

St. John's Regional Medical Center and St. John's Hospital Camarillo

Community Benefit 2023 Report and 2024 Plan

Adopted October 2023



A message from

Barry Wolfman, President and CEO of St. John's Regional Medical Center and St. John's Hospital Camarillo, and Jerry Zins, Chair of the Dignity Health Ventura County Community Board.

Dignity Health's approach to community health improvement aims to address significant health needs identified in the Community Health Needs Assessments that we conduct with community input, including from the local public health department. Our initiatives to deliver community benefit include financial assistance for those unable to afford medically necessary care, a range of prevention and health improvement programs conducted by the hospital and with community partners, and investing in efforts that address social determinants of health.

St. John's Regional Medical Center and St. John's Hospital Camarillo share a commitment with others to improve the health of our community, and deliver programs and services to help achieve that goal. The Community Benefit 2023 Report and 2024 Plan describes much of this work. This report meets requirements in California (Senate Bill 697) that not-for-profit hospitals produce an annual community benefit report and plan. Dignity Health hospitals in Arizona and Nevada voluntarily produce these reports and plans, as well. We are proud of the outstanding programs, services and other community benefits our hospitals deliver, and are pleased to report to our community.

In fiscal year 2023 (FY23), St. John's Regional Medical Center and St. John's Hospital Camarillo provided \$41,688,301 in patient financial assistance, unreimbursed costs of Medicaid, community health improvement services and other community benefits. The hospital also incurred \$45,772,704 in unreimbursed costs of caring for patients covered by Medicare fee-for-service.

The hospital's Community Board reviewed, approved and adopted this Community Benefit 2023 Report and 2024 Plan at its October 2023 meeting.

Thank you for taking the time to review our report and plan. We welcome any questions or ideas for collaborating that you may have, by reaching out to George West at george.west@commonspirit.org or by calling 805-988-2688.





Barry Wolfman
President and CEO

Jerry Zins
Chairperson, Community Board

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At-a-Glance Summary

Community Served 	<p>The Primary Service Area (PSA) of St. John's Regional Medical Center and St. John's Hospital Camarillo includes Oxnard and Port Hueneme Zip codes of 93030, 93033, 93035, 93036, 93041, 93042, 94043, Camarillo Zip codes 93010, 93012 and Somis Zip code 93066 This represents a population of 293,402 people.</p>
Economic Value of Community Benefit 	<p>\$41,668,301 in patient financial assistance, unreimbursed costs of Medicaid, community health improvement services, community grants and other community benefits</p> <p>\$45,772,704 in unreimbursed costs of caring for patients covered by Medicare fee-for-service</p>
Significant Community Health Needs Being Addressed 	<p>The significant community health needs the hospitals are helping to address and that form the basis of this document were identified in the hospital's 2022 Community Health Needs Assessment (CHNA). Needs being addressed by strategies and programs are:</p> <ul style="list-style-type: none"> • Addressing Mental Health and Substance Abuse Across the Lifespan • Prevention of Chronic Conditions by Promoting Healthy Lifestyles • Advancing Equitable Access to Healthcare
FY23 Programs and Services 	<p>The hospital provided several programs and services to help address identified significant community health needs. These included:</p> <ul style="list-style-type: none"> • Addressing Mental Health and Substance Abuse Across the Lifespan <ul style="list-style-type: none"> ◦ Health and Wellness Program for Seniors • Prevention of Chronic Conditions by Promoting Healthy Lifestyles <ul style="list-style-type: none"> ◦ Health Ministries Basic Needs Program & Community Food Pantry ◦ Health Education & Learning Programs (H.E.L.P.) ◦ Living Well with Diabetes Program ◦ American Heart Assoc. (AHA) Congestive Heart Failure Program ◦ Chronic Disease Self-Management Education Program • Advancing Equitable Access to Healthcare <ul style="list-style-type: none"> ◦ The Cancer Center of Ventura County at St. John's ◦ Patient Financial Assistance Program ◦ Dignity Health Community Grants Program
FY24 Planned Programs and Services	<p>For FY 2024 the following Programs and Initiatives are planned:</p> <ul style="list-style-type: none"> • Addressing Mental Health and Substance Abuse Across the Lifespan <ul style="list-style-type: none"> ◦ Health and Wellness Program for Seniors • Prevention of Chronic Conditions by Promoting Healthy Lifestyles <ul style="list-style-type: none"> ◦ Health Ministries Basic Needs Program & Community Food Pantry



- Health Education & Learning Programs (H.E.L.P.)
- Diabetes Education & Empowerment Program (D.E.E.P.)
- Living Well with Diabetes Program
- American Heart Assoc. (AHA) Congestive Heart Failure Program
- Chronic Disease Self-Management Education Program
- Advancing Equitable Access to Healthcare
 - The Cancer Center of Ventura County at St. John's
 - Patient Financial Assistance Program
 - Dignity Health Community Grants Program

The 2022 Community Benefit 2023 Report and 2024 Plan is publicly available online at <https://www.dignityhealth.org/about-us/community-health/community-health-programs-and-reports/community-benefit-reports>

Written comments on this report can be submitted to the St. John's Community Health office, 1600 N. Rose Ave., Oxnard, CA 93030 or by e-mail to hospital@dignityhealth.org.

