

Social Connectedness as a Social Determinant of Health



aspen
by VisibleNetworkLabs

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There is Ample Evidence That the Quality of Social Connections Influence Health Outcomes

Social relationships
quantitative
behavioral
mortality
Mont
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Robb

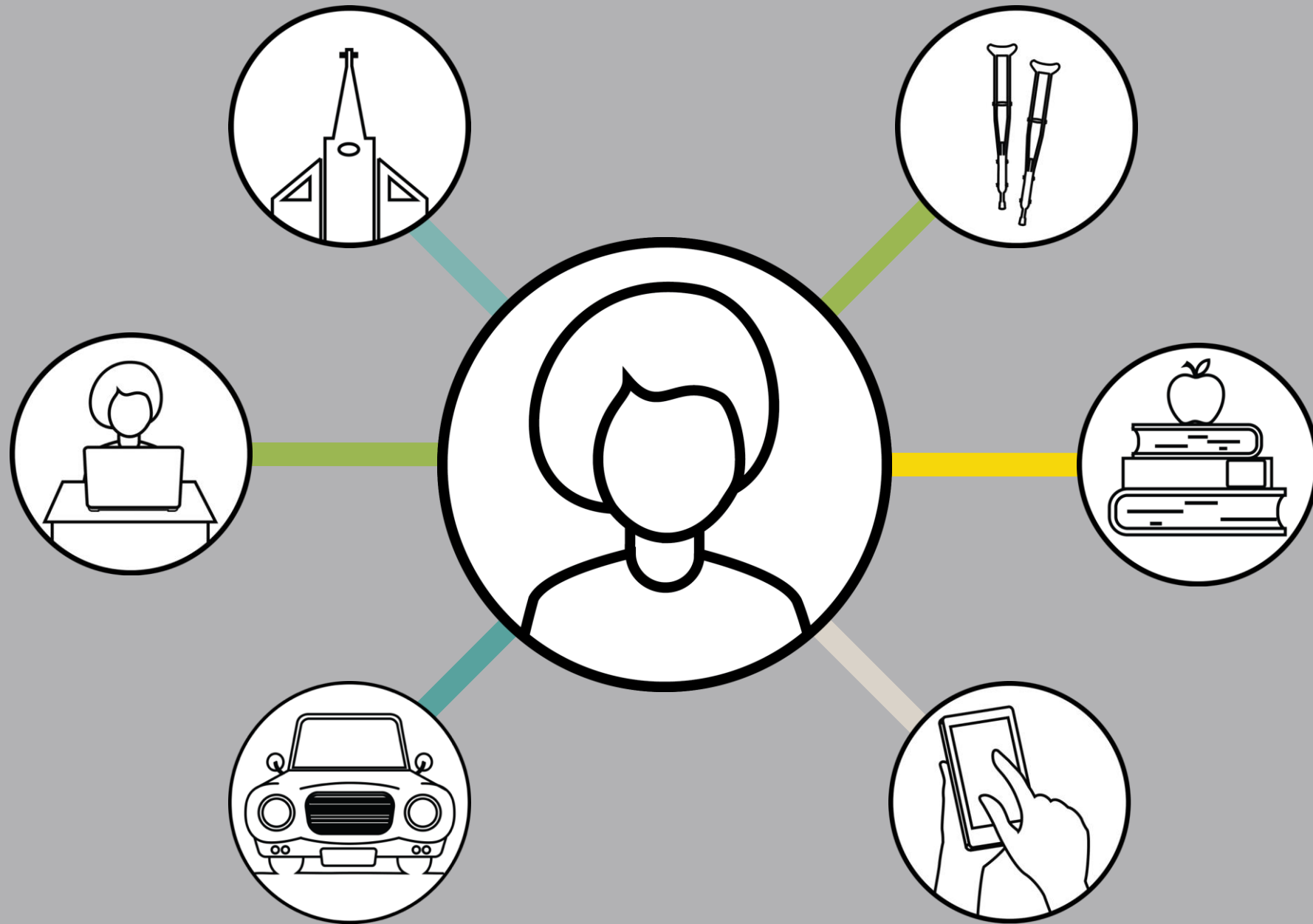


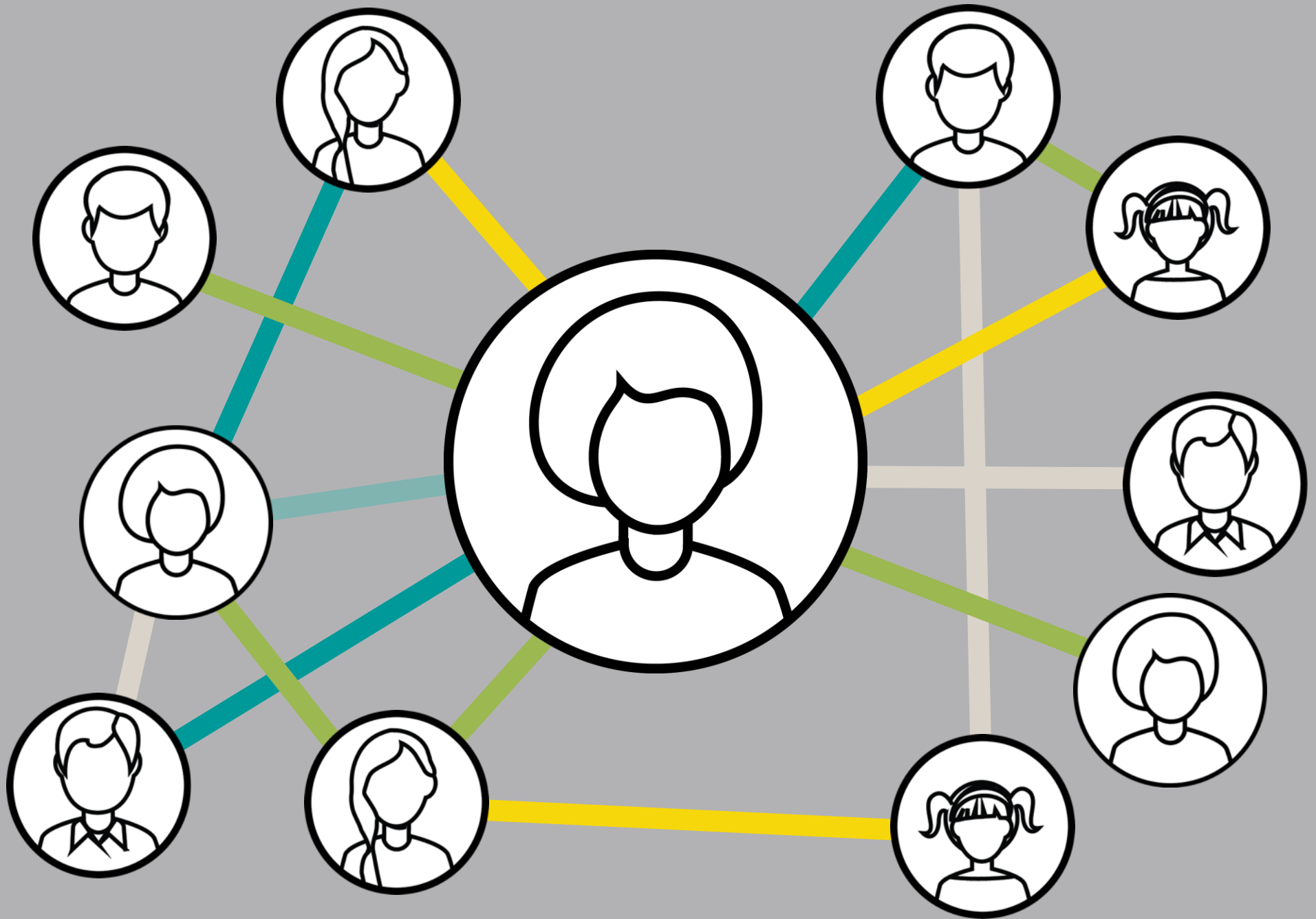
What we know:
Social connections influence mental/behavioral and health outcomes.

What We Don't Know:
How to translate that knowledge into better care coordination and treatments for people.

In a 2010 report, researchers found a host of cardiovascular and high blood pressure risk factors. Umberson and

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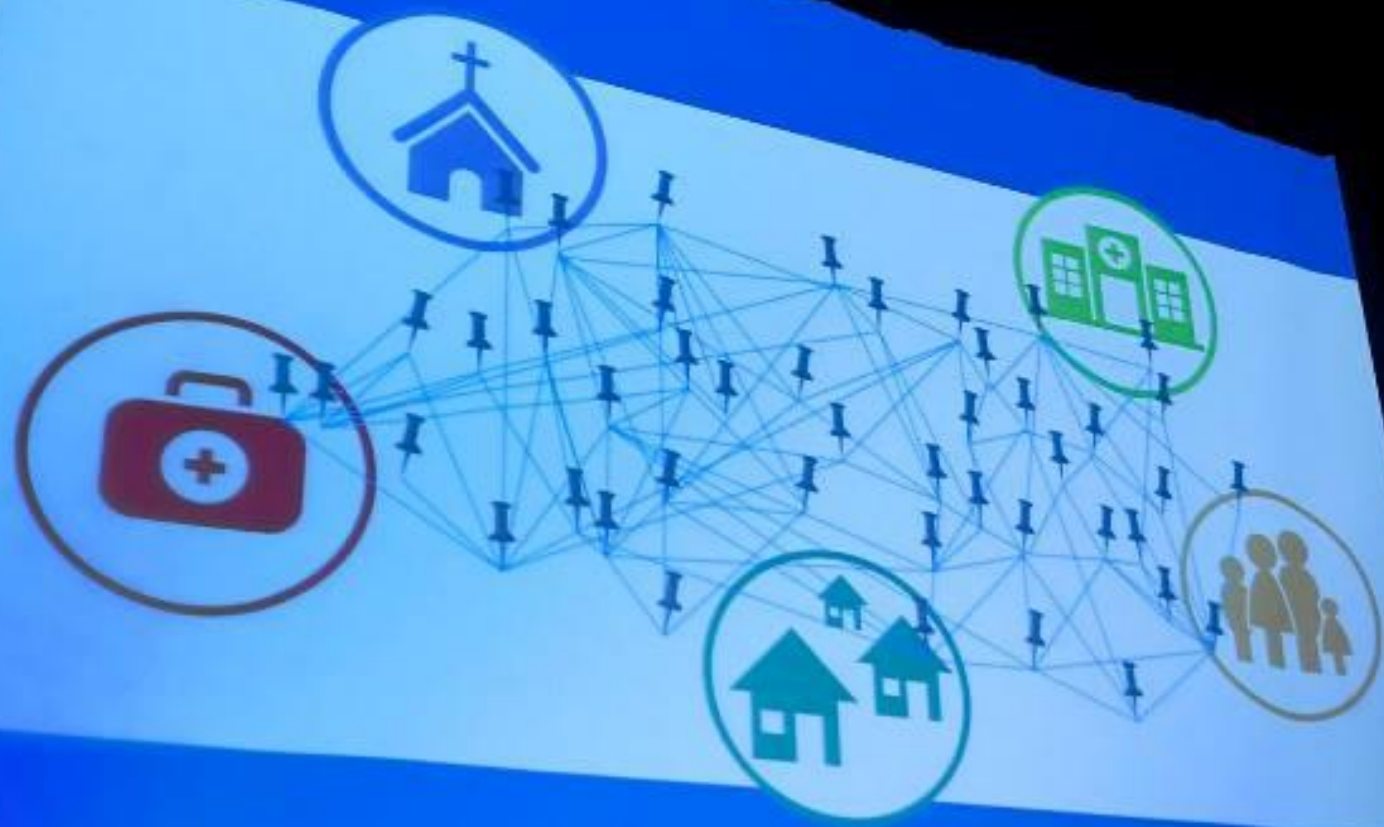




Social Connectedness as a Social Determinant of Health

“Socially isolated women with breast cancer have a 40% higher risk of recurrence, a 60% higher risk of dying from breast cancer, and a 70% higher risk of dying from any cause when compared with socially integrated women.”

