



## COMMUNITY BENEFIT

# Your Support Made a Difference

2018 REPORT TO DONORS

In three short years, the Melinda Hoag Smith Center for Healthy Living has changed the lives of individuals and families in Orange County. Launched as a visionary and collaborative approach to caring for the most vulnerable among us, the Center is funded by the generosity of the Hoag Family Foundation and many other donors. A variety of services address the needs of mind, body and spirit, reflecting the Center's holistic philosophy of caring for the entire person. Hoag facilitates collaboration with community partner agencies to bring together, under one roof, a wide variety of services.

Your generosity has helped inspire and empower others to take control of their health and well-being. This report is a summary of the impact that you made with your support in 2018.



Ballet for Kids at the Melinda Hoag Smith Center for Healthy Living



Michaell Silva Rose, DrPH, LCSW, Director of Community Programs

## Looking Back and Looking Forward

Since its opening in 2016, the Melinda Hoag Smith Center for Healthy Living has made a tremendous impact on the community, improving the lives of both individuals and families in need.

The Center is a collaboration, bringing like-minded organizations and non-profits together in one location providing an integrated, holistic approach to community services. Those services include everything from health care and legal aid to mental health and spiritual support for the most vulnerable among us — and all made possible by the enormous generosity of donors.

The goal of the Center is to provide assistance to the underserved and at-risk individuals and families in our community. And, since the doors of the Center opened three years ago, it's done just that. Each year, the Center continues

to grow as it provides more services, more classes and more offerings. We look forward to its continued growth and the ability to provide critical assistance to those in need.

During the last year, we have grown to **40 agency partners**. Together, these organizations tallied **51,937 patient encounters** in 2018.

Many thanks to the James and Glenys Slavik Family Foundation for generously funding Care Coordinator Jessica Sanchez who connects clients with the Center's resources and services.

*“Looking back at 2018, we’re proud of the significant increase in the number of people served at the Center and increased services provided by our agency partners. The success of the Center is the result of many dedicated individuals and, most importantly, our forward-thinking donors whose generosity makes it all possible.”*  
— Michaell Silva Rose

## Partner Spotlight

### Be The Change Yoga

Scientific research is increasingly drawing a straight line between yoga and physical and emotional wellness. That’s why Hoag’s Community Benefit Program asked Katie Allen, MPH, and Allison Prince, founders of Be The Change Yoga in Irvine, to bring their model to the Melinda Hoag Smith Center for Healthy Living.

“Yoga has so much to offer, including mindfulness and wellness, and it can help people make better, healthier life choices,” says Katie, who conducted her master’s thesis in yoga’s ability to treat and prevent chronic illnesses.

Currently, the Center offers seven classes: two in Spanish, two in English, one specifically for health care workers, one for families and one for children — all free of charge thanks in part to the generosity of donors.





### **Ballet for Kids**

In partnership with the Academy of International Dance, the Melinda Hoag Smith Center for Healthy Living offers a free children's primary ballet class. Designed for beginners ages four to six, the class teaches kids various rhythms and exercises that improve their spatial awareness and coordination. They also learn simple choreography, counting to the music, etiquette and gracefulness.

### **Costa Mesa Family Resource Center**

The Melinda Hoag Smith Center for Healthy Living is home to the Costa Mesa Family Resource Center (CMFRC), a family friendly, community-based collaborative with the capacity to provide on-site access to comprehensive prevention and treatment services. CMFRC provides social, educational, health and supportive services for all families residing in Costa Mesa. Partner agencies include Human Options, The Raise Foundation, The Children's Bureau, Girls Inc., MOMS Orange County and Hoag.

### **Girls Inc.**

Thanks to the generosity of the Hoag Family Foundation, the Melinda Hoag Smith Center for Healthy Living was able to offer an eight-week Girls Inc. summer camp at no cost to low-income families from our surrounding communities. This year, we had a total of 87 campers who participated in STEM sessions, art classes, a canine literacy program, yoga, computer lessons and fun filled in-house and off-site field trips.

## SPIN

Stable housing, access to quality health care, financial counseling, job placement assistance and a reliable food supply. Having access to these resources can mean the difference between a healthy, safe life and one of daily despair. That's where Serving People In Need (SPIN) comes in. Working with dozens of landlords across the county, SPIN's staff helps to place families and individuals in long-term housing. SPIN also provides financial counseling and job placement. The organization serves as a conduit to a wide range of other services through partnerships like the one with the Melinda Hoag Smith Center for Healthy Living.



Joseph Garcia is a SPIN success story. A single father of two, SPIN helped him find an apartment, paid the first and last month's rent and several months more until he could get on his feet. SPIN also paid for Garcia's schooling and provided counseling in financial literacy. He soon earned his fire-inspector license and got a job with a private company. "SPIN stepped up above and beyond for me and my kids," he says. "I feel so blessed to have had their help along the way."

## Hoag Health Ministries

Science is confirming what many know intuitively: spirituality and faith may be very good for your health.

And that's where Parish Nursing, also known as Faith Community Nursing (FCN), comes in. The Faith Community nurse focuses on bridging nursing, public health and spirituality to his or her care practice. Serving as the largest organization of its kind on the West Coast, Hoag Health Ministries equips and trains Faith Community nurses so they can aid families in their congregations with clinical case management, individual clinical decisions and support. Hoag Health Ministries coordinates and supports 46 congregations of all faiths in Orange County and has affiliations from Northern California to San Diego.

