



Strategic Plan 2023-2027

Mission Statement

The Living Well Foundation is committed to improving the wellness of our community and the physical and mental health of individuals in our service area.

Vision Statement

Through its programs, grants, and initiatives, and networking with area agencies and healthcare providers as well as school boards, state universities and colleges, and other government entities, the Living Well Foundation envisions a future of improved quality of life and well-being for the populations of the Service Area with measurable social and economic impact.

Overall Themes

From the Community Needs Assessment and the resulting Community Plan, the three identified overall themes are:

- Theme 1: *Promoting Healthy Lifestyles Through Education, Awareness and Wellness Services*
 - defined as *the ability to increase physical, mental, and social well-being that in turn improves health and wellness in individual lives, thereby impacting family and community.*
- Theme 2: *Improving Access to Healthcare Through Availability and Affordability*
 - defined as *ensuring a network of resources, services, and providers (previously volunteers) that will provide accessible, affordable healthcare.*
- Theme 3: *Addressing Special Healthcare Needs of Infants and Minor Children*
 - defined as *providing resources for infants and children that will promote and improve their healthcare and quality of life.*

The systems within which the Foundation seeks to address these themes include medical, dental, and mental health services in schools, healthcare delivery models, and supportive areas to those.

Operational Areas of the Foundation

The Living Well Foundation will seek improvement in or achievement of identified items in its themes and strategic priorities through its grant-making and initiatives for large impact within the 8-parish Service Area, and through collaboration and networking with area agencies and institutions, both for-profit and not-for-profit, to achieve its goals.

Grant-Making and Initiatives:

There are 6 main areas of focus expressed by the Board for grant-making or initiatives and which will be further developed through the Strategic Plan actions. These are:

1. Grant-making within the 8 parishes, focused to sustainability and impact
2. School-Based Health Centers (SBHC) Initiative:
 - Startup SBHCs, as one-time funding, with the goal of at least 1 in each of 8 parishes
 - Existing SBHCs, as one-time funding for special needs or projects
3. Dental Hygiene Initiative:
 - Dental hygiene clinics funding with ULM and FQHCs and school systems
4. Suicide Intervention/Prevention Initiative:
 - A focused evidence-based programming model for youth and ultimately all ages
5. Dementia/Alzheimers Initiative:
 - Simulation and education programming and support for residency programs, referral sources, healthcare and hospital providers, long-term care, as well as caregivers
6. Large impact, broad-based projects or initiatives that can be funded as one-time or fixed-time sustainable models

Collaboration and Networking:

The Foundation desires to continue to serve as an incubator of ideas, problem-solving, and networking possibilities for agencies, universities, and other non-profit groups for social and economic impact, especially for under-served populations within the service area.

Strategic Priorities and Goals

Theme 1: Promoting Healthy Lifestyles through Education, Awareness, and Wellness Services

Strategic Priorities:

- Promoting and supporting physical education, healthy nutrition, and wellness
- Enhancing community medical education and disease prevention

Goals:

- Improve health measures across populations as measured by the OPH Data Needs Assessment
- Support and increase health education programs, especially to the under-served and Medicaid populations, that have active participation and measurable components
- Participate in literacy improvement with area agencies and through grant-making, with measures in healthcare utilization and with improvement to behavioral health measures
- Participate in prevention and treatment programs and services for adults of all ages, with increased success rates and lower recidivism
 - Obesity, diabetes, hypertension, and health risks
 - Adult substance abuse
 - Domestic abuse

Theme 2: Improving Access to Healthcare through Availability and Affordability

Strategic Priorities:

- Increasing the presence of healthcare providers and services in affordable models
- Facilitating access for dental hygiene and oral care
- Broadening adult behavioral and mental health capacity
- Catalyzing large impact broad-based healthcare initiatives

Goals:

- Increase the number of healthcare professionals within delivery models, especially in under-served and rural areas
- Increase access to dental hygiene and oral care services for adults all ages, especially the Medicaid-covered and under-served in outlying rural areas
- Increase the number of and quality of medical resources and services within the rural areas
- Assist non-profit clinics and parish hospitals to serve within their defined models and delivery systems especially for the under-served and Medicaid populations
- Participate with agencies and providers to add professional and affordable behavioral health services to under-served and under-insured populations
- Work with area healthcare providers to increase services and add professionals within third-party payment systems and Medicaid payment models
- Seek alignments and collaborations for healthcare-related projects which provide professional caregivers, serve large numbers of people, have sustainability plans, and provide equal access for all people as a major initiative
- Expand collaboration with BCBSLA Foundation for more granting opportunities and projects within the service area

Theme 3: *Addressing Special Healthcare Needs of Infants and Minor Children*

Strategic Priorities:

