

St. Catherine of Siena Medical Center Community Service Plan 2014–2016

Year Three Update



Approved by the Board of Trustees October 4, 2016



**St. Catherine of Siena
Medical Center**

Catholic Health Services

At the heart of health

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Mission Statement

Catholic Health Services of Long Island (CHS), as a ministry of the Catholic Church, continues Christ's healing mission, promotes excellence in care and commits itself to those in need.

CHS affirms the sanctity of life, advocates for the poor and underserved, and serves the common good. It conducts its health care practice, business, education and innovation with justice, integrity and respect for the dignity of each person.

Year Three Update

St. Catherine of Siena Medical Center developed strategic initiatives for three priority areas in its three-year, comprehensive Community Service Plan (CSP). The priority areas identified and approved by the Board of Trustees as of October 24, 2013, are as follows:

- Priority 1: Obesity and Nutrition Education
- Priority 2: Chronic Disease Prevention
- Priority 3: Mental Health and Substance Abuse

This Year Three Update captures the metrics for each initiative in place from August 1, 2015, through April 20, 2016. For a comprehensive overview of the health priorities, please review the 2014–2016 CSP on the medical center's website:

http://stcatherines.chsli.org/sites/default/files/SCSMC_CSP_2014-2016_June2014.pdf

Community Health Needs Assessment

St. Catherine of Siena Medical Center continues to gather data using the Community Health Needs Assessment (CHNA) survey tool. Survey data is obtained from individuals who attend: programs at the medical center, offsite community programs and screenings. From **August 1, 2015 to April 30, 2016**, a total of 211 responses were collected.

Responses were as follow (please note that respondents frequently checked off more than one item in response to a question):

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

- | | |
|--|-------|
| • Drugs and alcohol | 48.5% |
| • Cancer | 42.0% |
| • Diabetes | 29.0% |
| • Mental health/depression/suicide | 20.5% |
| • Safety | 19.0% |
| • Heart disease and stroke | 17.0% |
| • HIV/AIDS and Sexually Transmitted Diseases | 14.5% |
| • Obesity/weight loss issues | 14.5% |
| • Women's health and wellness | 13.0% |
| • Other | 11.0% |
| • Child health and wellness | 10.0% |
| • Asthma/lung disease | 9.0% |
| • Environmental hazards | 7.5% |
| • Vaccine preventable diseases | 4.0% |
| • Somewhat too little | 0.5% |

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

• Cancer	32.66%
• Heart disease and stroke	26.63%
• Diabetes	25.63%
• Drugs and alcohol	25.63%
• Mental health/depression/suicide	21.11%
• Safety	20.60%
• Women's health and wellness	15.58%
• Other	14.57%
• Obesity/weight loss issues	13.57%
• Child health and wellness	12.06%
• Asthma/lung disease	9.55%
• HIV/AIDS and Sexually Transmitted Diseases	9.05%
• Vaccine preventable diseases	7.04%
• Environmental hazards	6.53%
• Somewhat too little	0.50%

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

• No insurance	42.5%
• Unable to pay co-pays/deductibles	38.0%
• Fear (e.g.: not ready to face/discuss health concern)	36.5%
• Don't understand need to see a doctor	29.5%
• There are no barriers	22.0%
• Lack of availability of doctors	13.0%
• Don't know how to find doctors	12.0%
• Language barriers	12.00%
• Transportation	11.00%
• Cultural/religious beliefs	8.0%
• Other	4.50%

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

• Drug and alcohol rehabilitation services	37.44%
• Job opportunities	33.85%
• Healthier food choices	33.33%
• Mental health services	25.64%
• Clean air and water	21.54%
• Recreation facilities	21.03%
• Smoking cessation programs	21.03%
• Weight loss programs	20.51%
• Transportation	12.82%
• Safe childcare options	11.28%
• Safe place to walk/play	11.28%
• Safe worksites	8.72%
• Other	2.05%

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

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

7. I identify as

8. What is your ethnicity?

• White/Caucasian	83.33%
• Black/African American	6.25%
• Multi-racial	4.69%
• Asian/Pacific Islander	4.17%
• Native American	1.04%
• Other	0.52%

9. Are you of Hispanic or Latino origin or decent?

• Yes Hispanic or Latino	8.85%
• No not Hispanic or Latino	91.15%

10. What language do you speak when you are at home?

• English	96.98%
• Spanish	5.03%
• Chinese	1.51%
• Italian	1.51%
• Portuguese	1.01%
• Korean	1.01%
• Hindi	1.01%
• Haitian Creole	1.01%
• Farsi	1.01%
• Polish	0.50%
• French Creole	0.00%
• Other	0.00%

Survey Results: Analysis of surveys indicates community concern about drugs and alcohol, chronic disease, diabetes overweight/obesity, as well as issues such as mental health.

