

THE WINDOW



A round-up of JHF news, events, milestones, publications, and more.

Inside this issue

23rd Princeton Conference Focuses on Defining, Measuring, and Improving Value in U.S. Health System

Since 1994, the annual Princeton Conference has gathered intellectual titans from academia, industry, and the government to weigh in on paramount health policy issues through interactive panels and presentations. The Jewish Healthcare Foundation (JHF) is a long-time sponsor of the Princeton Conference, which is organized by a planning committee that includes JHF President and CEO Karen Wolk Feinstein, PhD.

During the 23rd Princeton Conference, held May 24-26 at the Robert Wood Johnson Foundation and Princeton University, attendees explored the following question in myriad ways: In a post-Affordable Care Act landscape in which siloed care and fee-for-service payment models are going extinct, how can we better define, and ultimately improve, value in health care?

The conference tackled topics that included quantifying value and identifying common measures of success, calculating the impact of higher out-of-pocket costs and narrow networks on consumers, understanding accountable care organizations and the social determinants of health, improving the experience of care for an aging U.S. population, integrating physical and behavioral health services, exploring the health policy implications of the upcoming presidential election, investigating trends in healthcare spending, and recognizing

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the role of regions and states in health reform.

Dr. Feinstein moderated the session that examined the health reform imprint left by regional and state organizations, which featured panelists Marc Bennett, president and CEO of HealthInsight; Ann Hwang, MD, director of the Center for Consumer Engagement in Health Innovation for Community Catalyst; Christopher F. Koller, president of the Milbank Memorial Fund; and Dennis P. Scanlon, a professor of Health Policy and Administration at Penn State University.

Dr. Feinstein set the stage for the discussion by showcasing the capabilities of regional organizations, such as the Pittsburgh Regional Health Initiative (PRHI). She noted that such groups serve as a neutral, credible, and ethical convener of important conversations, including those related to measuring value in value-based payment systems, exploring the social determinants of health, and improving end-of-life care.

Regional entities also provide a reality check, benchmarking local services and celebrating centers of excellence. By shining a spotlight on the community, Dr. Feinstein said, regional groups uncover service gaps, system failures, and best practices, and can hold stakeholders accountable when new delivery and payment models are rolled out to consumers. PRHI-like organizations can also “plant quality” (by training organizations to use Lean-based quality improvement concepts for system-wide transformation), articulate a vision and innovate (by freeing resources for prevention and early intervention and maximizing the potential of new members of the workforce such as community health workers), and advocate for critical public health issues (such as increasing uptake of the cancer-preventing HPV vaccine).

All of those different roles can coalesce, Dr. Feinstein said, when regional entities harness the potential of new technology. JHF, for example, has created Tomorrow’s HealthCare™, an online knowledge network that facilitates learning, communicating, collaborating, and engaging for concerted action among health professionals.



Stuart Altman, PhD, the Sol C. Chaikin Professor of National Health Policy at Brandeis University’s Heller School for Social Policy and Management, welcomes attendees to the 23rd Princeton Conference, which focused on improving value in the U.S. healthcare system.



Karen Feinstein (far left) highlights the capabilities of Tomorrow’s HealthCare™, the Foundation’s online knowledge network, during the Princeton Conference. Dr. Feinstein moderated a panel on the role of regions and states in health reform featuring (L-R): Marc Bennett, president and CEO of HealthInsight; Ann Hwang, MD, director of the Center for Consumer Engagement in Health Innovation for Community Catalyst; Christopher F. Koller, president of the Milbank Memorial Fund; and Dennis P. Scanlon, a professor of Health Policy and Administration at Penn State University.

JHF's 25th Anniversary Celebration Culminates with Tales of Lives Improved, Dedication of Feinstein Fellowships

JHF, celebrating its 25th anniversary, hosted a gathering on April 18 with some of the many partners who have helped establish the Foundation as a force for better health and health care regionally, nationally, and internationally.

Jim Denova, JHF's first program officer and the long-time vice president of the Benedum Foundation, recalled taking road trips across Pennsylvania in support of *Operation KidShot*, an initiative that ultimately vaccinated more than 6,000 children against preventable diseases and galvanized state legislation that requires health insurers to cover childhood immunizations. He summed up the leadership style of Karen Feinstein thusly: envision boldly, plan carefully, and act quickly.

James Collins, president and CEO of St. Clair Hospital, noted that he was an early graduate of the PRHI Perfecting Patient CareSM training. Collins used those lessons to create a culture of Lean-based, system-wide quality improvement at his facility, which led to lower rates of readmissions, patient falls, and hospital-acquired infections, as well as higher patient satisfaction scores.

Dave Malone, president and CEO of Gateway Financial and immediate past board chair of Health Careers Futures (HCF), was recruited by JHF's first board chair, Alvin Rogal. He thanked the Foundation's forward-thinking, proactive board for cultivating a healthcare workforce that meets the region's needs.



Karen Feinstein welcomes JHF Board members and special guests to an event on April 18 to cap off the Foundation's year-long celebration of its 25th anniversary.



Eric Lantzman, MD, recalls what Dr. Feinstein told him years ago when he expressed to her that medical school curriculum was too limited: 'If you don't like something, fix it.' Dr. Lantzman, now Dr. Feinstein's son-in-law, responded by developing the concept for JHF's Jonas Salk Fellowship.

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PRHI Board Chair Pat Siger noted that JHF is willing to take risks and go where others don't want to go, citing the Foundation's early support for women's heart health and breast cancer initiatives. Paul Winkler, president and CEO of Presbyterian SeniorCare, said that JHF has advocated for quality care and better quality of life for seniors since the Foundation produced its first *Aging and Environmental Scan* 20 years ago.

Bob Nelkin, president and CEO of the United Way of southwestern Pennsylvania, had a concise summary of JHF's first quarter-century of work: a lot of people helped, many lives saved.

The attendees included a few of the more than 800 interdisciplinary students who have participated in JHF's fellowship programs—programs that create, in the words of Dr. Feinstein, “the army of the healthcare revolution.” After the fellows shared stories of how their experiences at JHF helped them launch successful careers in health-related fields, the JHF Board had a surprise for Karen: from this point forward, the programs that cultivate healthcare revolutionaries will be known as the Feinstein Fellowships.



Pat Siger, PRHI Board Chair and past JHF Board Chair; past JHF Board Chair Alan Guttman; and current JHF Board Chair Nancy Rackoff present Dr. Feinstein (far left) with a proclamation announcing that the Foundation's programs for multidisciplinary graduate students will now be known as the Feinstein Fellowships.



Jim Denova, JHF's first program officer and the long-time vice president of the Benedum Foundation.



Bob Nelkin, president and CEO of the United Way of Southwestern Pennsylvania.



James Collins, president and CEO of St. Clair Hospital.



Paul Winkler, president and CEO of Presbyterian SeniorCare.



Dave Malone, president and CEO of Gateway Financial and immediate past board chair of Health Careers Futures (HCF).



Jeremy Guttman, who has completed three of JHF's fellowships, explains that the Foundation's goals and values parallel his own — and prepared him for his current job as a content developer and analyst for Treatspace, a healthcare referral management software company.



Tanya J. Fabian, PharmD, PhD, director of Pharmacy Research and Pharmacy Services at Western Psychiatric Institute and Clinic and an HCF Board member, explains how a health science fellowship that she completed at JHF 15 years ago shaped her career.

Graduates of Fellowship on Death and Dying Strengthen Conversation Skills around End-of-Life Matters

On April 4, 44 students hailing from 13 disciplines and six local universities completed JHF's and Health Careers Futures' 2016 Fellowship on Death and Dying. The fellowship, established in 2015, provides future health professionals with opportunities to engage in meaningful end-of-life conversations and explore the medical, social, cultural, and spiritual aspects of end-of-life—opportunities rarely afforded in the classroom.



JHF's HIV Planning and Evaluation Coordinator Chris Garnett, MSS (far left), facilitates a simulated conversation on end-of-life care with some of the multidisciplinary graduates students participating in the Foundation's Fellowship on Death and Dying.

During the finale, the fellows practiced end-of-life conversations and brainstormed post-fellowship action plans. The practice conversations presented the fellows with scenarios that they may face during the course of their careers, including discussing end-of-life goals and values, informing patients of a new terminal diagnosis, mediating between family members who aren't on the same page about end-of-life decisions, helping families with grief and bereavement, and conducting end-of-life planning as part of an interdisciplinary team.

JHF'S WORK TO IMPROVE END-OF-LIFE COMMUNICATION, CARE MAKING HEADLINES

["Palliative care specialists fill void with focus on end-of-life care"](#) (Pittsburgh Tribune-Review)

["National Healthcare Decisions Day aims to educate on end-of-life planning"](#) (Pittsburgh Tribune-Review)

["Nancy Zionts: Advocate for end-of-life planning advises how to prepare"](#) (Pittsburgh Post-Gazette)

Among those facilitating conversations with the fellows were JHF Quality Improvement Specialist Stacie Bonenberger, MOT, OTR/L; PRHI Senior Quality Improvement Specialist Terri Devereaux, PhD, MPM, FNP-BC; Carol Frazer, LPC, a PRHI practice transformation specialist; JHF's HIV Planning and Evaluation Coordinator Chris Garnett, MSS; Daniel Leger, volunteer at Sivitz Hospice and the Jewish Association of Aging (JAA); Carol May, RN, MSN, MBA, CHPPN, manager of the Supportive Care Program at Children's Hospital of Pittsburgh of UPMC; Nicole Morgan, director of Social

Services, Skilled Nursing and Rehabilitation at the JAA; and Tamara Sacks, MD, a JHF physician consultant.

