



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARN, GROW, THRIVE

PATHWAYS  
TO  
WELLNESS



# WHAT IS PATHWAYS TO WELLNESS?

- ❑ **A partnership between CHAS Health (a Community Health Center) and the YMCA of the Inland Northwest in Spokane.**
- ❑ **A Lifestyle Medicine program that combines encouraging group classes with personalized coaching.**
- ❑ **A Participant Driven/Staff Supported model in which CHAS staff and YMCA staff collaboratively serve as consultants and guides to support patients as they define their wellness goals and co-design individual paths to achievement.**

# BASIC PROGRAM STRUCTURE – PART 1:

## ❖ WEEKLY SHARED MEDICAL APPOINTMENT (SMA):

*PARTICIPANTS MUST ATTEND 7:8*

GROUPS OF UP TO 18 PATIENTS MEET WEEKLY @ **THE YMCA**  
FOR A SHARED MEDICAL APPOINTMENT (SMA) THAT INCLUDES:

- ✓ Topical Education/Facilitated Discussions
- ✓ Biometrics and Vitals (On weeks that PCP is there)
- ✓ Self Reporting on Achievements and Barriers
- ✓ Community Building Activities
- ✓ Brief Coaching and Resource Navigation (as needed)
- ✓ YMCA and CHAS Health Staff Collaboratively Working Together to Support Patients in the Same Room

# EXAMPLE OF A PARTICIPANT WEEKLY SELF ASSESSMENT:

Name: Juli Pierce Week# 2

**the Y** **PATHWAYS TO WELLNESS**  
Weekly Self-Report

What did you do for your workouts this week?

Workout 1: I continue to use the  
Workout 2: therapy pool aerobics  
Workout 3: until I see my coach  
(trainer) I need to be  
Bonus workout(s): shown how to use  
the equipment and  
want to review the  
best workout for my age & condition

Have you had any change in your contact information this week (new address, phone or email)?

On the scale below, circle how successful you feel in relation to achieving your weekly goal(s).

Not at all successful Very Successful

1 2 3 4 5 6 7 **8** 9 10

1) Describe your accomplishments from last week. What are you most proud of?  
Getting up, getting dressed and showing up was a GREAT accomplishment because I was low on energy and commitment. Feeling anxiety over "little" things that are popping up in my life!

2) Describe the challenges you had last week. What ideas do you have to help you overcome those challenges, if faced with them again?  
Bribe force was used to talk myself into getting to the Y. Very difficult, but as I look back, it is just one step in front of another. Walking through this is brutal, but coming out on the other side is priceless.

3) How can your liaisons best support you this week? For example, can we help you connect with your coach? Is there a barrier that you need support working through? Do you have a burning question for us (or your doctor or dietitian or community health worker)?  
For the past few years (since my health took a nosedive) I have not been able to step straight on to a chair, but I noticed that I did it without realizing!  
I have my first meeting with Matthew this coming Monday - I met him when I went up to the floor to check it out, & think since we met, I found out he will be my coach!

Please use the reverse of this page to add any additional detail.

Name: Juli P. Week# 4

**the Y** **PATHWAYS TO WELLNESS**  
Weekly Self-Report

What did you do for your workouts this week?

Workout 1: Healthy Heart w/ Serena  
Workout 2: Core conditioning w/ Serena  
Workout 3: Weights & machines  
Bonus workout(s): Lap swim

Have you had any change in your contact information this week (new address, phone or email)?

On the scale below, circle how successful you feel in relation to achieving your weekly goal(s).

Not at all successful Very Successful

1 2 3 4 5 6 7 8 9 **9.5** 10

1) Describe your accomplishments from last week. What are you most proud of?  
I decided to try one new exercise group per week, so I'm not so overwhelmed last week. Zumba, this week Healthy Heart - (Guess I tried 2 this week) & core conditioning with Serena.

2) Describe the challenges you had last week. What ideas do you have to help you overcome those challenges, if faced with them again?  
Challenge this week was to heal my stomach after a week of antibiotic treatment. Needless to say, I'm feeling better after a week of bone broth & steamed apples!