Community Service Plan Goals

Priority 1: Obesity and Nutrition Education

Goals: Increase education and support services to help reduce obesity in adults and children in Suffolk County, especially within the hospital’s service areas, including the disadvantaged and underserved communities.

Action Plan/Strategy:

- **St. Catherine’s Community Outreach Program**
As a result of the data collected in the CHNA conducted by the medical center in 2015-2016, to educate the community about healthier nutrition options and obesity education, St. Catherine of Siena has increased its programs to better address identified community health concerns. Therefore, St. Catherine has added a more focused approach to its Community Outreach Program. The medical center continues to coordinate free or low-cost events, open to all community members in the service areas, and provided free Body Mass Index (BMI) screenings and information on nutrition, healthy eating and wellness initiatives. The Community Outreach Program encompasses all events the hospital

participates in, such as local community festivals and health fairs to hospital-sponsored events, including the annual fall health fair.

- Increase number of participants by 5% at community outreach events
 - **Year Three Update, August 1, 2015 through April 30, 2016:** A total of 1,768 participants in attendance; a 45% decrease vs. Year Two Update
 - **Progress to date:** The Community Outreach program sponsors educational hospital-based events and actively participates in local events to reach underserved populations. The program has seen an increase in participation since 2013, noted in the Year Two Update. However, the program had a decrease in participation for the Year Three Update. This decrease is relative to the reporting timeframes and event changes, due to inclement weather, specifically the Annual Health Fair. The Annual Health Fair, scheduled on October 4, 2015, one of the largest and far-reaching events for the hospital was not canceled, but the location change from outdoors to indoors, during a storm caused a decrease in the number of total participants, which greatly reduced the Year Three Update reporting data. The medical center will continue to collaborate with local organizations to provide free screenings and health information.

- **Maternity Lactation Services**

Breastfeeding is proven to be the most nutritious and beneficial feeding option for babies, relating back to the mother and her eating habits. The medical center’s breastfeeding lactation consultant provides each mother with the education she needs for a healthy and balanced diet that benefits mother and baby. This approach helps a mother understand her body’s needs and reduces the potential for obesity.

Provide each mother with the education needed for healthy and balanced diet that benefits both mother and baby for optimal breastfeeding success.

The medical center offered the following education and support services to help address concerns around breastfeeding and couplet care to further encourage healthy nutritional options and behaviors for mothers and their newborns:

- **Couplet Care Model (Promoting non-separation and exclusive breastfeeding):** In 2012, St. Catherine’s Maternity Department modified its model of practice from traditional postpartum/nursery care to a couplet care model to promote non-separation from delivery to discharge and exclusive breastfeeding.

<u>Year Two Update, July 2, 2014 - July 31, 2015</u>	<u>Year Three Update, August 1, 2015 -April 30, 2016</u>	<u>Results</u>
▪ 95% of continuous skin-to-skin contact	100% of continuous skin-to-skin contact	5%
▪ 100% of latch score initiation and compliance	100% of latch score initiation and compliance	0%
▪ 50% of families rooming-in	75% of families rooming-in	50%
▪ 40% of increasing breastfeeding exclusivity rates	50% of increasing breastfeeding exclusivity rates	25%
▪ 20% of increased perinatal education	100% of increased perinatal education	400%
▪ 90% of private lactation consultations	0% of private lactation consultations	-100%
▪ 50% of transition nursing to promote non-separation	100% of transition nursing to promote non-separation	100%

Increase non-separation and exclusive breastfeeding by 5%

- **Progress as of April 30, 2016:** The Maternity Department has increased every couplet care model measure by 5% or more, except for private lactation consultations. As of July 2015, the Maternity Department no

longer offers private lactation consultations. The department has been very successful in transitioning to the couplet care model and will continue fostering the initiatives in place to promote non-separation and exclusive breastfeeding.

- **Perinatal Breastfeeding Education Support Group:** The medical center is committed to providing free prenatal breastfeeding education to the community. A new coordinator started on August 3, 2015 and has resumed facilitating education groups, but with a different format. The following data captures the new education structure implemented.

Increase attendance at perinatal education support group by 5%

- **Year Three Update, August 1, 2015 through April 30, 2016:** 144 people attended classes; an increase of 67% over year two, where there were 86 attendees.
- **Progress as of April 30, 2016:** On target to exceed goal

- **Postnatal Lactation Support:** Postnatal lactation support is offered to all new mothers at the medical center. The lactation coordinator is committed to promoting free support groups and educating the target population about optimal breastfeeding. The free service is posted on the hospital's website and social media platforms, and shared with physician offices in the area.