Our Hospitals and the Community Served

About St. John's Regional Medical Center and St. John's Hospital Camarillo

St. John's Regional Medical Center and St. John's Hospital Camarillo are members of Dignity Health, which is a part of CommonSpirit Health.

The Sisters of Mercy, at the invitation of community leaders who discerned a need for a hospital in the Oxnard coastal plain, established St. John's in 1912 as a six-room wooden structure with 12 beds. It grew to be St. John's Regional Medical Center (SJPMC) a 265-bed facility on a 48-acre campus in northeast Oxnard, serving a community that has a land use mix of residential, agricultural & industrial, including a Navy base and a vacation harbor. SJPMC offers comprehensive medical programs and services, including emergency care, acute physical rehabilitation, cardiac care, cancer care, maternity and childbirth services (including a Neonatal Intensive Care Unit), infusion centers, a Chest Pain Center, a Stroke Center, St. John's Cancer Center of Ventura County, St. John's Surgical Weight Loss Center and St. John's Neuro Intervention Center.

St. John's Hospital Camarillo was originally founded as Pleasant Valley Hospital in 1974 by a group of Camarillo community leaders and physicians who discerned that the young City of Camarillo needed a hospital of its own. In 1993 it merged with St. John's Regional Medical Center in Oxnard, becoming St. John's Pleasant Valley Hospital (SJPVH). In 2020 the two hospitals came under one license and in 2021 St. John's Pleasant Valley Hospital changed its name to St. John's Hospital Camarillo (SJHC). SJHC provides emergent, acute and intensive care, with extensive surgery services, cancer care, outpatient hyperbaric care and a 99 bed residential sub-acute facility. SJHC is Primary Stroke Certified by the Joint

Commission, the only certified Geriatric Care Emergency Dept. in Ventura County and has been recognized for excellence in Pulmonary Care, General Surgery and Critical Care.

St. John's Regional Medical Center and St. John's Hospital Camarillo are united as one ministry of healing with two hospital locations, both Catholic and sponsored by the Catholic Health Federation (a Public Juridic Person of the Roman Catholic Church).

Our Mission

As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

Our Vision

A healthier future for all – inspired by faith, driven by innovation and powered by our humanity.

Financial Assistance for Medically Necessary Care

It is the policy of CommonSpirit Health to provide, without discrimination, emergency medical care and medically necessary care in CommonSpirit hospital facilities to all patients, without regard to a patient's financial ability to pay. This hospital has a financial assistance policy that describes the assistance provided to patients for whom it would be a financial hardship to fully pay the expected out-of-pocket expenses for such care, and who meet the eligibility criteria for such assistance. The financial assistance policy, a plain language summary and related materials are available in multiple languages on the hospitals' website.

Description of the Community Served

Community is defined as the resident population within the hospital's service area. Committed to addressing health disparities and serving communities with impactful solutions that leverage shared resources and coordinate care. St. John's Regional Medical Center and St. John's Hospital Camarillo entered into a multi-hospital/organization collaborative to develop the 2019 Community Health Needs Assessment and 2022 Community Health Needs Assessment (which may be found at <http://www.healthmattersinvc.org>). The eight lead health organizations that make up the collaborative have come together in defining their service area as the people of the County of Ventura.

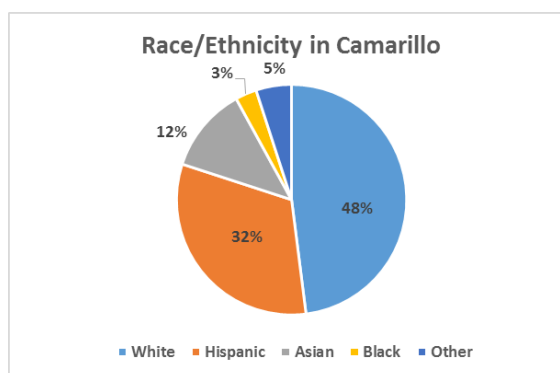
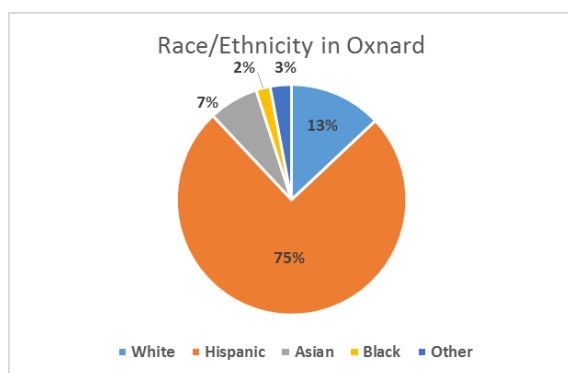


In 2022, Ventura County's population of 842,465 had a median age of 38.5 and a median household income of \$101,407. Among county residents, 37,864 have veteran status, 37.9% of the people in Ventura County speak a non-English language, and 21.3% are foreign born. The average owner-occupied home/property value in Ventura County is \$809,953 and the homeownership rate is 63.3%. The percent of households with a computer is 91.9% and those households with a broadband internet subscription is 89.8% (United States Census Bureau).

St. John's Regional Medical Center and St. John's Hospital Camarillo primarily serve the communities of Oxnard, Port Hueneme, Camarillo and Somis, which are Zip codes of 93030, 93033, 93035, 93036, 93041, 93010, 93012 and 93066. The population of these zip codes is 209,084 which represents 24.81% of Ventura County's population.