3) How can your liaisons best support you this week? For example, can we help you connect with your coach? Is there a barrier that you need support working through? Do you have a burning question for us (or your doctor or dietitian or community health worker)?  
I'm thanking the Universe many times over for my great coach/trainer Matthew Melton. Not only is he helpful in teaching me & working with me, but he is one of the finest people I have met in a long time. Thank you, Matthew

Please use the reverse of this page to add any additional detail.

# BASIC PROGRAM STRUCTURE – PART 2:

## ❖ **INDIVIDUAL WORKOUTS:**

*PARTICIPANTS MUST COMPLETE 3 WORKOUTS PER WEEK  
(24 TOTAL) AND DEMONSTRATE CONSISTENCY*

PARTICIPANTS COMMIT TO PHYSICAL ACTIVITY SESSIONS AT THE YMCA 3X/WEEK BUILDING UP TO 60 MINUTE SESSIONS

- ✓ Each participant assigned a 1:1 coach and given up to 3 personalized coaching sessions
- ✓ Coaches also conduct 'floor hours'
- ✓ Participants can choose from group exercise classes (land or water) or personalized program design using equipment on wellness floor
- ✓ All workouts must be recorded and signed off by a Y staff member and match their attendance as tracked by their membership scan card

# EXAMPLE OF A PARTICIPANT COMPLETED WORKOUT TRACKER:



Name: Paul Paz

## PATHWAYS TO WELLNESS

Coaching Appointment #1 10 / 17 / 19  
 Initials of Participant and Coach: Megan

Coaching Appointment #2      /      /       
 Initials of Participant and Coach:     

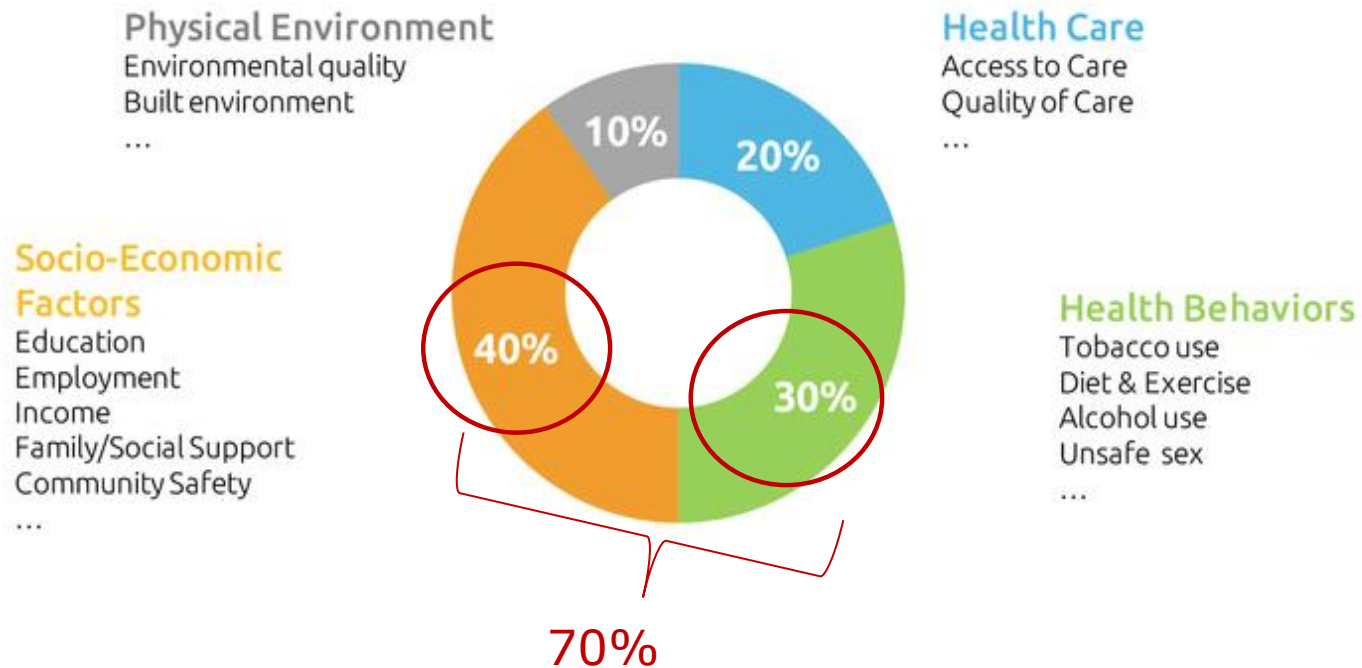
Week	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
1	10/11	10/12	10/13	10/14	10/15	10/16 MD	10/17 MAGS
2	10/18	10/19	10/20	10/21	10/22 seth	10/23 cy	10/24 HGA
3	10/25	10/26 W	10/27	10/28	10/29	10/30 MK	10/31 M
4	11/1	11/2 W	11/3 cy	11/4	11/5	11/6 NQ	11/7 MK
5	11/8	11/9 W	11/10 exo	11/11	11/12	11/13	11/14 MK
6	11/15 MK	11/16	11/17	11/18	11/19	11/20 MK	11/21 mom
7	11/29	11/30	12/1	12/2	12/3	12/4 MK	12/5
8	12/6 Bm	12/7	12/8	12/9 Bm	12/10 SCA	12/11	12/12

