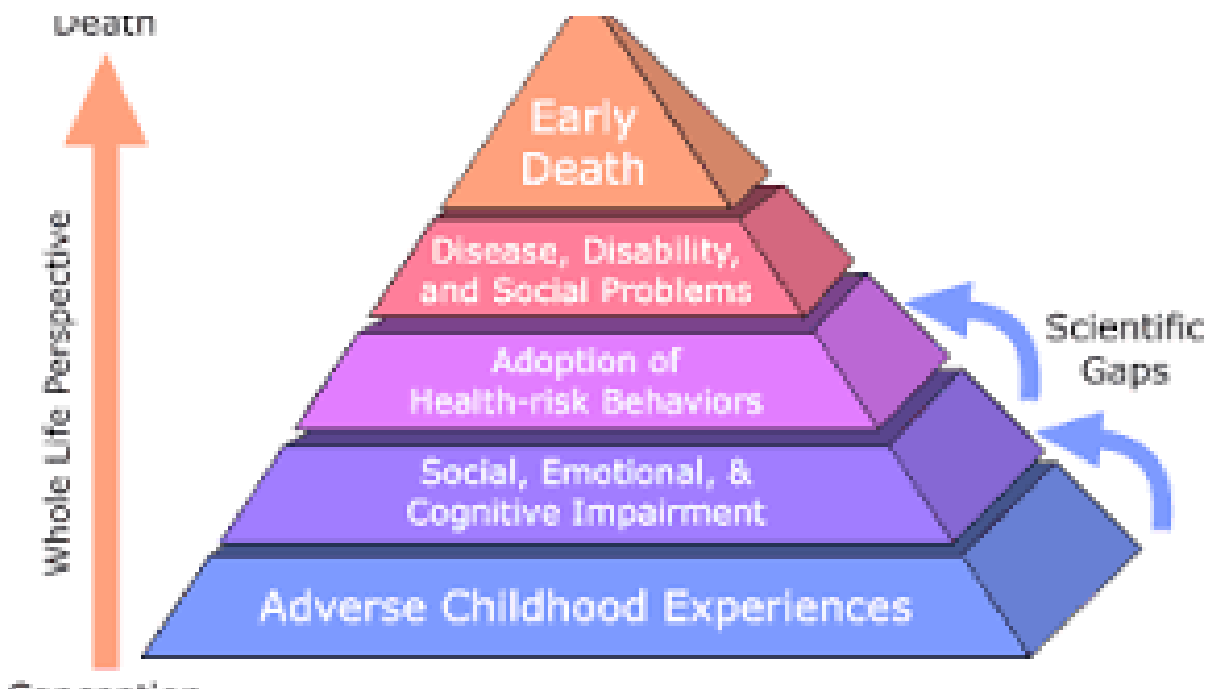




# THEORY OF CHANGE FOR HEALTH IMPROVEMENT

# TRAUMA AND CHRONIC ILLNESS: HOLISTIC HEALTH AS A TOOL FOR COST SAVINGS

Trauma is the primary causative factor in the high incidence of Post Traumatic Stress Disorder. PTSD is a psychiatric disorder caused by life threatening experiences that result in distinct biological changes, psychological symptoms, and a damaged sense of self-efficacy. (American Psychological Association [APA], 2014).



Social markers of post traumatic stress disorder are reflected within the social determinants of health (WORLD,2014) .

These statistics then lay the foundation for the socioeconomic statuses of communities wherein which the social determinants of health are directly attributed to various social ills such as mass incarceration, high school dropout rates, various poverty statistics, youth homicide and health inequities(ACES study, 1998).

Individuals who are survivors of Trauma can suffer from emotional, cognitive, and behavioral problems, such as anxiety, self-mutilation, phobias, drug and/or alcohol abuse, and depression (Rape, Abuse, & Incest National Network [RAINN], 2014) The physiological changes and neurology interruptions lead to chronic physical diseases and high infant mortality rates (Goldenberg, 2008). The physiological impacts of trauma induce within the individual a dysregulation of the somatic nervous system. The somatic nervous system is

High prevalence, coupled with lack of accessible solutions has resulted in 86% of the annual 2.7 trillion health care budget allocated towards the treatment and prevention of chronic illness.

