

Brooks Rehabilitation CHNA Implementation Plan

Priority Health Area	Anticipated Impacts	Program Initiatives	
Mental Health	(1) Improvement in quality of life.	<p>Provide ongoing community benefit programming (addressing physical well-being, social interaction, mental well-being, education needs, and purpose of life) through the Brooks Community Benefit Programs, which include:</p> <ul style="list-style-type: none"> • Brooks Rehabilitation Adaptive Sports & Recreation • Brooks Rehabilitation Aphasia Center • Brooks Rehabilitation Neuro Recovery Center • Brooks Rehabilitation Brain Injury Clubhouse • Brooks Rehabilitation Adaptive Wellness Programs • Brooks Rehabilitation Pediatric Recreation • Brooks Rehabilitation Motion Analysis Center • Brooks School Re-entry Program • Brooks Rehabilitation Music Therapy • Brooks Center for Low Vision • Brooks Behavioral Medicine 	
	(2) Maintain healthy lifestyle through quantifiable outcome measures, which can lead to better overall health and wellness.		
	(3) Increase access to mental health professionals to improve an individual's mental wellbeing.		
	(4) Provide an opportunity for individuals to collaborate in peer-to-peer interactions and group activities to increase confidence.		Brooks will provide mental health programming for Community Benefit Program participants and caregivers with mental health and psychotherapy professionals.
			Brooks will continue to assess and monitor the viability of virtual programming to include opportunities for individuals who are isolated or afraid of public forums.
	Provide support groups and peer mentors to groups for individuals with similar diagnoses.		
	Brooks will provide creative outlets for emotional expression through lyric analysis, song writing and varying degrees of therapy to improve mental wellbeing through Brooks Rehabilitation Music Therapy.		
Access	(1) Maintain healthy lifestyle through quantifiable outcome measures, which can lead to better overall health and wellness.	<p>Provide community benefit programming which addresses the lack of services available to individuals with a differing ability through the Brooks Community Benefit Programs, which include:</p> <ul style="list-style-type: none"> • Brooks Rehabilitation Adaptive Sports & Recreation • Brooks Rehabilitation Aphasia Center • Brooks Rehabilitation Neuro Recovery Center • Brooks Rehabilitation Brain Injury Clubhouse • Brooks Rehabilitation Adaptive Wellness Programs • Brooks Rehabilitation Pediatric Recreation • Brooks Rehabilitation Motion Analysis Center 	

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	<p>(2) Increased participation in Brooks Community Benefit Programs.</p> <p>(3) Increase in an individual's access to obtain medical services that could otherwise not be accessed.</p>	<ul style="list-style-type: none"> • Brooks School Re-entry Program • Brooks Rehabilitation Music Therapy • Brooks Center for Low Vision • Brooks Behavioral Medicine <p>Provide community transportation to Brooks Rehabilitation Community Benefit Programs.</p> <p>Assess the opportunity to provide transportation from Clay County to the Brooks Rehabilitation Brain Injury Clubhouse.</p> <p>For individuals unable to access transportation, Brooks Rehabilitation will continually assess the opportunity to provide access to virtual programming, virtual Community Benefit Programs and telehealth services.</p> <p>Brooks Rehabilitation Low Vision Center will assess and provide mobile therapy services to patients with transportation limitations.</p> <p>Brooks Rehabilitation Brain Injury Clubhouse will provide vocational training for individuals with a traumatic brain injury to improve the access to employment.</p> <p>Helen's House will provide affordable, temporary housing to Brooks's patients and caregivers.</p> <p>Allow individuals who are under or uninsured the opportunity to access Brooks Rehabilitation programs and services through charity care and scholarships.</p> <p>Translation technology provided for individuals needing access to alternate language solutions. Brooks Rehabilitation will assess the opportunity to provide communication devices for individuals to overcome non-verbal communication.</p> <p>Brooks Rehabilitation Adaptive Wellness Programs will provide wellness examinations biannually.</p>
<p>Chronic Disease</p>	<p>(1) Improvement in quality of life.</p> <p>(2) Increase in physical activity for adult and pediatric populations.</p> <p>(3) Maintain healthy lifestyle through quantifiable outcome</p>	<p>Provide ongoing community benefit programming (addressing physical well-being, social interaction, and improved quality of life) through the Brooks Community Benefit Programs, which include:</p> <ul style="list-style-type: none"> • Brooks Rehabilitation Adaptive Sports & Recreation • Brooks Rehabilitation Aphasia Center • Brooks Rehabilitation Neuro Recovery Center • Brooks Rehabilitation Brain Injury Clubhouse • Brooks Rehabilitation Adaptive Wellness Programs • Brooks Rehabilitation Pediatric Recreation • Brooks Rehabilitation Music Therapy • Brooks Center for Low Vision

