

ANNUAL REPORT

FY 22-23



Grossmont
Healthcare
District



Letter from the CEO



The healthcare landscape in East County has changed after COVID-19 and the Grossmont Healthcare District is committed to changing with it. Our new strategic plan that was launched last year gives us a clear direction to concentrate on our core priorities of **health and wellness, hospital partnership and chronic disease**. Our brand new team at the District wasted no time jumping right in to all three priorities by developing objectives, goals and tactics to achieve the plan. I am very proud to showcase the amazing results of the first year of the plan with our 2022-2023 annual report. This annual report has changed reporting cycles since the last one was distributed in 2021. Rather than submitting the annual report based on the calendar year, the District is now publishing the annual report based on the strategic plan and budget year schedule (July 1 – June 30).

The health and wellness priority revolves around ensuring our East County community has the appropriate resources available to live well. Our initiatives over the last year were focused on **developing programs and educational activities that engage our community members and encourage them to live healthier lives**. The response has been amazing. The number of people attending these community events has increased significantly over the course of the year and we look forward to expanding in the future.

The hospital partnership priority seeks to better engage the hospital in activities that benefit our community. In that effort, the District provided a matching grant for the **hospital's state of the art Neurosciences Center**. The matching grant helped spur other donors to come forward and meet the hospital's financial goal for the project. In addition, the District partnered with the hospital and the county to develop a **Rural Health Discharge Pilot Project**. This innovative program ensures patients in the most remote areas of East County have a clinical and safety follow-up after being discharged from the Sharp Grossmont Hospital.

Finally, the chronic disease priority seeks to decrease risk factors while increasing health literacy. Our library team has spent months carefully curating our on-site and online resources to ensure we are known as a landmark for reliable health and wellness information. The District also continues to focus our **grants and sponsorships program** on the diseases highlighted in the Community Health Needs Assessment (CHNA).

As we look toward next year, the District is poised to be a transformational leader in advancing community health in East San Diego County. I am honored to lead such a great team and look forward to continuing to build momentum in the years to come.

A handwritten signature in blue ink that reads "Christian Wallis". The signature is written in a cursive, flowing style.