A snapshot summary description of the community is below. Additional details can be found in the 2022 CHNA report online at [https://www.dignityhealth.org/content/dam/dignity-health/pdfs/community-benefit/Ventura CHNA 2022 v2 \(1\).pdf](https://www.dignityhealth.org/content/dam/dignity-health/pdfs/community-benefit/Ventura_CHNA_2022_v2_(1).pdf).

Oxnard is the 22nd largest city in California and 121st largest in the U.S. and Camarillo is the 124th largest city in California and 527th in the U.S. The Race/ethnicity distribution of the two communities is as follows:



Oxnard has a Population of 200,415 people

Language other than English spoken at home 66.7%
 Uninsured 18.2% (~36,475 people)
 Foreign born 33.5%
 Senior (over 65) 10.3% (~20,642 people)
 Persons per household 4
 Per capita income \$26,424
 Medicaid Insurance 30%
 Medicare Insurance 8.23%

Camarillo's population is 70,282 people

Language other than English spoken at home 25.2%
 Uninsured 5.3% (~3,724 people)
 Foreign born 14.2%
 Senior (over 65) 20.4% (~14,337 people)
 Persons per household 2.7
 Per capita income \$48,968
 Medicaid Insurance 10.3%
 Medicare Insurance 14.9%

(Note—The neighboring community in our PSA of Port Hueneme has a population is 21,712 people and the community of Somis' population is 993 people)

Ventura County is designated by the US government's Human Resources & Services Administration (HRSA) as a "Non-rural Medically Underserved Area," with a medical underservice index score of 61.

Community Health Assessment and Significant Needs

The hospital engages in multiple activities to conduct its community health improvement planning process. These include, but are not limited, to conducting a Community Health Needs Assessment (CHNA) with community input at least every three years, identifying collaborating community stakeholder organizations, describing anticipated impacts of program activities and measuring program indicators.

Community Health Needs Assessment

The health issues that form the basis of the hospital's community benefit plan and programs were identified in the most recent CHNA report, which was adopted in June 2022.

The CHNA contains several key elements, including:

- Description of the assessed community served by the hospital;
- Description of assessment processes and methods;
- Presentation of data, information and findings, including significant community health needs;
- Community resources potentially available to help address identified needs; and
- Discussion of impacts of actions taken by the hospital since the preceding CHNA.

Additional detail about the needs assessment process and findings can be found in the CHNA report, which is publicly available at

[https://www.dignityhealth.org/content/dam/dignity-health/pdfs/community-benefit/Ventura%20CHNA%202022%20v2%20\(1\).pdf](https://www.dignityhealth.org/content/dam/dignity-health/pdfs/community-benefit/Ventura%20CHNA%202022%20v2%20(1).pdf) or upon request at the hospital's Community Health office.

Significant Health Needs

The CHNA identified the significant needs in the table below, which also indicates which needs the hospital intends to address. Identified needs may include specific health conditions, behaviors and health care services, and also health-related social needs that have an impact on health and well-being.

Significant Health Need	Description	Intend to Address?
Addressing Mental Health and Substance Abuse Across the Lifespan	Mental Health and Substance Use Across the Lifespan consists of two related sub-topics: The impact of Adverse Childhood Experiences and Health and Wellness for Older Adults.	✓
Prevention of Chronic Conditions by Promoting Healthy Lifestyles	Prevention of Chronic Conditions by Promoting Healthy Lifestyles consists of six related health subtopics: Cancer, Diabetes, Heart Disease & Stroke, Nutrition & Healthy Eating, Physical Activity and Weight Status.	✓
Advancing Equitable Access to Healthcare	Access to Healthcare is a multifactorial issue, some factors are: income, insurance, transportation, work hours, communication challenges, etc. Added are Health Equity issues which include: age, place of residence, race, ethnicity, labor status, gender, gender identity, etc.	✓

Acknowledging the Continuing Impact of COVID-19

Continuing caution by the public regarding COVID-19 and the lack of lower-income community members (and Limited English Proficiency community members) access to technology (especially ZOOM) significantly impaired delivery of our community health improvement services and healthcare access for the entire population of Ventura County. The general impact of the COVID-19 pandemic is beginning to be measured in such areas as shortened life expectancy overall in Ventura County and the as yet unquantifiable mental health/emotional impact of the many pandemic surges. For more information about the impact of the COVID-19 pandemic on Ventura County see the 2022 CHNA at [Ventura CHNA 2022 v2 \(1\).pdf](#).

2023 Report and 2024 Plan

This section presents strategies and program activities the hospital is delivering, funding or on which it is collaborating with others to address significant community health needs. It summarizes actions taken in FY23 and planned activities for FY24, with statements on impacts and community collaboration. Program Highlights provide additional detail on select programs.

Planned activities are consistent with current significant needs and the hospital's mission and capabilities. The hospital may amend the plan as circumstances warrant, such as changes in community needs (e.g. the recent COVID-19 pandemic) or resources to address them.

Creating the Community Benefit Plan

The hospital is dedicated to improving community health and delivering community benefits with the engagement of its management team, board, clinicians and staff, and in collaboration with community partners.