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	<p>measures, which can lead to secondary benefits of decreased falls, prevention of a second stroke, increased mobility, weight control, and better mental health.</p> <p>(4) Increase children’s confidence with the goal to restore a child’s confidence in play activities with their peers, promote a healthy body image, and provide education for healthy nutrition and body weight as a child grows.</p> <p>(5) Regular education sessions with assessments on effectiveness at the Y Healthy Living Center.</p> <p>(6) Raise awareness of disease prevention and recovery.</p>	<p>Brooks Rehabilitation Adaptive Sports & Recreation offers weekly activities designed to meet the needs and interests of our diverse community along age, ability, lifestyle, and personal interest parameters.</p> <p>The Brooks Rehabilitation Adaptive Wellness Programs offers supervised individual exercise program designed for persons who are recovering from the effects of a stroke, brain injury, Parkinson’s disease, Multiple Sclerosis, and other diagnoses. The classes will focus on balance, flexibility, strength, and coordination through exercises that is completed seated or standing position.</p> <p>The Brooks Rehabilitation Brain Injury Clubhouse provides members participation in exercise activities for Brain Injury and stroke survivors.</p> <p>The Brooks Rehabilitation Pediatric Recreation offers weekly activities designed to meet the needs and interests of the pediatric population with differing physical and cognitive abilities.</p> <p>The Brooks Rehabilitation Neuro Recovery Center provides an opportunity for individuals with a spinal cord injury to continue ongoing exercise rehabilitation and conditioning to maintain and improve functional movement and abilities.</p> <p>Brooks Rehabilitation will provide employees and patients with a video library of general health and wellness materials.</p> <p>Through Y Healthy Living Centers, Brooks Rehabilitation will work with partners in the healthy living facility to provide education and information on a variety of topics to the community.</p> <p>The Spinal Cord Injury & Related Disorders Day Treatment Program provides nutritional consultation along with interdisciplinary rehabilitation programs designed to for patients who have had a spinal cord injury or similar neurologic disorders.</p>
<p>Maternal and Child Health</p>	<p>(1) Improved knowledge among school aged children regarding</p>	<p>Think First is a nationwide injury prevention program that focuses on reducing the number of brain injury and spinal cord injury by educating youth. Brooks Rehabilitation will bring Think First training to the children of northeast Florida.</p>

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	<p>Brain Injury and Spinal Cord injury prevention.</p> <p>(2) Increase in physical activity for pediatric populations, improving functionality, mental wellbeing and overall health.</p> <p>(3) Increase access to pediatric health and wellness devices and services</p>	<p>Additionally, Brooks Rehabilitation will offer caregivers the opportunity to access a Child Passenger Safety Technician for the correct and safe installation of child restraints in vehicles.</p> <p>Brooks Pediatric Recreation Program will provide youth with differing abilities meaningful and accessible recreation opportunities that offer social connection, family empowerment, and community integration to enhance quality of life. Year round programming is offered through weekly classes, monthly activities, and family-friendly special events.</p> <p>Brooks will provide children recovering from a disabling injury or illness, our School Re-entry specialists to work with the various school districts and school personnel to minimize lost academics while coordinating a safe, customizable and successful transition back to school.</p> <p>Many children do not have access to vision examinations. Through the Brooks Low Vision Center, low vision exams will be provided to children for improved health.</p> <p>The Brooks Rehabilitation event, First Coast Cruisers, will provide children with differing abilities the opportunity to apply for an adaptive toy, customized for the child, to facilitate mobility and independence.</p>
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