A Brief Describing…

**WHY** WE ARE DOING THIS

**WHAT** EXACTLY WE ARE DOING

**HOW** WE ARE GOING TO DO IT
Why?

Why is the Trucker’s Wellness Foundation developing a driver’s wellness initiative that includes primary medical care, behavioral health care and spiritual health care?

**Primary medical care because...**

☑ Truck drivers are one of the unhealthiest professional populations.
☑ Truck drivers are at significantly higher risk for major health problems when compared to the general population including:
  - distress - hypertension
  - hyperlipidemia - diabetes
  - cancer - sleep apnea
  - obesity - OTC drug abuse
  - musculoskeletal disorders - gastrointestinal disorders
☑ Truck driving is characterized as a profession that puts drivers at a high risk for poor health outcomes because the work environment is characterized by:
  - excess workload - low job control
  - chronic stress - erratic schedules
  - disrupted sleep patterns - extreme time pressure
  - high levels of disrespect - excessive time away from support system(s)
  - poor access to health care - poor availability of health care
  - high cost of operation
☑ Unhealthy drivers have an increased risk of jeopardizing highway safety.

**Behavioral health care because...**

☑ The heavy workload demands of trucking weigh heavily in the development of:
  - burnout - anxiety
  - depression - sleep disorders
  - marital issues - family issues
  - sexual addictions - substance abuse
  - diminished cognitive ability
☑ Stress and depression adversely affect health outcomes such as:
  - hypertension - myocardial infarction
  - stroke - wound healing
  - cellular lifespan/aging

**Spiritual health care because...**

☑ Religion is an excellent and often used coping mechanism for stress, depression and anxiety; 9 out of 10 Americans turned to their faith following 9-11.
☑ Religion is often used to cope with mental and physical health issues; 9 out of 10 hospitalized patients turn to their faith to cope with illness; over 130 quantitative peer-reviewed studies and hundreds more qualitative studies
☑ Religious participation is associated with greater sense of well-being, happiness, optimism, hope, meaning and purpose in life
Religious involvement predicts lower substance abuse rates, lower risk and healthier lifestyles.

- Religious involvement has been shown to be associated with significant reductions in...
  - stress-related conditions
  - post-surgery complications
  - blood pressure
  - immune and endocrine issues
  - HIV/AIDS infection

Religious involvement is related to greater marital and family stability, greater reliability in the workplace, greater job satisfaction, more productive employees, less job turnover.

* The above information was adapted from the following sources:

  - How Religious Beliefs are Related to Stress, Health and Medicine, Dr. Harold G. Koenig M.D., Professor of Medicine, Duke University Medical Center, presented to the Subcommittee on Research and Science Education of the U.S. House of Representatives.

The many and varied factors that impact the professional driver are interlinked. For example, long-haul drivers are paid by the mile; unfortunately their driving time and therefore mileage are governed individually or in combination by conditions beyond their control such as government regulations, highway and traffic conditions, weather conditions, equipment failures, loading and unloading issues and more. The immense pressure created is reflected in excessive driving speeds, poor eating habits, high chronic fatigue levels, reduced quality of judgment, absence of leisure time and severely reduced time spent with family.

Christina Ross, PhD, writes from the National Institutes of Health that, “Unless and until medicine embraces the paradigm of the patient as a mental, physical and spiritual being, the medical industry is destined to be stuck in an infinite quandary.” She goes on to conclude that in addition, the health care of an individual must include, at the very least, an awareness of the cultural and social issues individuals face and the implications for their health outcomes. The factors impacting the mental, physical and spiritual dimensions of the driver’s health are interlinked. In an effort to both predict better health outcomes and drive toward those outcomes, TWF is working collaboratively with industry stakeholders to provide the necessary integrated healthcare model.
What?

We will provide an integrated professional health care (medical, behavioral, spiritual) model for professional OTR drivers that will give them...

Advantages of integrated healthcare in general...
- provides a more comprehensive approach to service
- joint tasks accomplished by complimentary, co-operative, collaborative system
- bridges gap between medical and social and spiritual issues
- patient/person oriented
- more cost-effective

Advantages of the TWF, Inc. model specifically...
- accessibility: TWF venues are permanently placed at strategic travel plazas nationwide
- availability: around-the-clock, real time or on-call service, variety of payment options
- professional: only appropriately licensed health care and pastoral staff
- co-location: providers and resources available at point of need...same time, same place
- consistent: telemedicine capability for case management capabilities across North America
- confidential: highest possible levels of personal confidentiality and data security
- cost-effective: variety of payment options to meet individual and corporate needs
- specific: designed specifically for the professional truck driving population of North America

That predict much more positive life and health outcomes that are beneficial for the individual driver as well as their family, employer and driving public in ways such as...
- increased coping skills
- improved social stability at home and work
- improved cognitive ability and life regulation skills
- improved support system(s)
- reduced stress-related health issues such as
  * depression
  * anger
  * heart disease
  * alcohol/drug abuse
- reduced anti-social behaviors
- more contented employees
- more reliable employees
- lower driver turnover

~ 4 ~
How?