Christian Wallis, Chief Executive Officer

Board of Directors



Gloria A. Chadwick, RN

Board President

Zone 4: Alpine, Lakeside, Descanso, Pine Valley



Robert "Bob" Ayres

Board Vice President

Zone 5: Rancho San Diego, El Cajon, Jamul



Virginia Hall, RN

Board Secretary

Zone 1: Santee



Michael Emerson, RDO

Board Treasurer

Zone 3: La Mesa

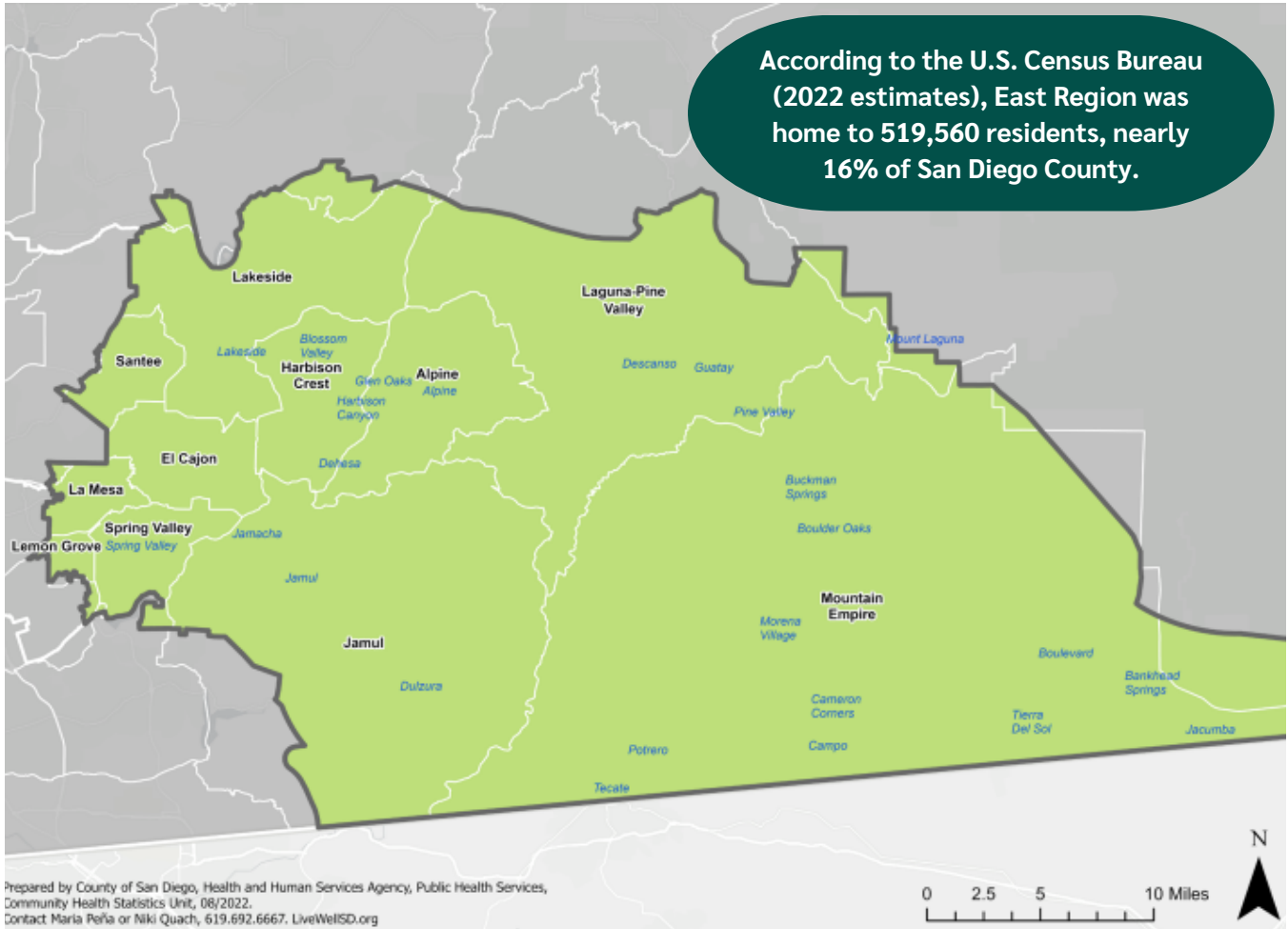


Randy Lenac

Board Member

Zone 2: Campo, Potrero, Spring Valley, Lemon Grove

East County Overview



COMMUNITIES SERVED:

Alpine
El Cajon
Harbinson-Crest
Jamul
La Mesa



Laguna-Pine Valley
Lakeside
Lemon Grove
Mountain Empire
Santee
Spring Valley

Our Mission

As stewards of the public trust, your Grossmont Healthcare District will preserve and protect those resources entrusted to its care. To maintain and improve the physical and behavioral health of its constituents, we will:

- Anticipate and recognize the unmet health care needs of the communities we serve and support suitable services to the greatest extent possible consistent with available resources.
- Collaborate with the hospital and other community partners to ensure access to state-of-the-art medical services for all of the residents of Grossmont Healthcare District and beyond.

Fiscal Year Budget

Serving the community is our priority. The District maintains four internal departments: **1) Community health** and **2) library** both serve the public directly, while **3) administrative support** and **4) facilities** provide the necessary support to community health.

