Open Door Community Health Centers believes in leveling the playing field of human dignity by providing quality medical, dental, behavioral health, and health services to members of our community regardless of circumstance.
1. Shifting culture of **HEALTH** care away from **SICK** care

2. Leveraging resources and partnerships

3. Integration into the patient-centered primary care delivery system
Campaign Strategies & Best Practices

Culture of Whole Person Care

1. EDUCATION: PATIENTS, STAFF, COMMUNITY
2. ENGAGEMENT: PATIENTS, STAFF, COMMUNITY
3. SUPPORT SYSTEMS FOR CARE TEAMS

Resources and Partnerships

1. LEVERAGING PARTNERSHIPS
2. DEL NORTE COUNTY: TCE BUILDING HEALTHY COMMUNITIES
3. HUMBOLDT COUNTY: DHHS COMMUNITY HEALTH IMPROVEMENT PLAN
North Coast Rx for Wellness

Rx 4 Wellness
- Nutrition, Eat More Vegetables
- Movement, Get Active
- Drink Water
- Mindfulness, Stop & Smell the Flowers
- Rest, Sleep

Referral to Member Services for:
- Health Coverage/Resources
- Nutrition Resources
- Other: __________________________

Member Services Department
Del Norte (707) 465-1988
Humboldt (707) 269-7073

Action Plan:

Recommended Veggies to Try: Arugula, Asparagus, Beets and beet greens

Open Door's Rx For Wellness

Arcata Health & Wellness Garden on the corner of F & 11th Street

Open Door Community Health Centers
www.opendoorhealth.com
Summer Sprout Scouts in the Garden of Feedin’
Home Gardens & Rx for Farmers’ Markets

For More Info About Rx for Wellness
Open Door Community Health Centers
put patients at the center of their own healthcare team. Rx for Wellness creates opportunities for patients and their care teams to set health and wellness goals.

For questions, contact:
Open Door Member Services
(707) 269-7073
garden@opendoorhealth.com

To see an example of an accessible garden bed, head over to the demo gardens, located behind the Eureka Community Health & Wellness Center.
2200 Tydd Street
Eureka, CA 95501

Or, check out our website:
www.opendoorhealth.com

Rx for Wellness
DIY Accessible Bed
Grow your own healthy food, get more exercise, and reach your wellness goals by gardening at home.

Projects for Peace
www.opendoorhealth.com

Open Door Community Health Centers
www.opendoorhealth.com
Little Free Library
Nuestra Salud Primero
Community Service & Outreach
Pediatric BMI Project
Children ages 6–12 in 95% for BMI

WEEK 1: Let’s Get Started!
WEEK 2: Food logs & Understanding our Food
WEEK 3: Growing Healthy with Gardening
WEEK 4: Cooking for Health
WEEK 5: Farms, Farmers’ Markets, & Family Health
WEEK 6: Let’s Move!
WEEK 7: Shop Smart at the Grocery Store
WEEK 8: Celebration and Next Steps
INTEGRATION INTO PRIMARY CARE DELIVERY SYSTEM
Interdepartmental & Interdisciplinary Support Staff

CARE TEAMS,
PATIENT CENTERED MEDICAL/HEALTH HOME,
HEALTH AND WELLNESS CENTERS....
Test Practices: Addressing Social Determinants of Health in the Primary Care Setting

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Quality Healthcare, Access For All Since 1971

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