

St. Joseph Hospital
Community Service Plan

**2016-2018
Year Two Update**



Approved by the Board of Trustees on October 2, 2018



St. Joseph Hospital
Catholic Health Services
At the heart of health

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Mission Statement

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.

St. Joseph Hospital Service Area

St. Joseph Hospital is a 203-bed facility located in Bethpage, New York, approximately 25 miles from Manhattan in the southeastern part of Nassau County. This not-for-profit hospital is a member of Catholic Health Services of Long Island (CHS). The hospital primarily serves patients from the surrounding communities of: Bethpage, Massapequa, Farmingdale, Amityville, Levittown, Massapequa Park, Wantagh, Seaford, Bellmore, East Meadow, Lindenhurst, Copiague, Babylon, Hicksville, Plainview and Woodbury. Approximately 90% of hospital patients who are admitted and/or provided care in the hospital's Emergency Department reside in the aforementioned service areas.

Key Health Partners

Partnering with community-based organizations is the most effective way to determine how the health priorities will be addressed. Some of St. Joseph Hospital partners include:

American Cancer Society	Hunter Ambulance Services
American Diabetes Association	Jericho EMS
American Heart Association	Levittown EMS
American Parkinson Disease Association	Lindenhurst/North Lindenhurst EMS
Amityville/North Amityville EMS	Long Island Blood Services
Bellmore/North Bellmore EMS	Long Island Health Collaborative (LIHC)
Bellmore/Merrick EMS	Maryhaven Center of Hope, Port Jefferson
Bethpage EMS	Massapequa/North Massapequa EMS
Bethpage Library	Massapequa Senior Center
Bethpage School District	Melville EMS
Catholic Charities	Mercy Medical Center, Rockville Centre
Catholic Faith Network (formerly Telecare TV)	Merrick EMS
Catholic Home Care, Farmingdale	Nassau Police Medic Association
Cancer Services Program of Nassau County	New York Institute of Technology College of Osteopathic Medicine, Central Islip
Cancer Services Program of Suffolk County	Our Lady of the Assumption Church, Copiague
Central Park Historical Society, Bethpage	Our Lady of Loretto Church, Hempstead
Copiague EMS	Our Lady of Lourdes, Massapequa Park
Cornell Cooperative Extension/Eat Smart NY	Our Lady of Mercy Academy, Syosset
East Meadow EMS	Plainview EMS
Farmingdale/East/South Farmingdale EMS	Seaford EMS
Farmingdale Public Library	Senior Care
Farmingdale School District	Senator Kemp Hannon, Nassau County
Fidelis Care	Sisters United in Health
Gerald J. Ryan Outreach Center, Wyandanch	Society of St. Vincent de Paul
Girl Scouts of America, Nassau County	St. Catherine of Siena Medical Center, Smithtown
Good Samaritan Hospital Medical Center, West Islip	St. Catherine of Siena Nursing & Rehabilitation Care Center, Smithtown
Good Samaritan Nursing Home, Sayville	
Good Shepherd Hospice, Farmingdale	
Hicksville EMS	

St. Charles Hospital, Port Jefferson
St. Joseph Hospital, Bethpage
St. Brigid Church, Westbury
St. Kilian Church, Farmingdale
St. Martha Church, Uniondale
St. Martin of Tours Church, Bethpage
Stony Brook Medicine/Creating Healthy Schools and
Communities
Syosset EMS

Town of Hempstead, Dept. of Senior
Enrichment
St. William the Abbot, Seaford
Wantagh/Wantagh Levittown EMS
West Babylon EMS
Western Suffolk Boces /Creating Healthy Schools
and Communities
Wyandanch EMS
YES Community Counseling Center, Levittown
YAM Community Resource, Inc., Huntington Station

Public Participation

CHS is a member of the Long Island Health Collaborative (LIHC) which is an extensive workgroup of committed partners who agree to work together to improve the health of Long Islanders. LIHC members include both county health departments, all hospitals on Long Island, community-based health and social service organizations, academic institutions, health plans and local municipalities, among other sectors.

The LIHC was formed in 2013 by hospitals and the Health Departments of Suffolk and Nassau Counties with the assistance of the Nassau-Suffolk Hospital Council to develop and implement a Community Health Improvement Plan. In 2015, the LIHC was awarded funding from New York State Department of Health as a regional Population-Health Improvement Program (PHIP). With this funding, the LIHC has been able to launch various projects that promote the concept of population health among all sectors, the media and to the public.

To collect input from community members, and measure the community-perspective as to the biggest health issues, the LIHC developed a regional survey called the Long Island Community Health Assessment Survey. This survey was distributed via SurveyMonkey® and hard copy formats. The survey was written with adherence to Culturally and Linguistically Appropriate Standards (CLAS). It was translated into certified Spanish language and large print copies were available to those living with vision impairment.

Long Island Community Health Assessment surveys are distributed both by paper and electronically through SurveyMonkey® to community members and are distributed at hospital outreach events.