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After dinner, JHF COO/CPO Nancy Zionts facilitated the brainstorming session to help the fellows identify their own action plans for improving the end-of-life system. In terms of career goals, some fellows expressed interest in seeking a job in palliative/hospice care, advocating for end-of-life education and conversations to become a staple of formal medical training, leading an initiative to improve end-of-life care in the intensive care unit, and sharing the resources gained through the fellowship with colleagues students and faculty, including those available through [Closure](#) (JHF's education, outreach and planning initiative to improve end-of-life care). Additionally, several fellows said that they would fill out their own advance directive, start workshops at their place of worship, and engage family members in conversations about their end-of-life care goals.



JHF COO/CPO Nancy Zionts (standing) facilitates a brainstorming session to help fellows identify action plans for improving the end-of-life system .

In their final evaluations, all participants said that the fellowship was useful. Ninety-two percent reported they have used what they learned and experienced in the Fellowship, and 97% said that they would recommend the fellowship to others.

JHF Board of Trustees Approves up to \$165,000 in Grants

The JHF Board of Trustees approved grants totaling up to \$165,000, including grants to hold a series of community conversations in support of a master plan for senior services in western Pennsylvania, and to provide ongoing training and technical assistance to organizations that will serve seniors, veterans, and individuals with disabilities who are eligible for the commonwealth's new Managed Long-Term Services and Supports program.

Connections: A Series of Community Conversations toward a Master Plan for Senior Services

To meet the changing needs of seniors and fight the disease of isolation, JHF has approved a grant of up to \$105,000 to hold a series of community planning exercises that will inform the development of a regional master plan for senior services. JHF will convene a series of three planning exercises to explore topics including increasing seniors' mobility and recreational opportunities, supporting living options for seniors across all physical and economic demographics, leveraging technology, creating caregiver

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networks, and redesigning the healthcare system to be more responsive to seniors' needs. Each session will leverage western Pennsylvania's current services, human resources, and technological assets.

"Baby boomers are changing everything," says Karen Feinstein. "They define their lives by their existing strengths and preferences—not by their deficits. We have to reboot in an era where serving seniors is totally different, and we are seeking public and private partnerships to create a new vision for senior living."



JHF's latest grant to support the development of a master plan for senior services builds upon the vision outlined by community experts during the Foundation's "Igniting a Consumer Health Activation Movement" event, held in 2015.

The first planning session will center on building community-wide opportunities for seniors to exercise, including through the potential development of an application that centralizes existing resources and information about parks and trails, allows seniors to organize group activities, and promotes communication with physicians. The session will also highlight local models for senior engagement, including those being developed by the Southwestern PA Partnership for Aging through a planning grant from JHF and other funders.

The second planning exercise will advance creative models for senior housing. In partnership with the Jewish Association on Aging, the Foundation will fund a national meeting to explore innovative design and financing models that respond to senior housing needs in the Jewish community, with and without supportive services and programming.

JHF's third planning effort will focus on creating senior-friendly models of care. JHF will hold listening sessions with thought leaders and practitioners from primary care, behavioral health, social services, social work, pharmacy, dental, specialty and post-acute care, and community-based living. JHF will also solicit information from patients, families, and caregivers.

"Most traditional healthcare environments weren't created to meet the special needs of aging patients," Dr. Feinstein says. "We also recognize that there is a serious shortage of geriatricians to care for a growing senior population. We want to re-imagine the entire delivery system, looking at models that weave together medical, social, and behavioral health services, and harness new technologies and care team roles, such as community health workers."

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Preparing for the Transition to Managed Long-Term Services and Supports: Supporting Community Independence and Choice for Vulnerable Populations

On January 1, 2017, a new Managed Long-Term Services and Supports (MLTSS) program will launch in western Pennsylvania, delivering long-term services and supports to seniors and disabled individuals through capitated Medicaid managed care programs. In other states that have implemented MLTSS, eligible populations have often benefited from a more integrated care network that increases access to home-and-community-based services, which preserve independence while helping to prevent avoidable hospitalizations and institutionalizations that diminish quality of life and deplete budgets.

Western Pennsylvania, with its strong track record in outreach, enrollment, and network-building for the health insurance marketplace, was selected as the first to implement MLTSS (called Community HealthChoices, or CHC) in Pennsylvania. CHC will serve an estimated 450,000 individuals across the commonwealth.

To help ensure a smooth roll-out of MLTSS in western Pennsylvania, JHF and the United Way of Allegheny County have convened community planning sessions with more than 100 regional stakeholders, including those representing service providers, community organizations, and consumer advocacy groups. In April, the Foundation convened a day-long forum for managed care organizations to meet with potential MLTSS network participants (for more information see page 19).

To further ensure that consumers receive maximum benefit from the transition to MLTSS, the Foundation has approved a grant of up to \$60,000 to Community Catalyst to provide on-site training sessions, on-demand technical assistance, and consulting services to MLTSS stakeholders. Community Catalyst is a consumer advocacy organization which has been funded by The Atlantic Philanthropies to guide states across the U.S. in implementing MLTSS. JHF will look to leverage additional funds for the initiative from other philanthropic and government organizations.

JHF, Fine Foundation Announce Winners of 2016 Fine Awards—*A Commitment to Quality: Spreading Excellence from Generation to Generation*

JHF, in partnership with The Fine Foundation, announced the winning teams for the 2016 Fine Awards—*A Commitment to Quality: Spreading Excellence from Generation to Generation*. Since 2008, the Fine Awards have recognized and rewarded teams that demonstrate innovative, exceptional performance around patient safety and quality improvement within their organizations.

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In 2016, the Fine Awards honor teamwork excellence in three clinical settings: a primary care practice, a behavioral health unit, and a hospital. The winnings teams are:

- Primary Care: **The Open Door, Inc.** for *Representing the solution to optimal health outcomes for high-risk payees living with HIV/AIDS*
- Behavioral Health Unit: **Allegheny Valley Hospital** for *Geriatric Behavioral Health Unit Teams Drive Fall Prevention and Protection Improvements*
- Hospital (tie): **Excelsa Health** for *Central Line Associated Bacteremia (CLAB) Prevention—It Is Possible!* and **UPMC Shadyside** for *Saving Faces: An Interdisciplinary Effort to Reduce Facial Pressure Ulcers in Orally Intubated Patients*
- Special Recognition: **UPMC St. Margaret Bloomfield-Garfield Family Health Center** for *Our Sensational HPV Vaccination Trial*

Following an open request for applications to healthcare providers in western Pennsylvania, a panel of judges selected the 2016 Fine Award winners based on applicants' ability to show measurable, long-term improvement and move the quality bar within their organizations; achieve support from top administrators; and develop a plan to sustain and spread their work.

The 2016 Fine Award winners will also have the opportunity to spread their knowledge and commitment to quality to a new generation of healthcare leaders by serving as mentors for JHF's Patient Safety Fellowship. The Fine Award winners will host the fellowship's multidisciplinary graduate students for clinical observations and help them apply quality improvement and teamwork concepts to their future roles in health care. Winners will also work with JHF and The Fine Foundation to guide future versions of the Fine Awards and Patient Safety Fellowship.

To learn more about the Fine Awards and view short "Teachable Moment" videos on award-winning projects from years past, [click here](http://jhf.org/fine-awards/) or visit: <http://jhf.org/fine-awards/>



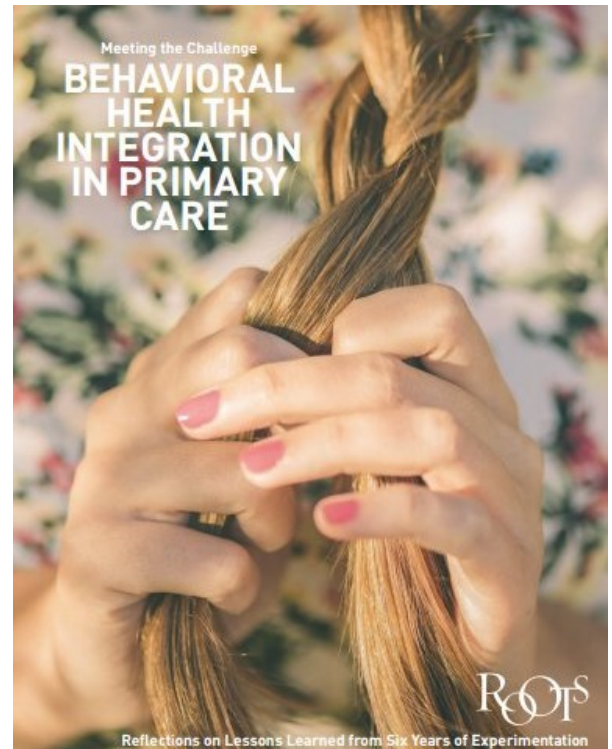
Milt (top) and Sheila Fine, of The Fine Foundation.

