

St. Joseph Hospital
Community Service Plan Executive Summary
2019-2021
Year Two Update (2020)

We, at Catholic Health Services, humbly join together to bring Christ's healing mission and the mission of mercy of the Catholic Church expressed in Catholic health care to our communities.

Catholic Health Services of Long Island (CHS) is an integrated health care delivery system with some of the region's finest health and human services agencies. CHS includes six hospitals, three skilled nursing facilities, a regional home nursing service, hospice and a multiservice, community-based agency for persons with special needs. Under the sponsorship of the Diocese of Rockville Centre, CHS serves hundreds of thousands of Long Islanders each year, providing care that extends from the beginning of life to helping people live their final years in comfort, grace and dignity.

Selection of Community Health Priorities for 2019-2021

As a faith-based organization, the interventions and outreach provided to the community is rooted in our mission and is part of the health care ministry of the Catholic Church. These programs address needs of the community and the New York State (NYS) Prevention Agenda priorities for 2019-2021 to improve the health and well-being of all Long Islanders and to promote health equity in all populations who experience disparities.

St. Joseph Hospital is a member of the Long Island Health Collaborative (LIHC), a grant-funded Population Health Improvement Program for Long Island. Collaborators include hospitals, Nassau and Suffolk County Health Departments, academic partners, community-based organizations, physicians, health plans, schools and libraries, local municipalities and other community partners who held a vested interest in improving community health and supporting the New York State Department of Health (NYSDOH) Prevention Agenda.

In 2019, members of the LIHC reviewed extensive data sets selected from both primary and secondary data sources to identify and confirm prevention agenda priorities for the 2019-2021 community health needs assessment cycle. For detailed information about the data review, please refer to the hospital's Community Health Needs Assessment.

Community partners selected the following areas of focus for Long Island from the New York State Prevention Agenda priorities:

1. Prevent Chronic Disease
Focus Area 4: Chronic Disease Preventive Care and Management

2. Promote Well-Being and Prevent Mental and Substance Use Disorders Focus Area 2: Mental and Substance Use Disorders Prevention

The health disparity that partners are focusing on is the inequities experienced by those in low-income neighborhoods. As such, low income—one social determinant of health—precludes members from these communities from accessing preventive and/or medical care due to their difficulty in affording copayments/deductibles (if insured) or care at all if they are uninsured. Additionally, financially-stressed individuals have difficulty affording nutritious foods, leaving them more vulnerable to poorer chronic disease management outcomes, since nutrition and diet play a pivotal role in almost every chronic disease.

St. Joseph Hospital partners with community-based organizations in select communities to hold culturally relevant chronic disease management educational programs.

Due to COVID-19, many outreach activities traditionally held in the community were paused in mid-March. However, St. Joseph Hospital Community Outreach staff have been able to offer many programs virtually. Some outreach activities held in the community resumed fall 2020 when it was deemed appropriate and safe to do so.

Summary of Interventions, Strategies and Community Outreach Activities

Prevent Chronic Disease

Goals and selected interventions concentrate on Focus Area 4: *Chronic Disease Preventive Care and Management*, with additional programming addressing other focus areas.

Interventions include:

- The Cultural Competency Health Literacy train-the trainer program (offered by the LIHC) concluded in January 2020.
- The Live Better public information campaign (developed and managed by LIHC) concluded in January 2020
- To prevent illnesses, disease and other health problems, or to detect illness at an early stage, offer monthly preventive health screening in local communities, particularly those in medically-underserved communities, including blood pressure, (BMI), glucose, cholesterol, mammography, wound and vein screening.
 - St. Joseph provides monthly blood pressure screenings to community members at the Massapequa Library and Brady Park Senior Center. Approximately 80 screenings were provided in January and February. Monthly screenings will resume when community outreach screenings are permitted. Although many community sites have reopened, screenings are not yet permitted by the sites.
 - A prostate screening event was held on September 26 providing 9 free screenings to community members.
- *Healthy Sundays*' community outreach events held in collaboration with churches, houses of worship and communities. Events are held three to five times per year and include health screenings, education and referrals to care along with select partners offering free or discounted services.

- A Healthy Sundays event was held on November 7 at St. Kilian Parish in Farmingdale. St. Joseph clinical volunteers provided 57 flu vaccines, and 26 individuals without insurance were referred to CHS's Bishop McHugh Health Center in Hicksville for free primary care.
- Monthly lectures, symposiums and education events.
 - A presentation entitled Vaping—Myths and Facts was provided at St. Dominic High School in Oyster Bay by a hospital emergency department physician; 600 students were in attendance.
 - St. Joseph staff held an educational event discussing urology health on January 20 and offered blood pressure screenings in January and February at the Brady Park Senior Center in Massapequa Park. Combined, approximately 80 community members participated in these events.
 - Two physician spotlight education events were held at the hospital and open to the community discussing Women's Heart health on February 25 and Pelvic Health on March 11.
 - A first aid/teddy bear clinic was held on January 28 at St. Joseph serving local girl scouts and their families.
 - Bi-weekly, Healthy Thursdays virtual presentations began in August in collaboration with the Friedberg Jewish Community Center (JCC) in Oceanside. Topics include mental health, diabetes, falls prevention and sleep, Breast Health, Breast Health Screening and Stroke. These presentations will run through December.
 - St. Joseph Hospital offered weekly virtual presentations for the Village Green Senior Living Center in Levittown. Presentations in May, June and July covered mental health, colon cancer awareness, hyperbaric medicine, diabetes awareness and balance.
 - Massapequa Library hosted four virtual presentations spotlighting St. Joseph Hospital July through October monthly, Mental Health during COVID-19, Sleep, Diabetes awareness and Breast Health.
 - On November 11, Veterans Day, St. Joseph Hospital held a First Aid/Teddy Bear clinic to girl scouts to earn their first aid badge. Two nurses, who are also veterans, will be speaking with the scouts.
- Smoking cessation program information are offered to reduce the risk of diseases caused by or affected by smoking.