Results of Community-Wide Survey

An analysis of the LIHC Community Member Survey was completed by LIHC and made available to members to obtain community health needs for their service area. The analysis represents every survey that was mailed to LIHC from community members, delivered to LIHC from hospitals, or entered directly into SurveyMonkey®. The demographic information includes information from the American Community Survey (ACS) 2014, a survey distributed by the United States Census Bureau in years where a census is not conducted. The ACS provides demographic estimates and can be found at American FactFinder. Surveys collected by the hospital were sent to LIHC and entered in the database.

Using the LIHC Community Member Survey results, we reviewed the data for the hospital's service area by selected zip codes. Below are the findings for St. Joseph Hospital. The data represents results of surveys collected January through June 2018.

1. What are the biggest ongoing health concerns in the community where you live?

- Drug & alcohol abuse 16.96%
- Cancer 15.23%
- Diabetes 12.25%
- Mental health depression/suicide 9.96%
- Obesity/weight-loss issues 8.54%
- Heart disease & stroke 7.95%
- Child health & wellness 7.31%
- Women's health & wellness 6.98%
- Safety 5.36%
- Asthma/lung disease 3.13%
- Vaccine preventable diseases 3.01%
- Environmental hazards 2.82%
- HIV/AIDS & Sexually Transmitted Diseases (STD) 0.78%

2. What are the biggest ongoing health concerns for yourself?

- Heart disease & stroke 15.00%
- Diabetes 14.22%
- Obesity/weight-loss issues 13.50%
- Women's health & wellness 12.31%
- Cancer 9.93%
- Mental health depression/suicide 9.29%
- Asthma/lung disease 6.12%
- Safety 5.71%
- Child health & wellness 5.48%
- Environmental hazards 4.69%
- Drugs & alcohol abuse 1.67%
- Vaccine preventable diseases 1.36%
- HIV/Aids/sexually transmitted disease 0.71%

3. What prevents people in your community from getting medical treatment?

- No insurance 22.64%
- Unable to pay co-pays/deductibles 17.39%
- Don't understand need to see a doctor 14.56%
- Fear 14.56%
- Don't know how to find doctors 7.95%
- Language barriers 6.06%
- Transportation 6.06%
- There are no barriers 5.66%
- Cultural/religious beliefs 2.83%
- Lack of availability of doctors 2.29%

4. Which of the following is the MOST needed to improve the health of your community?

- Clean air and water 16.88%
- Healthier food choices 15.63%
- Mental health services 11.88%
- Recreation facilities 10.00%

- Transportation 9.58%
- Weight-loss programs 8.96%
- Drug and alcohol rehabilitation services 7.08%
- Safe childcare options 6.88%
- Job opportunities 5.83%
- Safe places to walk/play 3.33%
- Smoking cessation programs 2.50%
- Safe worksites 1.46%

5. What health screenings or education/information services are needed in your community?

- Mental health/depression 11.28%
- Cancer 10.98%
- Drug and alcohol 10.82%
- Blood pressure 8.50%
- Nutrition 7.94%
- Exercise/physical activity 7.60%
- Diabetes 7.40%
- Importance of routine well checkups 6.76%
- Cholesterol 6.55%
- Heart disease 5.37%
- Eating disorders 4.49%
- Dental screenings 3.13%
- Vaccination/immunizations 3.05%
- Emergency preparedness 2.44%
- Suicide prevention 2.29%
- HIV/AIDS/STDs 0.76%
- Prenatal care 0.46%
- Disease outbreak information 0.19%

6. Where do you and your family get most of your health information?

- Doctor/health professional 33.04%
- Internet 14.29%
- Family or friends 12.50%
- Newspaper/magazines 9.82%
- Social media 8.04%
- Television 6.25%
- School/college 5.36%
- Library 3.57%
- Health department 1.79%
- Radio 1.79%
- Worksite 1.79%
- Hospital 0.89%
- Religious organization 0.89%

7. I identify as:	
• Female	63.79%
• Male	36.21%
• Other	0.00%
8. Average age of respondents:	48.54
9. What race do you consider yourself?	
• White/Caucasian	65.52%
• Did not specify	13.79%
• Black/African-American	10.34%
• Asian/Pacific Islander	8.62%
• Hispanic/Latino	1.72%
• Multi-racial	0.00%
• Native American	0.00%
• Other	0.00%
10. Are you Hispanic or Latino?	
• No	68.97%
• No answer	18.97%
• Yes	12.07%
11. What is your annual household income from all sources?	
• \$0-\$19,999	14.29%
• \$20,000-\$34,999	12.24%
• \$35,000-\$49,999	12.24%
• \$50,000-\$74,999	20.41%
• \$75,000-\$125,000	22.45%
• >\$125,000	18.24%
12. What is your highest level of education?	
• College graduate	33.33%
• Some college	25.93%
• High school graduate	14.81%
• Graduate school	11.11%
• Some high school	5.56%
• Doctorate	3.70%
• K-8 grade	3.70%
• Technical school	1.85%
13. What is your current employment status?	
• Employed for wages	42.86%
• Retired	37.50%
• Self-employed	8.93%
• Student	5.36%