Latest ROOTS Shows What it Takes to Deliver Integrated Primary Care

Behavioral health is critical to our physical well-being. Yet behavioral health conditions have been under-treated in primary care settings. While primary care represents medicine's first line of defense, practices often do not provide preventive behavioral health screenings and interventions; therefore, crises and breakdowns must develop before patients move toward recovery.

The Foundation's latest ROOTS publication describes implementation projects that PRHI, along with many regional and national partners, carried out to deliver effective integrated primary care. Strategies that have proven successful include practice redesign, new payment models, and patient engagement.

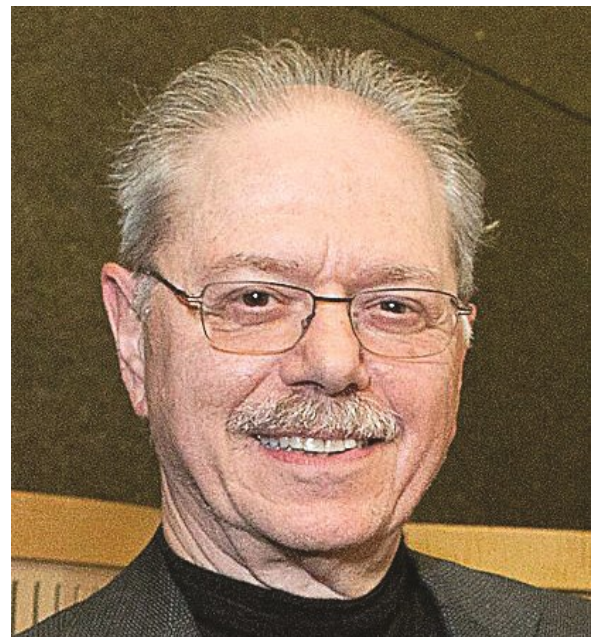
To read the latest ROOTS, entitled "Meeting the Challenge: Behavioral Health Integration in Primary Care," [click here](#).



PRHI's Bruce Block Honored by the Family Medicine Education Consortium

As a primary care physician and educator for more than 40 years, PRHI Chief Learning and Informatics Officer Bruce Block, MD, has improved the lives of countless patients and elevated the quality of health care across our region. Dr. Block was recently honored for his work by earning the 2016 Family Medicine Education Consortium (FMEC)'s "Power to Change our World" Award.

The FMEC is a non-profit organization that seeks to bolster family medicine and primary care by encouraging students to pursue a career in family medicine, offering mentorship and educational opportunities to those already in the field, and supporting new primary care delivery models and quality improvement initiatives.



PRHI Chief Learning and Informatics Officer Bruce Block, MD, winner of the 2016 Family Medicine Education Consortium's "Power to Change our World" Award.

JHF Co-Sponsors 1st Integrative Conference on Technology, Social Media, and Behavioral Health

On May 2, leaders from the University of Pittsburgh's Schools of Health Sciences, Business, and Information Sciences, as well as innovative minds from UPMC, Carnegie Mellon University, local foundations, and healthcare start-ups converged in Oakland for the inaugural Integrative Conference on Technology, Social Media, and Behavioral Health.

The conference featured plenary presentations, breakout sessions, and live tech demonstrations that showcased how new disruptive applications, big data, and online communities are spurring breakthroughs in the detection and treatment of behavioral health problems and chronic illness, and empowering patients to better manage their own health.

JHF, the Foundation's Health 2.0 Pittsburgh program, UPMC Enterprises, UPMC Health Plan, the University of Pittsburgh's Innovation Institute, and the University of Pittsburgh's Clinical and Translational Science Institute (CTSI) sponsored the conference, which was attended by more than 130 people and was the first event organized by the Center for Behavioral Health and Smart Technology (CBHST). The CBSHT is a multidisciplinary group within Pitt's Center for Research on Health Care and Division of General Internal Medicine and is directed by Bruce Rollman, MD, MPH, professor of Medicine, Psychiatry, Biomedical Informatics, and Clinical and Translational Science at the School of Medicine.



The first-ever Integrative Conference on Technology, Social Media, and Behavioral Health featured lived demos of smart technology products designed to address physical and behavioral health issues. (Photo credit: Tom Altany)



(L-R): Arjang Assad, PhD, the Henry E. Haller, Jr. Dean of the University of Pittsburgh's Joseph M. Katz Graduate School of Business; Bruce Rollman, MD, MPH, professor of Medicine, Psychiatry, Biomedical Informatics, and Clinical and Translational Science at Pitt's School of Medicine; Marc Malandro (background), PhD, the founding director of Pitt's Innovation Institute; and John Maier, MD, PhD, director of research and development at Pitt's School of Medicine. (Photo credit: Aimee Obidzinski)

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Marc Malandro, PhD, the founding director of Pitt's Innovation Institute, delivered the keynote address for the morning plenary. Dr. Malandro explained that his organization is focused on fostering a culture of student entrepreneurship and start-up activity in order to maximize the potential of new technologies and products to benefit healthcare consumers. Using a “prove it, plan it, launch it, grow it” process, the Innovation Institute provides entrepreneurial assistance and connects innovators with potential funders, both on and off campus.

Breakout sessions during the daylong conference included topics such as finding markets for early-stage healthcare technologies, IT and patient safety, designing and testing technology to promote patient self-management, understanding and improving online social support, and using multiplayer games to educate burgeoning health professionals.



Larry Miller, an executive in residence at Innovation Works (IW), and Bobby Zappala, JD, CEO of Thrill Mill, Inc. (Photo credit: Tom Altany)



Karen Feinstein moderates a discussion on entrepreneurial assets in the Pittsburgh region. (Photo credit: Tom Altany)

Karen Feinstein moderated a discussion on regional resources for health entrepreneurship featuring Larry Miller, an executive in residence at Innovation Works (IW), and Bobby Zappala, JD, CEO of Thrill Mill, Inc.

Miller explained that IW is a venture development organization, providing direct funding, business expertise, and hands-on support to high-potential start-ups in southwestern PA. IW has invested more

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than \$62 million in technology start-ups, with those companies attracting more than \$1.6 billion in follow-on capital.

“The infrastructure and resources for start-up businesses are here,” Miller said. “Give us a call—we’re waiting for you.”

Zappala noted that 46 companies have engaged with Thrill Mill, an early-stage startup accelerator that helps align new ideas and business demand. Thrill Mill’s signature event is the Thrival Innovation + Music Festival, an entrepreneurial Woodstock-like event featuring live bands, workshops, panel discussions, and pitch contests spread across multiple locations in the Pittsburgh region.

“There’s a changing perception of Pittsburgh,” Zappala said. “Before, you left the city and didn’t return if you were an entrepreneur. Now, there’s a start-up ecosystem that’s allowing us to retain more talent.”

Rasu Shrestha, MD, MBA, chief innovation officer at UPMC and executive VP of UPMC Enterprises, offered an overview of his approach to translating new technologies and data into improve patient experiences and outcomes. Health care has a history of embracing complexity and producing reams of data, Dr. Shrestha noted. To create value, the industry must combine data with wisdom, knowledge, and information. Dr. Shrestha also expressed that two converging trends—healthcare reform and consolidation among provider organizations—present the opportunity to define, quantify, and incentivize value.

John Maier, MD, PhD, director of research and development at Pitt’s School of Medicine, gave a presentation on the innovation ecosystem at Pitt. Dr. Maier noted that the National Institutes of Health has invested around \$180 million in the CTSI over the past decade, and will invest an additional \$50 million over the next five years. Collectively,



Rasu Shrestha, MD, MBA, chief innovation officer at UPMC and executive VP of UPMC Enterprises (Photo credit: Tom Altany)



Illana Diamond, MBA, managing director of AlphaLab Gear and a JHF Board Trustee. (Photo credit: Tom Altany)

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Pitt invests more than \$3.3 million per year in student and faculty projects, and holds a number of pitch competitions and coding contests to stimulate innovative behavior and create connections to funders.

A panel discussion on next steps for innovation in Pittsburgh featured Michael Becich, MD, PhD, associate vice-chancellor for Informatics in the Health Sciences and a chairman and distinguished university professor in Pitt's Department of Biomedical Informatics; Anind Dey, PhD, MS, the Charles M. Geschke Professor and Director of the Human-Computer Interaction Institute (HCII) at Carnegie Mellon University's School of Computer Science; and Illana Diamond, MBA, managing director of AlphaLab Gear and a JHF Board Trustee.

Dr. Becich highlighted the potential of multi-sector partnerships such as the Pittsburgh Health Data Alliance, which is harnessing CMU's expertise in machine learning and computer science, the University of Pittsburgh's medical research prowess, and UPMC's track record in clinical care and commercialization to translate data into improved health.

Dr. Dey said that more than half of Carnegie Mellon's HCII staff is focused on behavioral health research, and he challenged educators to involve students in entrepreneurial activities at an earlier stage. Diamond explained that IW launched AlphaLab in 2008 to accelerate start-up activity for software, and AlphaLab Gear in 2013 to do the same for hardware companies. She emphasized the importance of the Pittsburgh region offering small initial investments in start-ups to leverage additional funding, and providing companies with guidance on achieving a product-market fit.

Following the plenaries and breakout sessions, attendees had the opportunity to try out smart technology products designed to address physical and behavioral health issues. The products on display included a smartphone-based app to help kids manage anxiety, a game-based app to monitor diet and activity, an internet support group for mood disorders, and a text message-based program to curb binge drinking.

