

District Health News

Creating a Healthier Marin Together.

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**Dear friends, neighbors, colleagues,
and community members,**



The last year and a half has been a transitional time as more people received the COVID-19 vaccine, public health restrictions were relaxed, and people eased back into something closer to the “old normal.” MarinHealth continued to plan and grow over this time in order to meet the ongoing needs of the residents of Marin Healthcare District. We added 24 physicians and new clinic locations in Santa Rosa, Napa, Petaluma, and Sonoma. We’ve expanded

services, boosting Orthopedic and inpatient and outpatient Behavioral Health offerings, and we’re working on a state-of-the-art hybrid operating room in MarinHealth Medical Center. You can read more about these services inside this newsletter.

We are pleased to see parents getting young children vaccinated, which will enhance safety for the entire community. COVID-19 has been especially hard on teenagers. This inspired the Marin Healthcare District to host a well-attended community health seminar with local Behavioral Health experts on teen mental health during the pandemic. A recording of this presentation is available on YouTube. In commemoration of our staff’s remarkable unity, strength, and resilience throughout the pandemic, the hospital commissioned CASCADE, an abstract waterfall sculpture by local artist Leo Bersamina. The sculpture is installed in the garden at the Medical Center.

I have great enthusiasm for the future of healthcare in the North Bay. As an independent hospital supported by Marin Healthcare District, we are able to remain agile and proactive in responding to the area’s evolving healthcare needs. Our deepening alliance with UCSF Health allows us to provide easy access to academic expertise and stay on the cusp of innovation—all of which helps make the North Bay a great place to live and stay well.

Sincerely,

David G. Klein, MD, MBA
Chief Executive Officer

Marin Healthcare District Board of Directors

Appointees to the Board of Directors are elected by residents of the District, with one representative for each of five subdistricts. See the back for a map illustrating the five subdistricts

Current board members

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Chair

Edward J. Alfrey, MD
Vice Chair

Ann Sparkman, JD, BSN
Secretary

Larry Bedard, MD
Director

Jennifer Rienks, PhD
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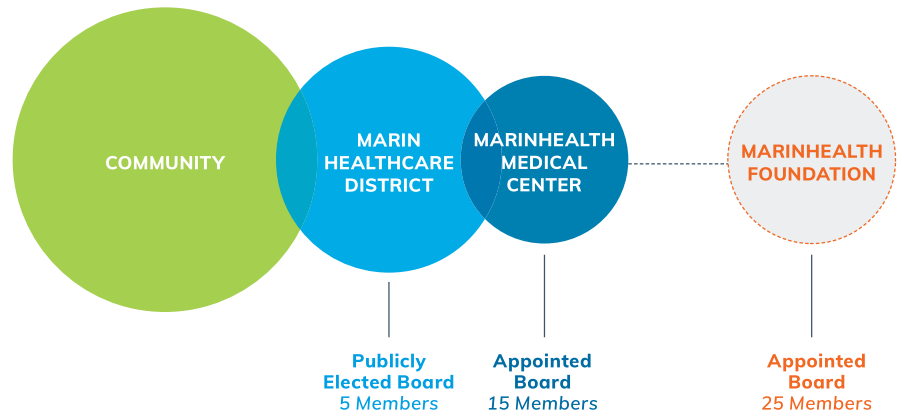
www.MarinHealthcare.org



CASCADE, an abstract waterfall sculpture by local artist Leo Bersamina.

A Healthy Relationship: The Collaboration of the District, the Medical Center, and the Community

Local residents have access to a wide range of exceptional healthcare options thanks to a carefully designed collaboration between several entities. MarinHealth Medical Center is an independent, nonprofit, freestanding hospital—a community hospital in every sense. The Marin Healthcare District owns the hospital and approves the appointed Medical Center Board. The MarinHealth Foundation raises funds through philanthropy from the community to help support the hospital. This means that residents have a say in the care provided and growth and expansion of services.



Orthopedics: A Growing Body of Expertise

Access to outstanding Orthopedic care is important for patients of all ages. Marin Healthcare District residents have access to a comprehensive program that covers the full range of services, from prevention and diagnostics to treatment and rehabilitation. In the summer of 2021, MarinHealth and UCSF Health expanded their strategic alliance to add academic and clinical expertise to the already robust Orthopedic and Sports Medicine programs. With the addition of UCSF Health surgeons and providers, the community now has access to almost all Orthopedic subspecialties from head to toe. This is in addition to a new clinic location in San Rafael.

