



# ACTION PLANS\*

as of 10/30/2017

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## Behavioral and Mental Wellbeing

### Strategy #1: Promote building blocks for a community wide system of care.

Action Plan	Quantity	Deadline	Agency	Already In Progress
Take inventory of and monitor development of behavioral health navigation/coordination systems to include SOC, Bexar County, STRAC, TX Serves, etc. <ul style="list-style-type: none"> <li>Identify POCs for systems listed below.</li> <li>Confirm proposed metrics</li> <li>Draft report</li> </ul>	NA	Quarterly	BMWB CHIP Workgroup – Metro Health (Lead)	N
Create navigator systems (one stop shop, no wrong door) for community members in search of resources.	# users or referrals	Quarterly	Bexar Co SOC (CHCS) Health Collaborative	Y
Create ED psych bed navigation system utilized by all hospitals.	# hospital participants	Quarterly	STRAC	Y
Navigation for veterans (TX Serves).	# participants	Quarterly	AACOG	Y
Improved data sharing among providers.	# participants	Quarterly	HASA United Way TAV Connect	Y
Disseminate resource guide annually.	# guides	Every January	Bexar Co	Y



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## Behavioral and Mental Wellbeing

### Strategy #2: Create a community wide awareness and education plan.

Action Plan	Quantity	Deadline	Agency	Already In Progress
Inventory of key stakeholders (including consumer voice) involved in awareness and education in Bexar County and their impact (online survey). <ul style="list-style-type: none"> <li>Expand mental health first aid and CIT (currently teachers, SAPD, SAFD...)</li> <li>1 in 5 Minds</li> <li>NAMI classes and groups</li> <li>SACADA</li> <li>Include professional organizations (BCPA etc)</li> <li>Veteran's Administration Resources</li> <li>DARS resources</li> <li>Utilize CHCS behavioral health provider list as a resource to access potential stakeholders along with existing relationships among BMWB Chip members</li> </ul>	NA	9/30/17	BMWb CHIP Workgroup - Clarity (Lead)	Y
Form executive committee responsible to design strategic plan.	NA	9/30/17	BMWb CHIP Workgroup - Clarity (Lead)	Y
Find funding for facilitator.	NA	9/30/17	HEB FF BMWb CHIP Workgroup	Y
Recruit facilitator with expertise in mapping out large scale communication efforts.	NA	10/31/17	BMWb CHIP Workgroup - Clarity (Lead)	N
Conduct planning session (full day) and a ½ day review of the plan.	NA	1/31/18	BMWb CHIP Workgroup - Clarity (Lead)	N
Measure progress and adjust plans every 3 months.	NA	Quarterly	BMWb CHIP Workgroup - Clarity (Lead)	N



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## Behavioral and Mental Wellbeing

**Strategy #3: Facilitate telemedicine for behavioral health in Bexar County, including mental health and substance-related disorders in primary care settings.**

Action Plan	Quantity	Deadline	Agency	Already In Progress
Reach out existing telemedicine users to identify best practices/subject matter experts. <ul style="list-style-type: none"> <li>• Include Texas A&amp;M initiative, Ecumenical Center, Cohen Clinic</li> <li>• American Telemedicine Assoc.</li> <li>• Local professional organizations</li> </ul>	NA	10/31/17	Dulin, Gerard, Sandy, Dr. Woo, CHCS, Cohen Military Clinic at Family Endeavors	N
Educating community about telemedicine law and facilitating implementation including funding options (toolbox to include - SOPs, documents, information on Secure technology, reimbursement strategies). <ul style="list-style-type: none"> <li>• Include local professional organizations (BCMS, BCPA, etc)</li> <li>• Community Centers, ISDs</li> </ul>	# trained	7/31/18	Dulin, Gerard, Sandy, Dr. Woo, CHCS, Cohen Military Clinic at Family Endeavors	N
Identify opportunities for integrating behavioral health within primary care settings through various technological advances (telemedicine, secure health messaging, etc).	NA	7/31/18	BMW B CHIP Workgroup	N
Explore the establishment of regional psychiatric hub to provide technical assistance to primary care physicians.	NA	10/31/18	BMW B CHIP Workgroup	N



