



COMMUNITY MEDICAL CLINIC

Outreach. Access. Medical Home.



Livewell Kershaw Coalition

Healthy
People
Healthy
Carolinas



100 Million
Healthier Lives

Access Kershaw

*The Duke
Endowment*

POPULATION HEALTH

2018 Annual Report

Chapter 1

While you may not have much experience with the concept of population health, it is a critical factor in the success of any community, including our own. It affects the well-being of our citizens, our children's education, the strength of local businesses, the appeal of Kershaw County to residents and visitors, and whether industries choose to locate in our county, to name but a few. In myriad ways, it touches us all.

Health is more than the absence of disease. It involves mental, physical, social, and spiritual well-being. According to the Robert Wood Johnson Foundation, access to clinical care only accounts for 20% of a person's overall well being. Health behaviors, such as diet, exercise, and alcohol use account for 30%. Physical environment accounts for 10%. And the other 40%? This can be attributed to social and economical factors such as education, income, employment and family support. Improving health requires a holistic approach involving a wide array of organizations and services and innovative approaches to delivery.

While the Community Medical Clinic of Kershaw County provides direct medical care to those in need, we also recognize the need for a broader approach to improve the health of all citizens in our community. And that's about more than a doctors visit.

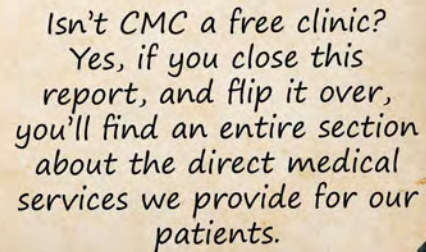
In recognizing this, we have formed several key partnerships and programs to

reach our goal of making our community the healthiest county in South Carolina. In the following pages you'll learn about the LiveWell Kershaw Coalition, Access Kershaw and more. Many of these grant-funded initiatives come with rigorous reporting and outcome requirements. Many of them have also put the Community Medical Clinic of Kershaw County on both a national and global stage as being an innovator of population health. We're very proud of what we've accomplished here over the last 20 years. We hope you are too.

Thank you for joining us on this journey,



Susan Witkowski, CEO
Community Medical Clinic of Kershaw County



*Isn't CMC a free clinic?
Yes, if you close this report, and flip it over, you'll find an entire section about the direct medical services we provide for our patients.*

Our Initiatives

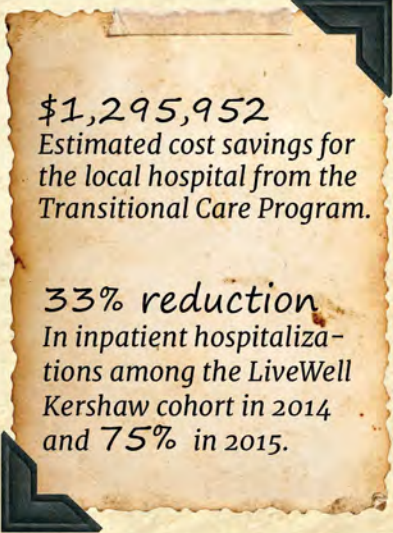
Connecting the Community

Living well starts with good health across the community. This is the premise fueling the **LiveWell Kershaw Coalition**, an initiative led by the **Community Medical Clinic of Kershaw County** and is funded through **Healthy People, Healthy Carolinas** (an initiative of **The Duke Endowment**) and the **Institute for Healthcare Improvement** as a **SCALE 2.0 community**.

The LiveWell Kershaw Coalition (LWK) was founded by a group of community members interested in using data to guide action aimed at addressing the health issues faced by the residents of Kershaw County. Today, LWK works to foster collaboration between citizens of all ages, working in partnership with public and private sector organizations and schools to increase community awareness of health issues.