- Out of work, but not currently looking 5.36%
- Out of work/looking for work 0.00%

14. Do you currently have health insurance?

- Yes 88.89%
- No 7.41%
- No, but I did in the past 3.70%

Community Health Priorities for 2016-2018

For the 2016-2018 cycle, community partners selected *Chronic Disease* as the priority area of focus with (1) obesity and (2) preventive care and management as the focus areas. The group also agreed that mental health should be highlighted within all intervention strategies. Mental health is being addressed through attestation and visible commitment to the Delivery System Reform Incentive Payment (DSRIP), Performing Provider Systems (PPS) Domain 4 projects. Priorities selected in 2013 remain unchanged from the 2016 selection; however, a stronger emphasis has been placed on the need to integrate mental health throughout the intervention strategies. Domain 4 projects with a focus on mental health include:

- Project 4.a.i Promote mental, emotional and behavioral (MED) well-being in communities
- Project 4.a.ii Prevent substance abuse and other mental emotional disorders
- Project 4.a.iii Strengthen mental health and substance abuse infrastructure across systems
- Project 4.b.i Promote tobacco use cessation, especially among low socioeconomic status populations and those with poor mental health

Hospital partners are fully attested and active participants in DSRIP project and deliverables, thus supporting the emphasis being placed on improving outcomes related to mental health.

St. Joseph Hospital Interventions, Strategies and Activities

Priority Number One: Obesity

Goal: Reduce obesity in adults through community-based awareness initiatives such as free community lectures and BMI screenings.

Interventions, Strategies and Activities:

1. St. Joseph Hospital staff volunteer at CHS Healthy Sundays community outreach events held at churches in underserved communities, offering free health screenings and providing educational materials on nutrition, healthy eating and preventive health.

Process measures: Hospital staff will participate in at least four Healthy Sunday events, track number of attendees, types of screenings and referrals.

Baseline: May 1, 2015 through April 30, 2016: St. Joseph Hospital participated in five Healthy Sundays events. Volunteer staff provided a total of 121 blood pressure screenings, 103 BMI screenings and 113 flu vaccinations. Eight people were referred for free follow-up care.

Year Two Update: May 1, 2017 through April 30, 2018: St. Joseph participated in two Healthy Sundays events; a third, scheduled event was cancelled by the hosting church. However, there was a 15.9% increase in

overall attendance compared to Year One, when 4 events were held. During Year Two, 110 blood pressure and 74 BMI screenings were provided along with 44 flu vaccinations administered. Seven individuals were referred for free follow up care, compared to 1 referral in Year One. There are two additional Healthy Sundays events scheduled in 2018.

2. St. Joseph Hospital will offer a 15-week Weight Watchers program for staff and community members. After Year One, the hospital will evaluate community participation to determine program offerings in Year Two and three.

Process measures: The hospital will offer the 15-week program and track number of participants and total pounds lost. Strive to increase community participation in the program by 5% over the previous year.

Year Two Update: May 1, 2017 through April 30, 2018: Fifteen staff and community members (both new members and those wishing to continue attending beyond the prior 18-week program) participated in the 15-week program during this time period and lost a total of 167 pounds while learning about proper nutrition, the importance of increased activity and lifestyle changes. Although there were 3 fewer participants, a 16% decrease, there was a 7.7% increase in total weight loss. There are no new Weight Watcher sessions scheduled for the remainder of 2018; interest in another session will be assessed in the middle of Year Three.

3. St. Joseph Hospital will actively promote the Long Island Health Collaborative's walking program, distributing promotional materials at community events and through social media reach. Also, St. Joseph Hospital will share program information with CHS-affiliated physicians and mid-level practitioners to encourage more people to walk and choose a healthier lifestyle.

Process measures: Long Island Health Collaborative materials are distributed at multiple community lectures, both in the hospital and out in the community, the monthly diabetes support groups and at the Healthy Sunday events held each year in. Materials are also shared and via social media.

Year Two Update: May 1, 2017 through April 30, 2018:

St. Joseph continues to promote the Long Island Health Collaborative's walking program with CHS at the Marcum Workplace Challenge, American Heart Association Walk, St. Vincent de Paul Friends of the Poor Walk and Making Strides Against Breast Cancer Walk. Material is shared at the diabetes education programs and is displayed throughout the hospital. Information has been posted on social media and is distributed at each event the hospital attends, including but not limited to:

- Nassau County Senior luncheons – attendance of 350-450 seniors each month (May through November 2017).
- St. Joseph Spring Fling – attendance 400 Girl Scouts and 200 community members – total 600 attendees at this hospital-based event
- Four hospital blood drives
- Nassau County events, including: Senator Kemp Hannon Senior Health Expo, Garden City; Town of Hempstead Senior Health Fair, Lido Beach; the annual Farmingdale Health Summit; the annual Juvenile Diabetes Foundation *TypeOneNation* Summit, Melville.