Hospital and health system participants included the leadership and members of the St. John's

Community Health and Health Ministry Depts., members of St. John's management team, St. John's clinicians and staff and members of the Dignity Health national community benefit team.

Community input or contributions to this community benefit plan included members of the Healthy Communities Committee of our Community Board, the Dignity Health Ventura County Community Board and in collaboration with community partners that are members or affiliates of the Ventura County Community Health Needs Collaborative (VCCHIC).

The programs and initiatives described in this report & plan were selected on the basis of existing programs with evidence of success and outcomes impact, programs that address the social determinants of health (Health Related Social Needs) and adaptations of programs consistent with resources of the hospitals, our collaborating partners and changing community needs.



Of particular note is the inclusion and contributions of the hospitals' Chief Operating Officer with the American Heart Association and the Cancer Center of Ventura at St. John's.

Community Health Strategic Objectives

The hospitals believe that program activities to help address significant community health needs should reflect a strategic use of resources and engagement of participants both inside and outside of the health care delivery system.

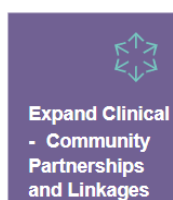


CommonSpirit Health has established four core strategic objectives for community health improvement activities. These objectives help to ensure that our program activities overall address strategic aims while meeting locally-identified needs.

St. John's follows these CommonSpirit Health four core objectives:



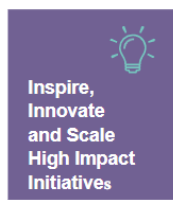
Create robust alignment with multiple departments and programmatic integration with relevant strategic initiatives to optimize system resources for advancing community health.



Scale initiatives that complement conventional care to be proactive and community-centered, and strengthen the connection between clinical care and social health.



Work with community members and agency partners to strengthen the capacity and resiliency of local ecosystems of health, public health, and social services.



Partner, invest in and catalyze the expansion of evidence-based programs and innovative solutions that improve community health and well-being.

Report and Plan by Health Need

The tables below present strategies and program activities the hospital has delivered or intends to deliver to help address significant health needs identified in the community health needs assessment.

They are organized by health need and include statements of strategy and program impact, and any collaboration with other organizations in our community.



Health Need: Addressing Mental Health and Substance Abuse Across the Lifespan

Strategy or Program	Summary Description	Active FY23	Planned FY24
Health and Wellness for Seniors	<ul style="list-style-type: none">• Classes that inform, educate and offer fun activities for seniors to stay healthy and pursue healthy life choices.• Free health screenings to raise senior's awareness of their health needs and encourage proactive life choices for good health & medical attention if indicated.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Goal and Impact: Contribute to an increase in physical activity and better control of blood pressure and blood sugar levels among seniors who participate.			
Collaborators: <ul style="list-style-type: none">• Colonia Senior Center• Wilson Senior Center• Palm Vista Senior Center• South Oxnard Senior Center			



Health Need: Prevention of Chronic Conditions by Promoting Healthy Lifestyles

Strategy or Program	Summary Description	Active FY23	Planned FY24
Health Ministries Basics Needs Program & Community Food Pantry	Addressing Health Related Social Needs (HRSN) & Social Determinants of Health (SDOH) by: <ul style="list-style-type: none">• Providing healthy food weekly to those in need.• Preventing homelessness by assisting families in need with rent & utility payments.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Health Education & Learning Programs (H.E.L.P.)	<ul style="list-style-type: none">• Classes & other outreach activities to educate health consumers about: healthy eating, chronic disease self-management, healthy lifestyles.• Creating publications (bilingual) that foster and encourage healthy eating & lifestyles.• Providing chronic disease education classes/events.• Providing support groups (bilingual) for those who have a chronic disease (especially diabetes).	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Heart Failure Awareness and Prevention Community Education	<ul style="list-style-type: none"> • Provide individuals who have or are at risk for heart failure with the knowledge, tools and motivation needed to become proactive in their health through 4 week workshops. 	☒	☒
Goal and Impact: <ul style="list-style-type: none"> • To meet the nutritional needs of the underserved of Ventura County and provide bilingual education & empowerment to the healthcare consumer public so they can make healthier choices and manage chronic conditions that they may have and reduce the risks of significant adverse health events in peoples' lives. • Prevent homelessness by providing rental and utilities assistance to those at risk through grant funding. • The initiatives addressing prevention and management of heart failure are anticipated to result in: early identification of health issues associated with heart failure, increased knowledge on the risk factors that contribute to heart failure and increased knowledge on how to prevent or manage heart failure through nutrition, physical activity and mental well-being. 			
Collaborators: <ul style="list-style-type: none"> • Our Lady of Guadalupe Church/Archdiocese of Los Angeles • FoodShare • Aldi Markets • Vons Markets • Food 4 Less • Lassen's Natural Foods & Vitamins • Sprouts Farmers markets • USDA • Local Growers of Ventura County • Lions Club of Oxnard • St. John's Healthcare Foundation <ul style="list-style-type: none"> ○ Albertsons Grant ○ Citizens Bank Grant ○ Conrad Hilton Foundation Grant ○ MUFG Union Bank Grant ○ Raskob Foundation for Catholic Activities Grant ○ Umpqua Bank Grant ○ Walmart Grant • United Way of Ventura County <ul style="list-style-type: none"> ○ EFSP (Emergency Food and Shelter Program - phase 39 and APRA-R) • American Heart Association • Colonia Senior Center • Pleasant Valley Senior Center • Wilson Senior Center • Palm Vista Senior Center • South Oxnard Senior Center • St. John's Auxiliary & Volunteers 			



