

# Affordable and Sustainable Health Care Project

## NEWSLETTER – Assembly 4 – July 21, 2006



Gathering in the circle to work on ASHC.



Sharing why we chose to be here today.



Framing the challenge.



Discussing the purpose in smaller groups.

### Assembly 4 – July 21, 2006

On July 21, 2006 106 people of different ages and representing different stakeholders gathered at the King Arts Complex to continue the journey of discovering Affordable and Sustainable Health Care for all in Franklin County. About 2/3 of the attendees had attended one or more previous assemblies.

To establish some common ground between everyone in attendance, the assembly was asked to take a few moments to read the two-page document that was on their chair titled, *Affordable and Sustainable Health Care Project - The Journey So Far* (find article at [www.ashcproject.net](http://www.ashcproject.net)).

People then checked into the day around the question:

**“Why did I decide to come here this morning?”**

- Work with Medicare & health care issues - - thought this would be informative - give me information to pass on to the residents in our district.
- Voice of small businesses is important.
- Work for a company that has insurance but the church I belong to has many people who do not have insurance.

Assembly means a community meeting around a common purpose.

**The challenge posed for Assembly 4 was to gain clarity around our common purpose. Without clarity of purpose we will get lost.**

At Assembly 3, we were asked, working with 4-5 at a table, to draft what we thought the purpose of the health care system should be. When the results were reviewed, the agreement heard among the 110 attending was astounding.

Consistency was heard around:

- Wellness
- For everyone
- Inclusive/all encompassing

Some members of the Core Hosting Team took those results and drafted a purpose statement (Version 1.0). Those attending Assembly 4 worked in small groups and gave their thoughts on this first version. Good information was gathered and a small group of people from the Assembly and Core Hosting Group will be taking that feedback and fine tuning the purpose statement.

The concept of connecting around a common purpose by experiencing it was introduced. Specifically, the assembly was invited to find the center and see the order in the chaos through a rope exercise. The assembly was invited to reflect on what they thought and how they felt about what they learned.

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We used a team exercise to explore connecting to a common purpose.



Everyone was invited to propose workshop topics ...



... and announce their important issues.



We gathered in workshops to discuss our issues.

What are the “gifts” I take with me and what do I need to let go of when connecting to a common purpose?

- Shortcuts cost us
- Need to attend to one another – not separately create our own
- Difficult to get out of big bureaucracy
- Let go of only one leader
- Let go of formality – get closer and more intimate in work
- Listening to what the other party is saying

The Assembly then was asked - *What ideas, opportunities or questions are you passionate to explore to create ASHC based on WELLNESS?* Members were invited to post topics/questions and to invite others to join in those discussions. The following was posted:

- What could/should be the specific actions and features of the system based on wellness rather than illness? / How do we get providers to commit to developing standard protocols for keeping all people at optimal health – while reducing wasteful care?
- How can we motivate people to take personal responsibility of improving their health status?
- How do we create an atmosphere where it is acceptable to discuss and begin to deal with cost and other issues associated with end-of-life?
- What are the potential revenue streams available for ASHC system?
- Re-engineering the social contracts. Identifying stakeholders and relationships.
- How and what care and treatment will be available for chronic or incurable disease in a system based on wellness?
- What is the role of our education systems as we move from focus on illness to focus on wellness?
- Wellness has different meanings – What does wellness mean for a reconstructed health system/insurance?
- What would happen to our Health Care system if everyone in our community had a life-long “owner’s manual”? – How could this happen? (Phase 1)
- Design a research study to assess “owner’s manual” system. (Phase 2)
- How can a community health plan be part of a new community Health Care system?
- How does smart growth and sustainable communities impact our Health Care system?
- How can we provide affordable LTC based on wellness for the growing aging population?
- How does the role of community based Health Center change or otherwise augment our community wellness efforts?
- What legislative changes need to occur to accomplish affordable & sustainable health care & how do we promote these changes?
- How can we take advantage of the internet (technology) to promote wellness?
- Should substance abuse / addiction behavior not be included as a wellness issue – expressly?
- What are the immediate benefits?

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*Key insights were shared in an exhibition.*



*Key insights were also shared in the circle.*



*Children from the summer school surprised us with two songs about celebrating life, closing today's Assembly.*

Some common themes emerged from the sessions.

- Wellness/optimal health focus was generally accepted.
- Levers for change identified at Assembly 3 – education, communication, change process, IT were surfacing in many discussions
- End of life and chronic illness conversations need to be included
- Money – questions relating to costs, limited resources, funds, etc.
- Personal responsibility and accountability
- Sensitivity to cultural differences, different life situations etc.
- Holistic approach – integration of mental and physical health care etc.

Assembly 4 has provided good feedback on the purpose statement. There is still work to be done but “wellness” remained untouched. Wellness may be the DNA by which we are creating a new life form for the health care situation in our community.

We have come out with a number of scenarios through the open space sessions. As the day ended, the assembly was asked to think of this as a circular process, not a linear process. We are taking a stop along the circle but we will come back together and keep the process moving.

The passion held by the assembly was strongly felt in the room. The assembly was asked to keep the passion alive until we meet again.

The day ended with a surprise visit from a youth group at the King Arts Complex. They shared two wonderful musical pieces with us, a medley of songs that began with “Heal the World” and “Celebrate”.

Please visit our website at [www.ashcproject.net](http://www.ashcproject.net) for a copy of the full report for this Assembly and for information on previous Assemblies.

### DATE CHANGE FOR ASSEMBLY 5

Your feedback was heard regarding the proposed date for the next assembly.

**We will be changing the September 22<sup>nd</sup> date for the next assembly.**

You will be mailed information about the new date and time in the next several weeks.