Increase attendance at postnatal lactation support group by 5%

- **Year Three Update, August 1, 2015 through April 30, 2016:** 1,895 free individual, postnatal lactation interactions to new mothers; an 11% decrease from 2,145 in year 2.
- **Progress as of April 30, 2016:** The Year Two Update captures 13 months of participation at postnatal lactation support groups, while the Year Three Update captures only 9 months. The Maternity Department will continue offering the support group and anticipates equal or greater participation when compared to Year Two Update by the end of 2016.

- **New Beginnings Prenatal Informational Tour:** The Maternity Department added a *New Beginnings* informational tour in August 2015 to provide education about couplet care to new mothers and their families.

Increase education about couplet care to new mothers and their families

- **Year Three Update, August 1, 2015 through April 30, 2016:** 233 people attended the new informational tour
- **Progress as of April 30, 2016:** The addition the *New Beginnings* Informational Tour has been successful, reaching more individuals and further educating new mothers and families about couplet care. The Maternity Department will continue offering the educational tour.

In addition, St. Catherine of Siena's Maternity Department also offered Infant CPR Classes to 34 participants and Infant Care Classes to 20 participants from August 1, 2015 through April 30, 2016. The medical center continues to improve breastfeeding public awareness campaigns, using community newsletters, social media and physician education.

- **Long Island Health Collaborative (LIHC)/Board “Walk” to Wellness Walking Program**

St. Catherine of Sienna is actively participating with the Long Island Health Collaborative’s (LIHC) walking program. The Long Island Health Collaborative is an initiative funded by the New York State Department of Health through the Population Health Improvement Program. St. Catherine of Siena staff is attending regional meetings and participating in the universal screening tool and Walk Long Island initiative, and has encouraged increased physical fitness within the community through collaboration with partner agencies and the implementation of the Board “Walk” to Wellness Walking Program at Sunken Meadow State Park.

During the course of the program, participants were given BMI calculators and free health screenings were provided. Participants were given educational materials regarding the importance of achieving and maintaining a healthy weight, along with free BMI screenings and pedometers. In partnership with the Suffolk County Parks and Recreation Department, the medical center had staff located on the boardwalk, at the state park, providing free information on nutrition, wellness, chronic disease prevention and free blood pressure and BMI screenings.

Increase participant engagement by 3%

- **Year Three Update, August 1, 2015 through April 30, 2016:** The Board “Walk” to Wellness is scheduled to run in June 2015.
- **Progress as of April 30, 2016:** The program has not met the goal to increase engagement by 3%. During the second year offering, the program canceled two sessions, due to inclement weather. After careful review, the program has been reduced to four consecutive weeks throughout the month of June (7, 14, 21 and 28) in lieu of meeting once a month from May through September. This program change was made to increase the overall incidents of repeat walkers and help met the 3% engagement goal. In addition, to address the lack of free screenings offered in year two, the Office of Public and External Affairs has collaborated with Nursing Administration to secure clinicians to help staff the program throughout the month of June.

The Board “Walk” to Wellness program is aggressively promoted both internally and externally, including through the Long Island Health Collaborative, Population Health Improvement Program. The program is promoted on the hospital’s website, social media platforms and in local newspapers.

In addition to the Board “Walk” to Wellness Walking Program, during the period of August 1, 2015, to April 30, 2016, St. Catherine of Siena partnered with LIHC in the development and implementation of the LIHC website and the Are You Ready, Feet?TM walking program for Long Islanders.

- The LIHC website launched in March 2016 and is available at www.lihealthcollab.org.
- The Are You Ready, Feet?TM physical activity portal on the LIHC website launched in April 2016. It offers Long Islanders an opportunity to log their minutes moved, miles traveled, or steps walked, calculate their BMI, and be rewarded for engaging in healthy habits as registrants are entered into a raffle for health and wellness prizes every time they log their activity.

- St. Catherine of Siena used resources distributed by LIHC to inform the hospital’s medical staff about the walking program and seek their participation in “prescribing” walking as part of a healthy lifestyle. A mock prescription slip was developed by LIHC for physicians to use as a visual cue and prompt to engage their patients in this walking program. Participation by physicians is considered integral to the program’s success as research confirms that patients are more inclined to follow exercise advice when it is offered by a physician.
 - A link to the LIHC website is on St. Catherine of Siena’s website and marketing material for the Are You Ready, Feet?TM program is available in public areas throughout the hospital and network sites.
- **Additional Initiatives in Place to Help Reduce Obesity and Increase Nutritional Education and Healthy Eating Options**

Bariatric Surgery Program: While the medical center is focusing on increasing education to reduce obesity, in the event that all alternatives have been exhausted for a participant, St. Catherine of Siena offers a surgery specialty, for those who may need it.

- **Year Three Update, August 1, 2015 through April 30, 2016:** 79 bariatric surgical treatments; an 8% increase over year the 73 treatments in Year 2.

