

Failure to Flourish



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A Broken System

Outline of today's talk...

What does it mean to flourish?

Are we flourishing?

What can we do differently in order to flourish?

What does the future look like?



What does it mean to flourish?

flourish

verb

flour·ish | \ 'flər-ish , 'flə-rish\

flourished; flourishing; flourishes

intransitive verb

1: to grow luxuriantly

2a: to achieve success

b: to be in a state of activity or production

c: to reach a height of development or influence

3: to make bold and sweeping gestures



NOT

FREEDOM from disability

FREEDOM of disease

HIGH cognitive functioning

ACTIVE engagement with life

HIGH physical functioning

A life going well

IS

Optimal life functioning, despite chronic disease

Maintaining a level of functioning that is possible

Optimized engagement in goals

**Proactively and reactively respond and interact with
context coming our way**

Well-being model *vs.* Authentic happiness model





Physical wellness



Social wellness



Emotional wellness



Purposeful wellness



Spiritual wellness



Intellectual wellness



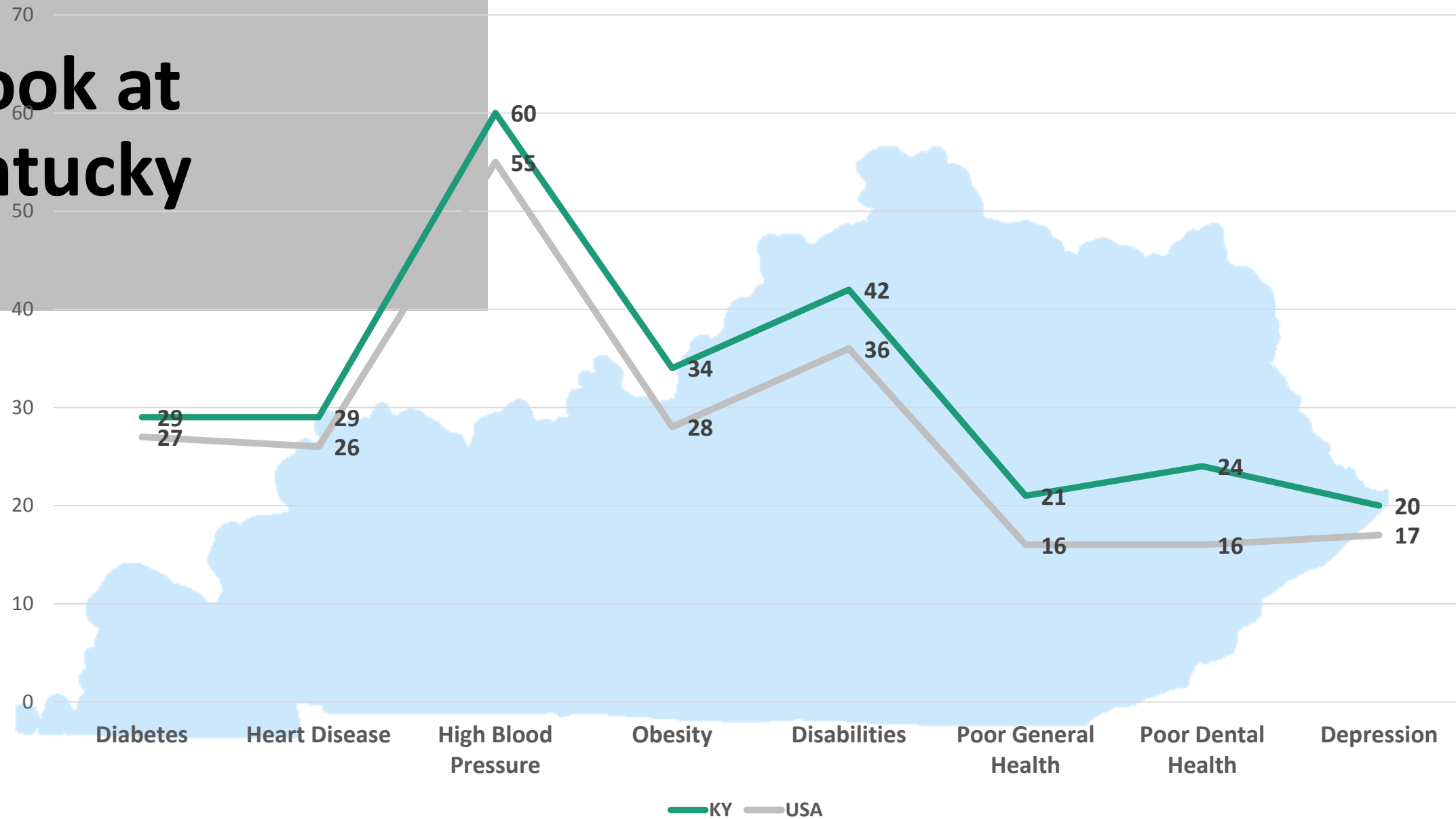
Quality of Life



Are we flourishing?