**Through the generous support of the David R. Clare and Margaret C. Clare Foundation, Hoag Health Ministries has been able to:**

- **Hire additional staff**, enabling the Hoag Health Ministries team to develop and introduce new preventive health initiatives and expand Hoag Health Ministries' outreach to new communities.
- **Offer a five-day Foundations of FCN course**, which has produced 109 graduates.
- **Grow the Health and Spirituality Conference**, which more than **200** people attended in 2018. This annual conference provides the opportunity to explore spiritually-based care approaches. Topics include mental health and coping strategies as well as issues of faith and culture, all of which can be integrated into good medical care to enhance the patient's outcome.
- **Establish the FCN Summit**, which drew **109** attendees in its second year.
- **Develop and deploy NurseDOT**, a voice activated documentation app for FCNs.
- **Contribute a training module** to the national Westberg Institute curriculum for FCNs.
- **Provide a Nurse's Day Retreat** honoring the contributions given by the FCNs throughout the year.



# Removing the Stigma of Mental Health Care

Thanks to donor support, Hoag Mental Health Center (MHC) provides an essential service to individuals and families who might not otherwise receive help. Hoag MHC aims to provide free or low-cost psychotherapy services to the community.

Staffed by a team of eight social workers, two social worker assistants and one part-time psychiatrist, the team works to break down social stigmas about mental health, helping patients understand that the challenges they

face are common — and that there are solutions. As part of the Melinda Hoag Smith Center for Healthy Living, the MHC staff can easily connect patients with other services from legal support and exercise classes to social services and family resources.

## 2018 Impact



**710**

Children and adults received psychiatry and mental health consultations



**7831**

Total encounters, including psychotherapy (individual, couples, family), therapy groups, community presentations, outreach, case management and psychiatry



**779**

Children and adults attended psycho-educational and therapy groups



**260**

People received additional psychiatric treatments

### Graduate Social Work Intern Stipends

We are grateful for the El-Erian Endowment for Healthy Families which funded graduate social work internship stipends at the Hoag Mental Health Center. In partnership with graduate schools including USC, CSULB, CSUF and UCLA, the social work intern program provides the interns with a valuable training experience. The team of interns provides additional support to the Mental Health Center, ensuring delivery of primary services benefitting the community including psychotherapy (individual, family, couple or group formats), education, training of other professionals and paraprofessionals and collaborations with partner agencies to provide important on-site mental health services.

The program helps to expand mental health workforce development and alleviate the shortage of mental health practitioners in Orange County.

### Suicide Awareness and Prevention

Despite all the recent high-profile suicide deaths, there is still a lack of awareness when it comes to the topic of mental health and suicide. In response, in 2018, the Melinda Hoag Smith Center for Healthy Living hosted its first community suicide prevention event. The event was hugely successful with parents, teens, professionals and interested community members in attendance. A key takeaway from the event was the importance of talking about suicide prevention with our loved ones and friends.

Whether due to circumstances or genetics, there are many factors that can leave people vulnerable to mental disorders. The numbers are sobering. The first step to address this situation is to start the discussion – and to continue it is essential. Hoag is committed to being a responsible community partner by tackling sensitive topics and being part of that conversation.

## Ambassadors of Wellness

They are the bridge between low-income families and the services that exist to help them. They are compassionate guides when navigating life challenges seems overwhelming. They are, at times, a lifeline. They are the Promotoras of the Melinda Hoag Smith Center for Healthy Living.

A Spanish word for ambassadors, the Promotora Program was introduced to Hoag in the spring of 2018 and has served as an effective way to bring the Center to the community.

We are deeply grateful for the partnership and generous commitment of visionary donors Tod and Linda White who helped launch the Promotora Program through the Tod & Linda White Community Outreach Innovation Fund.

Our Promotoras work with clients to provide social support, nonclinical education and advocacy for community health needs with a focus on mental health and wellness. The Promotoras also facilitate support groups, meet clients at doctors' offices and help educate the general public about the services available at the Melinda Hoag Smith Center for Healthy Living.

The Promotoras are a crucial link in navigating the social and cultural barriers which might otherwise hinder access to community resources. While many programs exist to help low-income families access health care, mental health services, translation, legal services and more, the individuals and families who need them most often don't know about them. That's where the Promotoras make all the difference.



### Promotoras help by:

- Liaising between community members and health care agencies
- Providing guidance and social assistance to community members
- Enhancing community residents' ability to communicate effectively with health care providers
- Advocating for individual and community health
- Providing referral and follow-up services or otherwise coordinating care
- Facilitating support groups
- Educating community residents regarding disease prevention



## Promoting Family Health and Wellness

In November 2018, the Melinda Hoag Smith Center for Healthy Living, in partnership with Clinic in the Park, held a Family Health Day to connect, screen and educate the community. Among the many free services offered were a flu shot clinic, BMI/blood pressure screening, dental health clinic/dental screening for kids, nutrition information, breast cancer awareness information and much more. In addition, free booster seats, first-aid kits, children's books and bike helmets were provided.

Family Health Day featured **59** participating organizations serving **486** visitors and provided more than **9,000** services.

## Thank you

Thanks to the generous support given to the Melinda Hoag Smith Center for Healthy Living, we continue to expand the much-needed services we are able to offer to the community. Our goal is to provide assistance to the underserved and at-risk individuals and families — and continue to grow along with that need. The incredible ongoing support of our donors has made that goal a reality.

For more information, please contact the Hoag Hospital Foundation at (949) 764-7217. Please visit our website at [www.HoagPromise.org](http://www.HoagPromise.org).