12/13

11/26 - KN

11-27 - MK

# WHY INVOLVE A COMMUNITY-BASED ORGANIZATION LIKE THE YMCA IN HEALTH CARE?



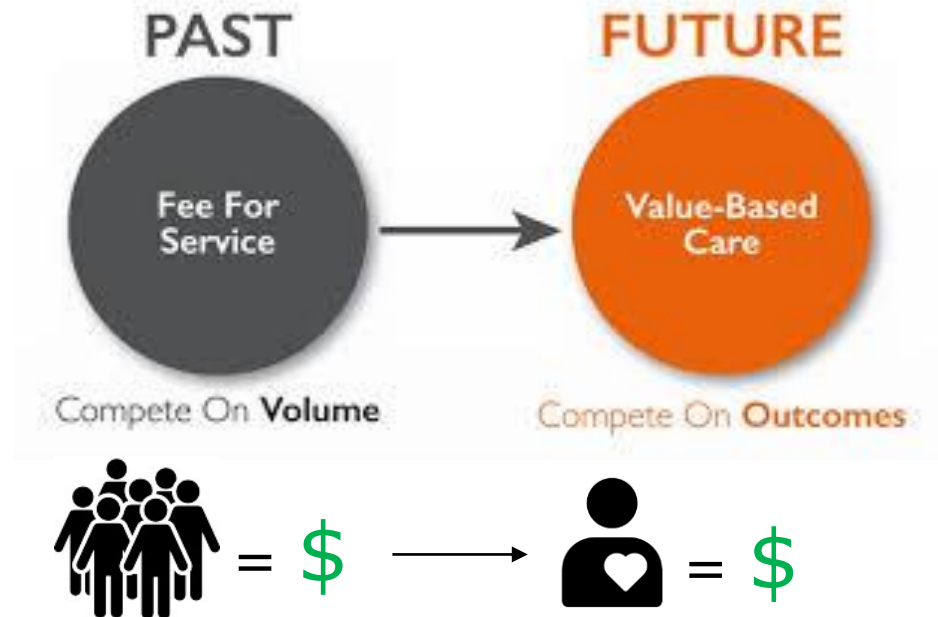
# CRITICAL SHIFT IN HEALTH SYSTEM PAYMENT REFORM:

The Health Care Triple Aim:



=

Value-Based Payment Reform/Delivery





# WHO IS ON THE TEAM?

## **Patient/Participant**

(Captain of His or Her Own Journey)