4. Staff from all CHS entities participate as a team in the American Heart Association Heart Walk, the Long Island Marcum Workplace Challenge—a 3.5-mile run-walk for charity—and American Cancer Society's Making Strides Against Breast Cancer walk. These events promote walking for physical activity and good health for employees and the community. Educational materials are offered at each event.

Process measures: Attendance (hospital staff and community) is recorded for all three events. The goal is to increase the number of hospital participants over the previous year by 5%.

Baseline: May 1, 2015 through April 30, 2016: There was a total of 55 participants in the American Heart Association Heart Walk, American Cancer Society Making Strides Against Breast Cancer Walk, the LI Marcum Workplace Challenge and the St. Vincent de Paul Friends of the Poor Walk.

Year Two Update: May 1, 2017 through April 30, 2018:

St. Joseph staff continues to support and participate in the three walks supported by CHS, as well as the St. Vincent de Paul Friends of the Poor Walk in Bethpage.

- Marcum Workplace Challenge, 7/25/2017: 11 participants
- American Heart Association Walk, 9/17/2017: 5 participants
- Making Strides Breast Cancer Walk, 10/15/2017: 10 participants
- St. Vincent de Paul – Friends of the Poor Walk, 9/30/2017: 3 participants

There were 29 participants in all walks compared to 45 in the prior period, reflecting a 35% decrease. However, staff contributions to the Making Strides fundraising efforts continues to exceed that of previous years. An incentive to sign-up early is offered for the Marcum event, which has increased participation. To encourage greater involvement, the same process will be followed for the American Heart Association Heart Walk, Making Strides and St. Vincent de Paul walks.

Priority Number Two: Preventive Care and Management

Goal: Increase access to high-quality disease preventive care and management for diabetes in clinical and community settings.

Interventions, Strategies and Activities:

1. St. Joseph Hospital offers free monthly education lectures on topics closely related to diabetes.

Process measures: Attendance averages eight attendees and the goal is to increase this by 5% each year.

Baseline: May 1, 2015 through April 30, 2016: There were 9 in-house lectures with a total of 86 attendees, averaging 9 attendees each.

Year Two Update: May 1, 2017 through April 30, 2018:

St. Joseph Hospital continues to raise awareness about its outpatient diabetes education programs. Free classes are offered to the community, providing education on how to better manage health. The programs, presented by certified diabetes educators, supports all areas of diabetes care, management and education in various locations, targeting high-risk populations and included nearby, underserved communities of Farmingdale and Huntington Station.

During this time period, there were 11 free diabetes education events with a total of 170 attendees, averaging 15 attendees per event. There was one fewer lecture in Year Two, or an 8% decrease, due to one weather cancellation. However, there was a 67% increase overall in attendance at events.

Free Diabetes Education Lectures/Support Groups/Events:

5/17/17: Foot Care Tips – Dr. Jackalone - 11 attendees

6/21/17: Secret of Successful Weight Loss – 18 attendees
 7/19/17: Dining Out Tips and Tidbits – 12 attendees
 8/16/17: Have You Seen Your Ophthalmologist Lately? – 6 attendees
 9/20/17: Shop Rite for Groceries store tour, Bethpage – 15 attendees
 10/3/17: Nutrition and Diabetes lecture, St. Martin of Tours Parish, Bethpage – 30 attendees
 10/7/17: Nutrition and Diabetes lecture, Huntington Church of God, Huntington Station – 20 attendees
 10/18/17: Diabetes and Sleep, diabetes support group – Dr. Rawinis, – 13 attendees
 11/15/17: Diabetes Community Resource event – 36 attendees
 12/20/17: Healthy Holiday Tips & Recipe Exchange – 5 attendees
 1/17/18: New Year, New You - 4 attendees
 3/24/18: JDRF – TypeOneNation Summit – Huntington Hilton, Mleville – 60 attendees
 4/18/18: Weight Loss Strategies that Work – 8 attendees

In addition to the lectures/events, St. Joseph Hospital participated in the Juvenile Diabetes Research Foundation event on March 24th at the Huntington Hilton, sharing information on proper nutrition and healthy eating guidelines with 60 of the attendees.

2. The hospital offers the Centers for Disease Control (CDC) Diabetes Prevention Recognized Program (DPRP). A trained facilitator helps participants make lifestyle changes such as eating healthier, reducing stress, and getting more physical activity.

Process measures: Attendance is recorded at both the start of the 16-week sessions and upon completion of the program. The goal is to increase the number of attendees signed up for the program and the number of attendees who complete the program by 5%. Attendees will complete the Long Island Health Collaborative Wellness Survey at both the start and end of the program to measure the program's effectiveness.

Baseline: May 1, 2015 through April 30, 2016: There was one group that concluded in its Post-Core session in August 2016 and had five participants (this group began in August 2015).