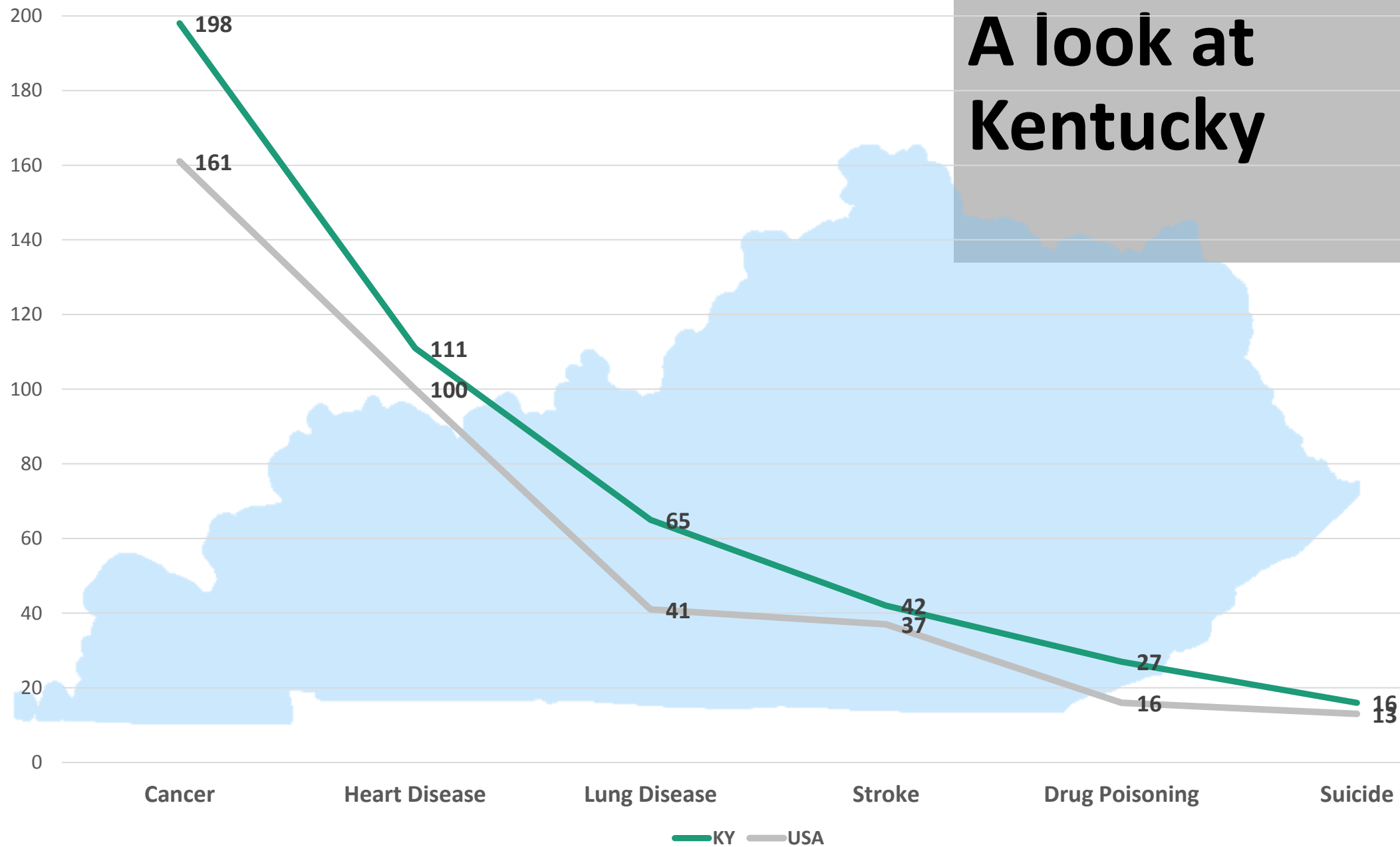
A look at Kentucky

65+ Population



Mortality Rate Per 100,000

A look at
Kentucky





Where has this left us?