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## Behavioral and Mental Wellbeing

**Strategy #4: Increase interest in behavioral (mental health and substance-related disorders) health training and careers across professions.**

Action Plan	Quantity	Deadline	Agency	Already In Progress
Schedule guest speaker engagements (Ecumenical Center, Clarity...), perhaps working through BCPA.	2	Annually	BMW B CHIP Workgroup + BCPA	Y
Meeting with stakeholders, Meadows—what has worked elsewhere?	1			
Explore the need and opportunity to increase interest in behavioral health careers by increasing behavioral health curriculum and practicum opportunities in undergraduate and graduate programs (high schools, career fairs, inventory of activities).	NA	10/31/20	BMW B CHIP Workgroup	Y
Explore mandated behavioral health training requirements for social service professions (teacher, medical professionals, clergy).	NA	10/31/20	BMW B CHIP Workgroup	Y
Join/promote Workforce Development Workgroups of behavioral health professional organizations.	Join 2 groups	10/31/20	BMW B CHIP Workgroup, Junda Woo	N



# ACTION PLANS\*

as of 10/30/2017

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## Healthy Child and Family Development

**Strategy #1: Identify, create more of, and promote home visiting programs for pregnant and parenting individuals with children up to 5 years old with less restrictive eligibility criteria and link them to these services.**

Action Plan	Quantity	Deadline	Agency	Already In Progress
Create a comprehensive list of all the current programs and services with eligibility criteria, specializations, languages, point of contact, history of program, their capacity, funding, and outcome measures.	1 survey	January 2018	Metro Health	Y
Identify and apply current funding sources to enable expansion and create new programs	10+	As they become available	Children's Shelter	Y
Work with United Way 211 to improve referrals and resource provided to persons seeking services	ALL	December 2017	Metro MOD	Y
Expand eligibility of programs and implement new programs to serve more individuals	Depends on the baseline and action #1	continuous	Catholic Charities United Way Children's Shelter Methodist Healthcare Ministries Healthy Start	Y
Advocate for the continued awareness, funding stream and growth of programs through cross-sector partnerships.		Continuous/ During legislative session	Voices for Children (C)	



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## Healthy Child and Family Development

### Strategy #2: Provide whole family immunizations at more venues.

Action Plan	Quantity	Deadline	Agency	Already In Progress
Find funding for Immunization Champion program to be able to later implement with similar success as in Houston			Immunization Partnership	
Provider education including non-traditional providers (dental, EMS), promotion of immunization schedule, including wellness exam			Metro health Head Start	
Identify immunization rates for animals.				
Identify immunization needs by geographic area/neighborhood done by County (head start), school districts (non-medical exemptions) and by zip code, council districts, & census tracts (metro)	Multiple	Next survey period	Metro, Head Start	
Identify mobile immunization units and other partners that include senior and adult service populations not children only.	1 survey	December 2017 (initial) then updated annually	Metro Health	
Organize targeted immunization (12-35 mo olds, seniors, adults, teens) fairs and other events for vaccination in at-risk neighborhoods throughout the year (not just back to school)	Many	Ongoing		Y
Create advocacy committee to include promotion of CHW model, provider provision of immunization	1 Committee	March 2018		Y



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as of 10/30/2017

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## Healthy Child and Family Development

**Strategy #3: Develop and promote Patient-Centered Medical Homes (PCMH) where patients are connected/educated by community health workers/navigators/case managers/office practice managers to community services.**

