

COMMUNITY HEALTH IMPLEMENTATION PLAN

Strategies to Address Community Health Needs

HackensackUMC Mountainside developed an Implementation Strategy to illustrate the hospital's specific programs and resources that support ongoing efforts to address the identified community health priorities. This work is supported by community-wide efforts and leadership from the Executive Team and Board of Directors. The goal statements, suggested objectives, key indicators, intended outcomes and initiatives, and inventory of existing community assets and resources for each of the four priority areas are listed below.

I. Chronic Disease Management

Goal: Promote health and reduce chronic disease through improved education, awareness and disease prevention

Objectives:

- Increase the proportion of adults who receive chronic disease screenings to maximize treatment options
- Increase the proportion of adults who participate in behaviors/programs that reduce risk factors for chronic disease
- Develop study group of low-income chronic disease patients to identify and evaluate areas of opportunity to improve health through wellness initiatives

Key Indicators:

- Number of health promotion activities targeting high-risk populations
- Number of screenings and referrals to address early detection of chronic illness
- Number of individuals participating in health education programs
- Evaluate the percentage of study group who report incorporating healthy lifestyle behaviors and techniques and/or increased knowledge of the components of healthy living/lifestyles
- Evaluate study group patients who have had a hospital admission or readmission for chronic conditions

Outcomes:

- Increased utilization of generic screening tools that results in positive improvement on health indicators
- Increased number of chronic disease patients who are making health decisions based from health education
- Decreased rates of obesity, diabetes, and related chronic conditions and decreased health complications
- Increased rates of healthy weight in adults through increasing fruits, vegetables, and water consumption

Existing Community Resources: HackensackUMC Mountainside – Final Summary Report November 2015

- Bloomfield and Montclair Health Departments - Montclair YMCA
- Brookdale Shop Rite - Bloomfield - Tony's Kitchen
- Montclair Senior Buildings - Human Needs Food Pantry
- Montclair & Glen Ridge Senior buildings/groups - Public libraries
- Montclair EMS Squads

II. Mental Health

Goal: Improve mental health through education, review of program expansion potentials and collaboration

Objectives:

- Increase mental health collaborations throughout HackensackUMC Mountainside's primary and secondary service areas
- Create a resource that can be used easily for mental health information, resources, and referrals
- Develop campaign messages to promote mental health awareness
- Increase the proportion of adults and children with mental health disorders who receive treatment
- Increase mental health screenings by primary care providers

Key Indicators:

- Number of community meetings and educational sessions held on the mental health topic
- Number of community members and community health volunteers who serve as informal referral agents and mental health champions for increasing awareness
- Track number/percentage of Emergency Department patients presenting with mental health issues who are transferred to inpatient or outpatient facilities
- Track number/percentage of patients successfully referred for mental health services
- Track number/percentage of primary care providers screening for and providing mental health treatment or referrals
- Track number of mental health and/or substance/alcohol abuse community outreach programs conducted and number of participants

Outcomes

- Build awareness of mental health programs throughout service areas
- Increased number of at-risk residents who can identify coping mechanisms during crises/emergent events and resources available to them
- Increased collaboration between mental health support providers

Initiatives

- Convene a Mental Health Professional meeting to set the foundation for enhanced community collaborations

Community Needs Assessment Implementation Plan

Mental Health

Owner: Grettel Muscato

Goal: Improve mental health through education, review of program expansion potentials and collaboration

Objectives:

- Increase mental health collaborations throughout HackensackUMC Mountainside's primary and secondary service areas
- Create a resource that can be used easily for mental health information, resources, and referrals (*BH intern*)
- Develop campaign messages to promote mental health awareness

Key Indicators:

- Number of community meetings and educational sessions held on the mental health topic
- Number of community members and community health volunteers who serve as informal referral agents and mental health champions for increasing awareness
- Track number/percentage of Emergency Department patients presenting with mental health issues who are transferred to inpatient or outpatient facilities
- Track number/percentage of patients successfully referred for mental health services
- Track number/percentage of primary care providers screening for and providing mental health treatment or referrals (2017)

Outcomes:

- Build awareness of mental health programs throughout service areas
- Increased collaboration between mental health support providers
- Convene a Mental Health Professional meeting to set the foundation for enhanced community collaborations

Next Steps:

- Meet with Shavonda Sumter and Dr. Riestra to discuss objectives, key indicators and identify or develop initiatives to meet the goals.
- Inquire with Family Practice and Mountainside Medical Group what tool is currently used, if any, to screen for mental health status.
- Identify individual to monitor and track mental health initiatives currently in county vs. primary service area.

Deadline: 2nd week of January

Potential Mental Health Planning Committee members:

Internal

- Dr. J. Riestra
- Shavonda Sumter
- Grettel Muscato
- Natalie Thigpen

External

- Vernell Richardson, Salvation Army, Mental Health Program
- Susan Seidenfeld, Executive Director, COPE
- Pam Scott, Executive Director, Partners for Health
- Marvin Giorski, Senior Director of Counseling, Mental Health Association
- Robert R. Detore, Chief Administrative Officer, Turning Point (973-239-9400 ext 137)