Grants & Sponsorships:

\$1,371,000

Scholarships: \$249,000

Community Health, Other:

\$755,000

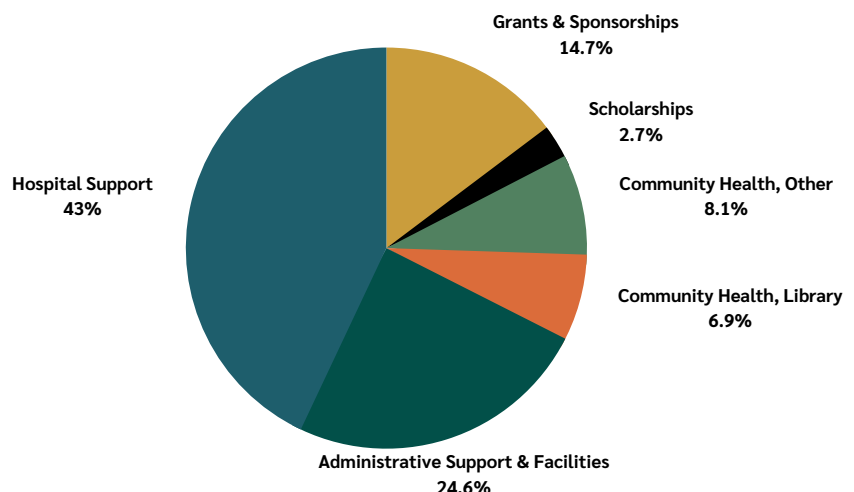
Community Health, Library:

\$646,000

Admin Support & Facilities:

\$2,678,000

Hospital Support: \$4,000,000



Community Health Priority Areas



Since 1996, the Grossmont Healthcare District has supported a variety of local nonprofit health and wellness organizations through grants and sponsorships to meet the unmet healthcare needs in East County. The District emphasizes programs involved in **direct, hands-on patient care** with a focus on the following areas:

1 AGING CONCERNS

From 2017-2021, older adults ages 65 and older made up 15% of the population in East Region.*

2 CHRONIC CONDITIONS: CANCER, HEART DISEASE, STROKE

According to the most recent CHNA report, East Region had the highest rate of overall cancer deaths (182.1 per 100,000 residents) in San Diego County.*

3 BEHAVIORAL HEALTH

From 2017-2021, depression was surveyed to be the number one behavioral health issue for both children and adults.*

*This data is from the Community Health Needs Assessment report (measuring years 2017-2021) conducted by the County of San Diego, the Hospital Association of San Diego and Imperial Counties, and Sharp HealthCare in conjunction with the District.

Grants Awarded

1

AGING CONCERNS

- Alzheimer's Association SD
- Alzheimer's San Diego
- Challenge Center
- ElderHelp
- Meals on Wheels
- San Ysidro Health
- Serving Seniors

TOTAL = \$246,500



District staff touring Volunteers in Medicine (left), San Ysidro Health (middle), Oncology & Kids Camp Reach for the Sky Camp (right)

2

CHRONIC CONDITIONS

- Eric Paredes Save a Life
- Mama's Kitchen
- Oncology & Kids
- SD Blood Bank
- St. Madeline Sophie's Center
- Salvation Army
- Volunteers in Medicine
- La Maestra Family Clinic

TOTAL = \$314,000

TOTAL: \$1,318,284

TOTAL # GRANTS: 39

Grants Awarded

3 BEHAVIORAL HEALTH

- Center for Community Solutions
- Crisis House
- Home Start
- License to Freedom
- Saddles in Service
- SD Freedom Ranch
- Survivors of Torture
- Trauma Intervention Programs of SD
- Vista Hill Foundation
- Voices for Children

TOTAL =\$207,284



District staff touring Center for Community Solutions



High school students pursuing careers as Medical Assistants & Certified Nursing Assistants graduate from the GUHSD Health Pathways program

OTHER UNMET HEALTH NEEDS

- Burn Institute
- Developmental Services Continuum
- East County Economic Development Council Workforce Pipeline
- Grossmont Union High School District (GUHSD)
- Home of Guiding Hands
- Jacobs & Cushman SD Food Bank
- Jewish Family Services
- Noah Homes

TOTAL =\$550,500

Sponsorships Awarded



transcenDANCE, a Lemon Grove-based youth development organization students rehearsing for their CREATE performance sponsored by GHD.