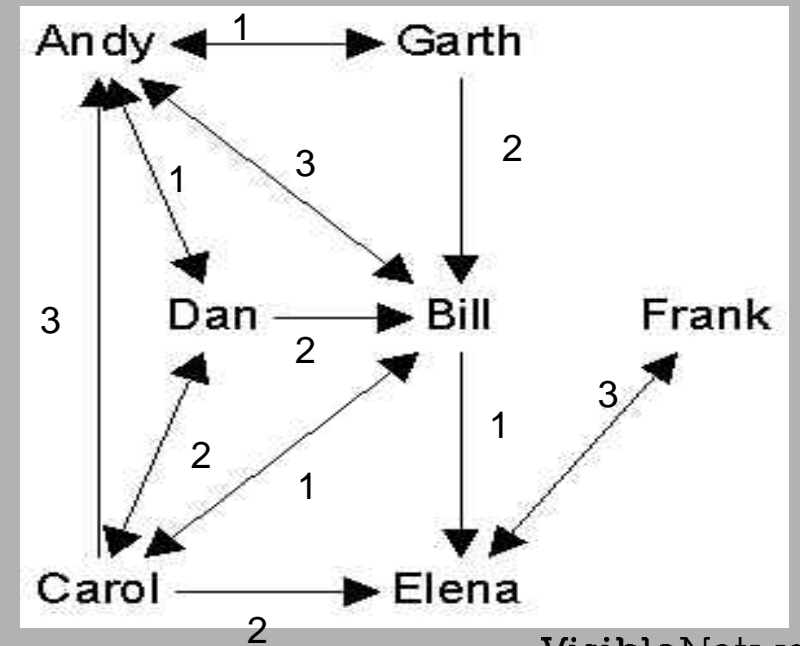
Kroenke CH, Michael YL, Shu XO, et al. Post-diagnosis social networks, and lifestyle and treatment factors in the After Breast Cancer Pooling Project [published online ahead of print December 12, 2016]. *Cancer*



Network Science Provides Unique Methodologies

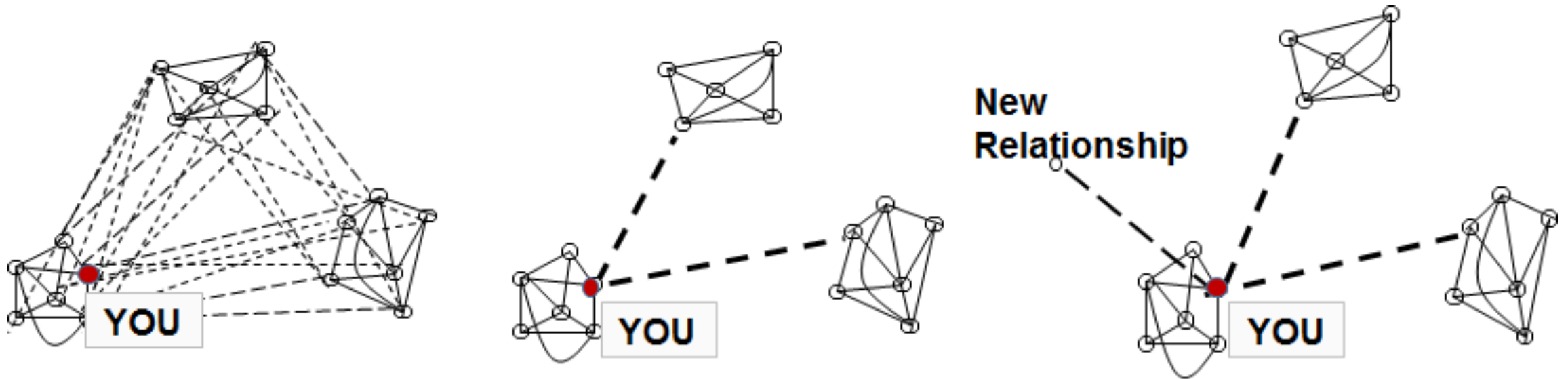
Social Network Analysis

- Collects data on who is connected to whom
- How those connections vary and change
- Focus on patterns of relations
- Nodes (People, Orgs, Etc)
- Lines (Relationships)



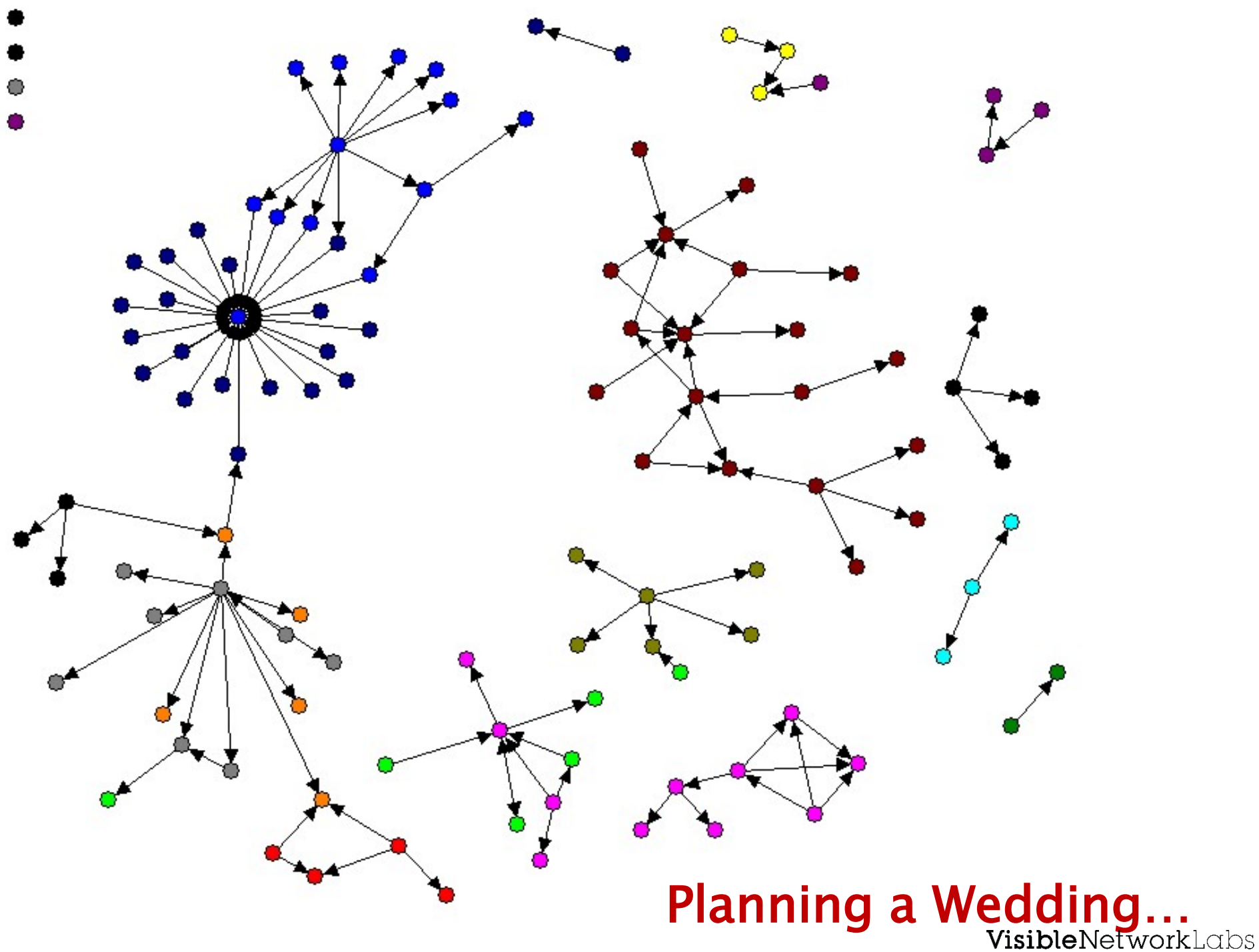
Network Science as a Unique Perspective

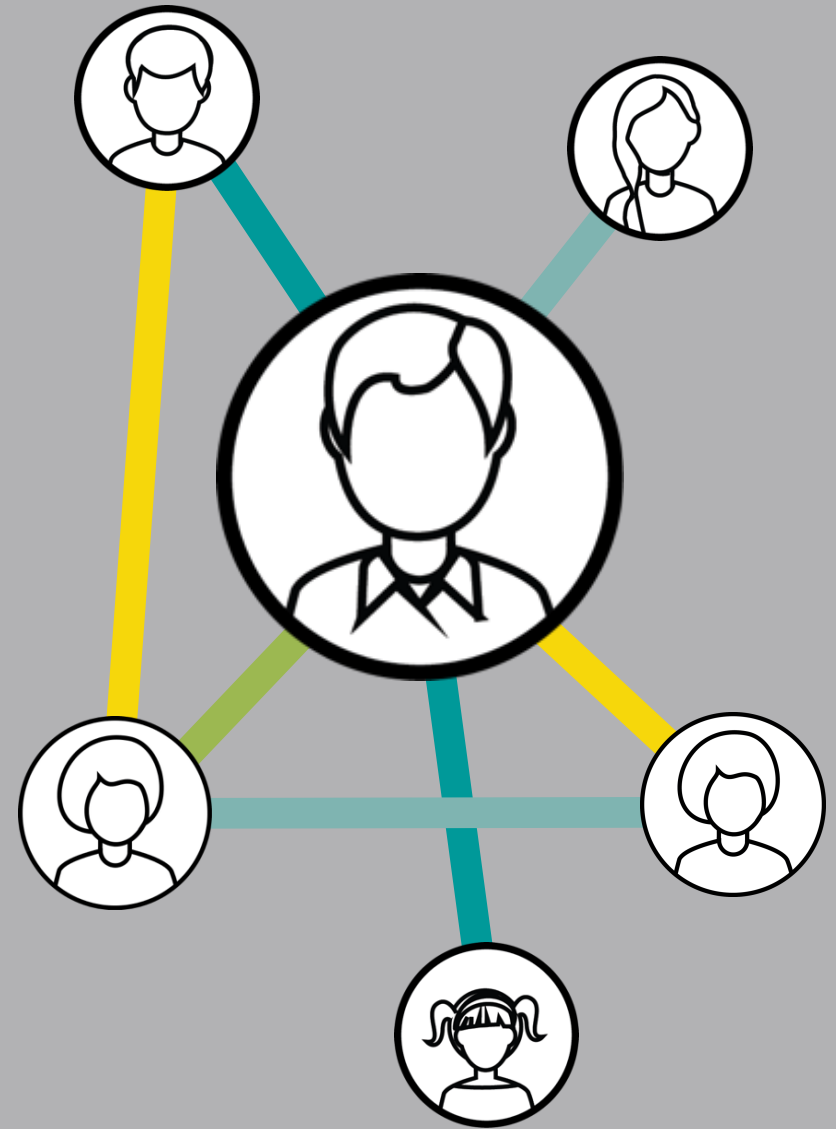
Basic Network Science Principle: More is Not (Always) Better



You can mitigate risk related to adverse social connectedness,
but you need data to do it.