JHF, Eye & Ear Foundation Honored by Pittsburgh City Council for Promoting Cancer Prevention through HPV Vaccination

Over the past two years, JHF has partnered with the Eye & Ear Foundation to mobilize healthcare providers, parents, young adults, community activists, and policy-makers in the Pittsburgh region around increasing uptake of the HPV vaccine—one of the few vaccines in the world proven to prevent certain cancers. On May 3, JHF, the Eye & Ear Foundation, and Duquesne University Assistant Men's Basketball Coach John Rhodes (an HPV-related oral cancer survivor and vaccination advocate) were presented with a city proclamation co-sponsored by Councilmen Dan Gilman and Corey O'Connor.

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City Council members also passed a resolution to declare May 3 as HPV-Related Oral Cancer Awareness Day in the city of Pittsburgh. Each year, an estimated 11,000 Americans are diagnosed with oral cancers that are associated with HPV infection. By 2020, HPV-related oral cancer is projected to surpass cervical cancer (12,000 cases per year) as the most common type of HPV-related cancer, according to the National Cancer Institute.

Diagnosed with HPV-related oral cancer in 2015, Rhodes has since served as a mentor to a Duquesne basketball player also coping with the hardships of cancer, and has shown his support for preventing HPV-related cancer—both by vaccinating his own children, and sharing his story publicly.

“It’s an honor, privilege, and a blessing to be able to stand before you today as a cancer survivor and an advocate for the HPV Vaccination Initiative,” Rhodes said while addressing City Council and a cadre of supporters from JHF, the Eye & Ear Foundation, and the Allegheny County Health Department (including Nancy Scopelitis, RN, an advisor to the Allegheny County Immunization Coalition). “As a competitive person, I’m challenging each and every one of you to advocate for such a worthy cause.”

Several others who have lent their expertise to the education and outreach campaign also implored Pittsburghers to support the HPV vaccine, which is approved for boys ages 9-21 and girls ages 9-26, is covered by insurance or the federal Vaccines for Children program, and can reduce the risk of developing HPV-related cervical, vaginal, vulvar, anal, throat, and penile cancers by up to 99%.

“I am proud to be part of this initiative for which JHF is providing tremendous leadership,” said Alan Finkelstein, MD, a family physician, faculty member at the UPMC-Shadyside Family Medicine Residency Program, and co-chair of the HPV Vaccination Initiative Advisory Board. “Please make sure your kids are



Duquesne University Assistant Men's Basketball coach John Rhodes (center), an HPV-related oral cancer survivor, was honored with a Pittsburgh City Council proclamation for promoting cancer prevention through HPV vaccination along with JHF and the Eye & Ear Foundation.

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vaccinated—this is a terrible disease that we can prevent.”

Umamaheswar Duvvuri, MD, PhD, from the UPMC CancerCenter and an assistant professor of Otolaryngology at the University of Pittsburgh School of Medicine, explained that HPV vaccination can prevent the sort of hardship that he sees daily as a practicing physician.

HPV VACCINATION INITIATIVE MAKING HEADLINES

[“DUKING OUT CANCER: John Rhodes takes part in Pittsburgh City Council Proclamation on Oral Cancer Awareness”](#) (Duquesne University Athletics)

[“Allegheny County To Begin Tracking HPV Vaccination Rates Among Adolescents”](#) (WESA 90.5)

“Cancer knows no race or creed, and doesn’t discriminate between the rich and the poor,” Dr. Duvvuri said. “But with HPV-related cancers, not only can we treat them, but we can stop them from developing in the first place.”

Tricia Pil, MD, medical director of Children’s Community Pediatrics (CCP), noted that CCP has launched an HPV vaccination initiative across its network of 48 pediatric and adolescent care practices.

“When your children were infants and toddlers, you armed them with protection from disease and illness through immunizations,” Dr. Pil said. “As they grow older, that same level of protection is equally important. I have

vaccinated my children to protect them from HPV-related diseases. Will you protect yours?”

JHF Kicks off Adolescent Behavioral Health Initiative with Advisory Meetings

In April, JHF held the first two meetings with members of its adolescent behavioral health advisory board. The Foundation is engaging adolescent mental health, alcohol, and substance use providers; social service representatives; educators; health plan representatives; researchers; philanthropists; and individuals who have traversed the adolescent behavioral health system to identify system gaps and effective services, and envision the ideal system for early detection, effective intervention, and family support.



Karen Feinstein welcomes members of JHF’s adolescent behavioral health initiative advisory on April 14.

Karen Feinstein Moderates RAND Corporation Event on Combating the Opioid Epidemic

More than 47,000 Americans died from opioid overdoses in 2014, making that the leading cause of accidental death in the country. Such overdoses—now more lethal than car accidents and firearms—are fueled by a rise in painkiller prescription use and addiction, and a shift by many of those who become addicted to cheaper, more potent heroin.

The epidemic has hit our region especially hard. There were 393 fatal overdoses in Allegheny County in 2015, surpassing a then-record 307 fatal overdoses in 2014. The drug-related overdose death rate in Allegheny County (about 32.75 per 100,000 people) far exceeds the Pennsylvania average (21.9) and is more than double the nationwide average (16.15), according to a recent Drug Enforcement Administration report.

On May 12, Karen Feinstein moderated a RAND Corporation panel discussion with experts in addiction, public health, and research focused on combating the opioid drug epidemic. The panel featured Michael Flaherty, PhD, a clinical psychologist who co-founded the Institute for Research, Education, & Training in Addictions and former VP for behavioral care at the St. Francis Health System; Karen Hacker, MD, MPH, director of the Allegheny County Health Department and a member of the PRHI Board; and Bradley Stein, MD, MPH, PhD, a senior natural scientist at the RAND Corporation and an adjunct professor of psychiatry at the University of Pittsburgh.



(L-R): On May 12, Karen Feinstein moderates a RAND Corporation panel on the opioid drug epidemic featuring Michael Flaherty, PhD, a clinical psychologist who co-founded the Institute for Research, Education, & Training in Addictions and former VP for behavioral care at the St. Francis Health System; Karen Hacker, MD, MPH, director of the Allegheny County Health Department (ACHD) and a member of the PRHI Board; and Bradley Stein, MD, MPH, PhD, a senior natural scientist at the RAND Corporation and an adjunct professor of psychiatry at the University of Pittsburgh.

During the panel, Dr. Flaherty observed that the number of yearly opioid overdose deaths surpasses the number of U.S. casualties from the Iraq, Afghanistan, and Vietnam wars combined. He cited a mid-1990s shift to treat pain as the “fifth vital sign,” and a subsequent boost in product marketing by pharmaceutical companies as two important reasons for a marked increase in the number of painkiller prescriptions in the U.S. Dr. Flaherty also noted that many medical schools don’t offer a course on opioid drugs and that

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among those that do, few focus on addiction. This confluence of events has contributed to healthcare providers writing enough yearly painkiller prescriptions for every American to have a 30-day supply.

Dr. Hacker, who is also an adolescent medicine physician, cited teens as an especially high-risk group for substance use issues. She also explained that what happens in the physician's office is critical to addressing the opioid epidemic. Prescription monitoring, a greater understanding of alternative methods to treat pain, and more in-depth analysis of which types of patients are more prone to addiction would advance efforts to address the nation's opioid problem.

Dr. Stein expressed that addiction is a chronic disease, more akin to diabetes or asthma than an acute condition. Many patients require both medication and counseling to make progress. He noted that there has been a gradual, increasing acceptance of medication-assisted therapy, which research suggests is among the most effective approaches to treat addiction. The FDA's approval in 2002 of buprenorphine, which unlike methadone can be prescribed or dispensed in doctor's offices, has significantly boosted access to medication-assisted therapy.

JHF Continues Work to Ensure Smooth Roll-Out of MLTSS with MCO-Service Provider Meetings, Marketing and Outreach Brainstorming

On April 13, JHF hosted a series of meetings between Managed Care Organizations (MCOs) and representatives from home care, durable medical equipment, housing, and community-based organizations that could soon become network partners through the roll-out of Managed Long-Term Services and Supports (MLTSS) in western Pennsylvania in 2017.

Since last fall, the Foundation has worked to unite stakeholders to ensure that seniors, individuals with disabilities, and veterans who will be eligible for MLTSS (called Community HealthChoices) in Pennsylvania enjoy greater

access to home-and-community-based services, and benefit from a more integrated care network. One of the primary goals of Pennsylvania's transition to MLTSS is to provide a real choice for consumers by establishing networks and payment for services received in home-and-community-based settings.



Nancy Zionts (far right) facilitates a brainstorming session on regional assets during a managed long-term services and supports outreach and marketing meeting, held at the QI²T Center on April 13.

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PITTSBURGH'S WORK ON MLTSS MAKING HEADLINES

["Aging Edge: 'State's new long-term care plan has plenty to talk about'"](#) (Pittsburgh Post-Gazette)

Representatives from seven MCOs met with more than 90 potential network partners during the April 13 sessions, held in the QI²T Center. JHF also had the opportunity to inform the MCOs about the Foundation's efforts related to elevating seniors' quality of care and quality of life; promoting the use of community health workers through skill development and policy; and engaging the HIV/AIDS community, among others.