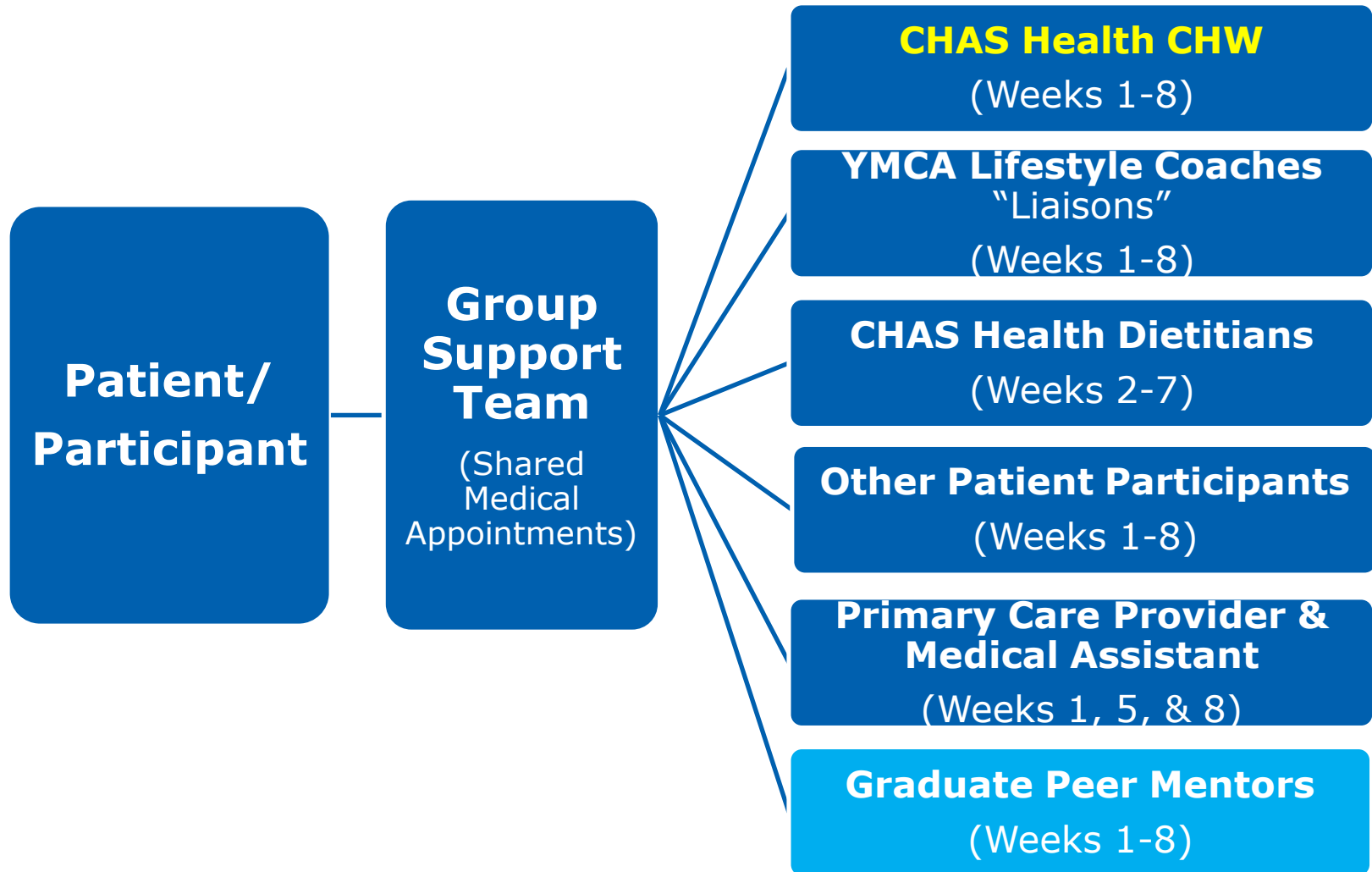
### **Group Support Team**

Weekly Shared  
Medical Appointments

### **Individual Support Team**

Personalized Lifestyle  
Change Support