Network Science in Real Life

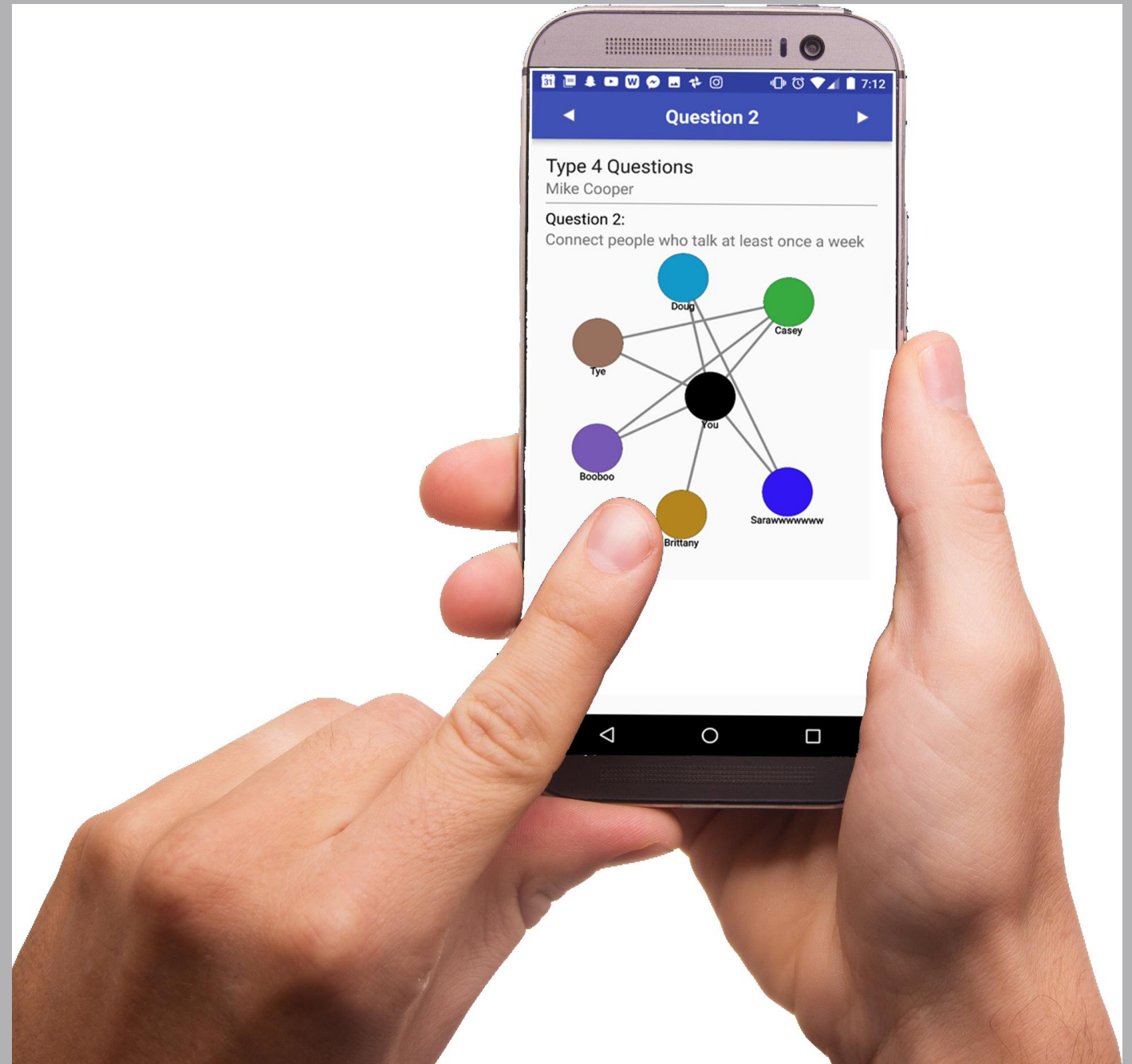


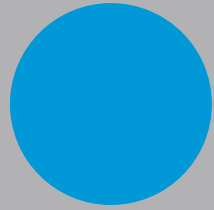


Assessing Personal Support Networks

A tool to assess the strengths and gaps in a person's personal support network, allowing providers to use the information to make a personalized assessment of a person's needs for connection to community and systems resources to improve their mental wellness.