# OUR METHOD FOR COST AND QUALITY IMPROVEMENT

In order to support the integration of holistic health practices proven by research to be effective in treating chronic illness, we provide the following Quality Improvement Mechanisms:

## PAYMENT MANAGEMENT AND PRACTITIONER DEVELOPMENT



Our online compliance hub supports existing practitioners and health systems in accessing the most relevant and compliant CMS codes for alternative and holistic health as well as culturally relevant and specific services.

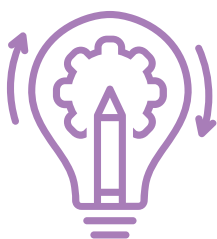
## PLATFORM FEATURES

- Payment management for out of network providers.
- Streamlined solution for tracking and disbursement of payments
- Alternative Health Plans
- Customizable coverage for uninsured patients

# COMPLIANCE AND BILLING HUB

The Compliance and Billing Hub contains several databases for providers, groups and systems to access CMS compliant billing codes, documents and more to improve access to alternative health services.

## QUALITY IMPROVEMENT SERVICES



### **PROGRAM DEVELOPMENT AND ASSESSMENT**

Providing systems with the proper training, evaluation methodology and research support to improve quality, service delivery and overall system function.



### **TECHNICAL ASSISTANCE SERVICES**

From curriculum development to staff training, our technical assistance services are designed to fill in existing gaps in knowledge base regarding trauma, holistic health and public health equity. We provide a myriad of services to support new and existing organizations and systems.



### **INTERGRATIVE ANALYTICS**

Includes the development of data analytics projects with the lens of health equity and intergenerational trauma as a driving force for chronic illness and low system performance.

# TRAINING AND DEVELOPMENT

The purpose of our training and development services is to equip public health practitioners with the skillset necessary to improve public health outcomes for their respective community on the local, state and or federal level. Attached is an overview of the trainings provided.

WORKSHOP	DESCRIPTION
<b>STAFF AND CLIENT TRAININGS</b>	
<b>Structural Violence and Toxic Stress</b>	Structural violence is one way of describing social arrangements that put individuals and populations in harm's way. The impacts of structural violence manifest as the social determinants of health. This seminar goes into how institutions create structural violence, how this then influences cycles of intergenerational trauma and what can be done on an individual and collective level to eliminate toxic stress.
<b>Healthcare System and Intergenerational Trauma</b>	Intergenerational trauma is the foundation for most chronic and preventable illness. In addition, because this form of trauma is passed down through genetics, it is not treatable through conventional health methods. This workshop provides insight into multigenerational trauma, how it impacts public health and what service providers can do to recognize the signs and cultivate resilience.
<b>Nutrition and Mental Health</b>	Mental health and nutrition are intimately connected. This workshop addresses that reality, how to recognize mood changes in relation to diet and develop a plan to create a diet that promotes mental well being.
<b>Technology and Mental Health</b>	Progress is a double-edged sword. With the increase of tech access and use comes increased health impacts. This workshop goes over the ways in which tech can negatively impact our health as well as the tools to overcome these unavoidable impacts.
<b>Self-Care Enhancement</b>	Far too often, the pervading culture of direct service and activism leave providers and activists burn out, experiencing high levels of vicarious trauma and compassion fatigue. This in turn impacts the quality of our work and threatens the sustainability of our collective movement towards liberation. The purpose of the workshop is to define and discuss self-care as a tool for personal and collective empowerment. Participants will understand what self-care consists of, how to develop systems for supporting their wellness, consistency and accountability and understand the new definition of leadership in the emerging future.
<b>Communication Support Skills</b>	This workshop helps service providers understand communication as a gateway or hindrance to building relationships with their clients. It covers the guides to code- switching, resolving conflict using Non-violent communication as well as skill building activities.
<b>Trauma and Sexual Health Education</b>	This workshop combines an understanding of trauma and mental health as it relates to sexual health. In order to promote healthy sexuality and behaviors, it is important to understand the ways in which trauma influences sexual relations.
<b>Holistic Frameworks for Understanding Mental Health</b>	The purpose of this workshop is to introduce providers and mental health consumers to eastern, cultural and indigenous perspectives of mental health.
<b>Cannabis, Co-dependency</b>	Cannabis does carry many health benefits when used appropriately.