In addition to the MCO meetings, JHF also held its third MLTSS outreach and marketing session with service providers, community organizations, and consumer advocacy groups. These stakeholders are working together to reach the goal that 95% of eligible individuals have heard about MLTSS prior to receiving enrollment documents.

During the outreach and marketing session, Nancy Zionts noted that the MLTSS coalition is looking to increase representation of health law project groups, members of the LGBTQ community, and veterans' organizations, as well as organizations that represent those with needs related to visual and hearing impairment. The group also discussed developing FAQs that answer questions about MLTSS from particular consumer perspectives, and overcoming consumers' technological challenges by working with organizations like libraries and Goodwill Industries that proved to be strong partners during education, outreach, and enrollment for the Affordable Care Act.

PA Health Funders Meet in Harrisburg to Identify Public-Private Partnership Opportunities

On May 18 in Harrisburg, PA, members of the Pennsylvania Health Funders Collaborative (PHFC) met with state leaders from the Pennsylvania Departments of Human Services (PADHS), Health (PADOH), and Insurance to identify public-private partnership opportunities.

The PHFC is a network of 40 health funders from across the Commonwealth that collectively work at the intersection of health



Some of the members of the Pennsylvania Health Funders Collaborative, a network of 40 health funders from across the Commonwealth that collectively work at the intersection of health policy and philanthropy.

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policy and philanthropy. Karen Feinstein and Russell Johnson, president and CEO of the HealthSpark Foundation, serve as co-chairs of the PHFC, and Ann Torregrossa serves as the director.

During the PHFC meetings, David Kelley, MD, chief medical officer of PADHS' Office of Medical Assistance Programs, and Dale Adair, MD, medical director and chief psychiatric officer of the Office of Mental Health and Substance Abuse Services, discussed PADHS' programs to support behavioral and health care.

Insurance Commissioner Teresa Miller and Jessica Altman, the PA Insurance Department's chief of staff, discussed the Department's work on price transparency, balance billing, and consumer health insurance literacy.

Karen Murphy, RN, PhD, secretary of the PADOH, provided an update on the Health Innovation in Pennsylvania (HIP) plan and public health issues, including opioid overdose deaths and infectious diseases. PADHS Deputy Secretary Jen Burnett and Pat Brady, MBA, the managing principal of healthcare consulting firm Sellers Dorsey, talked with PHFC members about the role of Pennsylvania health foundations in helping communities prepare for a successful rollout of Community HealthChoices (Medicaid managed long-term services and supports).

Eric Hagarty, a special assistant to the Governor who oversees the Departments of Human Services, Health, Aging, and Labor and Industry, and Heather Hallman, senior advisor for PADHS, discussed the status of a 2015 executive order to coordinate food and nutrition programs.

The meetings with leading Pennsylvania officials will inform next steps for the PHFC's four action groups focused on health insurance and access, end-of-life and long-term care, behavioral and physical health integration, and healthy eating and active living.



Jen Burnett (far left), deputy secretary of the Pennsylvania Department of Human Services, engages PHFC members in a discussion on the role of health funders in ensuring a smooth roll-out of managed long-term services and supports in the Commonwealth.

Western PA a Standout during CMS Event with Partners Working to Reduce Avoidable Hospital Admissions from Long-Term Care

In the fall of 2012, the Centers for Medicare and Medicaid Services (CMS) launched a multi-pronged

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initiative to reduce avoidable hospital admissions among long-stay nursing home residents in seven regions across the U.S. JHF serves as the lead education partner for the initiative in western Pennsylvania, which is called RAVEN (Reduce AVOIDable hospitalizations using Evidence-based interventions for Nursing facilities in western Pennsylvania) and is guided overall by UPMC.

Once a year, CMS gathers leaders from all seven participating regions to provide project updates, plan next steps, and share lessons learned. On May 2-3, UPMC hosted the 2016 meeting with stakeholders from RAVEN, as well as the project leads for the six other participating regions in CMS' larger hospital admissions reduction program: Alabama Quality Assurance Foundation, CHI/Alegent Creighton Health (Nebraska), HealthInsight Nevada, Indiana University, The Curators of the University of Missouri, and the Greater New York Hospital Foundation, Inc.

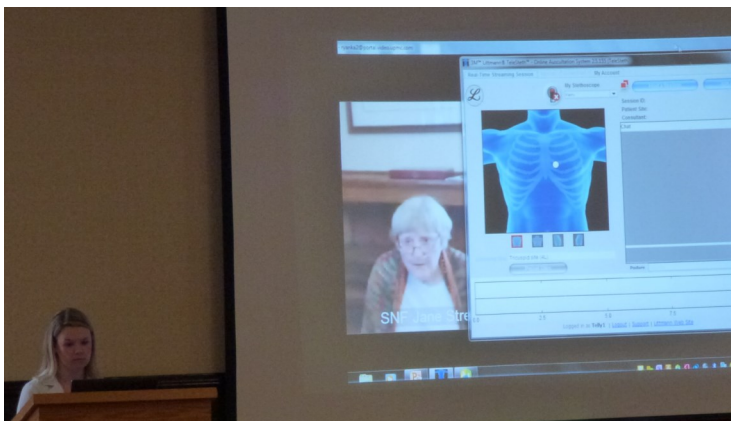


April L. Kane (left), MSW, LSW, co-director of the RAVEN Initiative and Kerry Tiesi, a certified registered nurse practitioner at UPMC.

During the meeting, UPMC provided an update on its telemedicine component of the RAVEN initiative. Kerry Tiesi, a certified registered nurse practitioner at UPMC, guided people through a “day in the life” of a CRNP who prevented the avoidable hospital admission of a resident who has heart failure. A key

component of the CRNP's strategy? Condition-Specific Assessment and Communication Tools (CS-ACTs), created by JHF Senior Quality Improvement Specialist Terri Devereaux, PhD, MPM, FNP-BC, to improve communication between nurses and physicians.

The other six sites expressed interest in using the CS-ACTs to reduce avoidable hospital admissions. JHF staff, UPMC, and CMS are working together to provide access to Dr. Devereaux's nurse-physician communication tools.



Kerry Tiesi provides a demo of telemedicine technology that is helping local nursing homes reduce avoidable hospital admissions as part of the RAVEN initiative.

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RTI International, an external evaluator for CMS projects, also provided an update on the overall long-term care hospital admissions reduction initiative. Collectively, the 18 nursing homes in western Pennsylvania participating in RAVEN lowered potentially avoidable hospitalizations by 24.3%, and potentially avoidable emergency department visits by 40.8% (through 2014, compared to baseline data collected in 2012). RAVEN is estimated to have saved more than \$5 million during the first phase of the grant (2013-15). Out of all seven regions participating in the CMS initiative, RAVEN thus far has demonstrated the largest avoidable hospital admissions reduction, and the largest cost savings.

CMS renewed the RAVEN initiative through 2020, with JHF once again serving as the education lead during the second phase of the grant. Nursing facilities that participated in phase one of the grant will receive enhanced payment and continued interventions from the RAVEN model. New participants will pilot a new payment model, and will take part in a learning collaborative that JHF created on Tomorrow's HealthCare™, the Foundation's online learning, communication, and leadership platform.

CMS and Telligen, the second external evaluator for the initiative, also conducted its annual review of JHF's education program and visited nursing homes that are participating in RAVEN.

Health 2.0 Pittsburgh Event Showcases IT Solutions to Coordinate Medical, Behavioral, Social Services

With federal and state policy promoting it and patient needs demanding it, the impetus to coordinate referrals and services across primary care, social service, and behavioral health settings has perhaps never been greater. Innovative technology furthers this push for coordinated care, offering more seamless communication across the continuum and blending together information that allows providers to address and predict patient and community needs.

On April 20, JHF hosted a Health 2.0 Pittsburgh event that featured three nationally-recognized technology solutions to coordinate services across care settings. The Foundation's Health 2.0 Pittsburgh



BluePrint Healthcare IT's Mike Squires, VP of innovation and public policy, and Niraj Gupta, VP of strategic development.

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events gather technology developers, entrepreneurs, funders, healthcare providers, administrators, public health experts, students and others to tackle community problems through disruptive technology solutions.

Eric Connor, founder and COO of Healthify, explained that the idea for his software tool was borne out of working in health clinics in Baltimore, MD. He frequently saw at-risk patients—those with substance use dependence, housing and food insecurity, and mental health challenges—who needed the most help, yet had the fewest resources. Healthify allows care managers, community health workers, and social workers to coordinate referrals with community-based organizations. Users can search and filter for particular services and government benefits, verify completed referrals, and analyze trends in community needs.

BluePrint Healthcare IT's Mike Squires, VP of innovation and public policy, and Niraj Gupta, VP of strategic development, first realized the complexity of coordinating referrals upon witnessing a co-worker struggling to care for a friend who was suffering from brain cancer. BluePrint Healthcare's Care Navigator™ is a web and mobile-based patient relationship management platform that seeks to ease that burden by providing real-time, team-based care navigation, coordination, and communication. The platform enables providers and patients to keep track of care management and rehab plans, coordinate appointments and transportation, and receive text messages on service information.