ORGANIZATIONS

- Boys & Girls Clubs of East County
- ElderHelp
- Friends of the Water Conservation Garden
- Home of Guiding Hands
- La Mesa Lions Club
- San Diego Regional East County Chamber of Commerce
- Sharp Grossmont Hospital Foundation
- Sharp HospiceCare
- St. Madeline Sophie's Center
- transcenDANCE

TOTAL: \$69,000

TOTAL # SPONSORSHIPS: 10



**Grossmont
Healthcare
District**



The Home of Guiding Hands Team at the Randy Jones 5K Run, Walk & Roll for Independence sponsored by GHD.

High School Scholarships



According to the Bureau of Labor Statistics, about 2 million new healthcare jobs are to be added over the decade, with a 13% growth from 2021 to 2031. That is why the District prioritizes supporting East County students in their pursuit of higher education in healthcare careers.

TOTAL: \$108,900

AWARDS: 44

SCHOOLS: 22

“

It is an honor to have been selected for the Grossmont Healthcare District Scholarship. I am very grateful for the opportunity to be able to invest in my future. For as long as I can remember I have always wanted to work in the healthcare field, I didn't know exactly what area I wanted to work in at the time but I just knew that I was going to pursue a healthcare career. I am taking the opportunities that come my way not only because of the many opportunities that are available but because my parents didn't have the same opportunities as I did. I am truly grateful for this opportunity and will continue to work hard and work towards my future. Thank you for selecting me for this scholarship of \$3,300.

- High school senior from Mount Miguel High School (Spring Valley)

”

Post-Secondary Scholarships



The District also values supporting students who are attending college or are receiving additional training for their healthcare careers. We're proud to support their efforts that will benefit future generations in East County.

TOTAL: \$83,000

AWARDS: 17

EXAMPLE OCCUPATIONS

- Radiology Techs
- Pharmacy Techs
- Speech Therapists
- Registered Nurses
- Physician Assistants
- Social Workers
- Marriage & Family Therapists
- Psychiatrists
- Psychologists
- Occupational Therapists

Hospital Support



AUGUST 11, 2022: Board of Directors attend Groundbreaking event beginning construction on the new center

SHARP GROSSMONT HOSPITAL NEUROSCIENCES CENTER

\$4 MILLION MATCHING GRANT AWARDED

In fiscal year 2023, the GHD Board of Directors gave \$2 million of this matching grant to Sharp Grossmont Hospital Foundation toward their \$10 million ENVISION project. The Center aims to be San Diego's first single center of excellence for patients needing advanced neurosurgical, neurological and comprehensive spine care. It will accommodate East San Diego County patients who will no longer need to travel to Los Angeles or farther north for necessary care. It is set to open in Spring 2024.

SHARP GROSSMONT HOSPITAL COMMUNITY HEALTH SUPPORT

\$1 MILLION IN IGT FUNDS AWARDED

Inter-Governmental Transfer (IGT) is a method in which local governments (including healthcare districts) and public hospitals can transfer funds to the Agency for Health Care Administration, to provide matching funds that support the federal Medicaid program. The Grossmont Healthcare District granted \$1 million in IGT funds in FY22-23, to support Sharp Grossmont Hospital's care of underinsured and uninsured residents in East County.



Sharp Grossmont Hospital building exterior

Other Grant Projects



MAY 15, 2023: Stakeholders meet for feedback and discussion during the Advancing Health Literacy Program

ADVANCING HEALTH LITERACY PROGRAM

PARTICIPATING PARTNER IN \$4 MILLION GRANT PROJECT FROM OFFICE OF MINORITY HEALTH

The District along with San Ysidro Health, UC San Diego Center for Community Health, and other East County partners supported workshops and listening sessions to answer the community's questions about accessing emergency medical care. These workshops were mainly designed for the Chaldean community and other minority groups in San Diego. At the District's convening meeting in May, a community member described their difficulties accessing care, helping hospital and other agency staff gain perspective on the issue.