Health Need: Access to Care

Strategy or Program	Summary Description	Active FY23	Planned FY24
St. John's Regional Cancer Center	<ul style="list-style-type: none">• Provides comprehensive free cancer services to all diagnosed with cancer in Ventura County.• The Cancer Center facilitates the latest education on evidence based treatment options to all patients, families, survivors and caregivers.• Services include navigation, psychosocial services, support groups, diet and nutritional care during, and after a cancer diagnosis. The Cancer Center partners with National and local organizations to provide bilingual cancer awareness and educational events.• We continue to be a constant presence and support to all affected by Cancer, community medical staff, allied health members and hospitals.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Goal and Impact: To educate and facilitate early cancer care, cancer screenings and early detection, nutrition and wellness, and the importance of timely cancer care and follow-up.			
Collaborators: <ul style="list-style-type: none">• Cancer Committee• St. John's Medical Staff• St. John's Breast Leadership• St. John's Infusion Centers• Radiation Oncology Centers of Ventura County• General Surgery Group• American Cancer Society• Cancer Support Community• Pacific Corinthian Yacht Club• Soroptimists International• St. John's Auxiliary and Volunteers			

Community Health Improvement Grants Program


One important way the hospital helps to address community health needs is by awarding financial grants to non-profit organizations working together to improve health status and quality of life. Grant funds are used to deliver services and strengthen service systems, to improve the health and well-being of vulnerable and underserved populations related to CHNA priorities.

In FY23, the hospital awarded the grants below totaling \$274,242. Some projects also may be described elsewhere in this report.

Grant Recipient	Project Name	Amount
No Limits for Deaf Children and Families	Access and Equity at No Limits Oxnard Education Center	\$100,000
Westminster Free Clinic	Juntos Contra el Cáncer II	\$70,000
FoodShare	Healthy Hearts Project	\$30,000
Camarillo YMCA	Livestrong at the Y and Living Stronger Alumni Program	\$25,000
Livingston Memorial Visiting Nurse Association and Hospice	Livingston Care Community Benefits Program for Low-Income Patients in Ventura County	\$25,000
The Kingdom Center dba Gabriel's House	Enhance Accelerate Program for Unhoused Women	\$24,242

Program Highlights

The following pages describe a sampling of programs and initiatives listed above in additional detail, illustrating the work undertaken to help address significant community health needs.

 Health and Wellness of Seniors	
Significant Health Needs Addressed	<ul style="list-style-type: none"> Addressing Mental Health and Substance Abuse Across the Lifespan Prevention of Chronic Conditions by Promoting healthy Lifestyles
Program Description	The program offered classes, screenings and community building activities at different senior centers in Oxnard to improve mental and physical health of the participant

	<ul style="list-style-type: none"> The hospital provided staff to teach Arthritis Exercise Classes, Health Food Cooking Demonstrations and “Nutrition Bingo.” Staff also tested senior blood pressure and blood sugar and supervised mobility exercises in a walking program.
Population Served	Seniors who attend/participate in Senior Centers in Oxnard.
Program Goal / Anticipated Impact	Contribute to increases in physical activity and better control of blood pressure and blood sugar levels among seniors who participate in the hospital’s program.
FY 2023 Report	
Activities Summary	<ul style="list-style-type: none"> Facilitate Chronic Disease Self Management classes in Spanish - Tomando Control de su Salud - in collaboration with Gold Coast Health Plan. Sponsored a Friendsgiving luncheon for seniors.
Performance / Impact	The program improved the health and overall wellness of seniors (as reported by participants). It helped to prevent at least one medical crisis through early doctor referral and provided chronic disease self management education on a proven outcomes based curriculum.
Hospital’s Contribution / Program Expense	The hospital provided services of a Registered Dietician and a Phlebotomist to the senior centers in Oxnard.
FY 2024 Plan	
Program Goal / Anticipated Impact	The goal for FY24 is to increase access to physical activity and blood pressure monitoring so participants can keep and track their numbers so as to avoid complications.
Planned Activities	The plan is to continue offering the current activities and increase the number of participants.