Action Plan	Quantity	Deadline	Agency	Already In Progress
Landscape analysis to identify existing PCMH (location, history, accreditation status, number of patients served, insurance reimbursement)	1 survey	January 2018		
Inventory of certified community health workers and their place of employment (in and outside PCMH) in Bexar County	1 survey	March 2018	State Website, NWVista College	
Conduct a feasibility study if a coordinated PCMH accreditation program would be needed in our community	1 Study	December 2018		
Create/promote a market campaign/toolkit for families and providers	1 Campaign	September 2018	Head Start	
Provider and Community Education and promotion of the PCMH model	__# of PCMH professional development encounters or Toolkit	Ongoing		



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## Healthy Child and Family Development

**Strategy #4: Develop and connect residents to geographically accessible healthy hubs (e.g., one per precinct) where families can access medical needs, basic needs, lactation education and support, utilities payments/assistance all at one place.**

Action Plan	Quantity	Deadline	Agency	Already In Progress
Landscape of existing healthy hubs (Determine if healthy hubs are permanent versus temporary/ad hoc)	1 Survey	December 2017	CentroMed	
Research best practices around the country on healthy hubs	1 Survey	December 2017	Metro	
Identify partners/resources (e.g., food pantry) available in each geographic area to address these needs (location, fees, eligibility)	1 Survey	March 2018		
Research models: Head Start, Haven for Hope and senior services centers (e.g., Wellmed)	Report	December 2018	Metro Head Start	
Create a marketing plan	1 Plan	December 2018		
Training/Education of navigators/providers/community health workers	Series	March 2019		
Find and apply for funding to build and staff healthy hub	Applications	December 2019		





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as of 10/30/2017

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## Healthy Eating and Active Living

**Strategy #1: Improve infrastructure to reduce barriers to physical activity and healthy eating.**

Action Plan	Quantity	Deadline	Agency	Already In Progress
Increase food service establishments participation in Por Vida in areas of greatest need.	10	Sept 2017	Metro Health	Y
Work with the Food Bank and Food Policy Council to align food policies that will work to improve access to healthy food.		Sept 2017	Methodist Healthcare Ministries (MHM)	Y
Work to establish a partnership of PA and nutrition resources; 311, Health Collaborative, FitcitySA.com, 211 (United Way).		Sept 2018	Metro Health (MFC), Humana	N
Work with Parks, TCI, SA Tomorrow Comp. Plan and MPO, Metro Health Neighborhoods to ensure/evaluate walkable infrastructure /priority of safe sidewalks.		Sept 2018	Salud America	N



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as of 10/30/2017

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## Healthy Eating and Active Living

**Strategy #2: Promote a culture of healthy eating and active living at worksites, faith-based communities, schools, and neighborhoods.**

Action Plan	Quantity	Deadline	Agency	Already In Progress
Expand nutrition education across organizations in San Antonio (faith-based, schools, and neighborhoods).		Sept 2018	Metro Health, ADA, THC, AHA, (HEB, CHEF program, Texas Agri-life, SA Food Bank)	Y
Expand physical activity education across organizations in San Antonio (faith-based, schools, and neighborhoods).		Sept 2018	The Health Collaborative, YMCA, SA Parks and Recreation	
Develop an infrastructure to share best practices related to PA and nutrition in the school environment.		Sept 2018	Metro Health (MFC)	N
Expand workplace recognition programs.		Sept 2018	Metro Health (MFC), ADA, AHA	N
Adopt organizational policies or standards that encourage a culture of health across organizations.		Sept 2019	ADA, AHA, Metro Health (MFC)	N
Promote a toolkit for faith communities to connect them to health resources.			Needs Lead	



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as of 10/30/2017

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## Healthy Eating and Active Living

### Strategy #3: Develop a coordinated system for screening for food insecurity.

Action Plan	Quantity	Deadline	Agency	Already In Progress
Review existing food insecurity screening tools and develop a standardized screening tool.		September 2018	The SA Food Bank, Food Policy Council	Y
Disseminate and implement standardized screening tool.		January 2019	The SA Food Bank	Y
Work with the Food Bank and Food Policy Council to align food policies that will work to improve access to healthy food.		September 2019	MHM	
Identify Food Deserts in Bexar County to target screening efforts.		July 2019	The SA Food Bank, Food Policy Council, Humana, MHM	