- **Confused**
- **Frustrated**
- **Scared**
- **Unsure**
- **Stuck**

**ROMAINE
CALM**

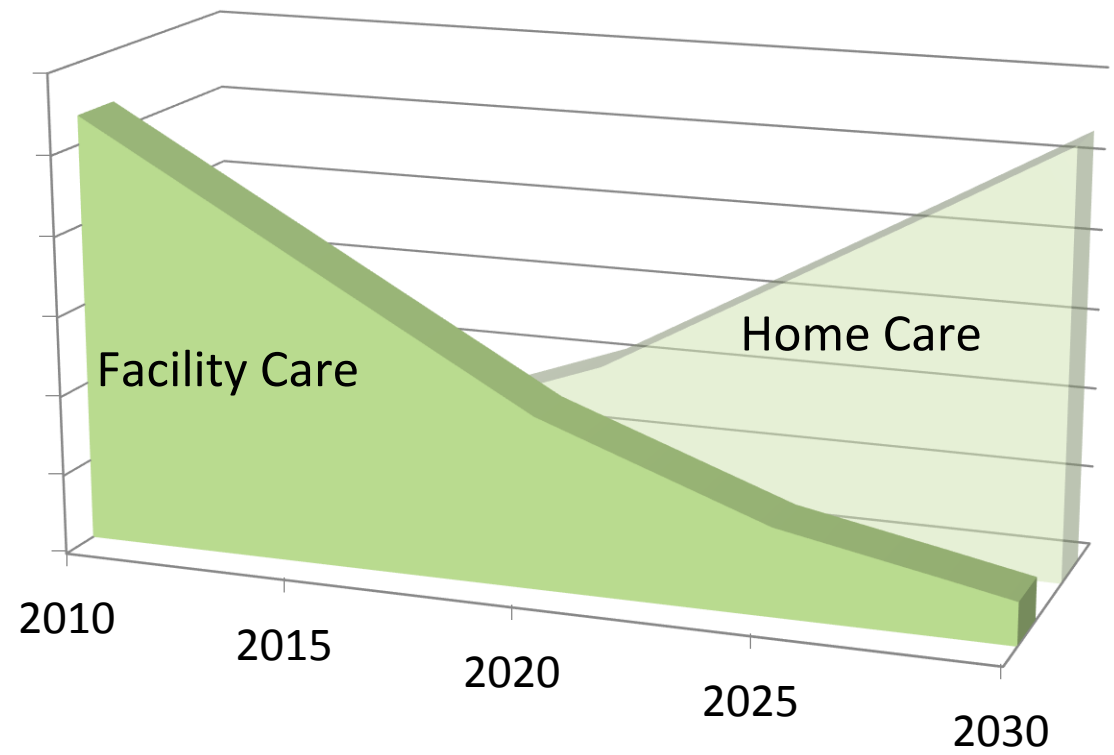


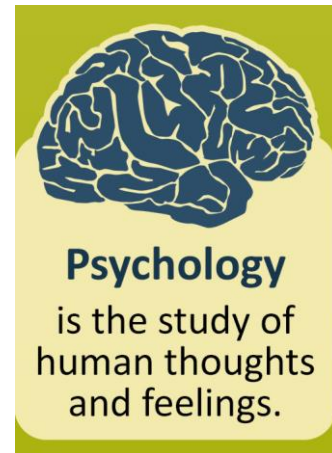
What can we
do
differently in
order to
flourish?

Care Plan EHR Disease Management
Monitoring Medicare
Behavioral Health BHI CCM Value Based
Home Health Psychiatry
Healthcare CCM
Care Management
Coordination CPT Codes
Rural Health RPM MDPP Telehealth Primary Care TCM
CoCM Population Health Integration
Patient Centered FQHC Policy Reform
Care Coordination