Bariatric Support Group: For patients who have undergone a bariatric surgical procedure, St. Catherine of Siena offers a free bariatric support group to assist with the transition and encourage healthy eating and physical fitness for optimal health. In addition, the medical center offered a new facet at this bariatric support group, a free tasting to encourage better nutrition choices, open to the community. This new focus is to help encourage healthy eating options. Administration reviewed the success of this addition and determined that it should be included in future support group sessions.

- **Year Three Update, August 1, 2015 through April 30, 2016:** 18 separate sessions held 120 participants; A 5% decrease in the number of sessions offered in year 2 (19 sessions), but a 32% increase in number of participants in attendance in year 2 (91 participants).

Hospital Cafeteria: The new management company of *Café Siena* has incorporated an extensive salad bar, along with many new healthier meal options including more whole grains for better nutritional balance. Hospital administration will continue to work with cafeteria management on this health initiative.

Priority 1 Progress: From August 1, 2015, through April 30, 2016, St. Catherine of Siena has aligned its services and programs to better address the issues of obesity and improved nutrition education in the medical center’s service areas, as well as to the underserved populations. To date, despite some obstacles, the medical center is pleased with the programs in place to help patients and community members struggling with obesity. In addition, the medical center has been developing new programs to better educate the population on healthier nutrition options and wellness. The medical center has found that with new engagement on social media, there is a greater ability to reach at-risk populations. The medical center will continue working with its community health partners to identify new avenues of addressing these health issues.

Priority 2: Chronic Disease Prevention

Goal: Improve management of high blood pressure to prevent heart disease and stroke; enhance diabetes awareness.

Action Plan/Strategy:

- **St. Catherine’s Community Outreach Program**

As a result of the data collected in the 2013 CHNA, providing free blood pressure and glucose¹ (when possible) screenings to help reduce chronic disease was identified as an important intervention. St. Catherine has added a more focused approach to its Community Outreach Program to better address these community concerns. The medical center coordinated free or low-cost events, open to all community members in the service areas, and provided free blood pressure and glucose screenings. The Community Outreach Program encompasses local community festivals and health fairs to hospital-sponsored events, including the annual fall health fair. From August 1, 2015, through April 30, 2016, 1,768 participants attended community outreach-coordinated events. The following events included specific information for chronic disease prevention and/or health screenings:

- **September 2, 2015 :** The medical center participated in the Smithtown Library’s Senior Information Fair—50 people attended and were offered free blood pressure screenings.
- **September 2, 2015:** The medical center participated in a free “Senior Health Fair”, sponsored by Suffolk County Legislator Robert Trotta at the Fairfield in St. James—200 were in attendance and 35 received free blood pressure screenings and breast health information.
- **September 16, 2015:** The medical center offered a free “Getting Control of Diabetes” lecture on campus—16 participants were in attendance.
- **September 17, 2015:** The medical center offered a free “Healthy Weight” lecture on campus—70 participants were in attendance.
- **September 25, 2015:** St. Catherine of Siena provided free breast health information at Paint the Mall Pink” event, sponsored by Smith Haven Mall in Lake Grove
- **September 28, 2015:** The medical center offered a free “Low Back Pain” lecture on campus—18 participants were in attendance.
- **October 4, 2015:** The medical center hosted its annual health fair, a free community outreach event, which was promoted in the service area, including underserved populations—450 people attended, 295 free flu shots were administered, 200 blood pressure screenings, 152 glucose and cholesterol tests administered, 92 skin cancer and free vision screenings. In addition, 7 units of blood were donated to Long Island Blood Services.
- **October 6, 2015:** The medical center participated in the Hauppauge Industrial Association’s Health and Wellness Conference and offered a free “Screenings, Employee Wellness and Chronic Disease” lecture—125 participants were in attendance.
- **October 14, 2015:** The medical center hosted a “Breast Cancer Survivor” dinner at the Stonebridge Country Club in Smithtown—125 attendees were provided with support and current information about breast health.

² New restrictions from the New York State Department of Health have prevented the hospital’s Community Outreach Program from providing such screenings at external events. However, when possible, the hospital does provide appropriate glucose screenings at internal events.