Access to Resources

Access Kershaw functions as a link between the uninsured and local health professionals including medical, dental, vision, and mental health care. This program was founded in 2010 with a grant



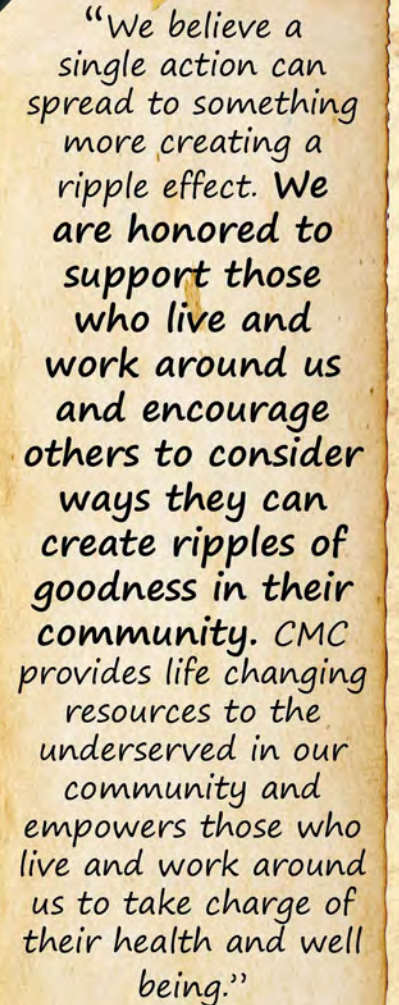
\$1,295,952
Estimated cost savings for the local hospital from the Transitional Care Program.

33% reduction
In inpatient hospitalizations among the LiveWell Kershaw cohort in 2014 and 75% in 2015.

from **The Duke Endowment**. Since 2015, the Community Medical Clinic has been the grantee.

Community Care Coordinators help individuals navigate the maze of healthcare. More than 7,000 people have received the care they needed thanks to Access Kershaw.

Through Access Kershaw, CMC implemented a **Transitional Care Program** where CMC nurses visit uninsured patients admitted to **KershawHealth** before they are discharged. This allows patients to be connected with needed resources for recovery and reduces the likelihood of a return hospital visit.



"We believe a single action can spread to something more creating a ripple effect. We are honored to support those who live and work around us and encourage others to consider ways they can create ripples of goodness in their community. CMC provides life changing resources to the underserved in our community and empowers those who live and work around us to take charge of their health and well being."

Kimberly Mobley
Cantey Foundation
Specialists

Connect with CMC and Access Kershaw

CMC
110C East DeKalb Street, Camden SC
803-713-0806 cmcofkc.org
Facebook.com/cmcofkc Twitter.com/cmcofkc

Access Kershaw
1165 HWY 1 South, Lugoff SC 29078
803-713-0806

Connect with the LiveWell Kershaw Coalition

LivewellKershaw.org * 803-900-1691 * 110C East DeKalb Street, Camden SC
Facebook.com/LiveWellKershaw * Twitter.com/LWKershaw * Instagram.com/lwkershaw

Community of Solution Skills

LEAD FROM WITHIN

Involve one's inner journey as a leader

LEAD TOGETHER

Are grounded in a perception of the community as a dynamic network of interacting people, organizations, structures, and systems that are related to a place.

LEAD FOR OUTCOMES

Applying design skills to co-create a theory of change, identify measures, test the theory, and plan for implementation and scaling up in a way that makes these tasks easier.

LEAD FOR EQUITY

Apply Leading from Within, Leading Together, and Leading for Outcomes skills through an equity lens.

Leading from Within – Understanding implicit bias, understanding power and privilege

Leading Together – Recognizing interconnectedness; everyone owning the process of creating equity; fostering ownership and solutions by people with lived experience; mapping assets to potential levers

Leading for Outcomes – Using data to identify those who may not be thriving; identifying potentially replicable bright spots; testing policy and programmatic changes that have the potential to disrupt systems perpetuating inequity

LEAD FOR SUSTAINABILITY

Facilitate an ongoing process of transformation in a community (generative sustainability) as opposed to maintaining programs as they are.

Within

Our staff has regular professional development opportunities where they are encouraged to 1) look at our organization and community through the eyes of those we serve 2) consider lived experience 3) identify the gate keepers 4) create patient centered policies and processes 5) reflect on what goes right 6) learn from failing forward and 7) always offer compassionate care.