Year Two Update: May 1, 2017 through April 30, 2018:

St. Joseph Hospital has been awarded full recognition by the Centers for Disease Control (CDC) for its Diabetes Prevention Recognized Program (DPRP). The CDC-recognized, evidence-based program uses an approved curriculum that meets the duration, intensity and reporting requirements described in the DPRP standards. Full recognition means that a program has demonstrated effectiveness by achieving all the performance criteria detailed in the standards. Participants receive information on the skills needed to lose weight, be more physically active and manage stress. There are 16 weekly sessions (Core group), and 6 monthly follow-up sessions (Post-Core group) to help maintain the healthy lifestyle changes.

In Year Two, Core Groups 9 and 10 began with a combined total of 7 individuals enrolled in the program, a 30% decrease in enrollment from Year One, when there were 10 individuals enrolled in Core Groups 7 and 8. Core group 10 began in April 2018 with 4 individuals enrolled, and additional classes are planned for new enrollees in Year Three. The number of participants completing the program remained constant at four (Post-Core Groups 7 and 8). All program participants receive a reminder call for each meeting to reinforce completion of the year-long program commitment. To grow enrollment and increase awareness, a new CHS diabetes education brochure and dedicated web page are in development. The Long Island Health Collaborative Wellness Survey was not used with the program groups.

Additional Activities:

1. St. Joseph Hospital continues to offer programs both at the hospital and in the community. In addition to participation at Healthy Sundays, St Joseph provided 13 free blood pressure screening events at 4 locations throughout the calendar year:
 - Massapequa Library: 19 screenings – the library is located adjacent to the underserved communities of Amityville and Copiague and open to all Nassau County residents.
 - Massapequa Senior Center: 48 screenings
 - St. Marks Church in Woodbury: 79 BP screenings
 - American Heart Association Walk: 47 screenings
2. St. Joseph presented free education lectures at the hospital for EMS personnel, focusing on stroke:
 - 6/21/17 – Stroke, Dr. Ash – 30 attendees
 - 12/6/17 – Stroke, Dr. Ash – 36 attendees
 - 4/25/18 – Time is Brain, Dr. Bekelis – 28 attendees; each attendee received 2 continuing medical education (CME) credits
3. St. Joseph hosted a community physician office staff meeting at the hospital to share information and encourage positive working relationships between the hospital and physician offices and to better serve the community. The meeting, held on 12/6/2017, covered Medicare updates; 32 people were in attendance.
4. Free community lectures/screenings/school/community events were offered:
 - 9/9/17 – Farmingdale Volunteer Outreach Program – 400 attendees
 - 10/3/17 – St. Martin of Tours, Bethpage – Seniors – Dietician Discussion – 55 attendees
 - 11/13/17 – Massapequa High School Career Day – 25 attendees
 - 11/29/17 – Farmingdale Volunteer Fair – 500 attendees
 - 12/1/17 – Massapequa High School Career Day – 625 attendees
 - 12/19/17 – Island Trees High School Career Day – 22 attendees
 - 4/11/18 – Massapequa High School SIM Lab – 25 attendees
 - 4/17/18 – Bethpage, Farmingdale, Massapequa, Island Trees Shadow Day – 30 attendees
5. Physician Spotlight seminars took place at the hospital for staff, students and community physicians:
 - 5/10/17 – Pain Management: Dr. Kalter – 54 attendees
 - 9/28/17 – Injectables: Dr. Waheed – 68 attendees
 - 10/19/17 – Breast Cancer: Dr. Kaufman – 67 attendees
 - 11/9/17 – Infusion Therapy: Dr. Krichmar – 85 attendees
 - 1/24/18 – The Guilty Gall Bladder: Dr. Hismeh – 72 attendees
 - 2/7/18 – Back Pain: Dr. Duxbury – 63 attendees
 - 3/8/18 – Time is Brain: Dr. Bekelis – 85 attendees
6. St. Joseph Hospital offered the free, seven-week Stepping-On Program designed to promote improved balance, strength, home and community safety, vision, the importance of safe footwear and medication review. The program is promoted in the local community, including the underserved communities of Huntington Station and Farmingdale. Classes had 15-20 participants and were highly interactive. Fall prevention materials were provided, and free night lights were distributed courtesy of the Suffolk County Department of Health.

Year Two Update: May 1, 2017 through April 30, 2018: Three classes were held during Year Two, with 60 completing the program, compared to the two classes held in Year One with a total of 34 completing the program. This is one more class and a 76% increase in attendance.

- 4/10/17 - 5/22/17 at the Farmingdale Library – 20 attendees completed program
- 10/4/17 – 11/15/17 at the Oaks, in Massapequa - 20 attendees completed program
- 3/30/18 – 5/8/18 at the Massapequa Bar Harbor Library – 20 attendees completed the program

An additional Stepping On program is scheduled for fall 2018.

