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# About the Zepf Center

The Zepf Center is a non-profit comprehensive behavioral health center for both adults and youth. Zepf center strives to treat the whole person through integrated and evidence – based treatment.

Services that we provide are:

- **Counseling**
- **Medical Services**
- **Community Support & Case Management**
- **Vocational Services**
- **After School & Summer Programs**
- **Alcohol and other Drug Program**
- **Transitional Youth Program**
- **Residential Services**

## Our Mission:

The Zepf Center's mission is creating hope, wellness, recovery and career development through integrated services and community partnerships

# Barriers to Positive Health Outcomes

- Lack of access to Primary Care Physicians and other quality care
- High rates of tobacco use
- Lack of access to nutritionally dense foods
- Lack of physical activity and access to safe place to be physically active
- Low rates of self-efficacy
- Lack of social support

# Steps to Innovated Care

In 2009, through a strategic Planning Initiative, the following was determined:

- Zepf Center clients struggled to get access to PCP's and dental care.
- Clients are high utilizers of local E.D's.
- Solution: Provide Medical Care on site to reduce barriers to care.

Zepf establish and implemented a customer friendly system of care & community services at the main location of Zepf Center creating a Health Home for clients (*A one stop shop*)

# Our Partnerships

Between 2009 to 2012, Zepf partnered with:

- Lucas County Job and Family Services
- Neighborhood Health Association
  - *To provide co-located medical service*
- Dental Center of Northwest Ohio
- University of Toledo medical Center (UTMC)
  - *To provide onsite Advanced Practice Nursing primary care services and Evidence Based behavioral health issues.*

We have expanded these partnerships by expanding our onsite primary care services from 1 day a week with 1 provider to 5 days a week access with 2 providers.

In addition, we expanded our Dental Van from once every other month to twice per month. Their mobile office is equipped to provide all levels of dental care for both youth and adults.

# How co-located Services have helped US...

- Reduce the no-show rate for clinicians at Zepf Center to 25% less than surrounding clinics.
- Increasing clients comfort and compliance for medical care due to the reduction in barriers to care.
- Increase interaction between care managers and clients by giving staff the ability to assist clients in follow up care appointments on location.
- Increasing the consultations with Doctors and Nurses with care managers and other staff

# Most Recent Updates

Two main accomplishments for Zepf Center was becoming a Medicaid Health Home Provider and obtaining a Samhsa Integrated Care Grant for underinsured/uninsured clients.

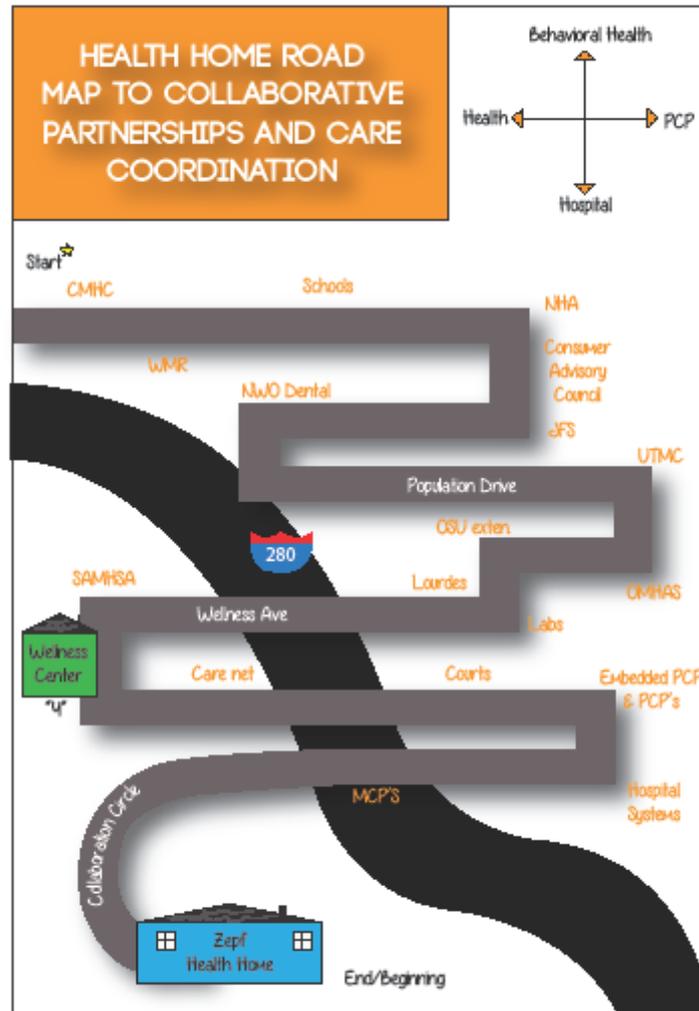
Health Home is a coordinated, person-centered system. It allows for the client to obtain comprehensive medical, mental health, drug and/or alcohol addiction, and social service coordinated by an integrated treatment team.