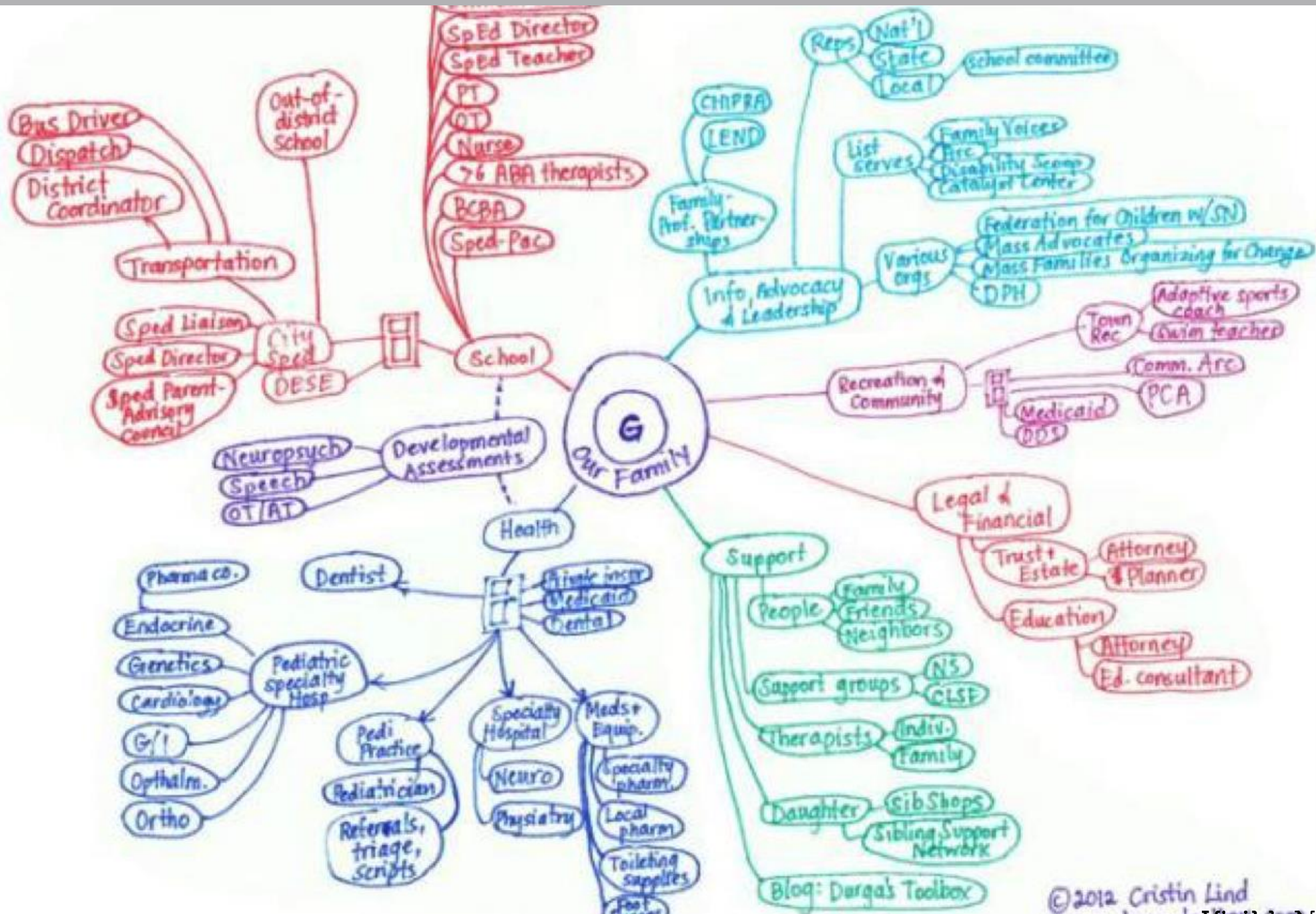
PCN Person
Centered
Network
App



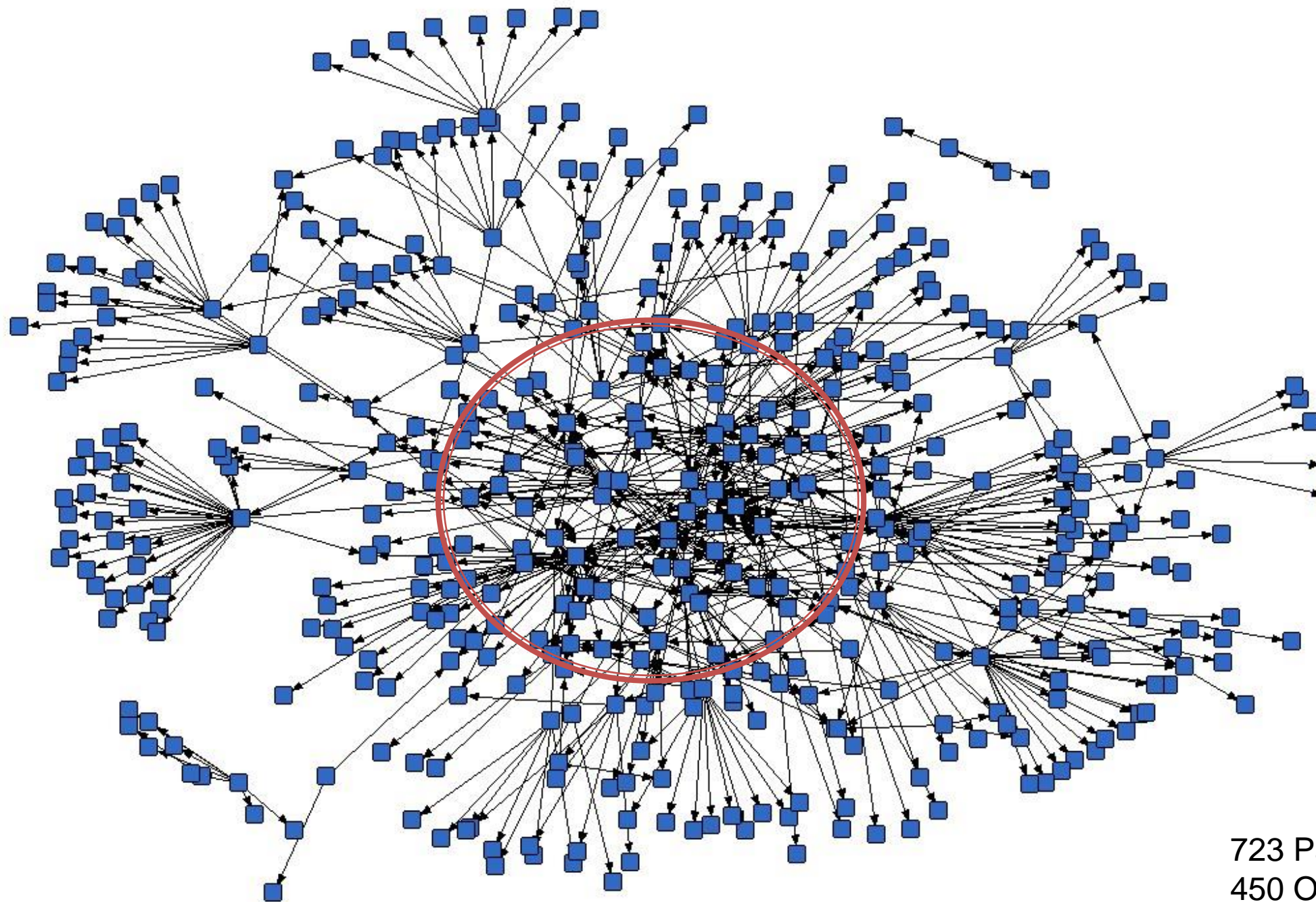


WONDERbabies
Partnerships for Health Initiative

With funding from
The Colorado
Trust



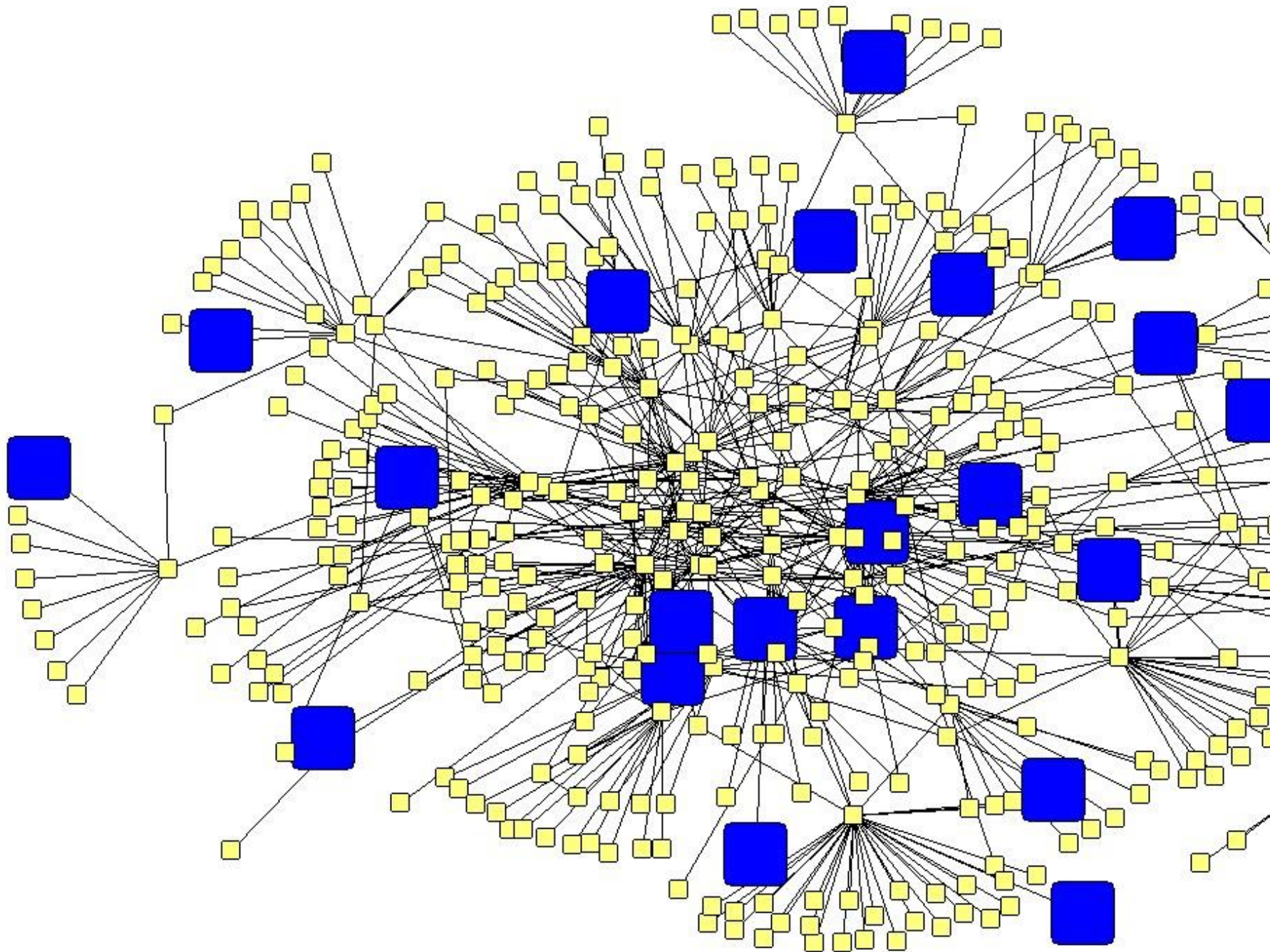
© 2012, Cristin Lind



**System of
Care for
Babies &
Young
Children With
Special
Healthcare &
Developmental
Needs**

723 Partnerships
450 Organizations

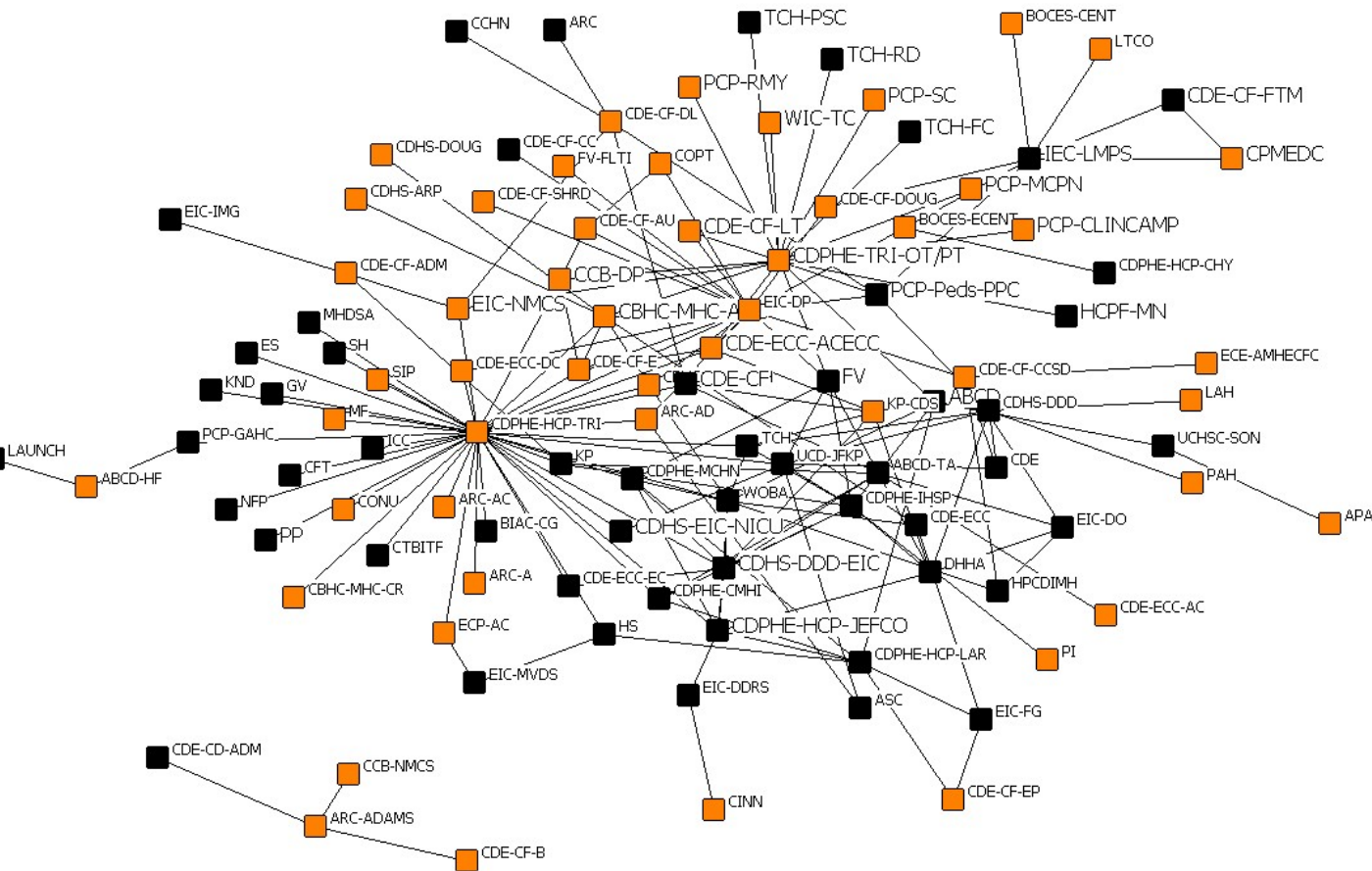
VisibleNetworkLabs



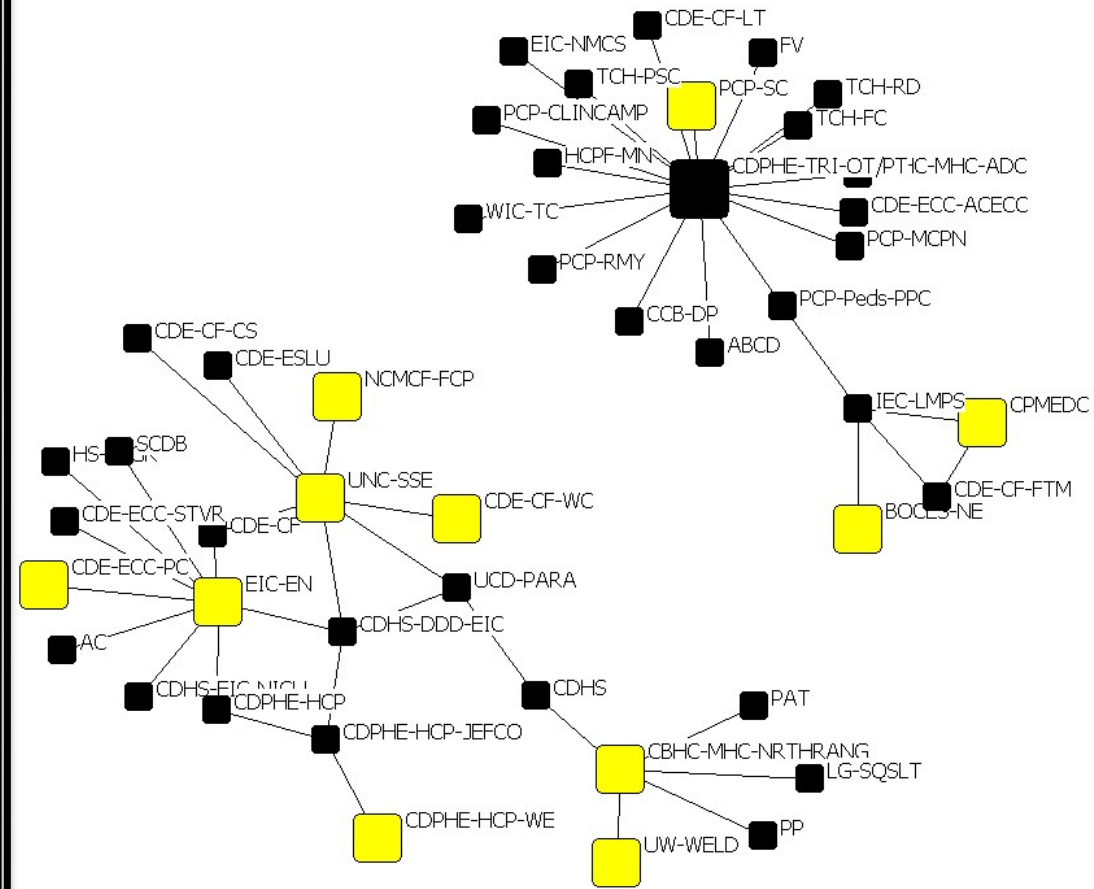
**Mental Health
Agencies:
Geographically
Disperse but
not Connected
to Each Other**