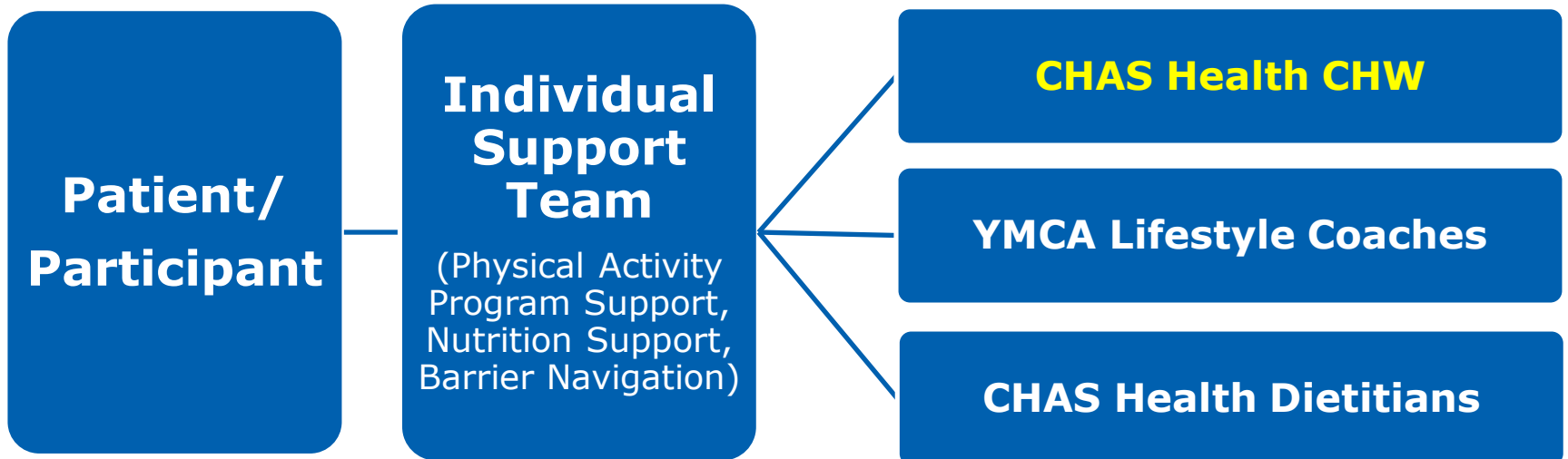
# A CLOSER LOOK AT THE GROUP SUPPORT TEAM: WEEKLY SHARED MEDICAL APPOINTMENTS



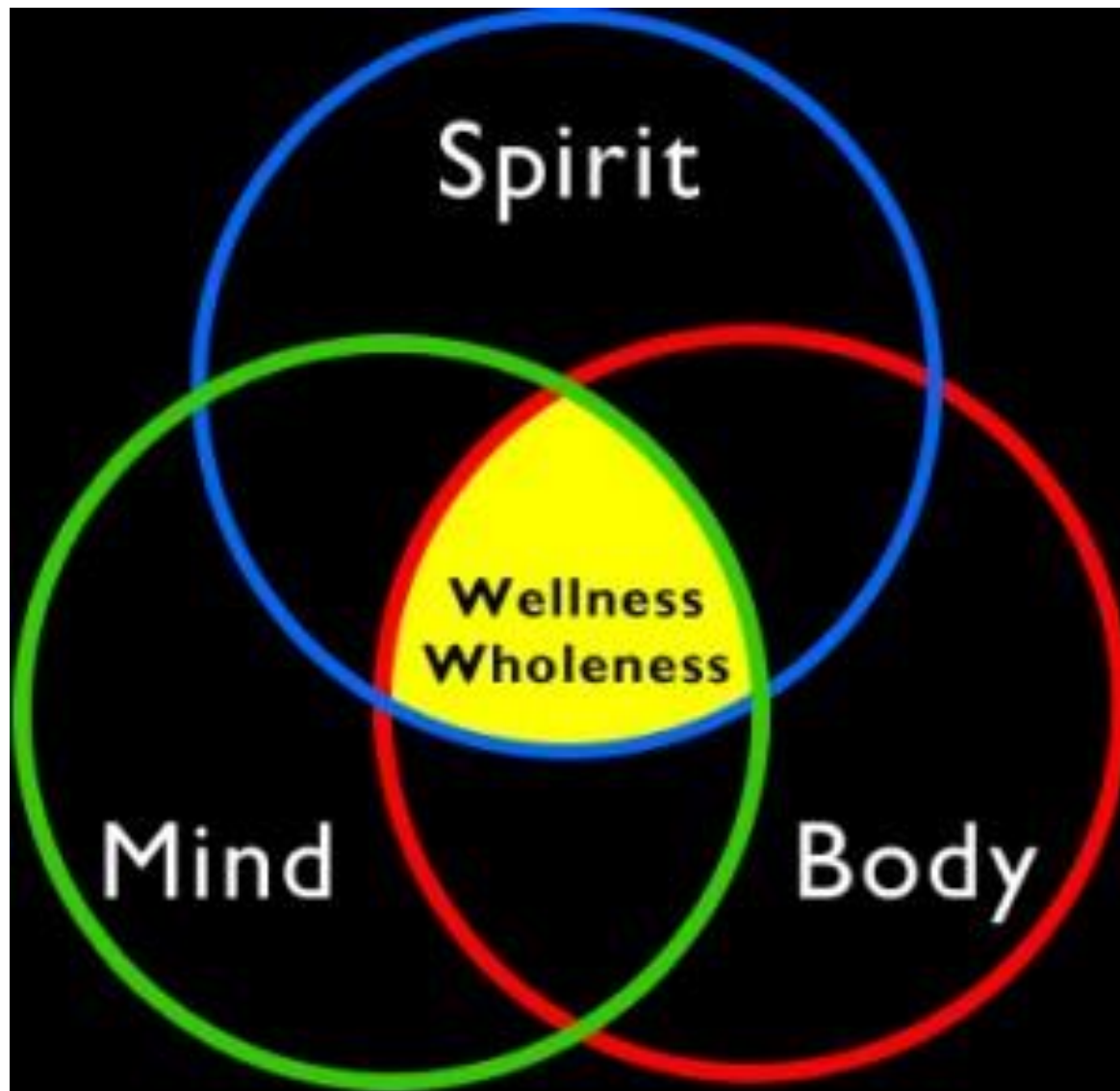
# **SHARED MEDICAL APPOINTMENT CURRICULUM:**