EAST COUNTY ECONOMIC DEVELOPMENT COUNCIL WORKFORCE PIPELINE

PARTNER ON \$105,000 GRANT PROJECT

The GHD awarded \$105,000 in partnership with the East County Economic Development Council to help with their action plan and ongoing project needs. The aim of this initiative is to encourage talented healthcare graduates and workers to seek and continue to seek jobs in East County. The project researched workforce shortages and educational limitations and has developed next steps to improve coordination and identify more funding sources as well as educational space and resources.



Rural Health Support



MARCH 14, 2023: At the ambulance bay at Sharp Grossmont Hospital in La Mesa in 2021. (Nelvin C. Cepeda/The San Diego Union-Tribune)

RURAL HEALTH DISCHARGE PILOT PROGRAM

\$60,000 AWARDED

In an effort to reduce Sharp Grossmont Hospital readmission rates for rural communities like Mountain Empire, the District partnered with District 2 Supervisor Joel Anderson’s office to send a registered public health nurse along with County Cal/Fire firefighters/paramedics to conduct post-discharge follow-ups on rural East County patients. The program would focus on reviewing living conditions and safety hazards in the residence and surrounding property, especially focusing on those with the highest readmission rates. Patients would then be also linked to the appropriate existing programs within County Cal/Fire that promote safety.

RURAL HEALTH COALITION – This group was formed in September 2021 when four organizations including the District partnered on a USDA federal grant. The group has since grown to include 7 organizations that meet monthly at the GHD office to discuss initiatives that directly impact rural constituents:

- Vaccinations/Screenings
- School-Based Health Program
- Transportation Support
- Camp Lockett Reimagined
- Post-Discharge Follow-up Initiative
- Broadband Expansion



INSTITUTE FOR
PUBLIC
STRATEGIES



Grossmont
Healthcare District



HOSPITAL ASSOCIATION
of San Diego & Imperial Counties



SAN YSIDRO
HEALTH

Other Community Support

TRANSFER OF CARE COLLABORATION – GHD, Sharp Grossmont Hospital, local fire departments and districts, and emergency medical response providers meet monthly to ensure timely and seamless transfer of care from ambulance providers transporting patients to the hospital’s emergency department. Some key objectives discussed and tasked during meetings include:

- Establishing a standard method for data collection
- Creating initiatives to divert unnecessary emergency room calls
- Educating the East County community on how to access appropriate type of care
- Improving the patient throughput within the hospital
- And developing better communication and education between members and stakeholders

BUILDING EAST COUNTY COMMUNITY HEALTH PARTNERSHIPS

The District hosted a regional meetup during which more than 30 representatives from 20 of our partner community-based organizations came to meet one another, network, learn about each other's programs, and discuss new ways to collaborate in East County. Attendees unfamiliar with GHD’s offerings and library also had the chance to see the facility space available to them for future use.



JANUARY 27, 2023: Partner organizations mingled and participated in a sticky note icebreaker activity mapping who they serve, what services they provide, and which communities in East County they serve

Advocacy Update

The Grossmont Healthcare District advocates with local and state legislators, on issues that affect our residents, our community partners, and district or hospital operations. The District provided advocacy regarding the following legislation:

- **Assembly Bill 557:** Establishing modified remote meeting procedures within the Brown Act for local agencies meeting during specified emergencies
- **Assembly Bill 869:** Allowing smaller rural hospitals and some district hospitals a five-year extension on the 2030 seismic safety compliance deadline
- **Assembly Bill 1473:** Requiring hands-only cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) training in California high schools, as a graduation requirement.
- **Senate Bill 525:** Establishing a new minimum wage of \$25 per hour for workers in covered healthcare settings
- **Assembly Bill 40:** Requiring local emergency medical services agencies to establish an ambulance patient offload time standard of no more than 30 minutes 90% of the time
- **Assembly Bill 1028:** Removing the requirement that health practitioners make a report to law enforcement when they suspect a patient has suffered physical injury caused by assaultive or abusive conduct



Chief Community Health Officer Amy Abrams attended the Association of California Healthcare District's Advocacy Day in Sacramento, representing the Grossmont Healthcare District in meetings with the Legislative Analyst Office, and several members of the California Assembly.