Promote Well-Being and Prevent Mental and Substance Use Disorders

Goals and selected interventions will concentrate on Focus Area 2: *Mental and Substance Use Disorders Prevention* with additional programming in Focus Area 1: *Promote Well-Being*.

Interventions include:

- Promotion of all programs, events and education offered by LIHC members that speak to the prevention of mental and substance use disorders.
- Participation in local task forces addressing opioid use disorders.
- Support groups bring together people who are going through or have gone through similar experiences. St. Joseph Hospital offers free support groups open to all

community members, including a general bereavement group, Next Steps bereavement group, and loss of child.

- The three groups met weekly from January to mid-March with six participants in each group. These support groups will resume virtually in late fall.
- Distribution of CHS's *Mental Health and Substance Use Disorder Services Guide* to CHS partners within the hospital and at hospital outreach events.
- The Sherpa Program, which is made up of peer recovery coaches who meet with overdose survivors and their families in the Emergency Department, was implemented in the 4th quarter of 2019. Fifty-two patients were served in 2020 thus far.
- St. Joseph offered a Narcan/Sherpa presentation to the community in February with 95 people in attendance.
- St. Joseph participates in the US Drug Enforcement Agency (DEA)-sponsored National Prescription Drug Take Back Day. In October 2019, the hospital collected 156 pounds of prescription drugs returned by community members.
 - The National Prescription Drug Take Back Day was cancelled in April 2020. The October event was not held at St. Joseph due to limited DEA resources. However, the event was held at CHS's St. Catherine of Siena Medical Center. St. Joseph Hospital plans to participate in 2021.

In addition to the two selected New York State priority and focus areas, St. Joseph Hospital also participates in community outreach activities that address other New York State Prevention Agenda priorities.

Promote a Healthy and Safe Environment

- Free, evidence-based fall prevention programs designed to improve balance and strength and help reduce falls and build confidence in older adults.
 - A virtual presentation for the Village Green Senior Living Center in Levittown was offered in June discussing balance and falls, and was viewed by more than 160 community members.

Prevent Communicable Diseases

- Offer free flu vaccinations at events in underserved communities, at Healthy Sundays outreach, hospital health fairs and other community venues.
 - A free, drive-through flu vaccination event was held on November 13 with 50 community members receiving a vaccine.

To learn more about program data, projections and outcomes for the priority areas, please see the St. Joseph Hospital Community Health Needs Assessment and Attachment E found at <https://stjosephhospital.chsli.org/>.

Living the Mission

The CHS mission is the driving force behind all community outreach activities. In addition to the interventions summarized above, St. Joseph Hospital, along with the CHS Continuing Care Division, provide additional outreach programs that emphasize the health care ministry of the Catholic Church and social determinants of health.

CHS Mission and Social Determinants of Health

- The American Heart Association Long Island Heart Walk was held virtually in 2020. Catholic Health Services staff collectively walked over 23 million steps and was the official winner of the Long Island Steps Challenge.
- American Cancer Society Making Strides Against Breast Cancer Walk was held virtually in 2020.
- Programs that support staff resiliency such as Code Lavender and daily prayer
- Blood drives supporting Long Island Blood Services
 - A blood drive was held in March with 42 pints collected. Staff are being encouraged to donate at the New York Blood Services donation centers using the St. Joseph group code. St. Joseph Hospital will host a blood drive in November by appointment only.
- A Stop the Bleed trauma training for community members and employees was held on March 5 with 27 attendees. This training provides attendees with instruction on how to recognize life-threatening bleeding and intervene effectively.
- Wounded Warrior Project soldier ride, supporting services and programs for wounded warriors. In 2020, this was a virtual event, with participants raising funds by organizing solo rides or riding safely with family and friends.
- Collection drives for food, clothing and school supplies
- Adopt-a-family collections at Christmas
- Bereavement camp for children (Good Shepherd Hospice) (not held in 2020)
- Continuous food collection/distribution (Maryhaven Center of Hope)
- St. Joseph staff participated in the *Sock it to Sepsis* program, whereby staff donated new socks that were distributed to communities of need with sepsis education attached to each pair of socks. This donation was made to the Interfaith Nutrition Network (INN) in Hempstead.

Dissemination of the Plan to the Public

The St. Joseph Hospital Community Health Needs Assessment and attachments are available to read or download from the hospital's website <https://stjosephhospital.chsli.org/>. Copies are also available upon request.

Conclusion

The Community Service Plan is intended to be a dynamic document. Using the hospital's strengths and resources St. Joseph Hospital, along with community partners, will continue to work to address health disparities and needs. The hospital strives to improve the overall health and well-being of individuals and families by expanding free health promotion and disease prevention education, screenings and programs in communities where they are most needed. St. Joseph hospital is committed to living the CHS mission, promoting good health, access to care and serving the community.