7. In August 2017, St. Joseph hosted a free physical therapy lecture at the hospital for the Girl Scouts of Nassau County – 15 attendees.
8. On November 15, 2017, in recognition of World Diabetes Day, St. Joseph hosted a Diabetes Day event at the hospital where various departments presented information on services related to diabetes, including *Fall Proofing Your Home*, hyperbaric wound care and nutritional education. Outside vendors were also present to provide information on eye care, foot therapies and dental care. More than 30 community members attended this event.
9. Free balance and falls prevention lectures were given at St. Martin of Tours, Bethpage, The Oaks Massapequa and The Palms Farmingdale, for a combined attendance of 195.
10. St. Joseph Hospital participated in many additional free community events throughout the year:
 - Community outreach staff attended the monthly Nassau County Senior Luncheon held at the Old Bethpage Village Restoration (May through November 2017), sharing free information about outpatient services, and answering questions. On an average, 350-450 seniors attend this monthly luncheon.
 - 6/8/17 – Senior Health Fair, Lido Beach – in conjunction with Mercy Medical Center and Catholic Home Care, distributed health education information and outpatient services information – 200 in attendance
 - 8/13/17 – Fidelis Care back-to-school event, Denton Green Park, Hempstead: School supplies were distributed by Fidelis Care, and health education, nutritional information and healthy eating for school children was supplied by Mercy Medical Center and St. Joseph Hospital.
 - 10/21/17 – EMS Wrestling Event – provided health education information and outpatient services information – 450 in attendance
 - 10/5/17 – Senator Hannon Health Fair, Garden City – table with health education information – 300 attendees.
 - 10/29/17 – Suffolk County Marathon, Patchogue – five St. Joseph employees worked in the CHS race medical provider tent.
 - 12/7/17 – Hospital Christmas Tree Lighting – 300 Girl Scouts earned badges for ornament display on donated trees, 200+ community members were present and a donation of toys was made to Marine Toys for Tots program. The Marines have established close working relationships with social welfare agencies, churches and other local community agencies which are well qualified to identify the needy children in the community and play important roles in the distribution of the toys.
 - 3/29/18 – Farmingdale Health Summit – St. Joseph Hospital and Catholic Home Care joined other community-based organizations at Farmingdale High School and shared health education information and outpatient services to 500+ guests.

Priority: Mental Health

Goal: Increase the frequency of mental health-oriented lectures, providing information, education and available resources to the community.

Interventions, Strategies and Activities:

1. Offer bereavement groups to community members who suffered a loss. Currently two bereavement groups are offered: a general bereavement group and a Next Steps group. In response to community inquiries, a new group is being offered is Loss of a Child.

Process measures: Attendance will be tracked to meet goal of six to eight participants per group. Attendees will complete the Long Island Health Collaborative Wellness Survey at both the start and end of the program to measure the program's effectiveness.

Year Two Update, May 1, 2017 through April 30, 2018:

A total of 89 people have benefitted from the bereavement groups held during this time period, an increase of 7% in overall attendance compared to Year One. St. Joseph offers three different bereavement groups: General, Next Steps and Loss of a Child. The group sessions run for 6 or 8 weeks, depending on the needs of the group, and had 57 participants in Year Two. In addition, the facilitator of these groups also provided one-to-one counseling to 32 individuals during this period. As the support group attendees can be different at each session, the LIHC Wellness Survey is not suitable for this forum. The hospital will continue to publicize the availability of the support groups to increase participation.

2. St. Joseph Hospital participates in the Annual Bi-County Empowerment Conference sponsored by The Mental Health Association of Nassau County, Inc.

Process measures: Each year, attendance at the conference increases, introducing new community members to the free services offered at SJH regarding diabetes, healthy eating and nutrition.

Year Two Update May 1, 2017 through April 30, 2018:

St. Joseph Hospital participated in the Bi-County Empowerment Conference on 8/25/17. This event is sponsored by Hands Across Long Island and is produced by and for individuals in Nassau and Suffolk counties living with mental health challenges. Information on eating healthier, reducing stress, the importance of physical activity and the Long Island Health Collaborative's walking program information was distributed. Informational packets on free diabetes education programs offered at the hospital were also available, along with the *CHS Services Guide* and the *CHS Mental Health and Substance Abuse Services Guide*.

3. St. Joseph Hospital will support Long Island Health Collaborative and DSRIP projects that address mental health.
4. When a lack of access to mental health resources is identified, St. Joseph Hospital will provide information on and refer patients to the extensive mental health services available within CHS and its partners. If not available within CHS, St. Joseph will use Long Island Health Collaborative's database to identify or recommend a suitable option.

The *CHS Mental Health and Substance Abuse Services Guide* is available throughout the hospital and is distributed at all St. Joseph outreach events.

