

The Capital Area Health Alliance (CAHA) believes that everyone has the right to lead a healthy lifestyle and have access to affordable, quality health care resources. As a trusted regional hub, CAHA convenes community conversations, provides an inclusive platform for collaboration, and brings healthcare related resources and educational opportunities to employers, businesses and area residents. Our work is accomplished through volunteer driven committees which operate as mini think tanks, analyzing and addressing health and healthcare trends, regional needs and opportunities for improvement.

2017 Accomplishments and 2018 Strategic Focus

- ◆ CAHA is committed to building a healthy culture throughout the Tri-County by developing and expanding initiatives to promote healthy behaviors and well-being.
 - The Healthy Lifestyles Committee is engaging in a yearlong health equity training comprised of tools/assessments, guest speakers and in-depth analysis of the root causes of inequity. The goal of this training is to identify actions that committee members can take toward implementing health equity practices and policies in their organizations.
 - The 2017 Annual Meeting inspired and challenged participants to focus on the impact that poverty has on health. Dr. Marcella Wilson presented on Transition to Success™, an evidence based approach to diagnosing and addressing the condition of poverty. On-going small group discussion and brainstorming on this topic continues into 2018.
 - Working with pain specialists, the Tri-County Office on Aging, and the Ingham Opioid Abuse Prevention Initiative, CAHA is developing a pain management resource for community members on preventing and coping with chronic pain without medication. This resource will be distributed to employers and physician practices, modeled after the successful dissemination of CAHA's Parks and Trails brochure.
 - Collaborating with mental health agencies and advocates through the Mental Health Partnership Council, CAHA highlights mental health prevention, stigma reduction, system navigation, and building awareness of and connection to mental health resources. Examples include Mental Health First Aid, local suicide prevention efforts, the Online Behavioral Health Screening Platform, and Crisis Intervention Training for the local police force.

- ◆ CAHA's healthcare workforce initiatives are developing innovative, community-based approaches to training, recruiting and retaining physicians, nurses and allied health professionals. Examples include:
 - Initiating a Medical Assistant Apprenticeship, planned with three healthcare employers and Lansing Community College. The first cohort will complete the program in 2018, and will be a model for efforts to reduce turnover and promote career growth in the healthcare workforce.
 - Hosting a 2018 Fall Forum addressing community collaboration to facilitate the coordination and integration of Primary Care and Mental Health Services for the Capital Area Region.
 - Convening leaders of Long Term Care organizations to discuss their workforce strategies and challenges and to explore collective approaches to address areas of high need.
 - Facilitating focus groups with physicians who are new to the Capital area, with the goal of gaining insights into the factors that influenced their decision to practice in the area and their needs as they integrate into the community.

- With the intention of supporting and recruiting physicians, residents and their families, CAHA worked with physician recruiters, medical school leaders, and the county medical society to create *Benefits of Living and Practicing in Greater Lansing*. This resource will be available online and in printable form for use by health systems and physician practices.
- CAHA's Capital Area Community Nursing Network is addressing "Readiness for Practice", including preparation for leadership, clinical reasoning and critical thinking skills, dynamic health systems, and coaching new generations of nurses.

- ◆ As part of its commitment to a diverse healthcare workforce that reflects the changing demographics of our community, CAHA is represented on the Steering Committee of *Becoming Visible: Partnering to Transform the Future Faces of Healthcare*

- ◆ Understanding that institutional racism historically and currently has a profound impact on the individual and collective health of our community, CAHA is engaged in the *Truth, Racial Healing & Transformation* process being funded by W. K. Kellogg Foundation nationally and in Michigan.

- ◆ CAHA is an active stakeholder in the 2019 Community Health Needs Assessment process. The assessment is conducted every three years by *Healthy!CapitalCounties*, a collaborative effort of Clinton, Eaton and Ingham Counties.

- ◆ In response to our aging population, CAHA is participating in the City of Lansing's Age-Friendly City initiative, a World Health Organization program helping cities prepare for a rapidly aging population. Other municipalities throughout the Tri-County are taking steps to launch this initiative.

Become Active in the Capital Area Health Alliance

CAHA is sustained by funds provided through member fees and the expertise of the many dedicated professionals who volunteer their time accomplishing committee strategies and initiatives. Our fee-based funding may be augmented by grants or donations received to support specific initiatives and events.

To learn how your organization can become a member of CAHA, visit <https://www.capitalareahealthalliance.org/docs/CAHAMembership.Dues.Web.pdf>.

To learn about CAHA Committees, visit <https://www.capitalareahealthalliance.org/committees.php>.

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