



Centering[®]
Healthcare
Institute

Improving Health by Transforming Care in Centering[®] Groups

Improving Health

Centering is an empowering and highly effective way to deliver healthcare to individuals facing common health challenges and transitions. Our evidence-based model of group care improves health outcomes and fosters behaviors that help patients thrive.

Transforming Care

Centering Healthcare Institute has helped more than 550 clinical practices across the United States transition to group care. With a proven model, comprehensive training, and expert consulting, we'll guide you through the systems redesign needed to establish an effective group care practice. Our continuous evaluation and quality improvement processes ensure life-changing results.

OUR VALUES

QUALITY

PARTNERSHIPS
AND
RELATIONSHIPS

EQUITY

OUR APPROACH

Centering Healthcare Institute transforms health and health systems by:

ADVANCING high-quality, evidence-based group care

CREATING an environment that inspires relationships of collective power in the health system

DISRUPTING the structures and systems that drive poor health to co-create communities in which everyone has an equitable opportunity to thrive

Care that Works for Everyone

Centering empowers individuals and strengthens patient-provider relationships by bringing patients out of the exam room and into a comfortable group setting. During these billable visits, clinicians see a group of 6 to 12 patients with similar health conditions for a 90-120 minute session. The format follows nationally recognized clinical standards while offering a holistic and comprehensive care experience.

A Model That Works

Centering has tangible benefits for patients, care givers, and the entire healthcare system.

- ↑ IMPROVED HEALTH OUTCOMES
- ↑ BETTER HEALTH CARE EXPERIENCE
- ↑ IMPROVED JOB SATISFACTION
- ↓ REDUCED COSTS TO THE SYSTEM

The Standard in Group Care

Each of our group care models follows nationally recognized practice guidelines and meets the highest standards of medical care.

CenteringPregnancy®

Group prenatal care

CenteringParenting®

Family centered group well-child care

CenteringHealthcare®

Group care framework for a range of populations and health conditions

Care that Empowers & Supports

Centering leverages the power of the group to educate participants, build important health-management and life-management skills, and connect patients with a network of support that contributes to better overall health.

HEALTH ASSESSMENT

Patients have one-to-one assessment time with their provider during each visit and learn to take their own vital signs which empowers them to participate in their own care.



INTERACTIVE LEARNING

Engaging activities and facilitated discussions help patients become more informed and confident in making healthy choices for themselves and their families.



COMMUNITY BUILDING

Patients find comfort in knowing they are not alone. Group visits lessen feelings of social isolation and stress while building friendships, community, and lasting support systems.



Care that Gets Results

In more than 100 published studies and peer-reviewed articles, Centering demonstrates improved health outcomes across a variety of metrics. The majority of the evidence stems from our pioneering CenteringPregnancy model, which multiple studies have shown to significantly reduce preterm births. Preterm birth is the leading cause of death before one year and linked to long-term cognitive and developmental disabilities, including delays in development, learning and social-emotional skills. Research on our other models is growing.

"CHI staff have been immensely helpful at every step along the way with our CenteringParenting program. The Site Accreditation process was very supportive and educational. We value that it was directed at making our program better, and ensuring its longevity."

KAREN EISENHART WANG, MD, FAAP
TOWER HEALTH MEDICAL GROUP



33-47% LOWER RISK OF PRE-TERM BIRTHS



97% PATIENT SATISFACTION

A Pioneer in Group Care

Nurse-midwife Sharon Schindler Rising began offering Centering groups in 1993 to provide a better patient experience and combat her own provider burnout. Her innovation took off quickly among colleagues who observed Centering's profound impact. Centering Healthcare Institute was founded as a nonprofit in 2001 to support growing demand for quality group care. Over 20 years, we've become the recognized leader in the field, with the expertise and tools to help practitioners implement high-impact group care with fidelity.

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Your Partner in Group Care

Centering Healthcare Institute is a nonprofit consulting organization with more than two decades of experience implementing group care across clinical settings of every type and size—from small community clinics to some of the largest health systems in the world. We're relentlessly committed to excellence and on a mission to help our colleagues transform health systems and provide care that improves lives.

We'll Help You Lead Groups with Confidence

We offer an array of services for clinicians and system leaders at all stages of group care implementation. We understand the complexities of modern healthcare and will be there to help you through the hard parts so you can focus on what matters: your patients.

When you partner with CHI, you gain access to:

- ✓ an evidence-based care model
- ✓ a team of expert consultants
- ✓ comprehensive facilitation training
- ✓ coaching for leaders & staff at all levels
- ✓ a library of ready-to-use care management tools
- ✓ effective systems to manage your workflow
- ✓ metrics to track interventions & ensure quality
- ✓ a powerful learning network of committed providers

"Any change to patient flow through a very busy clinic can be challenging. Implementing the Centering model, with the outstanding support of CHI, enabled us to fully embrace a model that improved patient and staff satisfaction."

ROBERT E. JONES, PHD, DIRECTOR
WAKE FOREST BAPTIST HEALTH



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We're Ready to Help

Visit our website or give us a call to get started.
www.centeringhealthcare.org | 857-284-7570

We'll ask you to complete a readiness assessment to understand your current practice and needs. One of our staff will then work with you to craft a plan that gets you where you want to be.