- **Benefits of a Comprehensive Exercise Program**
- **Portion Sizes and Label Reading**
- **Meal and Menu Planning**
- **Keys for Healthy Eating Out**
- **General Healthy Eating on a Budget**
- **Emotional and Boredom Eating**
- **Grocery Store Basics**
- **“Where Do I Go From Here?” (Next Steps)**

# THE INDIVIDUAL SUPPORT TEAM: PERSONALIZED LIFESTYLE CHANGE SUPPORT



# PROGRAM PHILOSOPHY:



# THE BIG PICTURE DECK AS A TOOL FOR WELLNESS VISIONING:



# DATA COLLECTION:

## QUANTITATIVE DATA:

### **LABS** – Taken Pre and Post Program

- ✓ HbA1c
- ✓ Total Cholesterol
- ✓ LDL
- ✓ HDL
- ✓ Triglycerides

### **BIOMETRICS AND VITALS** – Taken Weeks 1, 5, 8

- ✓ Weight
- ✓ Waist Circumference
- ✓ Blood Pressure
- ✓ Respiration

# DATA COLLECTION:

## QUALITATIVE DATA:

### PHQ-9

*Taken Pre and Post Program*

*(Patient Health Questionnaire Screening for Depression)*

### WEEKLY SELF EVALUATIONS

*Collected in weeks 2-8 SMAS*

### COACHING NOTES

*Charted in weekly SMAs, after 1:1 sessions or weekly 1:1 check-ins*