- **October 15, 2015:** St. Catherine of Siena provided free breast health information at ShopRite of Commack.
- **October 21, 2015:** St. Catherine of Siena sponsored a free “Back Pain” lecture at the Smithtown Library—10 participants were in attendance.
- **November 15, 2015:** The medical center participated in the 5th Annual Long Island Breast Cancer Summit at the Coral House in Baldwin—200 attendees received free breast health information.
- **November 14, 2015:** The medical center hosted a “Diabetes Health Fair” in recognition of National Diabetes Awareness Month during November—65 participants were in attendance, 40 received free blood pressure screenings, and 24 received cholesterol and glucose. Foot screenings were also available for participants, along with information about nutrition, wound care, medications and home support services.
- **January 15, 2016:** A free community outreach-coordinated event, in partnership with ShopRite of Commack, focused on stroke prevention, which was free and advertised to the service areas, including underserved populations. More than 50 participants attended and 24 received free blood pressure screenings and heart health information.
- **February 6, 2016:** In support of National Wear Red Day, the medical center provided free heart health information and blood pressures screenings in its hospital lobby to 13 people.
- **February 13, 2016:** The medical center hosted its annual “Heart Health Day” event—40 attendees received free blood pressure screenings and information about heart health.
- **March 1, 2016:** In collaboration with the Long Island Dietetic Association, the medical center offered a free “Childhood Obesity” lecture on campus—30 participants were in attendance.
- **March 15, 2016:** The medical center hosted a colorectal lecture in recognition of National Colorectal Cancer Awareness Month during March. The free event was advertised in the service area and was attended by 25 people; all received free blood pressure screenings.
- **March 15, 2016:** In collaboration with St. Vincent de Paul, the medical center hosted a free “Mental Health” lecture at St. Joseph Church—20 attendees received free blood pressure screenings and information about mental health awareness.
- **March 21, 2016:** St. Catherine of Siena participated with the Smithtown School District’s Health and Wellness Fair—20 participants received free blood pressure screenings, health information and were offered free scoliosis screenings.
- **April 15, 2016:** The medical center offered a free “Back and Neck Pain” Lecture at Smithtown Library—25 participants were in attendance.
- **April 19, 2016:** The medical center hosted a Parkinson’s Symposium on campus—40 participants were in attendance.
- **April 19, 2016:** The medical center offered a free “Breast Health” lecture on campus—45 participants were in attendance.
- **April 30, 2016:** St. Catherine of Siena participated with the Kings Park School District’s Wellness Fair—20 participants received free blood pressure screenings and health information.

Continue partnering with organizations to provide ongoing and free health screenings and chronic health disease information

- **Baseline, Year One Update, October 24, 2013 through July 1, 2014:** 2,368 participants
 - **Year Two Update, July 2, 2014 through July 31, 2015:** 3,269 participants, 911 free blood pressure or glucose screenings provided; a 38% increase of total participants vs. Year One Update
 - **Year Three Update, August 1, 2015 through April 30, 2016:** 1,768 participants, 682 free blood pressure screenings provided; a 45% decrease in participants and a 25% decrease in free blood pressure or glucose screenings provided versus Year Two Update
 - **Progress as of April 30, 2016:** Since 2013, the medical center has increased the total number of participants at community outreach events and saw a decline in total number of free blood pressure or glucose screenings provided. The medical center is actively working to increase clinicians at community outreach events to provide more free screenings to underserved populations.
- **CHS Healthy Sundays Program Collaboration**
St. Catherine of Siena’s Healthy Sundays team administered the following influenza vaccines and health screenings to families of medically underserved areas with limited access to care:
 - **September 20, 2015:** St. Francis de Sales Church, Patchogue—33 participants screened for high blood pressure, 88 received free flu vaccinations and 1 individual was referred for follow-up health care.
 - **October 11, 2015:** St. Hugh of Lincoln Church, Huntington Station—63 participants screened for high blood pressure, 160 received free flu vaccinations, 18 were referred for follow-up care, 3 needed emergent care.
 - **October 17, 2015:** St. John the Evangelist Church, Center Moriches —19 participants screened for high blood pressure, 39 received free flu vaccinations, 6 were referred for follow-up care, 1 needed emergent care.
 - **April 3, 2016:** St. Francis de Sales Church, Patchogue—13 participants screened for high blood pressure, 17 screened for healthy BMI index, and 4 were referred for follow-up care, 1 needed emergent care.

Continue partnering with churches in underserved populations to provide free health screenings and vaccinations

- **Year Three Update, August 1, 2015 through April 30, 2016:** 476 blood pressure screenings or vaccinations provided to underserved participants; a 21% increase versus Year Two with 392 screening.
 - **Progress as of April 30, 2016:** Since 2013, the medical center has increased the total number of participants at the Healthy Sundays events and will continue to provide the much needed screenings and vaccinations.
- **Education for Emergency Responders**
St. Catherine of Siena offers a free, quarterly Emergency Response Appreciation Dinner for local emergency response personnel who also collaborate with St. Catherine of Siena as community benefit organizations. The dinners also offer a forum for emergency response personnel to gain CME education credits. The main purpose of these events is to increase communication among emergency responders and the hospital’s emergency departments—to best align goals and methods of treatment primarily for potential stroke patients who need care within specific, designated timeframes.

The medical center offered the following education dinners from August 1, 2015 through April 30, 2016:

- **September 9, 2015:** The focus of the September 2015 dinner was “Cardiac Emergencies” and “Pulmonary Emergencies”—62 participants.
- **November 18, 2015:** The focus of the November 2015 dinner was “Emergent Evaluation and Treatment of Seizures” and “Neurology Emergency Treatment”—50 participants.
- **March 30, 2016:** The focus of the March 2016 dinner was “Cardiac Arrhythmia and EKG Interpretation” and “EMS Management of Acute Surgical Issues”—70 participants.