# ACTION PLANS\*

as of 10/30/2017

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## Healthy Eating and Active Living

**Strategy #4: Build relationships with businesses to invest and leverage resources for the health of the community (Health Impact Investing model).**

Action Plan	Quantity	Deadline	Agency	Already In Progress
Educate business community leadership about the Social Determinants of Health (Chamber of Commerce).		Sept 2018	Metro Health (MFC), The Health Collaborative	N
Research work that the business community is already doing in our community (top five zip codes).			Need Lead	N
Leverage support of city's committee on community health and equity.			Need Lead	N
Support legislation that encourages healthy food financing and business investing in health.		Sept 2019	The Health Collaborative	
Encourage and recognize businesses for their investments in their local community beyond the workforce, ex. establishing community gardens in schools.	Absorb into Strategy 2 – Action 4/5	Sept 2019	Metro Health (MFC)	N



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## Safe Communities

**Strategy #1: Increase ladders of opportunity and education addressing systemic root causes of violence and intergenerational poverty.**

Action Plan	Quantity	Deadline	Agency	Already In Progress
Expand funding and/or partnership opportunities for violence prevention organizations.	N/A	EOC	Metro Health SAPD Municipal Courts Fundors NPO's	
Research and identify best practices that increase community safety.	N/A		Metro Health DHS	
Establish a baseline data that identifies target population.				
Host multiple public education events monthly.	36	EOC	Vision Zero	
Host at least one outreach event in high problem areas quarterly.	12	EOC	Vision Zero	
Provide education and distribute information to area students, teachers, staff, and parents through coordination with school districts, community organizations, churches, and groups.	n/a	Ongoing	Vision Zero Safe Kids Stand Up	
Produce multiple pamphlets, brochures, and public service announcements (PSA) per year.	10	EOC	Vision Zero	
Increase engagement and partnership opportunities with workforce at the case management and leadership levels for screenings on social determinants.	2 trainings Workfor ce	Annually	Alamo Workforce ACCD* Youth Build* SA Youth*	
Continue to address truancy policies to keep kids out of court and provide intense intervention efforts aimed at addressing the root causes of absences.	N/A	Ongoing	Municipal Courts	
Address policy issues within the school systems regarding disproportionality of discipline for male students of color.				



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as of 10/30/2017

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## Safe Communities

### Strategy #2: Increase and improve infrastructure and places in the areas with the most need.

Action Plan	Quantity	Deadline	Agency	Already In Progress
Implement 10 Vision Zero projects annually, dependent on funding.	30	EOC	Vision Zero	Y
Continue to implement the infrastructure maintenance program to build sidewalks, install wheelchair ramps, install audible pedestrian push buttons, add bicycle facilities and facility maintenance, and other roadway improvements and maintenance throughout San Antonio.	N/A	Ongoing	COSA TCI SARA* VIA* Parks and Rec* DPCD* Neighborhoods and Livability Dept* Older Adults* Disability* Advocates Children* East Point	Y
Increase civic engagement at neighborhood level to inform policy in the SA Tomorrow Comprehensive Plan, e.g., through walkable community workshops, Metro Health Neighborhoods program, and planning committee meetings (MH and OS), and educate community on planning, city plans, and bond process.	N/A through reporting	Ongoing	Office of Sustainability Metro Health MPO TCI DPCD* Neighborhood Associations* Council Districts* Mayor's Office*	Y
Educate policy makers on social determinants of health to understand health in all policy.	10 (1 meeting /council district)	Annually	Chambers* Business* Community Health Collaborative Office of Health Equity Office of Sustainability UHS- focus on county* All city council* County Commissioners* AACOG*	N