Health Ministries Basics Needs Program & Community Food Pantry

Significant Health Needs Addressed	<ul style="list-style-type: none"> Prevention of Chronic Conditions by Promoting Healthy Lifestyles <ul style="list-style-type: none"> Addressing Health Related Social Needs (HRSN) and Social Determinants of Health (SDOH)
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Program Description	<p>St. John's Basic Needs Program and Community Food Pantry assists members of our community who are struggling financially to meet their basic needs of food, rent and utility assistance.</p> <ul style="list-style-type: none"> • The hospital provides bilingual staff and volunteers to: pick-up food from FoodShare and local markets, purchase supplemental food from a local market, shelve pack and distribute at the Cristo Rey Church in Oxnard, part of the Archdiocese of Los Angeles. • The hospital raises funds to provide rental assistance to those at risk of becoming un-housed.
Population Served	The program serves low income families and unhoused individuals.
Program Goal / Anticipated Impact	Reduce barriers to access healthy food in a low income population.
FY 2023 Report	
Activities Summary	Twice a week at the Community Food Pantry there was a distribution of groceries as well as ready to eat items for families and the unhoused individuals who do not have access to cooking facilities.
Performance / Impact	<ul style="list-style-type: none"> • 15,239 families were served in FY23 which directly impacted 42,567 people (duplicated) with healthy food. • 137 tons of food (274,553 pounds) were collected/purchased/picked-up and distributed.
Hospital's Contribution / Program Expense	The hospital provided staff salaries and provided equipment and supplies to operate the program. Food was donated from several sources and St. John's Healthcare Foundation raised funds to help purchase extra food to meet the increased demand post COVID and avoid turning anyone away who required assistance.
FY 2024 Plan	
Program Goal / Anticipated Impact	<p>Increase access to healthy food and reduce disparities among low income families, especially Hispanic and senior populations.</p> <p>Increase food distribution efficiency by improving equipment and ergonomic design of the pantry facility and increase staffing to reduce the current demand burden on staff.</p>
Planned Activities	Continue current activities more efficiently with less burden.



Health Education & Learning Programs (H.E.L.P.)

Significant Health Needs Addressed	<ul style="list-style-type: none"> Prevention of Chronic Conditions by Promoting Healthy Lifestyles
Program Description	To provide several bilingual activities and one-one counseling that focuses on improving people's health by educating and empowering people so they will lead healthier lifestyles.
Population Served	The program is open to all people in the communities that St. John's serves, especially those who have a chronic disease or Health Related Social Need and those who are un/underinsured and populations who are marginalized due to the Social Determinants of Health (SDOH).
Program Goal / Anticipated Impact	Participants in classes will demonstrate better understanding of the health issues involved with the particular program offering (e.g. diabetes, obesity, heart health).
FY 2023 Report	
Activities Summary	<ul style="list-style-type: none"> "Let's Cook" bilingual healthy recipe cookbook Diabetes Support Group (bilingual) Diabetes & Prediabetes Education classes "What do I know"(bilingual) Fall Prevention (bilingual) Heart Health Meal Planning Heart Health During the Holidays (bilingual) Know Your Numbers (bilingual-at the Diabetes Support Group) Presentation by the Community Health Medical Director (Dr. John Ford) "Hypertension and Neuropathy (bilingual) Basic Carb Counting Reducing Stress Class
Performance / Impact	Participants improved their understanding of the topics as evidenced by post participation tests and post event feedback.
Hospital's Contribution / Program Expense	Community Health Education staff are employees of St. John's. St. John's also provides the education center space and supplies, including "incentives" (e.g. pill containers, portion control dishes, etc.).
FY 2024 Plan	
Program Goal / Anticipated Impact	As COVID barriers fall, increase use of Community Health Education offices for classes, support groups and 1:1 counseling.
Planned Activities	<ul style="list-style-type: none"> Chronic Disease Self Management class in both English and Spanish (Tomando de Salud) Diabetes Education & Empowerment Program (D.E.E.P.) class



Heart Failure Awareness and Prevention through Community Education

Significant Health Needs Addressed	<ul style="list-style-type: none">• Prevention of Chronic Conditions by Promoting Healthy Lifestyles
Program Description	<p>An initiative with education, outreach and community building towards raising awareness, preventing and managing heart failure which consists of:</p> <ul style="list-style-type: none">• Evidence based curriculum in Spanish and English• Tools and equipment for assessment, prevention and management of heart failure• Community conversations where a panel of healthcare professionals discuss risk factors for heart failure in a virtual forum• Creation and dissemination of a heart failure toolkit• SDOH screener and referral of program participants to community resources and assistance
Population Served	Individuals who want to learn more about how to prevent or manage heart failure whether for themselves or others they engage with
Program Goal / Anticipated Impact	<p>The initiative will:</p> <ul style="list-style-type: none">• Increase access to preventive heart failure education and resources for the community• Improve knowledge of how to manage and prevent heart failure in adults• Contribute to an increase in individuals increased and referred to community resources via SDOH screeners
FY 2023 Report	
Activities Summary	<p>The BetterU: Heart Failure workshops are designed for individuals who have been diagnosed or at risk, in particular those with hypertension or diabetes, for heart disease. BetterU provides them with the knowledge, tools and motivation needed to become proactive in their health. Each cohort consists of four weekly classes covering a variety of topics including nutrition, exercise, use of medications, and communication with doctors and stress management. The sessions are conducted in Spanish and English.</p> <p>Public awareness campaigns in Spanish and English are launched to educate the general public about the risks of heart failure and treatments. Outlets include social and print media as well as a virtual community conversation with a panel of health care professionals.</p>
Performance / Impact	<p>Performance Metrics:</p> <ul style="list-style-type: none">• 80% of health education participants surveyed will report having a better understanding of how prevent or manage heart failure