Our health home staff work in teams that are defined as:

- Embedded Primary Care Physicians
- Team Leaders
- Care managers
- Health Home Specialists



# Health Home Services = New Partnerships



# Overview of Zepf's Client Base

## Health Home Enrolls

Youth – 1252 Clients

Adult – 1989 Clients

*Total = 3241 Clients*

## Most Prevalent Chronic Conditions

Youth

High BMI

Asthma

Adults

High BMI

Diabetes

Hypertension

# Adolescent BMI

- **BMI > 85<sup>th</sup> percentile**
  - 38% of kids have a BMI in the 85<sup>th</sup> Percentile or above
  - Afterschool program, summer program, kids gardening, 5210, Cooking Classes

# Adolescent Asthma

- **15% Of adolescents have been identified by the on-site PCP as having a diagnosis of asthma.**
  - **Beginning a Strategic Planning Session with the University of Toledo to create an Asthma Action Plan for each client and improve overall knowledge of Asthma to parents and children**



# High BMI Adults

- **BMI > 30**
  - 66% of clients have a BMI >30
  - Of the people with high BMI 44% have a BMI > 40
  - Utilizing exercise, nutrition programs, yoga, SIMPLE, New-R

# Diabetes Adults

- **Includes Type I and II**
  - Approximately 16% of clients have diabetes
  - 44% of people with diabetes have a A1c >7
  - Using Diabetes Education courses, exercise programs, and nutritional education classes to reduce A1c levels below 7.

# Hypertension Adults

- **BP >140/90**
  - Approximately 1/4th of clients
  - Of people with hypertension 17% have a systolic >160
  - Utilizing the DASH diet, exercise programs, nutrition programs, and continual monitoring

# The Wellness Center

As part of our Health Home Initiative, we are integrating care and creating wellness programs to help clients improve their health outcomes, including:

- Body Mass Index
- Alcohol and Other Drug Use
- Cholesterol Management
- Controlling High Blood Pressure
- Comprehensive Diabetes Care
- Weight Assessment & Nutrition Counseling
- Dental Care
- Smoking & Tobacco Use

## **Some Wellness Groups/Activities Include:**

- ✓ Fitness Club
- ✓ Ballet
- ✓ Yoga
- ✓ Healthy U
- ✓ Zoo Walk
- ✓ Expanded Food and Nutrition Education Program
- ✓ Gardening Program
- ✓ S.I.M.P.L.E
- ✓ New-R
- ✓ Park Walk
- ✓ Diabetic Education

# Upcoming Research

- **Collaboration with University of Toledo Health Sciences Department and the Medtapp Grant**
- **Increasing the nutritional quality of food offered in group homes by training staff and observing intake of the “new” foods.**
- **Under review by the University of Toledo’s IRB**

# Upcoming Pilot Group

- **Pilot group of Transitional Youth and Adults**
  - **Testing use of a new fitness facility**
    - Evaluating perceptions of the facility
    - Creating personalized wellness plans
    - Focusing on increasing exercise self-efficacy and moving clients toward regular physical activity.

# Outcomes

- **Preliminary analysis shows that the After School youth program:**
  - **Increases the amount of physical activity children complete by 90 minutes a week.**
  - **Increases participation and exposure to new forms of physical activity by 80%.**
  - **As the program progresses the more positive behavioral coping skills are utilized.**

# Outcomes

- **Preliminary Results Kids Gardening Group**
  - Increased overall knowledge of fruits and vegetables
  - Increased children's skills in preparing healthy snacks by 90%
  - Exposed children to over 15 healthy foods they can prepare and enjoy after school
  - Increased skills and knowledge by 80% about urban gardening and food production

# Outcomes

- **Preliminary Outcomes for Adult Diabetes Walking Group**
  - Increased knowledge of a healthy diabetic diet and increased overall physical activity by 60 minutes per week.
  - Reduced A1c Levels in 60% of regular participants
  - Increased support for people who have diabetes