GSI Health's Melonie Behan, VP of sales, and Lynne Nelson, regional director of commercial markets and growth, showcased the GSIHealthCoordinator, a cloud-based software-as-a-service platform. GSIHealthCoordinator weaves together medical, social, and behavioral information and promotes coordinated care through individualized care plan. The platform also furthers population health goals by allowing users to stratify patient risk and deploy predictive analytics.



Eric Connor, founder and COO of Healthify.



GSI Health's Melonie Behan (left), VP of sales, and Lynne Nelson, regional director of commercial markets and growth.

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Following the presentations, PRHI's Chief Learning and Informatics Officer Bruce Block, MD, moderated a discussion with audience members and the health IT leaders. Dr. Block noted that many primary care practices are dissatisfied with the current, siloed system of care, in which providers may identify issues that require behavioral health or social service referrals but not necessarily know where to turn to make those referrals. While interoperability issues remain, Dr. Block explained, health IT creates an environment where resource information is more readily available.



PRHI's Chief Learning and Informatics Officer Bruce Block, MD (far left), moderates a discussion with audience members and health IT leaders who presented their products during a Health 2.0 Pittsburgh event focused on technology solutions to coordinate services across care settings.

PRHI Shares Insights with WV Leaders Crafting State Innovation Model Plan

PRHI has been providing technical assistance and advice to West Virginia stakeholders as they prepare their statewide plan under the State Innovation Model (SIM), an initiative created by the CMS Innovation Center to accelerate the design and testing of new payment and service delivery models across the U.S. Kim Tieman, MSW, a program officer for the Claude Worthington Benedum Foundation, connected PRHI with those working on the SIM in West Virginia.

In early May, the SIM stakeholders invited Nancy Zionts to West Virginia to share PRHI's nearly 20-year history, and showcase the role that regional health improvement collaboratives can play in creating a common vision and excitement for large-scale, multi-sector healthcare improvement. Among those participating in that planning were leaders from Quality Insights (formerly WVMi). As a subcontractor to Quality Insights (a CMS-contracted Quality



Nancy Zionts (top right), gives a presentation on the history of PRHI while meeting with stakeholders working on West Virginia's statewide plan under the State Innovation Model (SIM).

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Improvement Network-Quality Improvement Organization), PRHI is providing access to virtual learning opportunities for healthcare providers across the continuum in Pennsylvania, West Virginia, Delaware, New Jersey, and Louisiana. A few weeks later, consultants working on West Virginia's SIM plan visited PRHI in Pittsburgh. Karen Feinstein shared with them how PRHI began and sustained its mission of quality improvement and community leadership in health improvement.



(L-R): Courtney Newhouse, a research corporation employee within West Virginia University's Robert C. Byrd Health Sciences Center; Tom Gilpin, project manager of the West Virginia SIM Project; Kim Tieman, MSW, a program officer for the Claude Worthington Benedum Foundation; and Joshua L. Austin, MSc, project coordinator of the West Virginia SIM Project.

JHF's Work on Integrated Primary Care on Display at the Health Care Payment Learning and Action Network Summit

At the Health Care Payment Learning & Action Network (HCP LAN) Summit in Tysons, VA on April 26, JHF Director of Government Grants and Policy Robert Ferguson gave a presentation on designing value-based payment models to support effective treatment of behavioral health issues in primary care.

About 800 health professionals—including providers, health plans, purchasers, consumer and patient advocates, and state and national government officials—attended the HCP LAN Summit to learn about promising practices to advance effective alternative payment models across the country. The U.S. Department of Health and Human Services (HHS) launched the LAN to advance work being done across sectors to increase the adoption of value-based payments and alternative payment models.

Ferguson recounted the Foundation's journey in partnering with local and national organizations to implement collaborative care models in primary care for depression and unhealthy alcohol and/or substance use issues (Partners in Integrated Care) as well as for depression and diabetes and/or cardiovascular disease (Care of Mental, Physical, and Substance Use Syndromes). Those programs are showcased in JHF's latest [ROOTS magazine](#).

Ferguson gave his presentation as part of a session focused on behavioral health and alternative payment models that also featured Andrew Sperling, director of the Federal Legislative Advocacy Program at the National Alliance on Mental Illness, and Stephanie Brown, a provider knowledge expert for the Boston Consulting Group.

Stakeholders Meet to Chart Course for an AIDS Free Pittsburgh, Learn from Successful West Coast Efforts

On April 19, JHF hosted a steering committee meeting for the health system representatives, public health experts, human service providers, clinicians, researchers, academics, and non-profit leaders who are teaming up to eliminate new AIDS diagnoses in Allegheny County and reduce new HIV infections by 75% within five years. JHF serves as the fiscal agent for the AIDS Free Pittsburgh (AFP) initiative, which includes leadership from the Allegheny County Health Department, Allegheny Health Network, and UPMC.

During the meeting at the QI²T Center, Julia Och reported on her first 90 days as AFP's project manager, and previewed the initiative's next steps in 2016 and beyond. During her first 90 days on the job, Och noted that she met with more than 40 HIV/AIDS stakeholders in the region, recruited volunteers for the upcoming Pittsburgh Pride event to spread awareness about AFP, and guided the development of AFP's website, which is scheduled to launch during the summer of 2016.

Moving forward, Och explained that she will focus on building capacity by recruiting multi-sector volunteers for AFP, including non-medical groups and non-AIDS Service Organizations. She also wants to ensure that the AFP initiative has consistent community involvement, and increase awareness of and access to Pre-Exposure Prophylaxis (PrEP), a preventive, daily pill that can lower the risk of getting an HIV infection by up to 92% if taken consistently, according to the Centers for Disease Control and Prevention.

Felicia Sterman, MD, an internal medicine physician and a leader in San Francisco's Getting to Zero



Julia Och (top left), project manager of AIDS Free Pittsburgh, provides an overview of the people, processes, and performance measures that have defined her first 90 days on the job.



Felicia Sterman, MD (left), an internal medicine physician and a leader in San Francisco's Getting to Zero initiative, explains strategies that her organization has used to improve HIV/AIDS prevention, detection, and treatment during an AFP Steering Committee meeting at the QI²T Center on April 19.

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initiative, was a special guest at the AFP steering committee meeting. Dr. Sterman explained that some of the successful components of the Getting to Zero initiative could be applied to improve HIV/AIDS prevention, detection, and treatment in the Pittsburgh region. For example, Getting to Zero supporters work closely with the health department, engage HIV-positive individuals to serve as community liaisons and advocates, deploy mobile testing vans, and have strong representation from the LGBTQ community.

Though such strategies and partnerships, Dr. Sterman noted that San Francisco has reduced new HIV infections from about 500 per year to 300, and has linked about 70% of HIV-positive individuals to care—well above the 40% national average.

Regional HIV Strategic Collaborative Takes Shared Learning, Community Action Online with Tomorrow's HealthCare™

Over the past two years, the healthcare providers, consumers, health department leaders, and researchers who comprise the Regional HIV Strategic Collaborative have aligned their efforts to elevate the quality of HIV/AIDS services available in southwestern Pennsylvania. As the Collaborative's stakeholder engagement grows, so does the desire to share ideas and resources, ask for help, and learn about the latest treatment breakthroughs.

During the latest Regional HIV Strategic Collaborative meeting on April 7, members learned about a tool to help them accomplish those goals and more from any place, at any time: Tomorrow's HealthCare™, the Foundation's online knowledge, communication, and leadership tool.

Richard Smith, MSW, the HIV/AIDS program director for JHF, unveiled a new, customized Regional HIV Strategic Collaborative "community" on Tomorrow's HealthCare™. Each collaborative member can now log in by PC, phone, or tablet to discuss pressing topics (such as strategies to increase awareness of preventive Pre-Exposure Prophylaxis, or PrEP, treatment for individuals at high risk of HIV infection), learn about or post upcoming testing or agency events, and crowdsource solutions to shared challenges. Smith also noted that co-facilitators of the strategic collaborative meetings will serve as guest bloggers on



Richard Smith, MSW, the HIV/AIDS program director for JHF, showcases the capabilities of a new, customized Regional HIV Strategic Collaborative "community" on Tomorrow's HealthCare™

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Tomorrow's HealthCare™.

The April 7 meeting also featured a presentation from Nancy Zions on the implications of western Pennsylvania launching a Managed Long-Term Services and Supports (MLTSS) program, starting in 2017. Zions said that Collaborative members can play a critical role in ensuring that consumers enrolled in the MLTSS program understand their options and receive quality, timely, and accessible services through managed care organizations. She encouraged Collaborative members to join the more than 250 individuals from across the region who are working together to make MLTSS a success in western Pennsylvania.



Sarah Danforth (left), a harm reduction specialist at Prevention Point Pittsburgh, and Christina Farmartino, MPH, CPH, executive director of The Open Door, Inc., lead a brainstorming session on strength-based behaviors exhibited by HIV/AIDS outreach workers and clients.

Meeting co-facilitators Christina Farmartino, MPH, CPH, executive director of The Open Door, Inc. and Sarah Danforth, a harm reduction specialist at Prevention Point Pittsburgh (PPP), then gave a presentation on deploying harm reduction strategies to improve the lives of both clients and staff. They explained that harm reduction is a participant-driven process that centers on health and dignity.

While working in North Carolina, Danforth noticed a high level of turnover and burnout among her co-workers. Many suffered from compassion fatigue, and experienced a sort of vicarious trauma when their clients experienced setbacks. In response, Danforth partnered with a local trauma institute to develop a trauma-informed curriculum for outreach workers who worked with the homeless population, which emphasizes strength-based behaviors and separating a client's success from their own personal lives. She's now implementing those strategies at PPP.