Together

We know that improving population health for our community doesn't happen without collaboration. This is why we partner with people and organizations across the county and state who have similar goals as we do. A few of these partnerships include KershawHealth, the Kershaw County School District, the City of Camden, Kershaw County, Eat Smart Move More, The University of South Carolina, The Duke Endowment and The LiveWell Kershaw Coalition. It's important to us to give time and energy towards helping other organizations when it comes to creating a healthier Kershaw County. This means we are all integrated, creating a synergy that will make a lasting impact on those who live and work in our county.

Equity

When we are evaluating data and formulating solutions, we've learned that having people with "lived experience" at the table is vital to creating a successful plan of action. The location of our satellite offices are "place based", meaning their hours and locations are based on the need and proximity to our patients. We understand how zip code impacts a person's health and are regularly evaluating data of where people live and who needs care. We conscientiously create systems and processes so our patients can get quality medical care that is both evidence based and culturally considerate. We also believe in the importance of education and understanding of the critical healthcare needs our county faces. With this in mind, we developed a yearly Wellness Rider Tour for community leaders to be a part of the discussion about population health in Kershaw County. By connecting all the dots, we will all become part of a stronger, more vibrant community.

Outcomes

We are one of 17 communities in the country who have been chosen to receive funding and training to improve population health in our community through the 100 Million Healthier Lives initiative. We're also a part of the Healthy People, Healthy Carolinas an initiative of the Duke Endowment. With this funding (and several other grants) come rigorous evaluation requirements and accountability with outcomes. Our work has directly decreased hospital and emergency room visits at KershawHealth. We've increased the number of Kershaw County residents connected with a medical home, thus giving them reliable access to the care they need. We are able to identify patients needing more case management and care coordination. This allows us to offer vital resources and necessary community referrals to help the patient.

Sustainability

We are always looking at the big picture and how we can create long-term, sustainable impact. This is why we believe in deliberate, meaningful engagement. We've become storytellers who connect our mission and goals with our donors' priorities. Our Wellness Rider tours empower community leaders with knowledge and resources to take action. The LiveWell Kershaw Coalition unites key organizations in creating something much bigger than any one could do by themselves. This is how we work towards making a healthy Kershaw County a sustainable one.

2018 Events

The Community Medical Clinic has two flagship fundraising events each year, the Clinic Classic and the Oysters and BBQ Bash. In addition, volunteers organize an annual Attic Sale and Shag Blast.

The 11th Annual Clinic Classic

The Clinic Classic is an event to both raise funds for CMC and promote physical activity for both youth and adults in Kershaw County. The USTAF certified 5k and 10K courses wind through Camden's Historic district.

It begins and ends at the Clinic located at 110-C East DeKalb Street. The 11th Annual Clinic Classic included the KershawHealth 10K, the McDonald's 5K and the Camden Family Care 1-mile.



The 5th Annual Oyster and BBQ Bash

The 5th Annual Oyster and BBQ Bash brought together fun, food and fundraising at 833 Broad Street Camden. Featuring an array of delicious oysters and barbecue, this sold out event also featured live entertainment by Second Nature band.



The Attic Sale

The annual Attic Sale is currently organized by Sarah Reed, a dedicated volunteer of CMC. Volunteers collect donations throughout the year and then organize the Attic Sale to take place Thursday through Sunday in the early Spring. In 2018, volunteers also hosted one-day-only Holiday Attic Sale in December. All proceeds from these events benefits CMC.



Shag BLAST

For the last 31 years, it's been important to the Camden-Lugoff Area Shag Society (CLASS) to actively give back to their local community. The organization began hosting the Shag BLAST in 2005 and continues to host the event every year. In 2018, the proceeds from the Shag BLAST benefiting both the Community Medical Clinic of Kershaw County and Food for the Soul.



2018 Corporate Partners

KershawHealth

Blue Cross Blue Shield
Of South Carolina

Friendship Baptist
Church

Cantey Foundation
Specialists

Associated Charities

Cantey, Tiller, Pierce
& Green, LLP

City Of Camden

First Palmetto Bank

Iron Sharpens Iron, LLC

KB Communications,
LLC

Wells Fargo Advisors-
Camden Financial
Partners, LLC