Fall Open House



NOVEMBER 2, 2022 — more than 100 community partners, library patrons, nonprofit and healthcare employees, East County residents, as well as local elected officials, gathered to celebrate 70 years of history at the District and the 20th anniversary of the library.



Fall Open House attendees contributed to the finished product of this community art painting project led by newstART's program instructor Linda Bounds.



GHD's Health & Wellness Library



New book displays centered around different monthly health themes

The Grossmont Healthcare District's Health & Wellness Library space has been completely revitalized with lots of new offerings:

- Updates to its collection and organizational system
- New wellness programs held monthly
- A reorganized children's section
- First5 kits available for new parents
- Free memory screenings
- Art exhibits with meet & greets from local artists
- And more!

AVERAGE # OF MONTHLY VISITORS: 691



TOTAL # BLOOD PRESSURE MONITOR USAGE: 111



TOTAL # LIBRARY CARDS ISSUED: 220

GHD's Health & Wellness Library



New organizational system for pamphlet collection created

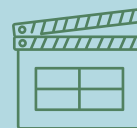
“ Recently I learned that my mother has MCI - Mild Cognitive Impairment. And after we visited a nearby rehab center we learned about the library. It's so nice to come here and do research and learn about how to work with mom. Lots of information here, and in layman's terms. The librarians are also always willing to help! - Library Community Member ”

Along with its interior changes, the library's audience has evolved as well serving community members that have used its facilities for years, while also engaging with a new population of people. This is partially due to its new wellness programs which have grown to full classes often with a waitlist and special events like Meet & Greet the artist mixers.

**TOTAL # NEW BOOKS
ADDED TO PHYSICAL
COLLECTION: 675**



**TOTAL # MOVIES &
DOCUMENTARIES
ADDED: 17**



Art exhibit displayed on the walls that rotates throughout the year featuring East County artists



Artist Annalise Neil shares about her work displayed at the library during evening mixer

Library Wellness Programs



Music Storytime with Hooray Miss Marae, a family-friendly program for children



Dr. Sabrina Falquier, MD, CCMS lecturing on the topic of Better Health through Culinary Medicine during a monthly Wellness Wednesday talk

**TOTAL NEW
ONGOING WELLNESS
PROGRAMS: 11**



TOTAL ATTENDEES: 887



Community members showing off their Crafternoon creations



Drums Alive, a unique drumming and movement class for seniors

1. Crafternoon
2. Knit & Crochet
3. new stARTs Therapeutic Oil Painting
4. Easy Does it Chair Yoga
5. Wellness Wednesdays
6. Drums Alive for Seniors
7. Songbirds Music Family Class
8. Mindful Movement & Sound Meditation
9. Music Storytime with Hooray Miss Marae
10. Walk With a Doc
11. Fitness Forever Club

Library Marketing & Outreach



GHD staff tabling at the Sharp Aging Conference and Spring Into Healthy Living event



GHD staff member at the front desk ready to help and answer your questions about the collection and library services

Follow us on Social Media!



Facebook:
[@GHDHealthLibrary](https://www.facebook.com/GHDHealthLibrary)



Instagram:
[@GHDHealthLibrary](https://www.instagram.com/GHDHealthLibrary)