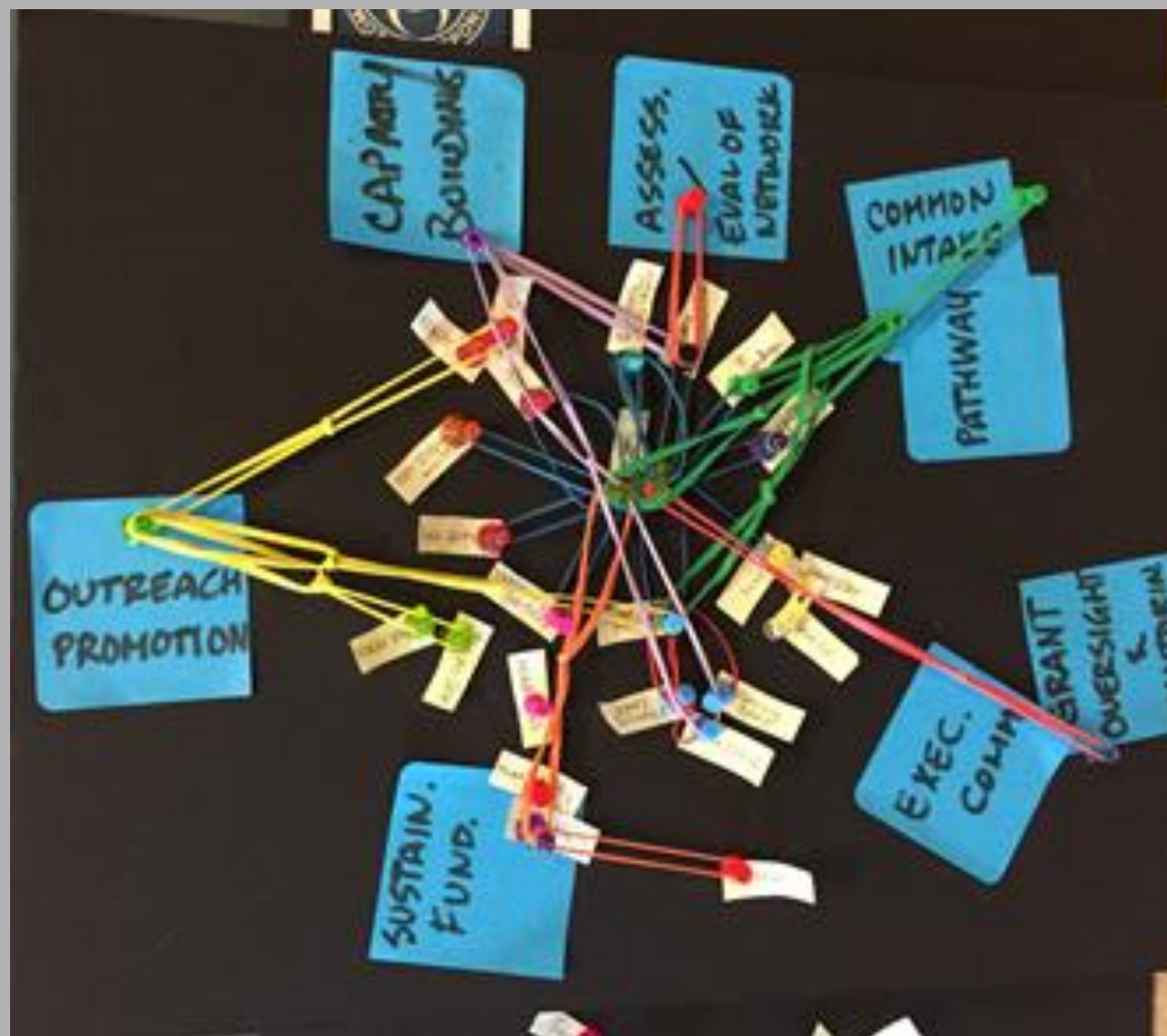
County Level Look at the Data Shows Lots of Variation

Adams/Arapahoe/Douglas



Weld





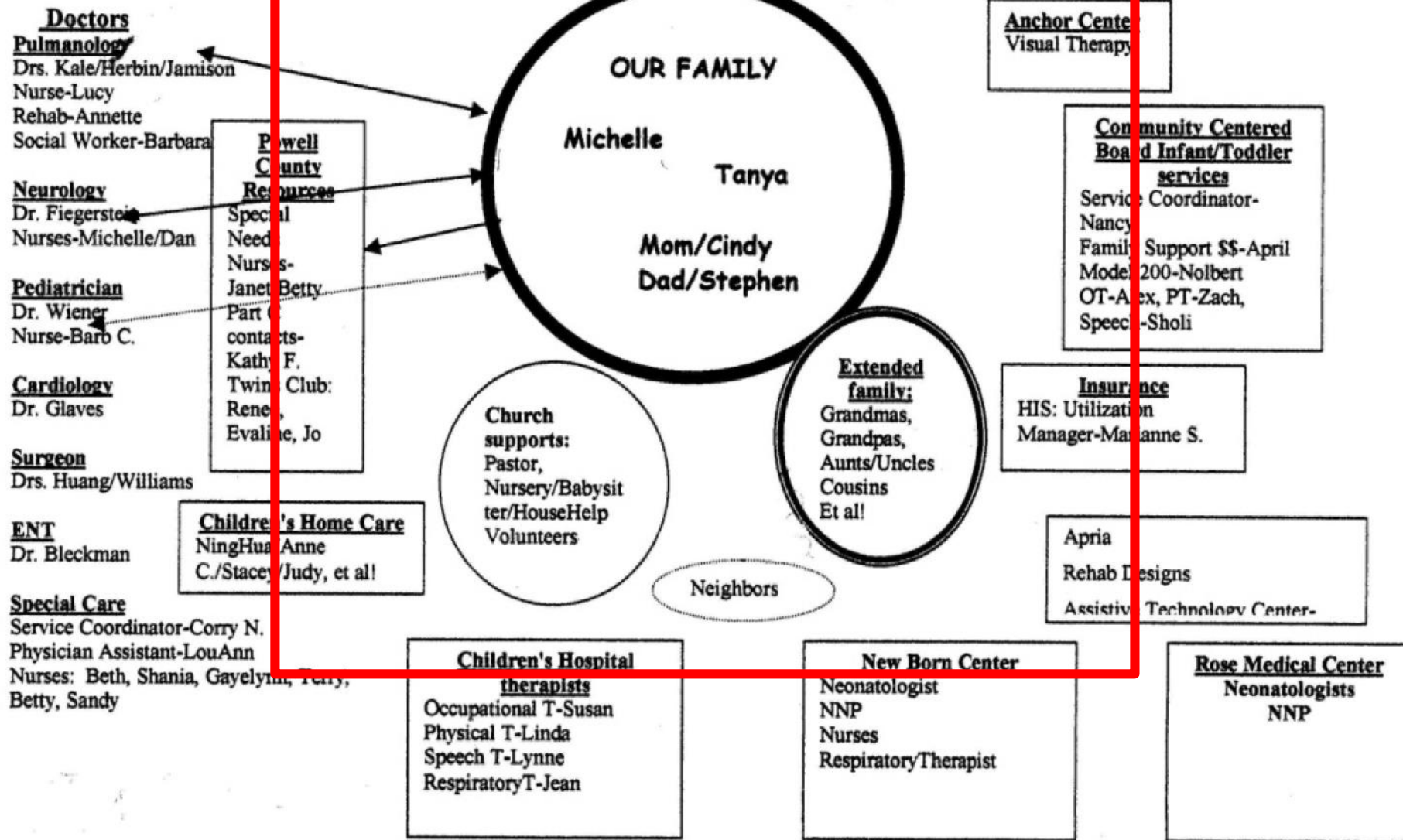


A Family Map Example

All the different persons with whom the family need to relate.

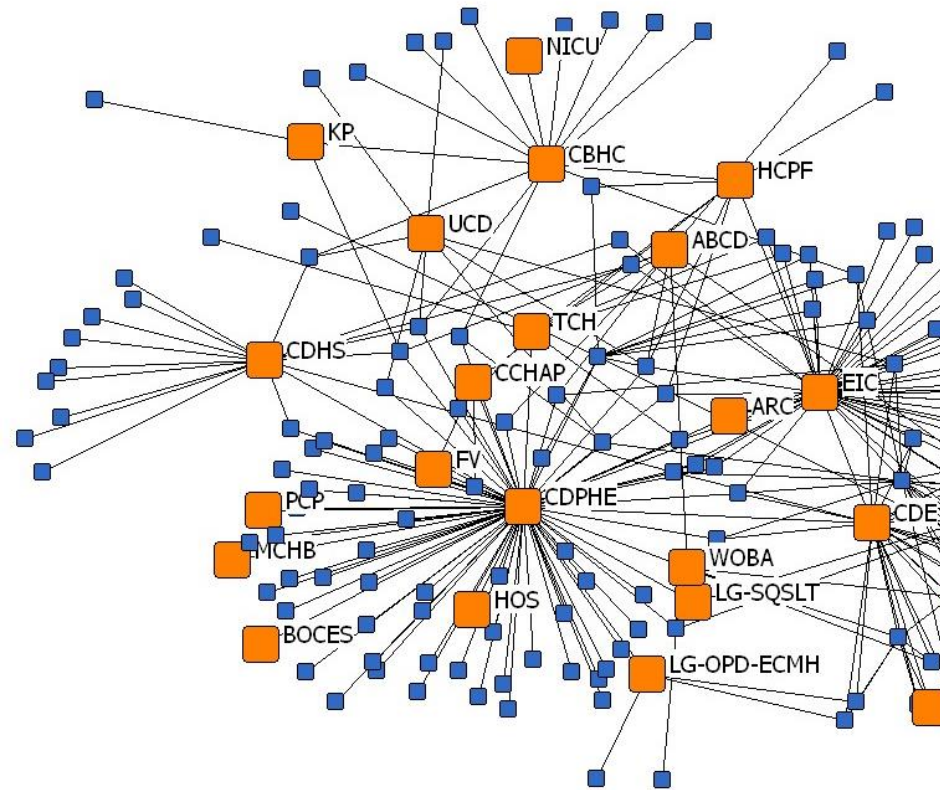
(The twin girls were born prematurely, with multiple complications.)

Please Note: Arrows are only beginning examples. Imagine them all filled in!



**Family
Blueprint
Shows
a
Fragmented
System**

Systems vs. Family Networks

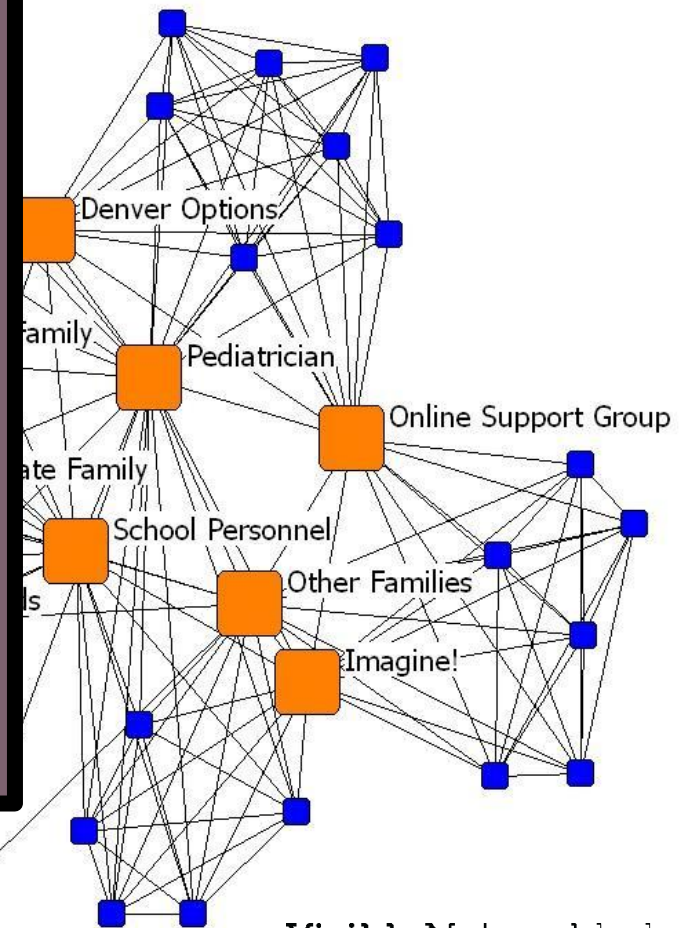


SYSTEM NETWORK

1 – Families have a preference for tapping into their informal supports for help first; then they will use the system when that's not enough.

2 – People want to help themselves...they want to be resilient, not dependent or a burden.

FAMILY NETWORKS



This is Interesting - But Can We Use This to Help People?

- ▶ Question: Why do we expect people to fit into the system? Why don't we expect the system to fit around people?

