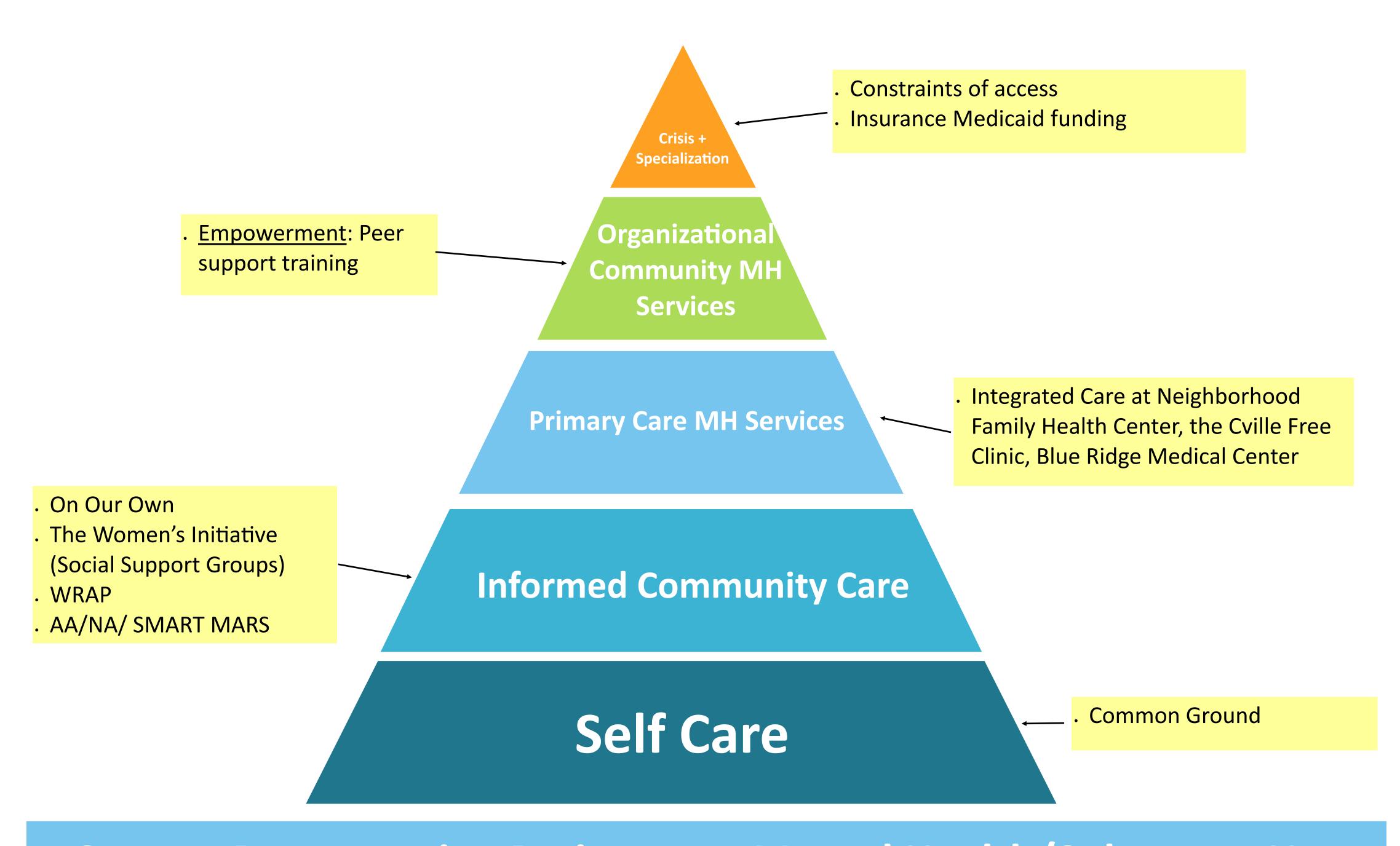
Change Systems and How They Work

- . 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 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

- Piedmont Regional Education Program
 —> Parent Resource Center
 (education and outreach to families of children with disabilities)
- Affordable housing prevention through repair and rehab (AHIP)
- Trauma-Informed Community
 Network (TICN) is educating providers
 about trauma-informed care
- Beginning of racial equity analyses in catalytic non profits
- Enhancing social fabric through peer networks (Network2Work, Home to Hope, On Our Own, Ready Kids)
- Affordable housing strategy (Cville and perhaps Albemarle)
- Public transportation in the city and rural counties
- . Reparations
- Pathways to housing



Clinical Interventions

- Partners for Mental Health
- Replacing/repairing public housing and long-term systems planning
- Increase career ladder options (healthcare aides and others)
- Early childhood Task Force (Friendship Court Early Childhood Center —> high quality!)
 - Early childhood education
 - . Reentry Council—focus on employment
 - Prisoner reentry system mapping
 - UVA Equity Initiative
 - UVA community working group
 - Living wage coalition
- Long-lasting
 Protective Interventions

Changing the Context

To make individuals' default decisions healthy

To make marviduals dejudit decisions nearthy

Socioeconomic Factors

 Legal assistance (Legal Aid, Charlottesville/Albemarle Bar Association, housing counseling)

- Kresge Grant: "Enhancing health equity through housing"
- City: subsidizing employment/ training for vulnerable populations
- Redevelopment of Southwood, Friendship Court, and Public Housing
- Transport elderly people with disabilities, low income to medical appointments

Current Programming Brainstorm: Social Determinants of Health

Change Systems and How They Work

Change the Environment around You

- . 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 + rezoning

- 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 homeownership and entrepreneurship
- . Deconcentrating wealth (in addition to deconcentrating poverty)

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

Best Practices Brainstorm: Social Determinants of Health