	<ul style="list-style-type: none"> • 90% of BetterU participants surveyed will report making a positive lifestyle change • Conduct a community forum focused on increasing heart failure discussions between healthcare professionals and patients • Plan and deliver year round heart failure education and outreach events <p>Performance Outcomes: (through online and print surveys, pre and post assessment and qualitative feedback sessions conducted via phone or in person)</p> <ul style="list-style-type: none"> • 96% of BetterU participants reported having a better understanding of how to prevent or manage heart failure • 96% of BetterU participants reported that they made a positive lifestyle change • 3 cohorts of BetterU classes have been launched and 11 community based organizations have received heart failure education and resources to share with their members
Hospital's Contribution / Program Expense	St. John's paid staff and volunteers participate in this initiative through outreach and engagement. St. John's provides financial support to address heart failure in Ventura County.
FY 2024 Plan	
Program Goal / Anticipated Impact	<ul style="list-style-type: none"> • BetterU participants will continue to increase their understanding of heart failure as evidenced by post participation tests and post event feedback • Increase the number of community organizations who involve their members in BetterU and conduct SDOH screeners • Increase the number of individuals who commit to lifestyle changes to decrease their risk of developing heart failure
Planned Activities	<ul style="list-style-type: none"> • Outreach to 2 new communities in Camarillo and Oxnard in order to expand education on heart failure • Implement and launch SDOH screener and referral protocols in organizations conducting BetterU health education classes • Creation and dissemination of a heart failure toolkit in Spanish and English • Conduct a community conversation addressing heart failure prevention and resources in Spanish.



Cancer Center at St. John's

Significant Health Needs Addressed	<ul style="list-style-type: none"> • Access to Cancer Care • Preventing Chronic Conditions, early detection, bilingual community outreach and education
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Program Description	<p>A Program built to provide education, supportive services, nutrition and wellness activities for those affected by cancer.</p> <ul style="list-style-type: none"> ● Cancer focused care, education and survivorship care plans ● The hospital supports the cancer program, its staff, cancer committee and the CoC and NAPBC accreditations.
Population Served	Cancer Patients, those affected by a cancer diagnosis, including families, caregivers and communities.
Program Goal / Anticipated Impact	<p>The Cancer Program aims to outreach to our spanish speaking communities. Our goal is to increase cancer awareness and educate on the importance of early detection for Breast, Colon, Lung, Skin, and Prostate cancer. The pandemic brought many challenges with follow-up care during and after cancer. We are working with our local organizations and other healthcare systems to increase outreach efforts. Nutrition, mindfulness and overall wellness is an area we educate to improve quality of life.</p>
FY 2023 Report	
Activities Summary	<ul style="list-style-type: none"> ● Annual Breast Symposium ● Nutrition Presentations ● Early Stage Breast Cancer Support Group ● Latino Support Group ● Blood Cancer Support Group ● American Cancer Society Breast Cancer Awareness ● Spanish Breast Awareness presentations ● Meadowlark Presentation ● Psychosocial Counseling ● Livestrong Program with the Camarillo YMCA ● Every Woman Counts Breast Cancer Awareness events
Performance / Impact	<p>Patients participating in the Cancer Program activities report increased awareness, knowledge, and clarity as it relates to their cancer diagnosis. The cancer center provided services to over four thousand people in FY 2023.</p>
Hospital's Contribution / Program Expense	<p>The Cancer Center is a department of the hospital, the staff are employees of the hospital. We have a nurse navigator, a cancer registrar, administrative assistant, nutritionist and a licensed marriage family counselor. The oncology nutrition specialist, licensed marriage family therapist, prosthetics, post surgical garments and wigs are grant based and are supported by the hospitals foundation. The Cancer Center resides in Suite 380 of the MOB; this space is leased by the hospital. The Cancer Center works closely with the foundation to attain grants and or donations to continue to support our free programs.</p>
FY 2024 Plan	
Program Goal / Anticipated Impact	<p>For FY 2024: We look to further expand our navigation program, breast cancer incidence is increasing. We look to add a part time nurse navigator to assist breast cancer patients and their families.</p>

	Build a Lung Cancer Screening Program, including medical staff, radiology, surgery, new technology for non-invasive lung cancer procedures. Expand Tumor Board meetings to include more thoracic and brain tumor discussions. CoC re-accreditation, Quality Program.
Planned Activities	Planned activities to focus on disease prevention, screening, early diagnosis, survivorship, access to quality cancer care, follow-up, and access to all free cancer supportive services. We are dedicated to providing cancer education to our communities to save lives and improve quality of life.

Other Programs and Non-Quantifiable Benefits

The hospital delivers community programs, services and non-quantifiable benefits in addition to those described elsewhere in this report. Like those programs and initiatives, the ones below are a reflection of the hospital's mission and its commitment to improving community health and well-being.

- Human Trafficking has occurred in Ventura County and while not identified as a health need, the conditions under which people are forced to exist when they are trafficked does not bode well for their health. Dignity Health has dedicated resources, as a System and locally, to address this human tragedy. Protocols to identify, protect and treat trafficking victims have been developed and leaders & staff have been trained. Potential cases are recorded and reviewed.
- St. John's funded the following during FY23:
 - Homeless Medical Respite—Corporation for Supportive Housing and Salvation Army, in collaboration with the Hospital Association of Southern California, a 12-bed homeless medical respite center in Ventura.
 - Concussion Education for Students—Youth Brain Injury Prevention with the Oxnard Unified School District. Started at Camarillo High School, the Oxnard Union School District now supports/funds this adolescent brain injury prevention program in the high schools within the district (Camarillo & Oxnard high schools). St. John's continues to pay the salary of the specially trained Physical Therapist supervisor of these school trainers.
 - PathPoint Project Search Internship Program—PathPoint provides and supervises young people with mental health diagnoses to learn workplace skills under St. John's employee supervision. Pathpoint graduates gain confidence and find community through this work so that upon graduation they can find employment in the community, enhancing their self esteem and wellbeing.
- The St. John's Nurse Residency Program provides education and mentoring to new nurse graduates in the county. This improves nursing education through hands-on work, lectures and mentoring by seasoned nurses.
- St. John's has agreements with local colleges and universities to have nursing students (RN and LVN) and graduate students on site and supervised to extend their learning in a clinical setting.
- St. John's has an agreement with Oxnard Union School District to provide healthcare experience shadowing opportunities for high school students who are considering a

career in healthcare education. These students spend time observing healthcare professionals in their work of healing.