First

Understand
personal
support
networks
and needs

Then

Build an
adaptive
system to
respond to
variations

- ▶ Hypotheses
reflected

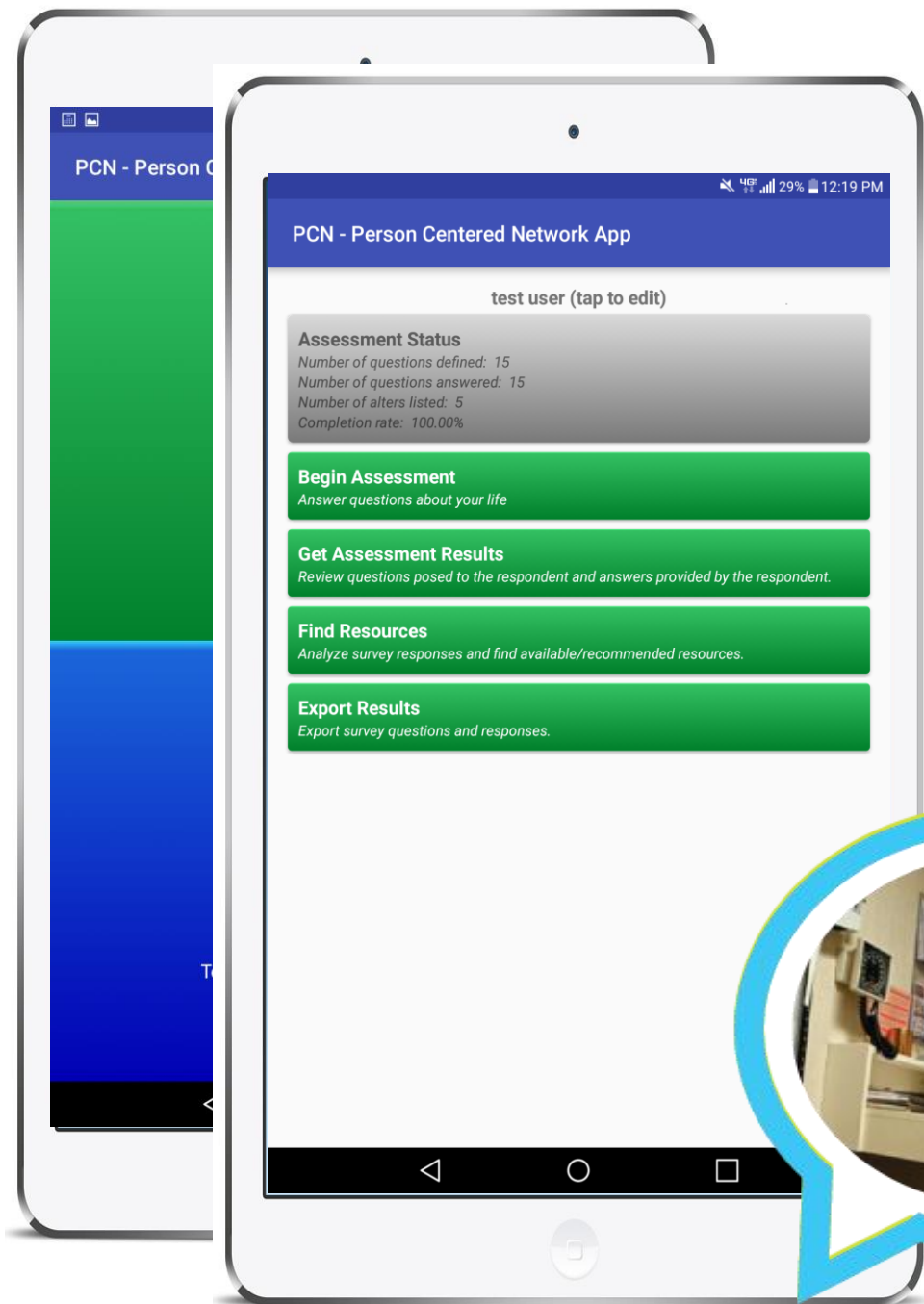
- ▶ Outcome
personal
system is

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Person Centered Network App





How many people do you live with?

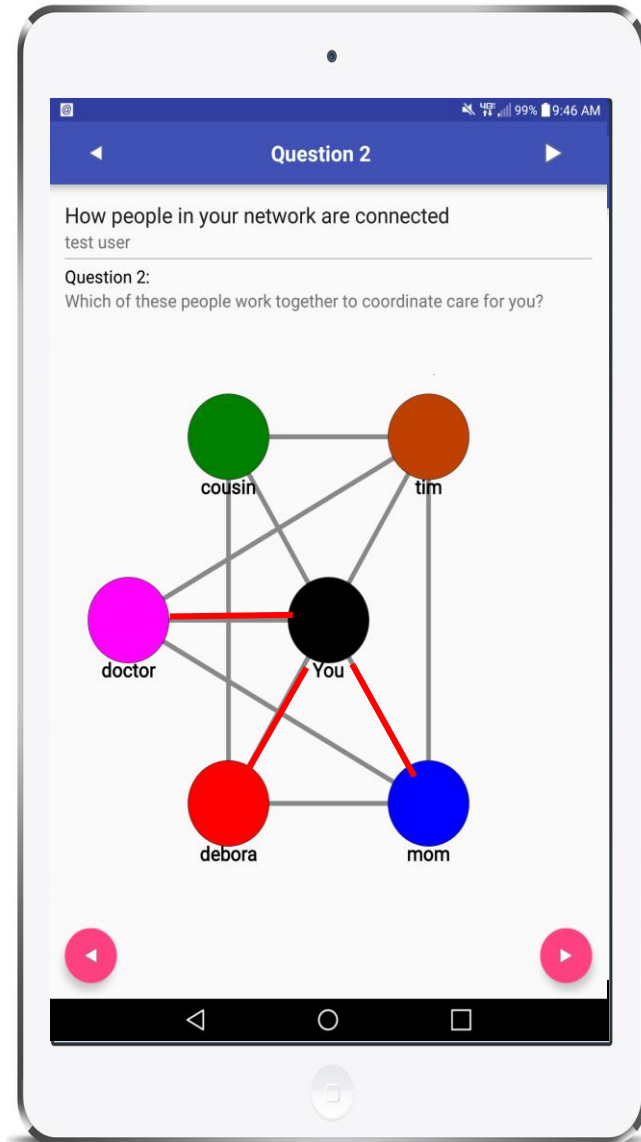
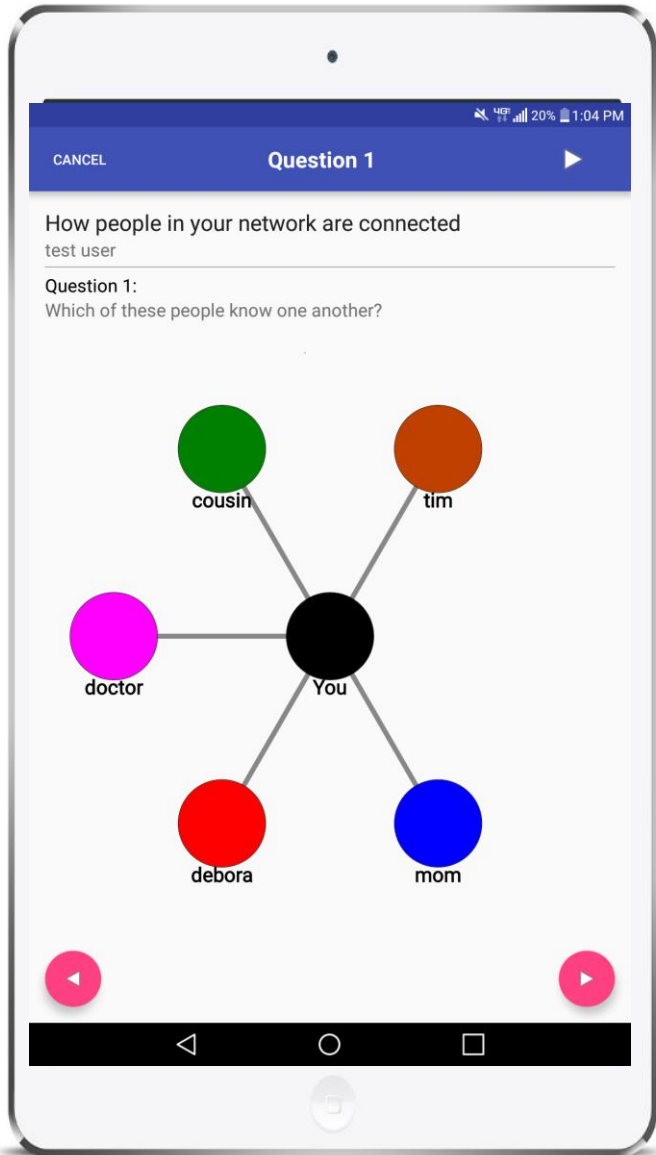
Which of the following are your most pressing concerns?

How often do you feel lonely or isolated from those around you?

Please rate your health (on a scale).

How open are you to receiving help with any of the concerns you identified?