JHF Shares Falls Prevention Strategies during Oakwood Heights' Annual Skills Fair

Each year, one in three adults age 65 or older suffers a fall, according to the Centers for Disease Control and Prevention. One-third of such falls in nursing homes result in injuries that can diminish residents' physical and cognitive abilities, as well as their quality of life. The nursing homes that JHF is partnering with through the RAVEN initiative have made reducing falls a major component of their efforts to reduce

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avoidable hospital admissions among their residents.

On May 5, JHF's Stacie Bonenberger shared strategies to reduce falls with staff at Oakwood Heights, a Presbyterian Homes Community located in Oil City, PA, and one of 18 nursing facilities participating in the CMS-funded RAVEN Initiative.

Bonenberger engaged 125 people during Oakwood Heights' annual Skills Fair, discussing how staff can analyze the current condition of resident falls, drill down to the origins of those falls by conducting a root cause analysis, and develop an improvement plan to prevent future falls. Bonenberger also described some of the risk factors that make a resident more likely to

experience a fall, including impaired cognitive function, the use of psychotropic and cardiovascular medications, balance problems, and inadequate sleep.

"Many staff members came to me afterwards to tell me how much they enjoyed JHF's presentation," says Stacey Fox, RN, ADON at Oakwood.

The big 'aha' moment comes when staff realize that most falls-related interventions take place after a fall, rather than before, Bonenberger notes.

"My goal was to get them to think more proactively about falls prevention, looking for opportunities to intervene at an earlier stage," Bonenberger says.



JHF Quality Improvement Specialist Stacie Bonenberger, MOT, OTR/L (center), shares strategies to reduce falls with staff at Oakwood Heights, one of 18 nursing facilities participating in the CMS-funded RAVEN Initiative.

JHF Co-Sponsors Event Showcasing Perinatal Depression Advocacy, Treatment Innovations

Mother's Day could be a somber time for Steven D'Achille. His wife Alexis, a first-time mother, developed severe postpartum depression and tragically took her own life after the birth of their daughter in 2013. But she lives on through the Alexis Joy Foundation, which Steven founded to raise awareness about the signs and symptoms of postpartum depression, and assist mothers and families in accessing treatment.

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“My daughter can be proud of her mother and the lives that she has saved,” D’Achille said while welcoming guests to a continuing education event held at the Highmark Auditorium on May 3. “I want my story to be one of undying love and forgiveness – one that inspires others to share their struggles and destigmatize postpartum depression, and seek the help that they need. Welcome to Alexis’ army.” The event, co-sponsored by JHF and the Highmark Foundation, featured presentations from three experts in perinatal depression research and treatment.

Katherine Wisner, MD, MS, the Norman and Helen Asher Professor of Psychiatry and Obstetrics and Gynecology, and director of the Asher Center for Research and Treatment of Depressive Disorders at Northwestern University’s Feinberg School of Medicine, gave a presentation on the importance of screening for and treating perinatal depression.

Dr. Wisner explained that perinatal depression affects about one in seven women, and that the condition can compromise maternal function, attachment to the newborn, the infant’s social and emotional development, and the mother’s ability to self-manage her health. Fathers, other children, and extended family members are affected as well. Dr. Wisner advocated for a comprehensive program model that features universal screening (not currently required in Pennsylvania) and detection, risk assessment and engagement, diagnosis, and treatment delivery (including non-pharmaceutical components, such as peer/family support and light therapy).

Sheehan Fisher, PhD, an instructor in the Department of Psychiatry and Behavioral Sciences at Northwestern University’s Feinberg School of Medicine, explored the impact of mother and father perinatal depression on family and infant health. Dr. Fisher noted that about eight percent of fathers are diagnosed with perinatal depression. Men tend to under-report depression symptoms and are less likely to seek treatment than women, and doctors tend to under-diagnose male depression. Dr. Fisher explained that when fathers are engaged and supportive, mothers tend to experience lower levels of anxiety and depression, and children experience better outcomes in terms of physical, emotional, and cognitive development.



Steven D’Achille, president of the Alexis Joy Foundation, explains how his wife’s experience with postpartum depression inspired him to start an organization that assists mothers and families in accessing treatment.

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Rebecca Weinberg, PsyD, a clinical psychologist who specializes in women's behavioral health at West Penn Hospital, then provided an update on Allegheny Health Network's (AHN)'s new perinatal depression program, which JHF is supporting with start-up funding along with AHN, the Alexis Joy Foundation, the Staunton Farm Foundation, and other private funders. AHN's program emphasizes screening at multiple points (prenatally, in pediatric offices, and during the post-partum period), maintaining and strengthening the mother-baby relationship throughout treatment while engaging fathers and extended family, and providing integrated services in both hospital and outpatient settings.



Allegheny Health Network's continuing education event featured a panel discussion with (L-R): Van Nickell, MD, the System Chair of Psychiatry at AHN; Steven D'Achille; Katherine Wisner, MD, MS, the Norman and Helen Asher Professor of Psychiatry and Obstetrics and Gynecology, and director of the Asher Center for Research and Treatment of Depressive Disorders at Northwestern University's Feinberg School of Medicine; Allan Klapper, MD, the AHN Network Chair in the Department of Obstetrics and Gynecology; Sheehan Fisher, PhD, an instructor in the Department of Psychiatry and Behavioral Sciences at Northwestern University's Feinberg School of Medicine; Michele Myers-Cepicka, executive director of the Alliance for Infants and Toddlers; Rebecca Weinberg, PsyD, a clinical psychologist who specializes in women's behavioral health at West Penn Hospital; and Vickie Sirockman, executive director of Healthy Start.

Following the presentations, Allan Klapper, MD, the AHN Network Chair in the Department of Obstetrics and Gynecology along with Van Nickell, MD, the System Chair of Psychiatry at AHN moderated a panel discussion. In addition to D'Achille, Dr. Wisner, Dr. Fisher, and Dr. Weinberg, the panel featured Vickie Sirockman, executive director of Healthy Start, and Michele Myers-Cepicka, executive director of the Alliance for Infants and Toddlers.

Behavioral Health Organizations in TCOBI Select Common Outcome Measures to Inform Care, Drive Improvements

Through the Staunton Farm Foundation-funded Training Center for Outcomes-Based Integration (TCOBI), trainers and coaches from PRHI and Allegheny HealthChoices, Inc. (AHC) are providing monthly coaching sessions and collaborative learning webinars to support local behavioral health organizations in their journey to collect, measure, and act on data.

In May, ten of the participating organizations selected at least one of the following outcome measurements to ultimately improve patient outcomes: PHQ-9 (adult depression), PHQ-A (adolescent depression), GAD-7 (anxiety), WHODAS 2.0 (functioning), SF-36 (quality of life), and the Recovery Assessment Scale (RAS).

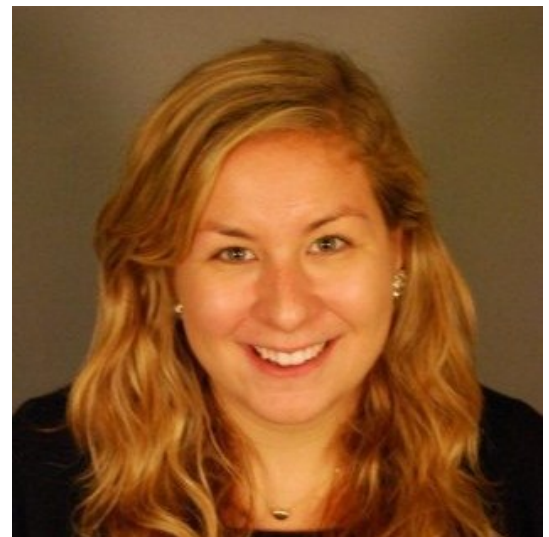
“We have been thinking of doing outcomes measurement for a while, and TCOBI has been good because it has forced the issue,” a champion from one of the behavioral health organizations said during the latest collaborative webinar.

During the webinars, the teams at each organization report on their progress, share ideas on common issues, learn from one another’s experiences, and declare next steps. In between the webinars, the teams continue to collaborate and access resources through the online TCOBI community on Tomorrow’s HealthCare™. Prior to this implementation phase, the behavioral health teams completed training over a three month period. PRHI and AHC will continue to facilitate monthly coaching sessions and collaborative learning calls for each agency, with the goal of collecting, reporting, and acting on the measured outcomes by July of 2016.

Mara Leff Joins JHF Staff as a Program Associate

Mara Leff has joined JHF as a program associate. She is working with the Foundation’s long-term care and aging team to develop strategies to advance JHF’s newly-approved Seniors Connect Initiative, which includes launching the Virtual Senior Center project, rolling out Managed Long Term Services and Supports in western Pennsylvania, and holding a series of community conversations in support of a master plan for senior services in our region. Leff will also be part of the RAVEN Initiative, and will participate in JHF’s efforts to improve behavioral health prevention and treatment services for adolescents.