- Health equity is a significant concern for St. John's. In addition to planning and delivering most of our community health program activities for those who are most vulnerable and facing health, social and economic inequities, we are looking at several initiatives to specifically address the factors that impact health equity. One example is St. John's Health Equality Index (HEI) rating of "Top Performer" for the Human Rights Campaign. St. John's hospitals sought the HEI rating, in order to raise visibility for the LGBTQ+ community members of Ventura County who seek healthcare and trained staff in the unique needs of LGBTQ+ community members.

Economic Value of Community Benefit

381 & 383: St. John's Regional & Camarillo					
Complete Summary - Classified (Programs)					
Including Non Community Benefit (Medicare)					
For period from 07/01/2022 through 06/30/2023					
	<u>Persons</u>	<u>Expense</u>	<u>Offsetting Revenue</u>	<u>Net Benefit</u>	<u>% of Expenses</u>
<u>Benefits For Poor</u>					
Financial Assistance	4,640	\$8,646,867	\$0	\$8,646,867	1.4%
Medicaid	44,944	\$229,573,366	\$198,295,572	\$31,277,794	5.1%
Community Services					
A - Community Health Improvement Services	4,892	\$547,992	\$7,343	\$540,649	0.1%
E - Cash and In-Kind Contributions	42,875	\$876,122	\$143,962	\$732,160	0.1%
G - Community Benefit Operations	Unknown	\$85,330	\$0	\$85,330	0.0%
Totals for Community Services	47,767	\$1,509,444	\$151,305	\$1,358,139	0.2%
Totals for Living In Poverty	97,351	\$239,729,677	\$198,446,877	\$41,282,800	6.8%
<u>Benefits for Broader Community</u>					
Community Services					
A - Community Health Improvement Services	5,408	\$433,068	\$73,083	\$359,985	0.1%
E - Cash and In-Kind Contributions	94	\$2,896	\$0	\$2,896	0.0%
G - Community Benefit Operations	Unknown	\$22,620	\$0	\$22,620	0.0%
Totals for Community Services	5,502	\$458,584	\$73,083	\$385,501	0.1%
Totals for Broader Community	5,502	\$458,584	\$73,083	\$385,501	0.1%
<u>Totals - Community Benefit</u>	<u>102,853</u>	<u>\$240,188,261</u>	<u>\$198,519,960</u>	<u>\$41,668,301</u>	<u>6.8%</u>
Medicare	31,864	\$191,119,065	\$145,346,361	\$45,772,704	7.5%
Totals Including Medicare	134,717	\$431,307,326	\$343,866,321	\$87,441,005	14.3%

Hospital Board and Committee Rosters

Name/Affiliation	Committee(s)
Gloria Marie Avila, RSM Sister of Mercy	Healthy Communities Committee
Brad “Brick” Connors Port Hueneme City Manager	Healthy Communities Committee
Dr. Chirag Dalsania Hematologist	Strategic Planning Committee
Dr. Jeff Davies Emergency Medicine	Quality Improvement Committee
Kristin Decas Port of Port Hueneme	Healthy Communities Committee
Dr. Neal Dixon Surgeon	Strategic Planning Committee
Gloria Forgea Livingston Visiting Nurse Association	Quality Improvement Committee
Dr. Suzanne Fussell Family Practice	Quality Improvement Committee
Greg Glover California Bank & Trust	Quality Improvement Committee Strategic Planning Committee
Ted Grether Grether Farms	Strategic Planning Committee
Dr. Joseph Lopresti MD Surgeon	Medical Chief of Staff
Dr. Megan Mescher-Cox Internal Medicine & Wellness	Healthy Communities Committee
Joe Neff Esq. Neff Headwear	Strategic Planning Committee
Sonia Robles Quest Staffing	Healthy Communities Committee
Billie Jo Rodriguez Soares, Sandall, Bernacchi & Petrovich, CPAs	Board Executive Committee Board Development Committee Quality Improvement Committee
Tania Shapiro CPA Soares, Sandall, Bernacchi & Petrovich, CPAs	Quality Improvement Committee
Tony Trembley Esq. Attorney	Board Development Committee
Grace Tuazon Oxnard Union High School District	Healthy Communities Committee

Katherine Edsall Wells, Esq. Foundation Board Chair	Foundation Board
Barry Wolfman Hospital President & CEO	St. John's President/CEO
Omar Zapata Boys & Girls Club of Oxnard/Port Hueneme	Healthy Communities Committee
Jerry Zins, Board Chairperson LPL Investments	Board Executive Committee Board Development Committee Quality Improvement Committee Strategic Planning Committee