



Dear colleagues and friends,

With the new year fast approaching, our ACT Center team is reflecting on what we're grateful for in 2023 and what we're looking forward to in 2024. **Thanks to our partners at Kaiser Permanente Washington and in health care organizations nationwide**, our work together is helping move research into action to transform care and improve health for people and communities everywhere. Here's a brief recap of the year's key milestones:

**Pain management toolkit designed by and for patients**

Authored by patient partners on our [Integrated Pain Management](#) team, the toolkit is now publicly available in both [English](#) and [Spanish](#) via the ACT Center [resource library](#) and was recently adopted by the Pain Management team at Kaiser Permanente Southern California. We are grateful to our patient partners for [leading this effort](#) to create a practical, patient-centered resource for managing ongoing pain.

**Whole-person diabetes care for underserved populations**

The ACT Center helped partner [Vayu Health](#) build and pilot test a trauma-informed and culturally competent diabetes care program to serve people living with uncontrolled diabetes who have complex social, behavioral, and medical needs. Learn more in [this video](#) our team created to help promote the program among potential community health partners during the pilot phase of the project.

**New workflows to enhance suicide prevention**

Leaders in Mental Health & Wellness at Kaiser Permanente Washington now have evidence-based recommendations for sustaining safety planning practices among patients identified at risk of suicide via predictive analytics. The ACT Center's [Julie Angerhofer Richards](#), a national leader in suicide prevention research, led this work and we are very proud to see her [recognized as Puget Sound Business Journal's Researcher of the Year!](#)

**New tool to identify increased risk from COVID-19**

**Our favorite stories from the past year**



[Making persistent pain management practical and personal](#)

Sarah Brush describes the process behind a new toolkit, designed by and for people with ongoing pain.



[Patient partners: A missing ingredient at conferences](#)

ACT Center patient partner, Starette Canada, discusses the importance of patient partners being elevated in research and at research events.



[Training scientists to](#)

The ACT Center partnered with care delivery leaders at Kaiser Permanente Washington to validate and implement a predictive model that flags members age 50 to 64 who are at high risk of hospitalization for COVID-19. The model helps providers have evidence-informed conversations with members about the risks and benefits of different treatments.

### **Training program for early-career LHS scientists**

We are so proud of the 8 scholars who completed the [CATALyST K12 training program](#) over the past 5 years! CATALyST was 1 of 11 [Learning Health System \(LHS\) Centers of Excellence](#) nationwide that trained early-career scientists to do embedded LHS research in partnership with clinical leaders. With the [program now complete](#), the ACT Center is eager to apply what we learned from these talented scholars and their mentors as we continue to help grow the next generation of LHS scientists.

### **Evidence to help improve patients' social health**

As Kaiser Permanente prioritizes members' social health alongside their physical and mental health, the ACT Center is evaluating how best to connect them to community-based resources to help resolve unmet social needs. Preliminary results from the [Social Health Integration pilot](#) at Kaiser Permanente Washington point to strategies to help sustain social health integration and show that most members and care teams welcome these efforts to address social health in primary care. Stay tuned for final project results in early 2024!

### **Funding for the [Delta Center for a Thriving Safety Net](#)**

Thanks to ongoing support from the Robert Wood Johnson Foundation, the ACT Center is thrilled to keep working with state primary care and behavioral health associations to advance policy and practice change that creates more equitable care systems and better meets the needs of patients. Six [Delta Center phase-2 grantees](#) across 7 states will continue their work through fall 2024 — and our team is excited to help distill their insights and lessons learned.

**We are deeply grateful for the many partnerships that made this work possible in 2023.** Here's to more inspiring collaborations on the horizon in the year to come!

With warm wishes for a happy and healthy holiday season,

Claire Allen, Emily Westbrook, Katie Coleman, and Paula Lozano

*On behalf of the ACT Center*

### [transform health care](#)

Five years and 8 scholars later, the ACT Center celebrates the impact of the CATALyST training program on early-career scientists.



### [Integrating social health into primary care is successful on a small scale, but what's next?](#)

Sophia Mun and Ariel Singer share success stories from the Community Resource Specialist pilot program.



### [Rapid engagement promotes person-centered behavioral health access](#)

Ariel Singer tells a personal story from the Delta Center about why giving people an easier, faster way to access behavioral health services is so important.

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## Stay in touch

We'd love to hear what you're working on! [Email our team](#).

Did you miss our last newsletter? [Read the previous issue](#).



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*We at the Center for Accelerating Care Transformation would like to acknowledge that we are on the ancestral lands and traditional territories of the Puget Sound Coast Salish People.*



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