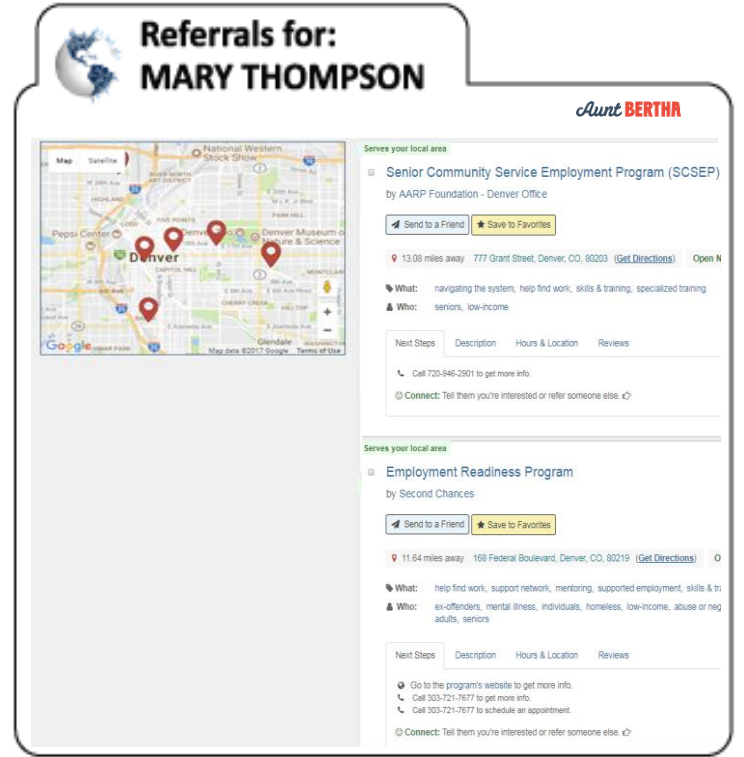
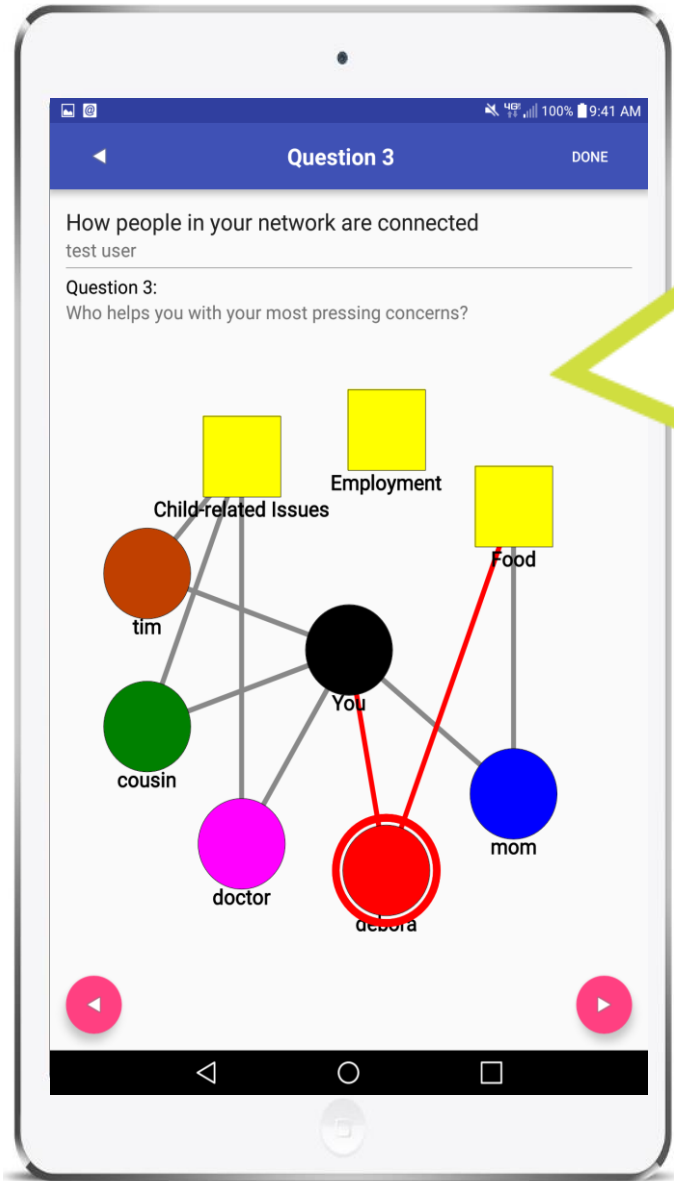
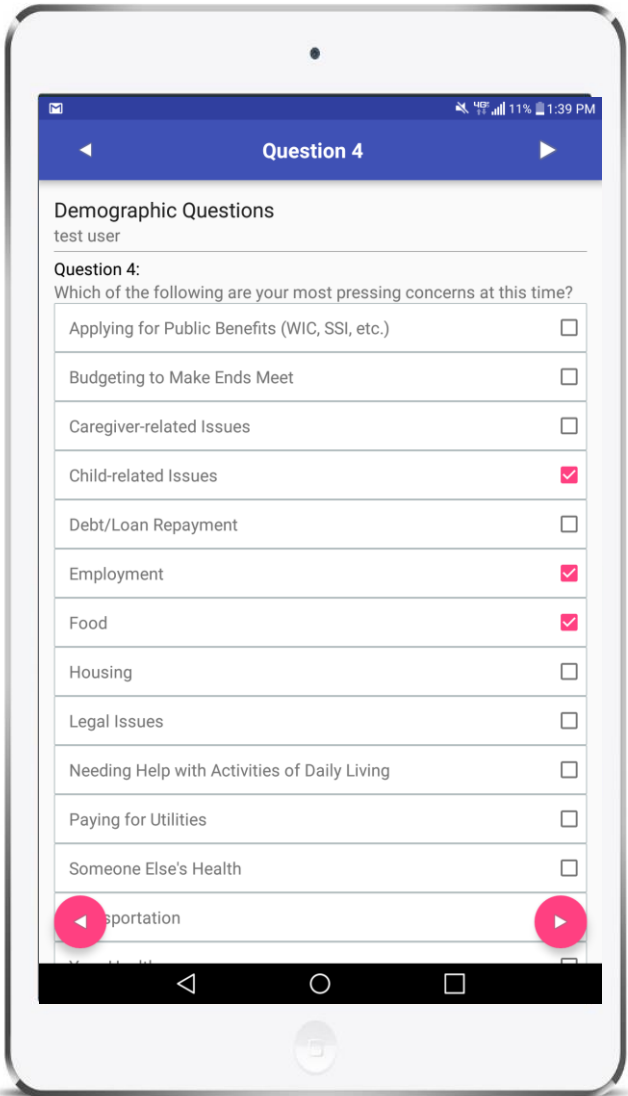


Who do you rely on when you have problems?

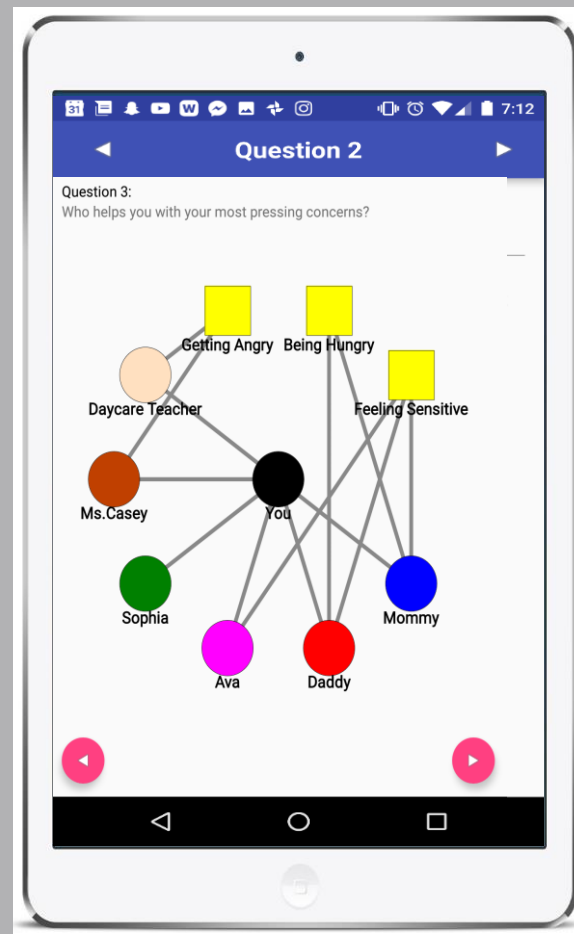
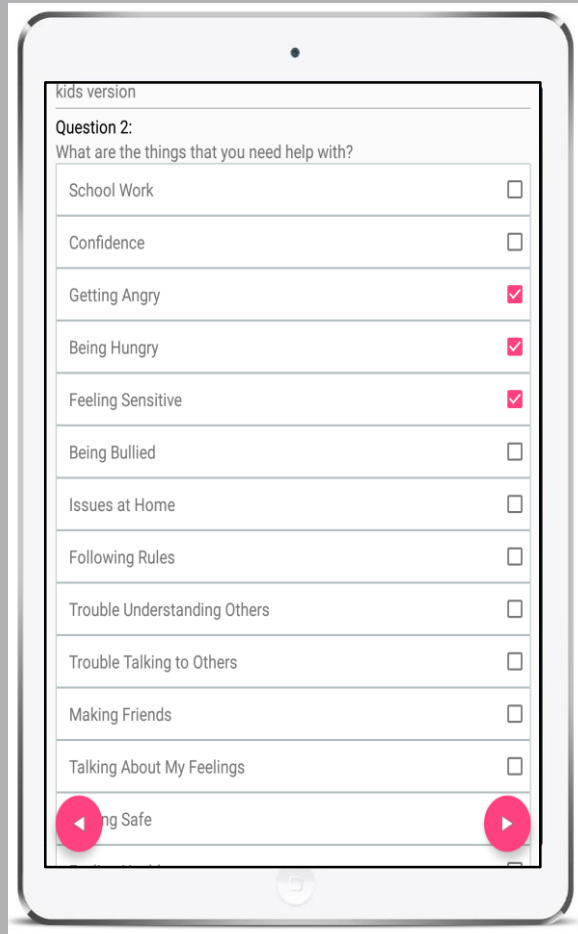
From whom do you currently get help for any of these concerns?

To what degree do you depend on this person?

To what degree do you trust this person to help you



We are also discovering the other ways we can apply this – FOR KIDS!



Pilot Testing: What are we learning?

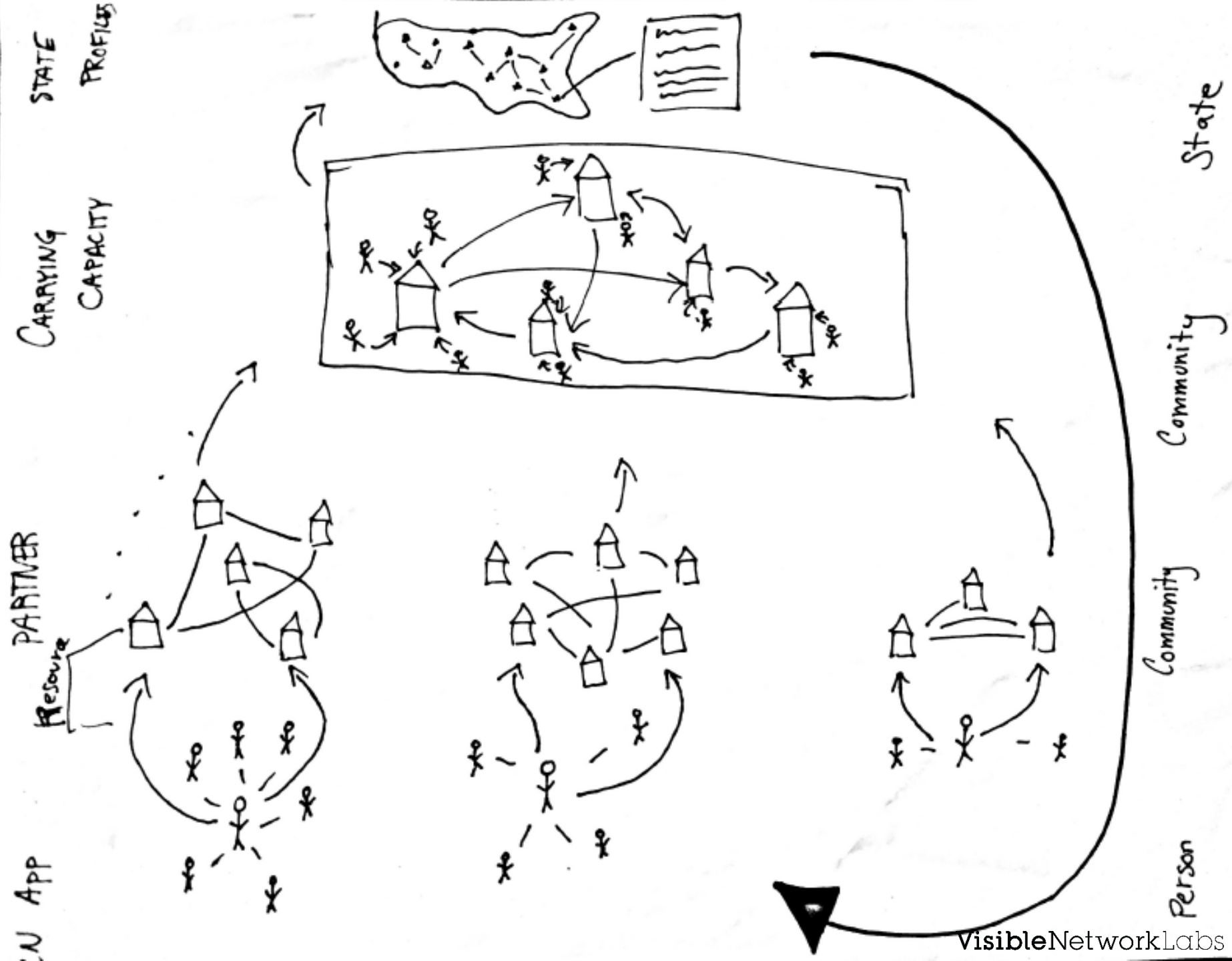
- Key to Success: Build Tools with Users and Clients
 - Success = Functionality + Trust + Clarity + Security + Integration
- Data = Risk Scores, Social Connectedness Scores, Outcomes
- People are getting connected to more resources
- Providers are all-in in because this gives them a new way to understand their patients

The PCN App has the **potential to change the way care is provided to patients**. It illustrates how important it is to ask questions to patients that will get us to a better understanding of their system.