Provide free EMS education and CMS credits to emergency personnel and increase participation by 5%

- **Year Three Update, August 1, 2015 through April 30, 2016:** a total of 182 emergency personnel were provided free EMS education and CME credits; a 36% decrease from year 2 (283).
- **Progress as of April 30, 2016:** The 36% decrease is due to the number of events held since the prior year reporting date. The Year Two Update captures four events and the Year Three Update captures only three events. The medical center has three additional EMS dinners scheduled for 2016 in June, September and November. The Office of Public and External Affairs, in collaboration with the Emergency Department Director and support staff will actively promote the upcoming CME events to increase attendance to meet the 5% goal.

- **Free Community Support Groups**

St. Catherine of Siena offers a variety of free community support groups related to the prevention or management of chronic diseases—including diabetes, lupus, stroke, heart disease and Parkinson’s disease. The medical center has offered the following support groups in an effort to address chronic disease awareness:

St. Catherine’s Diabetic Education Support Group is a free support group offered monthly, featuring physicians who update attendees on managing their diabetes.

- **Year Three Update, August 1, 2015 through April 30, 2016:** 7 sessions; 280 participants; a 22% decrease in sessions and 10% decrease in participants
- **Progress as of April 30, 2016:** The program had a decrease due to fewer sessions held during the Year Three reporting period as a result of canceled meetings. The Diabetic Education Support Group will continue to run throughout the 2016 year and the coordinator of the program anticipates increased participation.

Lupus Support Group: In April of 2015 a new Lupus Support Group was initiated—From April 2015 to July 31, 2015 there was an average of 15 participants in each group.

- **Year Three Update, August 1, 2015 through April 30, 2016:** 10 sessions; 160 participants

- **Progress as of April 30, 2016:** The program has been successful in the community; administration will continue offering the support group.

Diabetes Prevention Program: In partnership with the Suffolk County Department of Health, St. Catherine of Siena offered a free, 16-week Diabetes Prevention Program to help people who have diabetes or are at high-risk. The new program began on July 8, 2015.

- **Baseline, Year Three Update, August 1, 2015 through April 30, 2016:** 16 sessions held, 23 individuals registered and completed program
- **Progress as of April 30, 2016:** The free program was successful and the medical center is working with the Suffolk Country Department of Health to offer the program again before the end of 2016.

Stepping-On Workshop: In partnership with the Suffolk County Department of Health and the CDC, St. Catherine of Siena offered a free, seven-week, falls prevention program for community dwelling seniors. The program began March 30, 2016 and will run through May 11, 2016.

- **Baseline, Year Three Update, August 1, 2015 through April 30, 2016:** 8 sessions held, an average of 8 participants attended each session.
- **Progress as of April 30, 2016:** The free program feedback has been successful and the medical center is working with the Suffolk Country Department of Health and the CDC to offer the program again in the fall of 2016.

Free Smoking Cessation Program: In partnership with the Suffolk County Department of Health, St. Catherine of Siena offers free smoking cessation programs. The medical center offered the following free, six-week programs:

- **Year Three Update, August 1, 2015 through April 30, 2016:** The medical center did not offered a free six-week program during this reporting period.
- **Progress as of April 30, 2016:** The medical center will offered a free program starting June 9, 2016. The data will be collected and compared to the Year Two data for success outcomes.

Priority 2 Progress: From August 1, 2015 through April 30, 2016, St. Catherine of Siena has aligned its services and programs to better address the concerns of chronic disease prevention in the medical center's service areas, especially to the underserved populations. To date, the medical center is pleased with the new programs in place to help patients and community members struggling with chronic disease, especially with the additional to two new community support groups. The medical center will continue working with its community health partners to identify new avenues of addressing chronic disease prevention.

Priority 3: Mental Health/Substance Abuse

Goal: To improve access to mental health programs and resources for patients with mental health or substance abuse issues, and promote mental, emotional and behavioral well-being in the surrounding communities.

Action Plan/Strategy:

When a lack of access to mental health resources is identified, St. Catherine of Siena will provide information on and refer to the extensive mental health services available, including the Psychiatric Unit at the medical center.