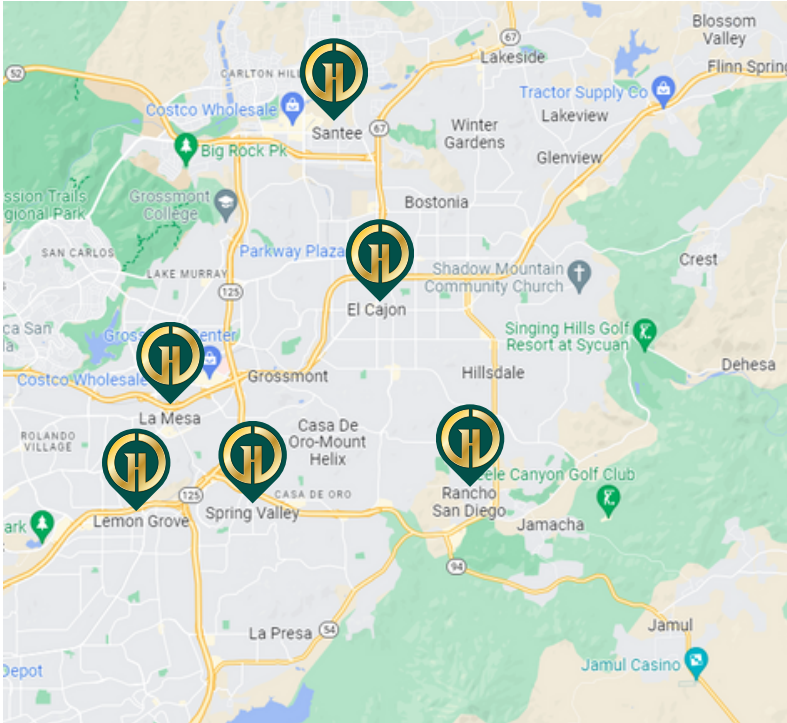


Twitter/X:
[@GHDHealthLib](https://twitter.com/GHDHealthLib)

OCTOBER 2022: The Board of Directors approved the renaming of the library, to better reflect its role in the District's work of providing residents with access to reliable, high-quality health information. In early 2023, the rebranding effort began, to reintroduce the **Grossmont Healthcare District's Health & Wellness Library** to the residents of East County:

- Updated its library print newsletters
- Created a new set of wellness program flyers
- Distributed helpful outreach giveaway items
- And began tabling at various health fairs throughout the region

Library Outreach Events/Fairs



LEMON GROVE

- Lemon Grove Collaborative Health & Resource Fair (3/25/23)
- Lemon Grove End of School Event (6/14/23)

SPRING VALLEY

- Mt. Miguel Health Fair (10/7/22)

LA MESA

- Boys & Girls Club Community Health Fair (4/20/23)
- Grossmont East County Chamber Fair (4/22/23)
- La Mesa Branch Library Event (9/13/22)
- Sharp Fall Prevention Fair (9/23/22)
- Sharp Aging Conference (9/29/22)

RANCHO SAN DIEGO

- Spring Into Healthy Living (5/10/23)

EL CAJON

- Neighborhood Healthcare Women's Wellness Fair (1/19/23)
- Pacific Housing Library Fair (5/23/23)
- Pacific Housing Library Fair (5/25/23)
- El Cajon Valley Resource Fair (6/30/23)
- Parkway East County Chamber Health Fair (9/24/22)

SANTEE

- National Night Out (8/2/22)

**TOTAL # OF
EVENTS/FAIRS: 15**



Grossmont Healthcare District's
Health & Wellness Library

An East County community resource

Other Community Health Projects



DECEMBER 20, 2022: GHD and Sharp Grossmont Hospital (SGH) staff teamed up with SD Blood Bank's Hospital Services and Financial Development departments to fund and disburse more than 250 teddy bears to patients that were hospitalized during the holiday season



JANUARY 13, 2023: The SD Blood Bank Bloodmobile arrived in the GHD parking lot for the day to collect blood donations



MAY 12, 2023: GHD staff distributed free coffee and muffins to the Sharp Grossmont Hospital healthcare workers in honor of National Hospital Day



OCTOBER 2022: The library collected donations to the San Diego Food Bank to support families facing food insecurity



FEBRUARY 2023: The library began collecting food and clothing donations for the HOME "Homeless Outreach and Mobile Engagement" program in La Mesa.