The PCN App is groundbreaking with the potential to reach a greater number of people, greatly eliminate human error and communicates to the patient/client that the system is something that will adapt around them. I very much enjoyed being a part of this pilot experience. I learned something new about the way technology and mental health can work together to offer the best care possible.

Closing the Loop:

Creating
"Whole
Network of
Care" Plans



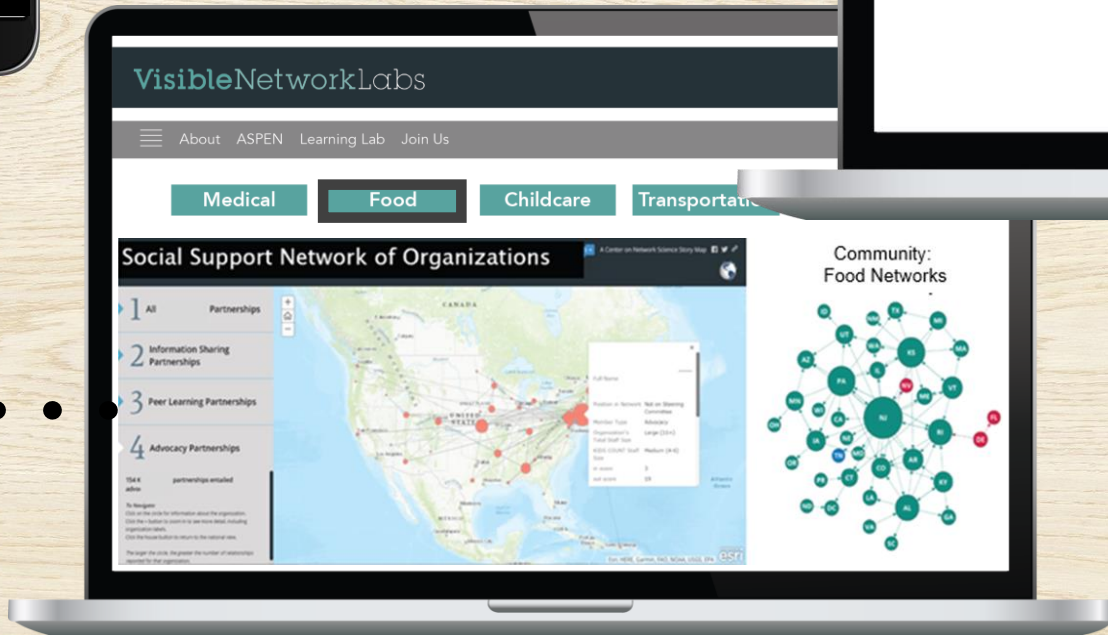
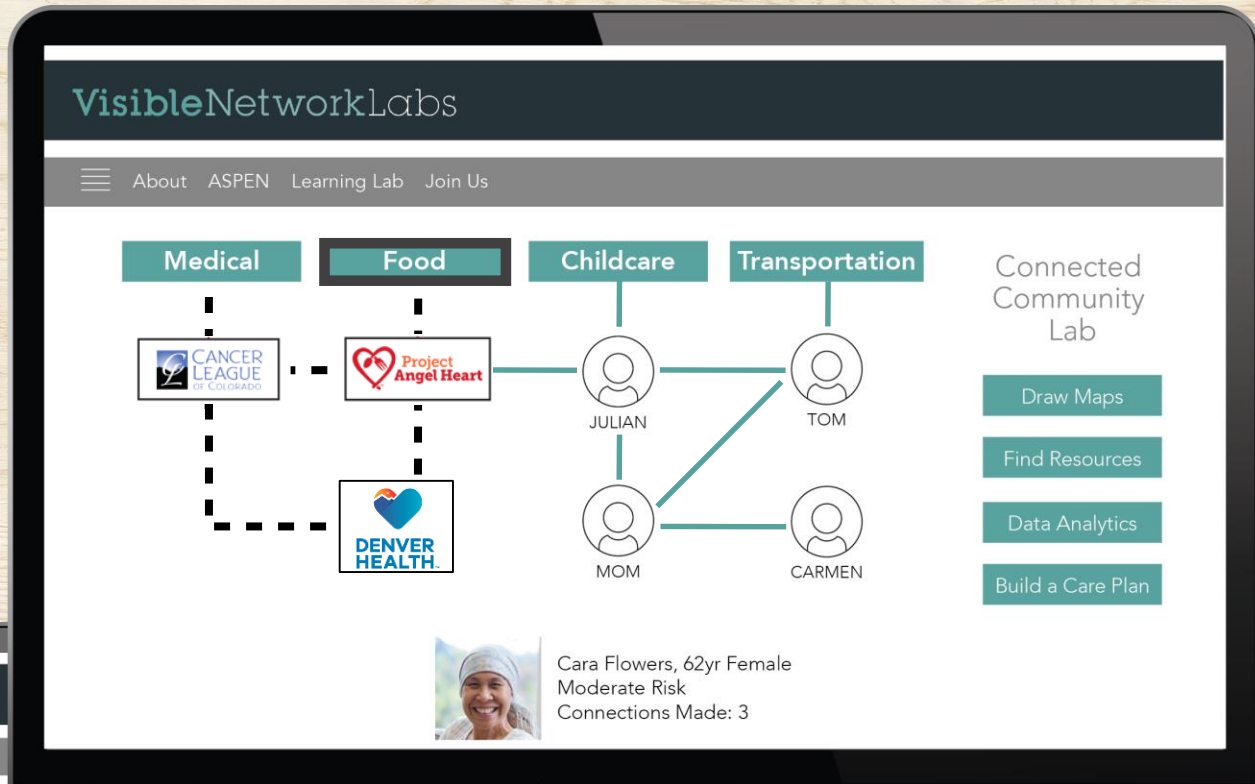
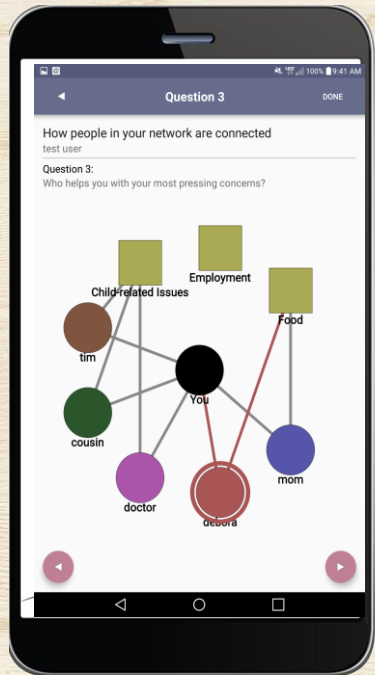
ASPEN – A Social Connectedness Platform

Aspen is a comprehensive platform that provides the technology and tools needed so that organizations, funders, and providers can map out both personal and organizational networks, spot the breakdowns, and create action plans to fill in the gaps and strengthen social connectedness for people.



aspen

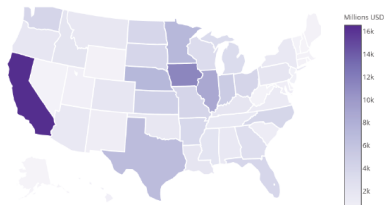
by VisibleNetworkLabs



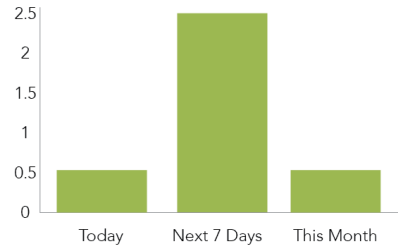
aspen
 A Social Connectedness Platform

VisibleNetworkLabs

SOCIAL NEEDS BY REGION



REFERRALS IN THE LAST MONTH



POPULATION HEALTH REPORT

NEEDS BY COUNTY
TOTAL CLIENTS ASSESSED: 1,582
SUPPORT NETWORK STRENGTH DISTRIBUTION



Connected
Community
Lab

Draw Maps

Find Resources

Data Analytics

Build a Care Plan



Cara Flowers, 62yr Female
Moderate Risk
Connections Made: 3

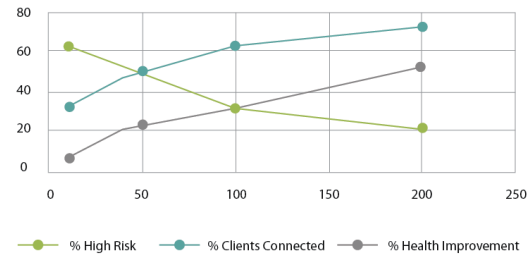
82%
Complete



Pablo Munoz, 28yr Male
Low Risk
Connections Made: 1

33%
Complete

SYSTEM OUTCOMES



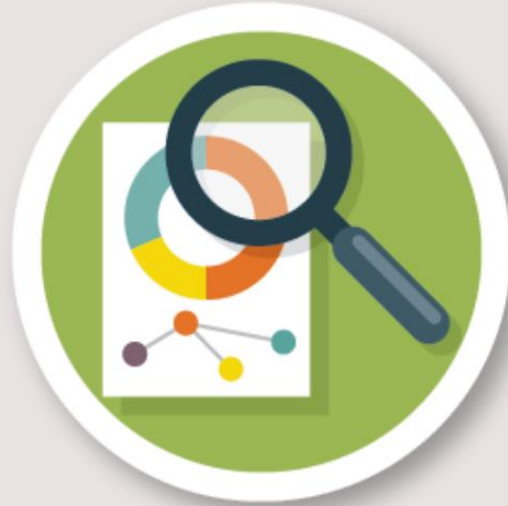
Patient Safety & Satisfaction

Provider Efficiency

Reduced Systems Costs

What is your call to action?

ASPEN TOOLS



DATA DASHBOARD

Our data dashboards let you explore networks in your neighborhoods, cities, and states. It also provides a place to store and manage all of your own network data, generate reports, and compare across networks.



THE PARTNER TOOL

The Partner Tool allows organizations to track their connections among one another, using social network analysis. The user begins by modifying our validated survey, then uses our online data collection platform, and end with an easy to use analysis tool.



PERSON-CENTERED NETWORK APP

The PCN App empowers a person to draw their social connections, identifying their personal strengths and potential gaps. The tool is interactive and encourages the person identify their social determinant of health needs, from their own perspectives, identifies levels of risk, and then offers solutions for individuals to connect with resources to strengthen their social connectedness.

ASPEN SERVICES



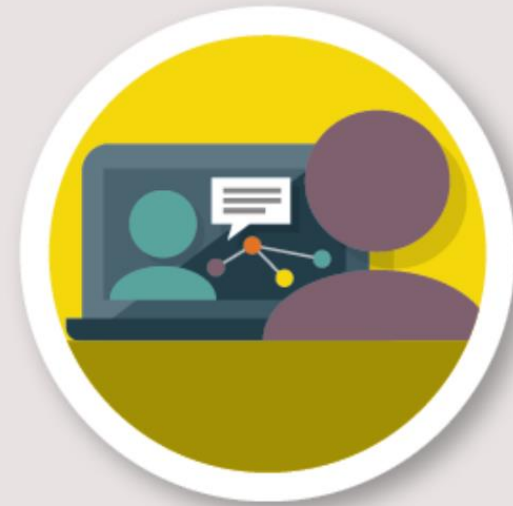
LEARNING LAB

The VNL Learning Lab is the space where we gather with our partners and customers in trainings and workshops to share best practices for expanded impact and real-world examples in the practice called **Network Leadership**.



CONNECTED COMMUNITY LAB

A core offering of our Connected Community Lab - The Forum - breaks down silos and provides a platform to learn from our fellow network aficionados from different disciplines on pertinent topics we have in common.



CONSULTING

Network data is complicated in nature, and it can be difficult to understand how to fully utilize this data. We offer consulting services to build the capacity of people and organizations to not only understand their network analysis, but how this data can be used to improve their collaborative or outcomes.

Let's Stay Connected:



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www.visiblenetworklabs.com



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