- **Annual Community Health Fair:** The medical center provided information on behavioral health at a dedicated booth at its annual community health fair on Saturday, October 4, 2015—attended by 450 participants.
- **Association for Mental Health and Wellness:** The medical center continues to collaborate with the Association for Mental Health and Wellness, formerly known as Clubhouse of Suffolk, and participate in its events to promote mental health awareness. The Association for Mental Health and Wellness assists people affected by mental illness to lead healthy, productive, addiction-free and socially satisfying lives. The organization offers psychiatric rehabilitation, employment and career services, supportive case management, housing, food pantry, and body and mind wellness. Through the partnership, a dialogue has been started to address the need to improve the collaboration between the hospital and external organizations for optimal mental health recovery with a methodology focused on the strengths and abilities rather than an individual’s deficits and diagnosis.
- **Horizons Counseling and Education Center:** In an effort to *address NYS’s Prevention Agenda 2013-2017* priority prevention area of substance abuse and other MEB disorders, the medical center will partner with the Horizons Counseling and Education Center to provided services for individuals referred in need of medical evaluation and treatment. The medical center and New Horizons partnered to EMS personnel useful information about drugs and alcohol at the medical center’s September 2015 EMS Dinner, which was attended by 62 participants.
- **Support Groups**
St. Catherine of Siena provides a free postpartum depression support group, *Mothers’ Circle of Hope*. The postpartum depression support group was the first hospital-based program of its kind to be offered to community members in Suffolk County. Since the Year Two Update, the Maternity Department has promoted the free *Mothers’ Circle of Hope* support group, but has not had any participants.

St. Catherine’s Maternity Department also works with the New York Postpartum Resource Center, Long Island chapter to raise awareness about postpartum depression throughout the hospital’s service area by attending local community mothers’ groups at various locations, including local churches and civic organizations.

Priority 3 Progress: From August 1, 2015 through April 30, 2016, St. Catherine of Siena aligned its services and programs to better address the concerns of mental health and substance abuse in the medical center’s service areas, as well as to the underserved populations. To date, the medical center has found that working with other community organizations and sharing resources has been successful. The medical center continues to enhance its social media presence, as there is a greater ability to reach “at-risk” populations. The medical center will continue working with its community health partners to identify new avenues of addressing these health issues.

Community Partners

The following organizations support and are involved in the implementation of St. Catherine of Siena's CSP:

- American Cancer Society
- American Heart Association
- American Parkinson's Disease Association
- Association for Mental Health and Wellness
- Catholic Home Care
- Developmental Disabilities Institute
- Eugene Cannataro Senior Center (Smithtown Senior Center)
- Good Samaritan Hospital Medical Center
- Good Samaritan Nursing Home
- Good Shepherd Hospice
- Hauppauge Industrial Association
- Home Box Office (HBO) Employee Health Services
- Horizons Counseling and Education Center
- Huntington YMCA
- Island Harvest
- Judy's Run for Stroke Awareness
- Knights of Columbus, East Northport
- League of Women Voters
- Libraries: Commack, Smithtown, Kings Park and Nesconset
- Long Island Blood Services
- Long Island Council on Alcoholism and Drug Dependence
- Long Island Green Market
- Long Island Health Collaborative (LIHC)
- Lucille Roberts of Commack
- Martin Luther Terrace Senior Housing
- Maryhaven Center of Hope
- Mercy Medical Center
- New York State Parks and Recreation Department
- Our Lady of Consolation Nursing & Rehabilitative Care Center
- Retired Senior Volunteer Program
- ShopRite of Commack
- Smithtown, Commack and Kings Park School Districts
- Smithtown Food Pantry
- Smithtown Sunrise Rotary
- Sounds of Silence
- St. Catherine of Siena Nursing & Rehabilitation Care Center
- St. Charles Hospital
- St. Francis Hospital, The Heart Center®
- St. Joseph Hospital
- St. Patrick's Church, Smithtown
- Suffolk County Department of Health Services
- Suffolk Y JCC
- Sunrise Assisted Living of Smithtown
- The Arbors at Hauppauge

- The Islip Cluster of School District Superintendents
- The Rotary Club of Smithtown
- United Cerebral Palsy of Suffolk, Hauppauge
- Volunteer Ambulance Corps: Commack, Smithtown, Hauppauge, East Northport, Northport, Central Islip, Brentwood, Nissequogue and St. James

To better identify and address the region’s prevalent health needs, St. Catherine of Siena collaborates with other hospitals, local health departments, health care providers, public health specialists from academic institutions and community-based organizations in the Long Island Health Collaborative (LIHC). In late 2014, the Nassau-Suffolk Hospital Council, on behalf of LIHC, was identified as the Population Health Improvement Program (PHIP) contractor for the Long Island region, with a grant of \$2.4 million* over two years to facilitate LIHC’s population health-related activities. LIHC continues to focus on chronic disease prevention and treatment, particularly obesity, and provide resources such as health program inventories and health insurance information. In September 2014, LIHC piloted a wellness survey to compile baseline health data, with a full rollout in development. Through the Recommendation for Walking Program, LIHC provided questionnaires, scripts and other materials for doctors to make specific recommendations for patients. LIHC sponsored the free “Your Feet Are Made for Walking” series of community walks on Oct. 4, 11, 18 and 25, and Nov. 1 at North Shore Heritage Park in Mount Sinai. On April 9, 2015, the “Walk in the Park” was held at Belmont Lake State Park in North Babylon, where LIHC’s Recommendation for Walking was unveiled and the public joined government officials from both Nassau and Suffolk counties and LIHC members in a walk around the lake. More information can be found at nshc.org/long-island-health-collaborative.