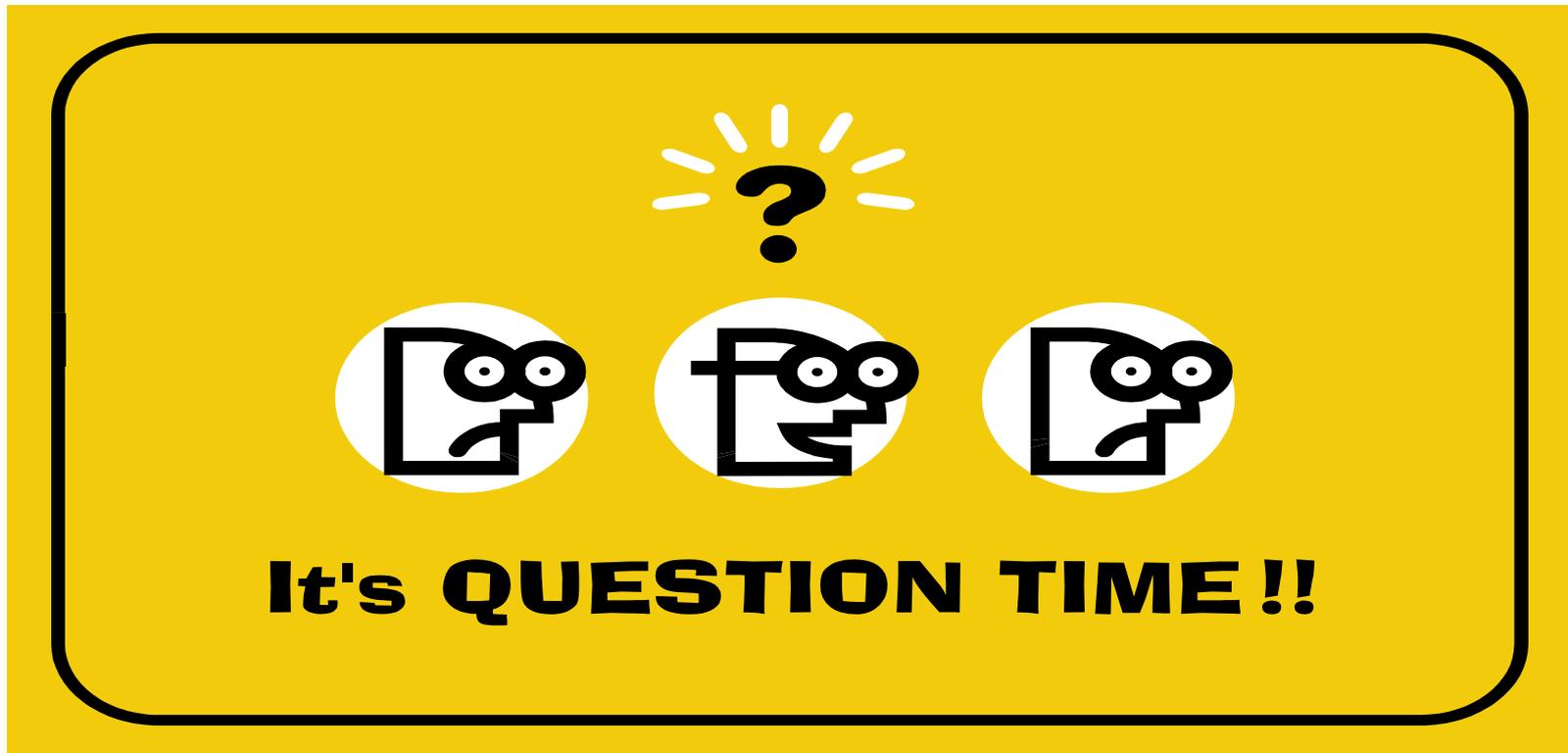
# Future Direction

- **Evaluation of SIMPLE and New-R**
  - Focusing on weight loss, self-reported health status, and increasing knowledge about the benefits of diet and exercise
- **Effects of Yoga**
  - Understand if yoga increased QOL and life satisfaction in clients, reduces ED and psychiatric inpatient visits.

# Our Wellness Center

<https://docs.google.com/file/d/0B-FTvt1uhIh3QWF0RE93WE9XOVU/edit?usp=sharing&pli=1>

# Questions??



# Closing:

“We're here to put a dent in the universe. Otherwise why else even be here?”

~ Steve Jobs