Prior to joining JHF, Leff served as an independent marketing



Mara Leff

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and communications consultant, and worked at Ogilvy Public Relations as an assistant account executive. While at Ogilvy, she participated in campaigns for the National Institutes of Health, the U.S. Food and Drug Administration, and the Agency for Healthcare Research and Quality, among other organizations. Leff earned her Masters of Public Health, Behavioral Health and Communications from the University of Pittsburgh's Graduate School of Public Health, and her BA in Global Public Health from George Washington University.

PRHI Showcases Role of Pharmacists in the Primary Care Resource Center Project

The PRHI-led Primary Care Resource Center (PCRC) Project transformed the traditional model of care for patients with complex, chronic conditions, and prepared seven local community hospitals for a new era of population health management and value-based payment. Pharmacists are a critical member of a patient's care team at the PCRC sites, which worked to decrease hospital readmissions for enrolled patients with three target diseases (COPD, heart failure, and/or acute myocardial infarction).



Indiana Regional Medical Center's Laura Muchesko, PharmD, performs a medication review with a patient.

On April 28, PCRC Project Director and PRHI Chief Medical Officer Keith Kanel, MD, and PRHI Consultant Toni Fera, PharmD, touted the role that PCRC pharmacists play in helping patients manage their health—from hospital admission to well after discharge—during a PRISM Educational webinar hosted by the University of Connecticut's School of Pharmacy. Nearly 200 academics, health researchers, policy-makers, and representatives from accountable care organizations and long-term care participated in the PRISM webinar, part of a series that focuses on performance improvement and drug safety.

Dr. Kanel and Fera explained that a pharmacist is part of the PCRC care team at each community hospital, along with multiple nurse care managers and an administrative assistant. The pharmacists, who received training from PRHI on quality improvement, disease management, and motivational interviewing, have multiple points of contact with patients who are often on a variety of medications.

Upon admission, PCRC pharmacists perform a comprehensive medication review on each patient, and

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also help patients better understand their health conditions and discover their own reasons for making positive health changes. At discharge, the pharmacists review any potential medication-related problems, create a medication action plan, and ensure access to medications. Following discharge, the pharmacists make a follow-up phone call to patients within 72 hours, reinforce the medication action plan, and explore preventive measures that patients could take to stave off further health complications (such as smoking cessation and vaccination).

Dr. Kanel and Fera also explained how Conemaugh Memorial Medical Center, one of the participating community hospitals, improved their pharmacist's efficiency by weaving a pharmacy technician into the PCRC team. At Conemaugh, the pharmacy technician provides support with patient identification and enrollment, as well as with data management. Once the pharmacy technician was incorporated into the PCRC team, pharmacists boosted the number of comprehensive medication reviews completed, and decreased the time needed to complete a patient chart review.

Five of the participating community hospitals decided to self-fund their PCRCs past the Center for Medicare and Medicaid Innovation grant phase of the project, which ended in the fall of 2015. Dr. Kanel and Fera noted that the PCRC concept is a solid investment for hospitals that are preparing for accountable care-style organizations and bundled payments, as well as the implications of the Medicare Access and CHIP Reauthorization Act (MACRA). Insurers, recognizing the cost savings for the members' care, could also help sustain the PCRC model.

PRHI's Approach to COPD Care Featured at American Thoracic Society Conference

Through the PCRC Project, PRHI worked to elevate the quality of training, diagnoses, and treatment for Chronic Obstructive Pulmonary Disease (COPD), along with two other target diseases (heart failure and acute myocardial infarctions). The American Thoracic Society (ATS), working to advance research and patient care for pulmonary disease, critical illness, and sleep disorders, recognized the importance of PRHI's approach to COPD care by putting it on display in front of an international audience during its annual conference, held from May 13-18 in San Francisco CA.

PRHI consultant Brian Carlin, MD, chair of the National Lung



PRHI consultant Brian Carlin, MD, chair of the National Lung Health Education Program, leads spirometry training for PCRC staff members.

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Health Education Program, presented two abstracts that explained how PRHI successfully standardized inhaler training and implemented a spirometry instruction program across the seven hospital-based PCRC sites.

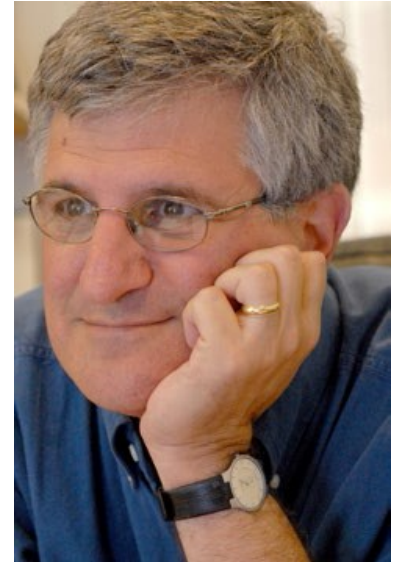
JHF Sponsors Pitt Public Health Award for Health Promotion, Disease Prevention

Paul A. Offit, MD, has dedicated his career to protecting public health by studying and advocating for the safety and efficacy of vaccines. A physician, educator, virologist, and author, Dr. Offit is the co-creator of the CDC-recommended rotavirus vaccine for infants and children.

In recognition of his commitment to health promotion and disease prevention, Dr. Offit was recently recognized as the 2016 recipient of the Porter Prize, which is awarded annually by the University of Pittsburgh Graduate School of Public Health and was sponsored this year by JHF and the Highmark Foundation.

Dr. Offit is the director of the Vaccine Education Center at the Children's Hospital of Philadelphia, and is also the Maurice R. Hilleman Professor of Vaccinology and professor of pediatrics at the University of Pennsylvania's Perelman School of Medicine.

To view Dr. Offit's Porter Prize lecture, [click here](#).



Paul A. Offit, MD, 2016 recipient of the Porter Prize.

JHF among Sponsors of Lown Institute Conference Centered on Patient-Clinician Relationship, Value-Added Care

JHF was among the sponsors of the Lown Institute's 4th Annual Conference, held in Chicago, IL from April 15-17. Doctors, nurses, researchers, patient advocates, and public health experts converged at the conference to create an actionable agenda related to strengthening the patient-clinician relationship, addressing patient harms caused by overuse and misuse of healthcare services, and amplifying the voices of grassroots activists and organizations.

The conference's keynote speakers included Jeff Brenner, MD, founder and executive director of the Camden Coalition of Healthcare Providers; Gordon Guyatt, MD, a distinguished professor at McMaster

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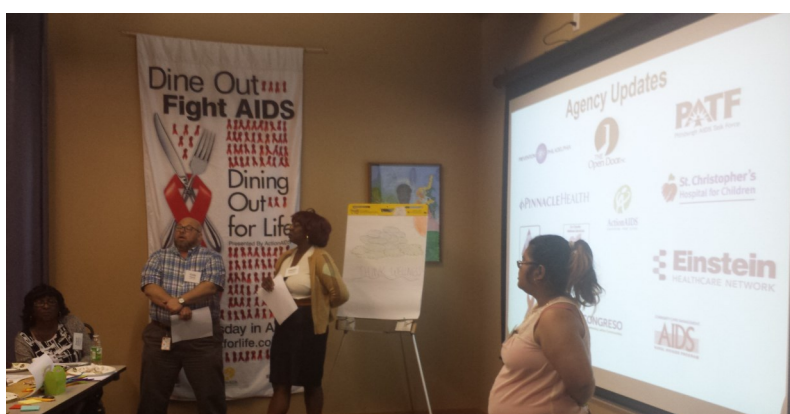
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University's Department of Clinical Epidemiology and Biostatistics; John Ioannidis, MD, director of Stanford University's Prevention Research Center; Joanne Lynn, MD, director of the Center for Elder Care and Advanced Illness at the Altarum Institute; and Rita Redberg, MD, chief editor of JAMA Internal Medicine as well as professor and director of Women's Cardiovascular Services at the University of California, San Francisco.

Minority AIDS Initiative Grantees Share Effective Strategies for Supporting Client and Staff Wellness

On May 25, twelve AIDS service organizations participating in the Minority AIDS Initiative (MAI) grant took part in a learning session facilitated by JHF in Philadelphia. Conducted twice a year for MAI grantees (once in Pittsburgh and once in Philadelphia), the collaborative learning sessions bring together outreach workers from clinics, case management, and specialized service organizations in both rural and urban settings to share lessons learned and best practices. MAI's goal is to link HIV-positive individuals with medical, mental health, and social services, to help them better manage their condition and reduce community viral loads.

The latest session focused on identifying strategies for effectively supporting client wellness to promote retention in medical care and adherence to anti-retroviral therapy. Participants also had the opportunity to discuss organizational structures and programs that prevent staff burn-out, a particular challenge for those working with complex clients.



(L-R): Cody Poerio, Odessa Summers, and Sophavy Phuong, the Action AIDS outreach and Prison Linkages Program team, provide an update on progress since the last MAI learning session in October 2015.



Hannah Zellman and Tre Alexander from Philadelphia FIGHT Institute for Community Justice present about implementation of the Sanctuary Model®.

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Philadelphia FIGHT Institute for Community Justice Executive Director Hannah Zellman and Prison Linkage Specialist Tre Alexander shared their experience implementing the Sanctuary Model®, an organizational change approach which promotes safety and recovery from adversity through creation of a trauma-informed community. Zellman and Alexander explained how this community approach has impacted both clients and staff, creating a safer space for healing and wellness.

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