* Subsequently, this amount was reduced to \$1.2 million.

In addition, in order to promote active and healthy lifestyles, St. Catherine of Siena participates with other CHS facilities in the annual American Heart Association Walk, LI 2 Day Walk, and Relay for Life and Marcum Workplace Challenge.

In March 2016, CHS once again partnered with Our Lady of Mercy Academy in Syosset, NY, to present the second annual “Focus on the Future: Healthy College Choices” seminar for students and their families. Panelists addressed obesity/weight management, mental health, physical safety and other issues.

Next Steps for Priorities

St. Catherine of Siena is committed to addressing the health disparities and concerns of the surrounding community. Community partners are involved in the identification of needs, planning, implementation and evaluation of community health programs that are conducted by St. Catherine of Siena on an ongoing basis to ensure each health priority is being addressed. Community Health Needs Assessment (CHNA) forms are given out at multiple sites, and results are analyzed for ongoing collaborative, future planning efforts.

Living the Mission

CHS provides an array of resources to promote good health in the region. Its TV series “CHS Presents: Lifestyles at the Heart of Health” and “CHS Presents: Health Connect” feature experts providing medical, nutritional and fitness information and is broadcast on Telecare TV, reaching 6.2 million households in the tri-state area, and accessible on www.telecaretv.org. Also, these programs and other health-related videos can be viewed on demand on CHS’s YouTube channel at <https://www.youtube.com/user/chsli>, and programs in the series are 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 across Long Island, with social media used, as well, to widely disseminate this information.

- **Blood Drives:**
 - **October 4, 2015:** 7 pints of blood donated
 - **December 1, 2015:** 71 pints of blood donated
 - **March 31, 2016:** 68 pints of blood donated
- **Food and Clothing Drives:**
 - November 2015: Employee Thanksgiving food drive—10 cartons of food collected and given to the Smithtown Food Pantry which was distributed to underserved populations.
- **Community Benefit Programs and Communication in Health Care:**
 - **Marketplace Navigators:** St. Catherine has expanded services that address the need for access to healthcare services and caring for the medically underserved. Through a partnership with Nassau-Suffolk Hospital Council on a monthly basis, marketplace navigators help individuals who qualify to enroll in low-cost health plans through NY State Department of Health. The schedule of when the navigators will be at St. Catherine is communicated through Care-Management and posted on the hospital website.
 - **Limited English Proficiency:** To ensure access to health care services for persons with Limited English Proficiency (LEP) or persons whose language is other than English, free medical interpretation and documentation translation services are available 24/7. Specific communication tools for visually and speech impaired patients are also available.
 - **Transportation:** Suffolk County provides bus service to the hospital on a daily basis. In addition, the Director of Clinical Services for the Center for Hyperbaric Medicine and Wound Healing coordinated with Suffolk County Accessible Transportation to transport medially disabled individuals door to door with wheelchairs. Once the patient places and application to become a member, the cost is minimal and aids who accompany the patient are transported for free.
 - **Health Professions Education:** Health Careers and Exploration Internship Program-High School junior and seniors interested in pursuing a career in the health field participate in a 16-week program which includes 30 hours of volunteer work. Students are selected from 4 area high schools and have the opportunity to gain firsthand knowledge of various roles. Through weekly presentation by St. Catherine's clinical staff, students gain a basic understanding of the education and skills needed as well as health care delivery standards and regulations required for a career in health care. Since the program's inception in 2010, 211 students have participated.

Conclusion: The third year of the implementation of the 2014–2016 CSP continues to be a learning process for the medical center, involving discussion and development of many initiatives to address the health concerns and disparities within the community. Since the initial Year One Update, the medical center's administration team developed an internal CSP Committee that meets quarterly to review the initiatives and programs in place and measure success and areas for improvement. The meetings have proven to be a successful format to evaluate each program and collect metrics for reporting data.

The CSP is a priority for the medical center, and community partnerships are essential to its success. St. Catherine of Siena relies on the CSP to enhance the medical center's impact on the

health of residents in the service area, especially the underserved. The medical center will continue working with community partners to address health disparities and needs. Programs highlighted in this update will be evaluated to ensure that the surrounding communities' health needs are being met.

To date, the medical center's programs are reaching targeted populations identified in the CSP, especially with assistance from community partners. The medical center will further identify the strengths and weaknesses of programs in place to address the identified health priorities for further implementation of the next three-year CSP.