<b>and Dual Diagnosis</b>	However, with the levels of trauma and maladaptive coping mechanisms amongst society, it becomes a hindrance to growth and productivity. Learn some of the lesser known impacts of cannabis use as well as public health implications for the recent legalization.
<b>Ethnic Pharmacology</b>	Most clinical trials for pharmaceutical drugs lack racial diversity. Because of this, the racial differences in regards to drug absorption and utilization are not widely understood. In addition, the proven differences in physiology and psychiatry put minority populations in a position of risk rather than reward. With pending deregulation, of the pharmaceutical industry, it is imperative to understand the potential dangers that could occur in regards to ethnic minorities and drug utilization.
<b>CERTIFICATION PROGRAMS</b>	
<b>Trauma Informed Policy Advocacy Training</b>	*The purpose of the workshop is to define and discuss the ways in which decision makers, advocates and organizers can begin to implement a deeper understanding of intergenerational trauma into the design and implementation of public policy.
<b>SERIES</b>	
<b>Workforce Success</b>	This workshop series participants in developing the interpersonal skills necessary to thrive in the workplace. How to identify and navigate toxicity in the workplace, advocating for fair treatment and ways to manage work related trauma are all covered. <b>Workshops included in series:</b> Navigating Toxic Workplaces Conflict Management Tools Self-Care for Workforce Success Communication for Healthy Workplace Culture Horizontal Violence at Work

© 2022 Resilient Wellness. All Rights Reserved.

# HEALTH CARE SYSTEM

Purpose: Health systems and service providers are tasked with addressing illness on an individual and community level. However the current system is plagued with a myriad of issues that inadvertently promotes health disparities.

## **Current issues within the healthcare system include:**

Preventable wasteful spending and profit loss

Lack of culturally relevant services

Trauma not centered as a primary cause of a low functioning system

Lack of culturally responsive providers leading to malpractice

Doctor burnout and case overload

## **Objectives & Goals**

Integrate cultural medicine as a primary form of medical care for chronic preventable illness

Improve prevention and intervention programming through strategic technical assistance

Reduce wasteful spending on preventable illness

Improve skill and knowledge set of existing providers through certified education

Enhance collaboration between public and private healthcare with community health leaders to improve health outcomes.

## **Deliverables**

Improve coordination and access to cultural medicine for disease prevention and improvement for chronic illness patients through the use of blockchain platform

Develop pipeline of community based, culturally relevant service providers via certification program

Improve wasteful spending and care coordination through data analytics and technical assistance

Improve provider skillset and knowledge base through certified health education

# EDUCATION SYSTEM

**Purpose:** School suspensions, high school dropout rates and low educational attainment are all linked to the social determinants of health. However, the aforementioned factors are all linked to complex community trauma and structural violence within the education system. Educational attainment has been shown to increase healthy behaviors and improve health outcomes. Research shows that the more education a person gets the longer they'll live. Educational attainment is impacted by trauma. In order to improve health outcomes for students, public health and education must collaborate with community organizations to deepen the impact of programming.

## **Current Issues in Education:**

Low educational attainment for students due to impacts of complex trauma  
Lack of needed services on school sites for students  
Lack of culturally relevant mental health programming and health education services  
Influence of structural violence on school system  
Mismanagement of funding creating negative impact on student success

## **Objectives & Goals**

Reduce barriers to access trauma centered health services for students on school sites  
Improve school sites ability to address trauma among students and staff  
Promote culturally relevant curriculum that promotes health equity and empowerment

## **Deliverables**

Support coordinated delivery of services to school sites through the utilization of technology platform.

Reduce wasteful spending and profit loss through data analytics

Improve teacher and school administration skill set and knowledge base through certified education

Improve education system policies and funding priorities through research and policy priorities



# PREVIOUS PROJECTS AND COLLABORATIONS



Supported Development of Trauma Based Public Health Programming and Policy for City of Berkeley Health Innovation Zones

Organization of stakeholders and decision makers in forums leading to development of executive orders and policy

Organize and lead cohorts of university students in long term public health projects and studies

Development of Data Project for University of California San Francisco HIVE program



Developed statewide policy priority document for mitigation of HIV among at-risk populations under a statewide HIV Advocacy Organization

Development of Trauma Informed Schools Trainings and Immigrant Youth Research for OUSD/SFUSD

Developed strategic plan for redesign of child mental health system in California

Initiated cannabis equity fund for San Francisco and developed statewide policy priorities

RWHEALTHTECH.COM