- Expanding and supporting school-based health and dental care models
- Improving prenatal care and reducing infant mortality
- Providing and expanding mental and behavioral health services and programs

Goals:

- Network with area healthcare providers and the OPH to reduce occurrence rates in the data for FIMR (fetal and infant mortality review) for Region 8
- Participate through grant-making and collaboration in programs focused to lowering incidents of occurrence for risk areas for children (sexuality and pregnancy, suicide and bullying, and substance abuse)
- Increase the number of school-based health centers within the Service Area as a major initiative
- Increase access by school-age children for dental health services by continuing to support the ULM Department of Dental Hygiene in providing a mobile unit and a school-based clinic for dental hygiene services as a major initiative
- Increase access to oral care especially for under-served and Medicaid populations
- Support programs and projects that address nutrition education and reduce childhood obesity and chronic disease related to nutrition
- Seek projects for literacy improvement related to healthcare and behavioral health issues by working with professional and education delivery models
- Increase the number of or access to mental health professionals, especially in outlying rural areas
- Increase the availability of evidence-based programming and intervention for suicide prevention among youth, including current programming by Children's Coalition of NE LA ,and others where being offered.

Living Well Foundation 2023-2027 Action Plan

LWF approaches goals through grant-making, initiatives, and collaboration with business, education, healthcare, and non-profit agencies in the Service Area. With grant-making, there are also 4 major initiatives: SBHCs, dental hygiene clinics, suicide intervention/prevention, and dementia/Alzheimers care and support.

Theme 1: Promoting Healthy Lifestyles Through Education, Awareness, and Wellness

Actions for Theme 1:

1. Work with OPH Region 8 staff for updates to their local actions and findings
2. Reach out to service area non-profit hospitals regarding their community education programs
3. Work with area FQHCs regarding their education programs and approaches.
4. Assist agencies/providers to promote measurable outcome-oriented programs
5. Seek expanded relationships to non-profit programs as related to grant awareness
6. Monitor grant-making activities to support education programs that are measurable and focused to outcomes
7. Follow up to active grants for outcomes within projects
8. Work with service area contacts for adult literacy actions (United Way, Monroe Housing Authority, other)
9. Work with area state universities for grant awareness
10. Seek opportunities with education, government, and healthcare settings for chronic disease impact

Theme 2: Improving Access to Healthcare Through Availability and Affordability

Actions for Theme 2:

1. Work with FQHCs to identify and support their access points within the service area
2. Continue work with the ULM Department of Dental Hygiene and other qualifying providers for mobile unit access within outlying areas and schools
3. Work with service area non-profit hospitals and healthcare providers for programs and grant awareness
4. Work with area non-profit agencies for behavioral health programs and Medicaid billing capabilities
5. Collaborate with large service area hospitals regarding third party payor models, Medicaid, and MD relationships
6. Network with business and community regarding healthcare issues
7. Collaborate for large impact, broad-based healthcare opportunities within the service area
 - a. Work with the 2 trauma center hospitals in NE LA, specifically St. Francis Medical Center and Ochsner/LSU Monroe, for education or other services
 - b. Seek areas of collaboration with Edward Via College of Osteopathic Medicine (VCOM) regarding local health professionals shortages.
 - c. Seek other possibilities within the 8 parishes
 - d. Expand dementia and Alzheimers simulation and education activities with hospitals, VCOM, long term care, and caregivers
8. Expand collaboration with BCBSLA Foundation for more granting opportunities and projects within the service area
9. Seek to expand opportunities with the 3 area state universities and the community college to improve healthcare through education and clinics

Theme 3: Addressing Special Healthcare Needs of Infants and Minor Children

Actions for Theme 3:

1. Work with the Region 8 OPH office healthcare professionals towards opportunities to improve health outcomes within specific LA data measures
2. Identify agencies and resources related to risk areas for children
3. Work with other state healthcare agencies within identified areas of focus
4. Identify and establish at least one sustainable SBHC in each parish
5. Assist to expand existing SBHCs to more services
6. Work with FQHCs to implement the SBHC model under change of scope of services where possible
7. Work with parish school boards and local leadership for SBHC model
8. Work with area agencies for child literacy (United Way, Monroe Housing Authority, school boards, agencies)
9. Continue support for the ULM MDHU, the Riser school-based dental hygiene clinic, and the ULM on-campus clinic, as a major initiative
10. Work with area agencies who have evidence-based programming, or who could add programming, for suicide intervention/prevention, including Children's Coalition of NE LA, the school boards, SBHCs, and others
11. Expand mental health, behavioral health, trauma care, and cognitive deficit disorder programming within the service area