5. St. Joseph Hospital attends regular meetings of the YES Community Council Center, which is working closely with the Levittown Community Coalition regarding substance abuse awareness and maintaining community safety. Partners in the coalition include St. Bernard's Parish, Nassau County Girl Scouts, Island Trees School District, Wantagh/Levittown Fire Department and the Nassau County Police Department, among others.
6. CHS is creating a Mental Health and Substance Abuse Services guide listing all available services throughout its system, Catholic Charities and the New York State Department of Health. This guide will be available in 2017.

The *CHS Mental Health and Substance Abuse Services Guide*, in English and Spanish, was completed in 2017 and continues to be offered for free in print or as a PDF from the CHS and hospitals' websites. Free copies are available to anyone contacting CHS at its toll-free telephone number.

7. To combat the growing opioid epidemic, Catholic Health Services (CHS) began collaborating with the Diocese of Rockville Centre, Long Island Council on Alcoholism & Drug Dependence and the Family & Children's Association (FCA) to build an addiction treatment infrastructure on Long Island. Two goals were determined: to revisit existing Emergency Department (ED) protocols for overdose victims and to create a liaison program to connect these patients with support services. A new CHS policy was established to prevent unnecessary opioid prescriptions in the ED, and the Sherpa Program was developed by FCA. A free service provided by FCA, Sherpa is made up of peer recovery coaches trained to meet with overdose survivors and their families in EDs. The team directs people to treatment, offering encouragement and follow-up. The high-volume ED at Good Samaritan is the site of the pilot, and will be rolled out later to other CHS hospitals. Sherpa is supported by the New York State (NYS) Office of Alcoholism & Substance Abuse Services, NYS Senate and Long Island Community Foundation.

Living the Mission

The Nassau-Suffolk Hospital Council, on behalf of LIHC, was identified as the Population Health Improvement Program (PHIP) contractor for the Long Island region. LIHC continues to focus on chronic disease prevention and treatment, particularly obesity, through its "Are You Ready Feet?" walking program and other online resources. More information can be found at lihealthcollab.org.

During 2017, CHS's Maryhaven Center of Hope food pantry provided more than 75 bags of free food each month to non resident Maryhaven clients and individuals from the local community of Port Jefferson Station. The food is donated by CHS staff with support from Island Harvest food bank

In June 2017, CHS participated in HOPE DAY in Valley Stream, providing free blood pressure screenings and health education material to hundreds of Long Island residents. HOPE DAY brings together community and faith-based organizations to areas of need, offering necessities, free food, entertainment and health education.

In the last quarter of 2017, CHS employees once again pulled together to help others less fortunate in underserved areas. Initiatives included the 9th annual Christmas toy drive, in collaboration with the Church of Our Lady of the Miraculous Medal and the Gerald J. Ryan Outreach Center. Employees from the Melville corporate offices and CHS Physician Partners collected hundreds of new toys, and many donated their time to distribute the toys and much needed food packages. Similarly, CHS Services in Rockville Centre "adopted" an impoverished family through its Secret Santa Project, providing clothing, toys, blankets and other articles.

The CHS Practice Management Operations team organized a food drive among the system's physician practices, resulting in the donation of almost 2,000 items to Maryhaven's food pantry. In addition, CHS Services, St. Catherine, AI's Angels and Catholic Charities teamed up to deliver food to 12 Long Island parishes and Maryhaven for distribution to low-income residents.

In partnership with a local elementary school, Our Lady of Consolation, Good Samaritan Hospital and Good Samaritan Nursing Home collected new packages of socks and undergarments to be included in "blessing bags" assembled by the students. Accompanied by CHS staff members who served as mentors through the New York State Mentoring Program, the students distributed the blessing bags to the homeless in New York City,

CHS hospitals all host blood drives throughout the year, collecting more than 1,700 pints of blood in 2017.

All six CHS hospitals are Baby Safe Haven sites where newborn infants can be safely relinquished.

CHS provides medical services support to the region's pregnancy crisis centers, including four operated by the Life Center of Long Island and six Birthright locations across Nassau and Suffolk. Also, CHS supports two Soundview Pregnancy Services locations and collaborates with Regina Residence, operated by Catholic Charities. Regina Residence and CHS offer a one-call pregnancy support line through which trained professionals offer expectant mothers encouragement and an array of practical support at this critical time and beyond, in the hope of helping the women continue their pregnancies.

In June 2017, CHS established a behavioral health hotline staffed by social workers from CHS Physician Partners. A small number of calls has been received, and the hotline continues to be staffed and available.

CHS provides an array of resources to promote good health in the region. Its two TV series, "CHS Presents: Lifestyles at the Heart of Health" and "CHS Presents: Health Connect" feature experts providing medical, nutritional and fitness information. The shows are broadcast on Catholic Faith Network (formerly Telecare TV), reaching 6.4 million households in the tristate area, and is accessible on cfntv.org. CHS has been awarded two Telly Awards for the "Lifestyles at the Heart of Health" program. These programs and other health-related videos can be viewed on demand on CHS's YouTube channel at <https://www.youtube.com/user/chsli>. The programs in the series are also available on CHS's website under "Community Health", along with "Recipes for Healthy Living". In addition, CHS's online events calendar in the same location lists free health screenings, blood drives, lectures and other programs open to the public, with social media also used to disseminate this information.