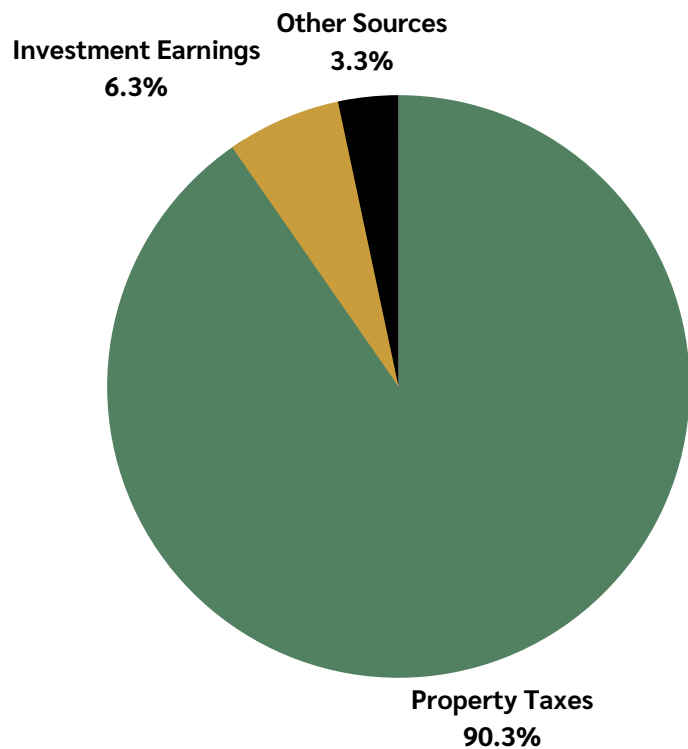
Administrative Update

The District values financial transparency and is responsible for being good stewards of taxpayer funds. Below is a breakdown of GHD’s revenue sources and special tax assessment rate. This rate is to repay debt service (principal and interest) on the \$247 million in bonds issued to improve and expand facilities at Sharp Grossmont Hospital. In recent years, the rate increased as borrowing increased. However, even though the debt service obligation increased, the most recent change to the tax rate was a decrease to **\$24.59 of \$100K of assessed value** and hasn’t changed since last fiscal year.

DEBT SERVICE FUND

Fiscal Year	Tax Rate
2005-06	\$ 13.15
2006-07	13.15
2007-08	13.15
2008-09	13.15
2009-10	13.15
2010-11	13.15
2011-12	20.05
2012-13	20.05
2013-14	20.05
2014-15	20.05
2015-16	23.52
2016-17	23.52
2017-18	23.52
2018-19	23.52
2019-20	24.90
2020-21	24.90
2021-22	24.59
2022-23	24.59
2023-24	24.59

GENERAL FUND



Property Taxes: \$10,481,800
Investment Earnings: \$735,462
Other Sources: \$386,922

Facilities Update

The District also ensures its facilities are well-maintained and safe for public use. In addition to updates to its security system, GHD has made updates to its risk management policy. The policy now includes a proactive process for mitigating risk, labeling issues as either “monitor” or “archive”. Monitoring will show progress or improvement in combating the risk, while archive will show the task has been completed or is being revisited (typically when the risk is very low). These changes help keep our community safe by addressing issues in an efficient and timely manner.

FACILITY USE




TOTAL # OF EAST COUNTY GROUPS/NONPROFITS UTILIZING LIBRARY MEETING SPACES: 11


TOTAL # OF EVENTS BOOKED AT LIBRARY MEETING SPACES: 122



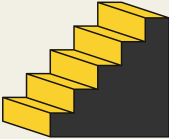
TOTAL # OF EAST COUNTY GROUPS/NONPROFITS UTILIZING DISTRICT MEETING SPACES: 10



TOTAL # OF EVENTS BOOKED AT DISTRICT MEETING SPACES: 106



New listening devices were purchased to improve accessibility during presentations for people hard of hearing



New sensor lights were installed by auditorium stairs indoors & yellow safety strips were painted on outdoor steps.



APRIL 2023: GHD equipped its conference center's A/V system with new technology including an overflow option, which allows presentations happening in the auditorium to be seen and heard from the lobby.