### WHERE DO I GO FROM HERE BOOKLET/BRAINSTORM

*Completed as homework in week 7. Shared in week 8*

### PROGRAM EVALUATIONS

*Completed in week 8 SMA*

### GRADUATION TESTIMONIALS

*The SPARK and the FLAME*



# PROGRAM OUTCOMES: QUANTITATIVE

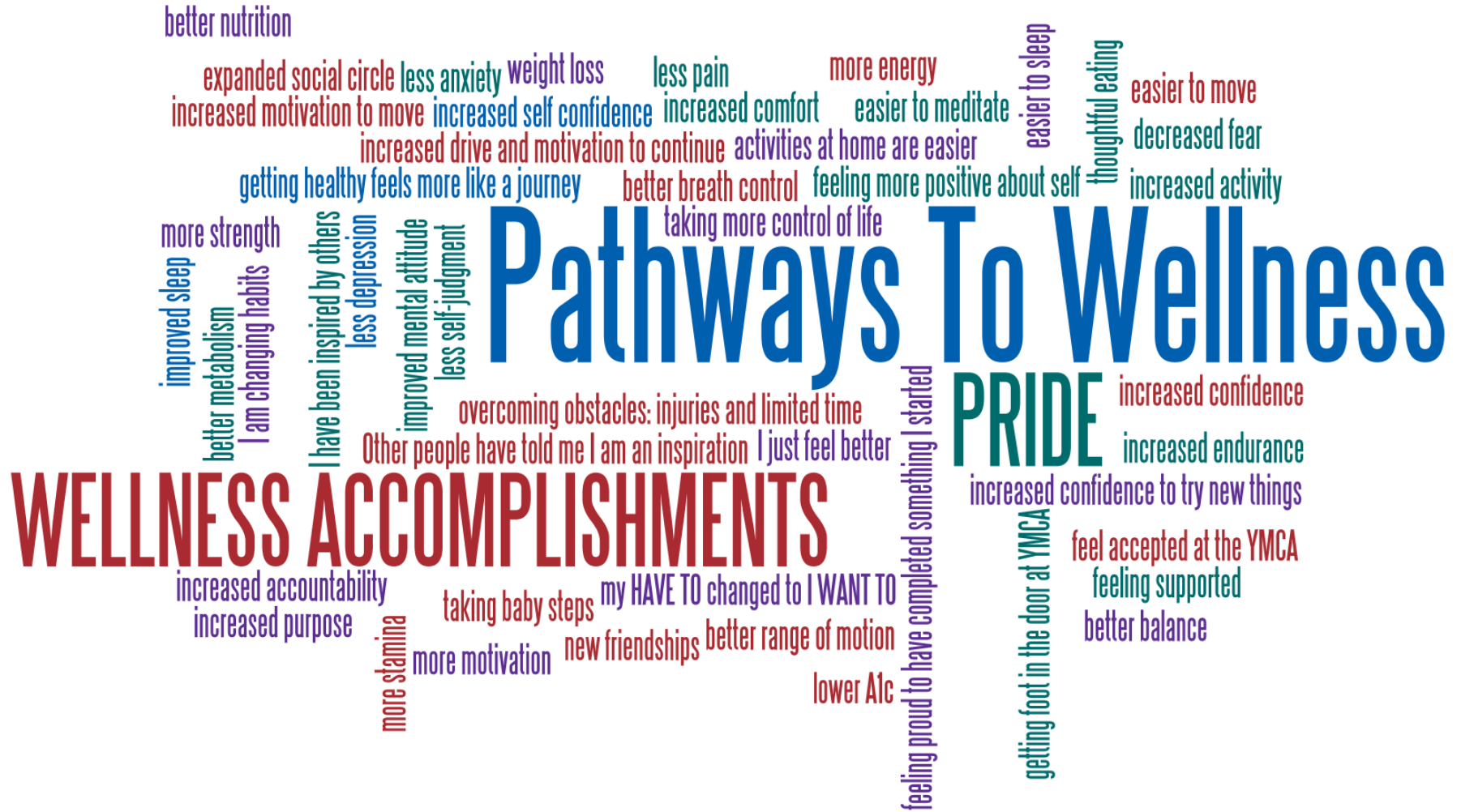
## SNAPSHOT OF PILOT AND FIRST ROUND BP

Provider Group	Avg. Weight Loss (lbs)	Max Weight Loss	% Control BP Start	# of Controlled Start	% Control BP Finish	# of Controlled Finish
Pilot	7	20	50%	3	100%	6
Fall 2018 Cohort 1	2	8	88.90%	8	88.90%	8
Fall 2018 Cohort 2	2	10	53.80%	7	46.20%	6
Fall 2018 Cohort 3	4	16	72.70%	8	90.90%	10
Total	3	13.5	65.00%	26	75.00%	30

## PATHWAYS TO WELLNESS REGISTRY:

- In development
- Will track patients from the point of initial referral through program participation and 1 full year post program.

# PROGRAM OUTCOMES: QUALITATIVE



**BE MORE THAN A MEMBER.  
BE A DONOR.**

[ymcainw.org/donate](http://ymcainw.org/donate)



# THANK YOU



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