CHS's Executive Vice President and Chief Medical Officer writes a column, "Dr. O's Health Care Tips and Solutions" for The Long Island Catholic, the official publication of the Diocese of Rockville Centre, published 10 times per year. Many of these tips are taped and hosted on CHS's YouTube Channel and began airing on Catholic Faith Network's Everyday Faith Live.

CHS is engaged in promoting education, training and workforce preparedness through collaboration with organizations such as the Long Island Regional Advisory Council on Higher Education, Long Island STEM (Science, Technology, Engineering and Math) Hub, Health Care Regional Industry Council and Western Suffolk BOCES. From May 1, 2017 through April 30, 2018, five events were supported by Good Samaritan Hospital's Vice President of Human Resources as chair of the LI STEM Hub Health Care Regional Industry Council and as chairperson of the Nassau-Suffolk Hospital Council Human Resources Committee. These included four LI STEM meetings and a forum with the Long Island Regional Advisory Council on Higher Education (LIRACHE). In addition, a teacher professional development day was hosted at the CHS Melville office on November 7, 2017. A total of 218 individuals participated in career development forums, conferences and workshops hosted by colleges and other institutions, and CHS was represented on panels and in workgroups.

Our Lady of Consolation Nursing & Rehabilitative Care Center's 108 volunteers contributed 99,106 hours of service serving as spiritual care companions, extraordinary ministers of Holy Communion and providing other services to residents.

Catholic Home Care (CHC) continued to provide patients and families with needed services using its Patient Assistance Fund. The fund is made up from staff donations in the form of a payroll deduction and allows staff to recommend assistance for patients with specific needs impacting their health. This can include a provision of food, clothing, fuel oil and other critical items. All donations are approved by the CHC Chief Administrative Officer and Chief Operating Officer. Allowable funding is capped at \$250 per patient.

To ensure patient safety in the home environment, Catholic Home Care provided smoke and carbon monoxide detectors to patients unable to purchase such devices. In addition, the agency purchased and distributed scales to monitor fluid retention for patients who were physically or financially unable to obtain them.

In 2016, Good Shepherd Hospice (GSH) earned a two-year grant (2016 and 2017) from the National Alliance for Grieving Children (sponsored by New York Life) to provide bereavement services to Hispanic children and their parents. The program consisted of three, eight-week support groups as well as the provision of community education to the Hispanic population concerning concepts of pediatric grief. The grant also provided for transportation to and from the support groups, as well as transportation to the children's bereavement camp, Camp Hope. A total of 104 people participated in the Hispanic bereavement groups in 2017. The grant expired at the end of 2017, but the program continues. GSH applied for a renewal of the grant and should hear by the end of 2018

GSH conducted more than 45 free bereavement support groups in 2017 for the general public across Long Island at Mercy Medical Center, Our Lady of Consolation, St. Patrick Church in Bay Shore and the Good Shepherd offices in Farmingdale and Port Jefferson. As part of the Coping with the Holidays series, Good Shepherd Hospice held a free workshop addressing bereavement needs associated with St. Valentine's Day, Mother's Day and Father's Day in multiple settings across Long Island.

Fall 2017 and spring 2018 memorial services were conducted by Good Shepherd Hospice at Mercy and St. Charles hospitals. These events are offered to families who have experienced a loss in the past six months. The events at Mercy had approximately 50 total attendees and approximately 200 people attended the events at St. Charles.

In July 2017, Bob Sweeney's Camp H.O.P.E., an annual two-day free children's bereavement camp, continued to have strong attendance with more than 100 children and their families participating. The event was held at Camp Alvernia in collaboration with Good Shepherd. Volunteer professionals from Good Shepherd Hospice provided staffing.

Hospice families continue to benefit from a \$100,000 donation from the family of a patient served by Good Shepherd Hospice in 2014. Monies from this donation are restricted to the provision of aide services in excess of the hospice benefit. In 2017, an additional \$100,000 donation was received for this special program. More than 50 patients and their families have benefitted from this generous donation.

Gabriel's Courage, a Good Shepherd Hospice program offering support and care for families experiencing a life limiting pregnancy, continued in 2017 to serve families across Long Island, offering social work, pastoral care and nursing support. Good Samaritan physicians, nursing, and social work staff remain the primary referrers to this special program

Dissemination of the Plan to the Public

The St. Joseph Hospital Community Service Plan will be posted on the hospital's website at www.StJosephHospital.chsli.org. Copies will be available at local free health screenings and can be mailed upon request.

By encouraging friends and neighbors to complete the Long Island Health Collaborative Wellness Survey online or at local screenings, the Community Health Needs Assessment will help St. Joseph Hospital continue to further develop ways to best serve the community.

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 work to continue to best address health disparities and needs. The hospital will strive 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 continue to develop ways to best serve the community.