

Marysville Joint Unified School District

Creating a Culture of Health

November 10, 2020

THE CECHCR PROJECT
Working Together...Finding Solutions



What is The CECHCR Project?

- A neutral, non-profit initiative of the Center for Collaborative Solutions (CCS)
- Support from statewide management associations and unions in California public education
- Been in existence since 2005
- Cooperative approaches to health and welfare benefits and wellness initiatives



What is Workforce Wellness?

- The systematic efforts of an organization to enhance the wellness of its employees through education, behavioral change and cultural support



Robert Wood Johnson Foundation

County Health Rankings - 2019

Yuba (YU) Show areas to explore Show areas of strength

County Demographics +

	Yuba County	Trend	Error Margin	Top U.S. Performers	California	Rank (of 58)
Health Outcomes						51
Length of Life						55
Premature death	2,600		8,900-10,400	5,500	5,300	
Quality of Life						32
Poor or fair health	16%		16-17%	12%	17%	
Poor physical health days	3.9		3.8-4.0	3.1	3.5	
Poor mental health days	4.1		3.9-4.2	3.4	3.5	
Low birthweight	7%		6-7%	6%	7%	

Additional Health Outcomes (not included in overall ranking) +

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<https://www.countyhealthrankings.org/app/california/2020/rankings/yuba/county/outcomes/overall/snapshot>



What Are Social Determinants of Health?

Economic, health and social conditions that influence health



Comprehensive Approach

- Assess the Need
 - Meet with key District stakeholders to determine need and develop a plan
- Rideout Hospital
- Partner with Yuba/Sutter Community Task Force
- Access no-cost resources through California's Valued Trust (CVT)
- Health Literacy (specific to MJUSD)
- Support for employees/students with social isolation
- Measure our success



Yuba/Sutter Community Task Force

- The Yuba/Sutter Community Task Force is a growing group of stakeholders from all sectors of the community
 - Identify systemic needs of the community
 - Implement creative solutions to the social and economic challenges facing our community
- Partnership
 - Identify common needs
 - Share resources
 - Where possible, joint planning and execution



Rideout Hospital

- Partner with Rideout Hospital
 - New leadership with extensive community involvement (bringing hospitals and communities together)
 - Apply for a grant (qualifies for charity care obligation)
 - Increase access to primary/urgent care
 - Access free and low-cost program for employees/students/parents



California's Valued Trust (CVT)

- The District's Health Insurer is CVT
 - Access no cost resources
 - Apply for Wellness Grant
 - Identify high claims costs
 - Workshops/resources to reduce claims costs
 - Develop health literacy material so employees become better consumers of health care
 - Counsel employees at open enrollment on the health plans that will best serve their families



Health Literacy

Degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions

Educational material to help employees/dependents become better consumers of health care (right choice at the right time)

How to access and use CVT's services (telemedicine, EAP, online services, network issues)

Counsel and advice on best health plan options at open enrollment

Covered CA for uninsured employees/families



Wellness Workshops

- Survey to determine desired topics
 - Will ensure better attendance
- Most enjoyed by employees
 - Cooking class (can be done virtually)
 - Light Stretching/Chair Yoga
 - Stress Relief Through Laughter (Strategic Mindfulness)
 - 7 Essential Documents for Estate Planning



Measure Our Success

- Use measures on improved health outcomes
- Better integration with community services
- Improved presenteeism
- Improved absenteeism
- Improved resilience
- Employer/employee collaboration and support



CECHCR Testimonials

- Jim Rathe, Ukiah Teachers Association
 - “CECHCR has provides incredible service to our district and its teachers. They are always there to help us navigate the complex healthcare landscape.”
- Jan Winters, Lafayette Teachers Association
 - “CECHCR brought labor and management together to focus on a better health plan, without a reduction in benefits, and incorporated an excellent wellness plan to keep us on track. CECHCR was always there to help us through any bumps in the road.”
- Nicole Marin, Human Resource Director, Mendocino College
 - “Under CECHCR’s leadership, Cindy Young navigated a difficult health and welfare change that saved our College \$800,000 on projected health care costs. Always there above and beyond the call of duty.”



Questions?

The CECHCR Project

www.CECHCR.org

916-567-9911

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