**We know that this is not
flourishing...!**

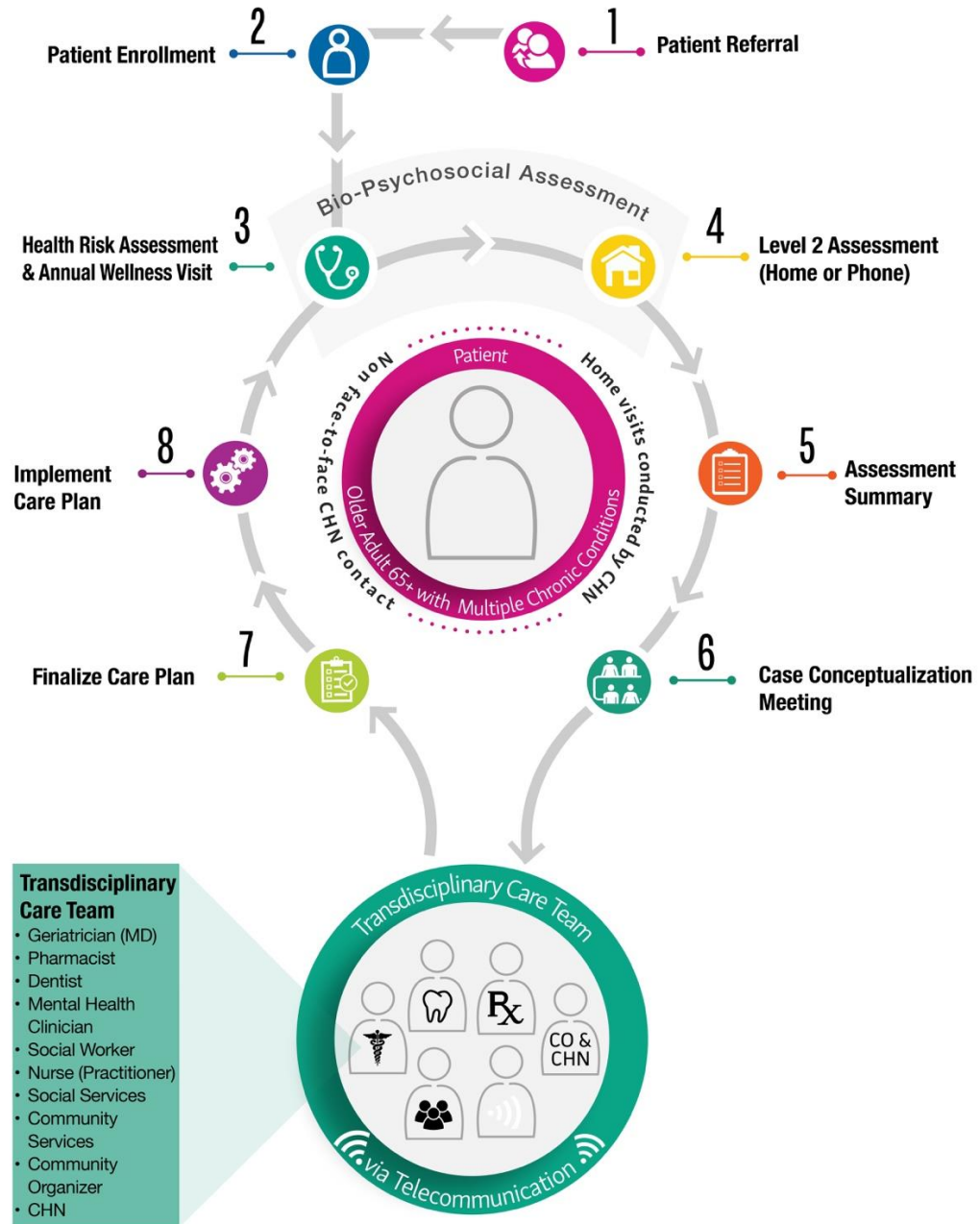






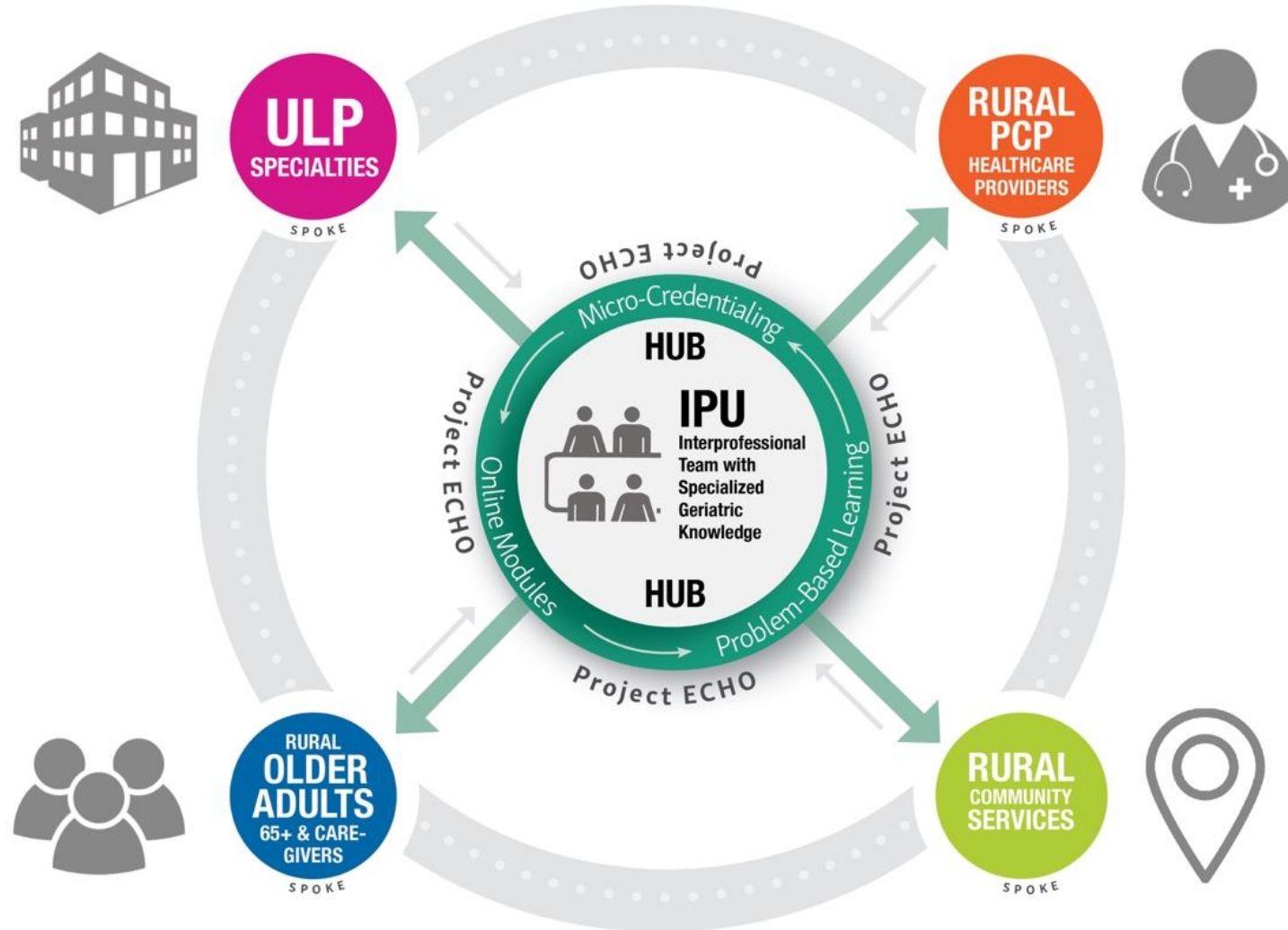


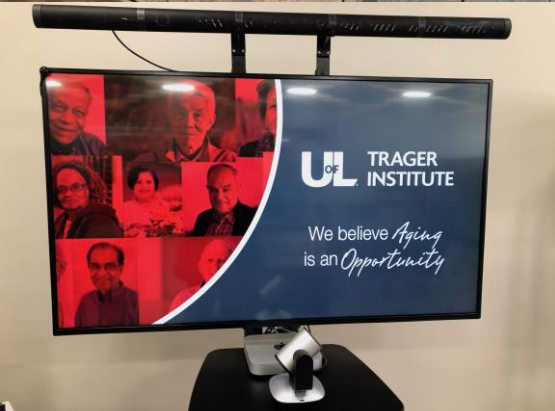
FlourishCare™



IPEP

INTEGRATED PRACTICE
EDUCATION PROJECT







The Future

NEXT EXIT

What does the
future look like?

MARIE ENNIS-O'CONNOR

**WHAT DOES IT MEAN
TO BE AN EMPOWERED
PATIENT?**





MINDFULNESS

Breathe

CLOUD GAZING

Exercise

Spend time with nature

Open mind

Walk BAREFOOT

RELAX
RELAX
RELAX

guided
meditation

Plant

Cook

Take a bath

Take things for a walk

FORGIVE
FORGIVE
FORGIVE





And in the end, what matters the
most?