We will be able to provide the place and the program because of...

The Concept   The Trucker’s Wellness Foundation concept is to make available and accessible a cost-effective wellness model that integrates physical, behavioral and spiritual healthcare designed specifically for the drivers. The following depicts the relationship between Transport For Christ and the three affiliated, newly formed organizations that will develop and deliver the integrated services.

The Facility   The Trucker Wellness Centers will be the physical platform for the program delivery. The facility will be custom designed and manufactured by MedBuild Space Solutions, a Division of ModSpace Corporation. The units will be permanently located at major points of driver aggregation such as large strategic travel plazas. Inside the unit will house a mini-medical clinic, a comfortable room for confidential counseling and a multi-purpose area which can be modified to accommodate chapel services, small group meetings and even football games. Each area will house its own function-specific technology and be designed for efficiency and driver comfort.
The Program  The program will take an integrated approach to the delivery of a wellness model designed to address the physical, behavioral and spiritual needs of the drivers. This will include point-of-contact resources, local referral capabilities and national networking. The delivery will be directed by a specifically recruited and trained professional healthcare chaplain who will work in direct conjunction with professional medical and behavioral care personnel. Colocation and integration of resources will give us the capability of providing a delivery model that predicts positive health outcomes. These positive outcomes not only benefit the driver directly but their family, employer and the driving public as well.

The Economics  The Trucker’s Wellness Foundation provides the major financial vehicle for the sustainability of this initiative. Primarily through corporate donations, sponsorships and grants the foundation will provide financial support for both the development and sustainability of both the units and the programs. In addition, we are developing payment options for the medical and behavioral scope of delivery. These options will be designed in such a way that they not only contribute to the sustainability of the initiative but are cost-effective for the drivers and their employers.

In addition, as we move from development to commercialization, we will create Limited Partnerships to purchase the Trucker Wellness Centers that will be able to take advantage of the corresponding tax benefits.

The Vision  Following a year of evaluating the alpha-unit, we will place an additional four or five beta-units for a one year evaluation of the new system. With a well evaluated and refined system in place we will place 100 units over the following five years.

Wellness and Care Center Program Development Plan

Where & When

In 2010 research was commenced regarding how best to address the growing health and wellness condition of truck drivers a number of surveys and research projects were commissioned and undertaken, all with similar results. The persistent issues were well documented but there wasn’t a simple solution. So in 2013 Transport for Christ engaged Elizabethtown College to assist in the development of a solution. The result was a multi-faceted organization uniquely designed to meet the legal, financial and operational solution needs. Additionally a facility was designed that would accommodate the given operational constraints need overall solution delivery needs. The program development process was then commenced and is currently on going.

Phase I of the program development commenced January 2014 and was completed January 2015. The scope of services, delivery model, and a prototype TWC facility have been designed. PHDN provider relationships are being formed and construction of the first facility will be completed. Phase I culminates with presentation of the Trucker Wellness Centers project at the Mid-America Trucking Show in Louisville, Kentucky in late March. This event, the largest of its kind in the world, enjoys an annual attendance of more than 80,000 individuals and 1,100 trucking industry companies.
Phase II of the program development plan continues through fall 2015, and includes completion of the business plan, execution of PDHN provider contracts, construction of the first TWC facility, and the grand opening of the initial Center in Harrisburg, PA at a travel plaza on Rt. 81, where the initiative will enter the pilot testing mode for six to eighteen months. In this phase, TFC will collect baseline data on outcomes and conduct additional research / needs assessments to define and refine plans for implementation of future phases of improvement and expansion to additional locations as feasible. Concurrently 40 of the existing Transport for Christ chapels will be renovated into Trucker Care Centers and begin to offer a limited scope of occupation health related behavioral and physical health care services.

Phase III of the program will continue the program assessment and development at a regional and national level and begin the commercialization phase of the initiative. The commercialization will include the development of several revenue streams, from the healthcare and counseling services provided to various gain sharing opportunities and limited partnership investments that will own the Trucker Wellness Centers and lease them back to the Foundation.