Count on MarinHealth for Award-Winning Care

Every 40 seconds, someone in the U.S. experiences a heart attack or stroke. Sadly, many don't survive. Heart disease is the number one cause of death in the U.S., while stroke is number five. MarinHealth Medical Center was honored to earn three *Get with the Guidelines* awards from the American Heart Association for 2021–2022:

- **Stroke Gold Plus:** Hospitals receiving this must prove adherence of 85% or higher to all *Get with the Guidelines*—Stroke achievement indicators for at least 24 consecutive months.
- **Stroke Honor Roll Elite Plus:** This award focuses on exceptional “door-to-needle” time—the length of time from the patient’s admission to the administration of clot-busting therapy.
- **Type 2 Diabetes Honor Roll for Stroke and Heart Failure:** This award recognizes a hospital that qualifies for a Silver or Gold in *Get with the Guidelines* and achieves an “Overall Diabetes Cardiovascular Initiative Composite Score” of $\geq 80\%$.



New Recognition from *Bay Area Parent Magazine*

MarinHealth Medical Center was voted Best of the Best by readers of *Bay Area Parent* magazine in three key areas.

BEST BIRTH CENTER in San Francisco/Marin



BEST HOSPITAL in San Francisco/Marin



BEST PEDIATRICIANS in San Francisco/Marin



Increasing the Focus on Mental Health

Mental health issues are more prevalent than ever as people of all ages face the challenges of the pandemic, political issues, climate concerns, and the stress of daily life. Marin Healthcare District has committed funding to help increase access to all those who seek counseling, care, and support, including psychiatry services available in the outpatient clinic. MarinHealth Medical Center is an invaluable Behavioral Health resource that offers outpatient, inpatient, and partial hospitalization care, as well as co-occurring behavioral health/substance abuse care. MarinHealth is also the North Bay's only provider of electroconvulsive therapy (ECT).

MarinHealth Emergency Department treats patients wrestling with a variety of complex psychosocial issues, such as homelessness, poverty, domestic violence, human trafficking, violent crimes, and trauma. The Medical Center's Behavioral Health staff provides care coordination and links these patients with appropriate entities in the community. MarinHealth also provides funding to community partners to increase access to services. In 2021, these funds were used to:

- Increase access to Behavioral Health care for seniors by providing transportation
- Partner with Community Action Marin to operate a bilingual (Spanish/English) warmline staffed by peer-trained specialists—some 4,500 community members obtained advice and support during their recovery journeys
- Co-sponsor a free Let's Talk speaker series (in partnership with San Geronimo Valley Community Center) focusing on substance use, teen development, and parenting
- Support Marin City Community Development Corporation, a substance abuse recovery-oriented mental health program for those with serious mental illness, including transitional-age youth



Youth Programs at a Glance

Adolescence is often a stressful time, and teens have been facing even more mental health challenges since the onset of the pandemic. Families, friends, and the community often struggle to know how to offer support for mental health problems that are becoming increasingly common in our youth population. Marin Healthcare District and MarinHealth have increased the focus on mental health for teens in a variety of significant ways:

- Providing funding and access to bilingual, culturally sensitive mental health counseling sessions for more than 1,000 youth and adults in partnership with the Huckleberry Teen Youth Program, Buckelew Programs, the Community Institute for Psychotherapy, and North Marin Community Services
- Presenting a well-attended Community Health Webinar about Pediatric COVID-19 vaccination in April 2021 to address questions and concerns about immunization against the coronavirus
- Hosting a Community Health Webinar about Teen Mental Health in April 2022 to help families, friends, and the broader community understand how to help teens with mental health challenges that have become increasingly more common since the COVID crisis

Construction of a Hybrid Operating Room

In 2021, the hospital secured \$5.2 million in funding to build a new hybrid operating room in the Cedar Pavilion. Construction began in April, and the suite should be in use by the fall of 2023.

A hybrid operating room is a comprehensive surgical space that combines a traditional OR with an image-guided interventional suite. This allows for complex procedures that combine open surgery with minimally invasive, image-guided arthroscopy, enabling two surgical teams to work together as a multidisciplinary group. This room is planned for cardiovascular procedures.

Check Out Upcoming Webinars!

Marin Healthcare District has various webinars throughout the year on important health topics.

To see the schedule, visit www.marinhealthcare.org/about-us/community-health-series