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## Safe Communities

### Strategy #3: Provide intervention programs that break the cycle of trauma and promote trauma-informed care.

Action Plan	Quantity	Deadline	Agency	Already In Progress
Provide support, expand, an identify gaps (Parks and Rec example) Prevention Substance abuse Stress			Juvenile detention Adult probation Battered Women's Shelter Child care providers- CoSA Head Start and Early Head Start Rehab centers Hospitals Centro Med Haven for Hope Child Safe*	
Promote awareness on available services				
Provide education on trauma informed care and how to become sensitive to individuals affected by trauma to sectors not traditionally aware/involved. (Connection between trauma and toxic stress and substance abuse, obesity, diabetes-ACES)  Inventory? Resource assessment?			Faith based org that work in jails( Chrysalis Ministries) Parks and Rec DPCD SAPD (Human Trafficking) Metro Health- Stand Up Program Child placing agencies	
Hold a conference on trauma informed care	1 conference	Unknown at this time, planning committee will decide	Voices for Children- Lead Agency	N



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## Sexual Health

### Strategy #1: Increase education (to include stigma and abuse) with improved collaboration and coordination in Bexar County.

Action Plan	Quantity	Deadline	Agency	Already In Progress
<p>By September 30<sup>th</sup> 2020, increase the number of high risk youth ages 10-24 receiving education by _____%.</p> <p>*At risk defined: foster care youth, incarcerated youth, homeless, pregnant and parenting teens, LGBTQ, and refugees.</p>	Currently ~500 each year	September 2020	UT Teen Health Healthy Futures of Texas SA AIDS Foundation CHCS Metro Health UHS-CIPH Haven for Hope Project Thrive	Y
<p>By September 30<sup>th</sup> 2020, increase the number of high risk adults ages 25+ receiving education by _____%.</p> <p>*At risk defined: women of color, MSM of color, transgender, incarcerated, and homeless.</p>	Currently ~500 each year	September 2020	Metro Health Beat AIDS AARC Centro Med UHS- CIPH SA AIDS Foundation	Y
<p>By September 30<sup>th</sup> 2020, increase the number of healthcare providers receiving education by _____%.</p>	Currently ~50 each year	September 2020	Metro Health UHS Ryan White	Y





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## Sexual Health

### Strategy #2: Increase access to condoms.

Action Plan	Quantity	Deadline	Agency	Already In Progress
By September 30 <sup>th</sup> 2020, increase the distribution of condoms by _____%.	Currently ~140,000 condoms distributed per year	September 2020	SA AIDS Foundation Metro Health Ryan White CHCS AARC Beat AIDS UHS	Y
By September 30 <sup>th</sup> 2020, increase the number of condom distribution locations by _____%.	Currently ~100 locations per year	September 2020	SA AIDS Foundation Metro Health Ryan White CHCS AARC Beat AIDS UHS	Y



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## Sexual Health

**Strategy #3: Increase STD/HIV prevention, testing, and treatment (identify those who test but don't cover treatment).**

Action Plan	Quantity	Deadline	Agency	Already In Progress
By September 2020, increase the number of individuals using PrEP by _____%.	Currently ~100 per year	September 2020	Metro Health AARC SA AIDS Foundation Centro Med VA	Y
By September 2020, increase the number of youth completing the HPV vaccine series by <u>5%</u> each year for males and females.	Currently 32% for females and 19% for males.	September 2020	Metro Health Immunization Partnership Immunize San Antonio (coalition) Centro Med MHM UT School of Public Health	Y
By September 2020, increase the number of testing for STDs, Syphilis, and HIV in Bexar County by _____%	Currently ~15,000 per year	September 2020	Metro Health Beat AIDS AARC Centro Med UHS- CIPH SA AIDS Foundation	Y
By September 2020, increase the number of individuals retained in HIV care by _____%	Currently _____? (Bexar County data from state)	September 2020	SA AIDS foundation AARC UHS Centro Med	Y